

The AnShen News



Spring 2009

I hope all of you are as thrilled as I am to welcome spring. In the past few weeks, we've had a few days of sunshine and warm temps, just a taste of what's ahead. I can hardly wait.

In Chinese medicine, springtime is associated with the wood element. Wood stands for youth (new life, appropriate for this time of year), heat, and wind. And, wind can be another term for itching.

Many of you have asked me to help your pets with itching issues. Sometimes, their itching can be traced back to high instances of wind and heat, so the first thing I do is look for ways to stop the wind and cool the heat. This can be accomplished through acupuncture, herbal medicines, and food therapy.

For wind-and heat-busting foods, I often recommend feeding our canine and feline friends cooked dark green, leafy vegetables, such as broccoli, kale, spinach, and turnip greens. *Sauté the vegetables in some olive oil until soft. Then, add ground turkey, ground beef, eggs, chicken, or ocean fish. Heat and stir until completely cooked. Cool, then feed the mixture at room temperature by itself or add some to your pet's regular food.* Cats can be more finicky than dogs, so you might want to try giving your cat a small, cooked broccoli floweret mixed into her food. Always cook the greens because dogs and cats are unable to digest raw vegetables.

As always, thank you for allowing me to be a part of your pets' lives. Have a wonderful spring.

Best,
Dr. Jody



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Healthy Pets

It might surprise you, but horses can eat too much grass, especially in spring when moist, sweet shoots appear. So, if you have horses, watch the amount of fresh grass they consume. Too much fresh grass can cause colic or even laminitis (or founder). Monitor the amount of grass your horse eats by limiting pasture time, using a grazing muzzle, or feeding lots of grass hay.

In the News

If you didn't catch us on television in March, check out this link (www.madisonscw.com/SubPage.aspx?page=2535) for the interview with Emmy Fink from Channel 57, Madison's CW. A special thanks to Jaxon and Omar for appearing in front of the cameras. Their names should be in lights!

Web Makeover

Take a look at our updated Web site, www.anshenvet.com. Now, you can schedule your appointments, order herbs, and find out the latest AnShen happenings.

Giving Back

In this issue of the newsletter, I'd like to introduce you to Angel's Wish in Verona. The staff and volunteers of this terrific organization are dedicated to reducing animal overpopulation, promoting animal adoption, and raising awareness of animal welfare issues. Plus, they offer microchipping and cat nail-trimming clinics. Visit their Web site, www.angelswish.org, or call them at 608/848-4174. Thank you.

WELLCARE

In Chinese medicine, tui-na is the practice of Chinese massage, physical therapy, and chiropractic. Tui-na covers many different techniques, including nie-fa, a massage. Nie-fa benefits all animals by strengthening their organs and loosening the fascia, the collective tissue between skin and muscle, helping to lessen back pain. It also is great for geriatric animals.

Before undertaking a **nie-fa** session with your animal, be sure both of you are calm and relaxed. You can relax by breathing deeply into your abdomen for a count of six and then exhale for a count of six. As you calm yourself and breathe gently, your pet will sense your calmness and begin to relax.

To begin nie-fa, gently grasp the skin at the base of your pet's head on either side of the spine (never directly on the spine). Slowly and lightly, use your thumbs to roll the skin away from you and your fingers to pull it toward you. Work from the head toward the tail. Try using nie-fa once a day and if your animal likes it, then increase the sessions, up to six times per day.

If you have any questions, please contact me, and I'll show you the correct way to perform nie-fa at our next appointment. Your pet might enjoy nie-fa so much that you may ask a friend try it on you.



Patient Profile

One of my favorite patients is Indy Klein. Indy is a nine-year-old Airedale that I've known since she was a puppy. Indy's owners, the Kleins, first introduced us while I was practicing Western medicine.

Late in 2006, I received a call from the Kleins telling me Indy had been diagnosed with cancer and the diagnosis did not look promising. The Kleins had been told there were

two options for Indy—surgery, followed by radiation treatments or they could choose to do nothing. In either case, they were told that Indy might live less than a year.

After visiting with the Kleins and examining Indy, I began a program of four acupuncture treatments and adding Chinese herbs to her diet. The herbs consisted of Wei Qi Booster, Stasis Breaker, and Cervical Formula. Plus, I recommended food therapy. This meant feeding her a special diet of homemade food.

My next appointment with Indy was scheduled in two weeks. At that time, I immediately noticed the tumor was significantly smaller. By the third visit the tumor was no longer visible and within two months the tumor disappeared. Indy's cancer has been in remission for over two years. The Kleins say Indy plays and acts like a new dog. People are amazed to hear her story of battling cancer and winning the fight. She's truly a champ.

Indy - Airedale • **Favorite food** - pancakes with syrup
• **Favorite toy** - dumbell squeaky toy • **Favorite activity** - chewing rawhide bones

For an appointment or additional information, please contact us:

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“May all beings be at ease,
whatever living beings there may be.” -Buddha