

Good NEWS

Fall '99

For You and Your Pet



Well, here it is finally ... the new newsletter!

When people started asking me about my next newsletter, I realized that some of you were really reading it. However, my own personal survey had resulted

in many blank looks and something like, "Yeah, I think I got something like that in the mail." So, I've changed the format in hopes of attracting more readers. As for my fellow health junkies out there, it's truly rewarding for me to share this information with you, and I thank you for the push I needed to keep this thing going ...



Nature's Own Liver Remedy: Milk Thistle

The Bad News

The Good News

Just as we all seem to be more and more psychologically stressed by our busy lives, (becoming totally frazzled when we hit warp speed), physiologically our bodies are feeling more stress too. In our technologically driven world we have created what I call a synthetic environment. Many of the conveniences we enjoy are costing us in other ways, mostly at the expense of our health! Our bodies are working overtime to detoxify and eliminate chemical toxins from our man made polluted environment (Mother Nature herself has more sense). Most of the burden to clean up this toxic waste is the job responsibility of an organ in our bodies called the liver. When you add in the harmful effects of eating heavily processed foods, which contain too much fat, sugar, salt (and I won't mention the additives because I can't spell or pronounce those words), our livers would go on strike if they had a Union!

Your liver works 24 hours a day to filter your blood, so that it can remove environmental toxins, synthesize and secrete bile to remove excess cholesterol, and enzymatically disassemble unwanted chemicals from the processed food you eat, unfiltered water you drink and the polluted air you breathe. And if you drink alcohol or take any drugs (OOPS, I mean prescription medications) your liver has to deal with that too! Our pets are also feeling overloaded because they are exposed to the same unhealthy stuff we are, with the exception of alcohol consumption (unless of course you have been dragging them along as one of your drinking buddies on a Saturday night). So, what can we do for ourselves and our pets?

Read on...

What's that you are putting in your mouth and pouring in Fido's bowl?

Simply put—we are what we choose to chew on—both mentally and physically! Negative thoughts can drive us crazy and a poor diet will ultimately contribute to disease in the body. When you add these two negatives together at the same time, it's a recipe for *Get Sick Soon*, and that's not some new Chinese dish! Remember that what you are pouring in your pet's food dish every day also makes a difference in their ability to live a longer and healthier life, too. Many commercial pet foods are overly processed and contain poor quality ingredients. It's important to feed only the best

quality pet food (my time to plug Flint River Ranch) and to add fresh vegetables daily. And don't forget the filtered water! Our pets also suffer from our too-busy-lives, when we neglect to spend time with them. Remember that they are social animals and need our companionship. Much has been written about the human-animal bond. In short we need them as much as they need us. Please vow to spend a little more time with your furry companion each day and you will be well rewarded!
(Continued on back page.)



Help us find new homes and second chances for these pets:

"Lee Roy Brown" is a too cute pit bull mix puppy. Almost housebroken. Found wandering around the streets of Brea. Come and see this handsome boy!

"Dusty" is a 4 year old male neutered Weimareiner. Has had obedience training. Still very active and needs a family that likes to play and spend time with him.

"Marbles" is a beautiful Siamese mix. She is a crazy kind of cat that will entertain you. Wants to rule a house and be the only feline in your life!



Protect your liver with Milk Thistle

There are several plants which exert beneficial effects on liver function. However, the most impressive research has been done on a special extract found in the milk thistle plant (*Silybum marianum*) known as silymarin. Silymarin prevents damage to the liver by acting as an antioxidant. There are many vitamins and minerals that act as antioxidants to prevent damage to cells in our bodies. Much of the antiaging research being done now is focused on finding ways to prevent damage to our cells, because in effect we are literally made up of trillions of cells. The longer we can maintain the function of our cells, the longer we live! What is special about silymarin is that it protects the liver from damage as well as enhances the detoxification process, because it is able to prevent the depletion of an amino acid called glutathione. This amino acid is critical in the chemical pathway that involves detoxification. It is also used by the liver to prevent damage to itself. Patients with liver diseases, or any type of hepatitis, especially those being diagnosed with chronic hepatitis C, should be making Milk Thistle part of their treatment. People who are taking medications known to put a stress on the liver and are worried about their exposure to harmful chemicals, should also consider adding Milk Thistle to their health plan.

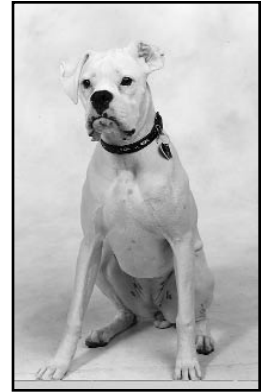
Read The Label!

All supplements are not the same! Look for standardized extracts of Milk Thistle which list the amount of silymarin per capsule. Adults and dogs over 35 lbs. require between 120mg and 240mg of silymarin per day. In health foods stores I recommend the brand by Nature's Way called Thisylin. At the Clinic, we sell a line of products only sold to physicians, so that people as well as their pets are getting the best quality available.



A dog nose what's important!

People are always telling me that I look like a pretty happy dog. Well, I guess I am. After all, being a dog is pretty easy. First you find a human you can love, then you ask for some good chow (preferably Flint River Ranch) and then you just look around for a soft place to nap, next to your human. And I know how to have fun because I'm never too busy to take walks or play with my human! So, hang with us dogs and soon you'll be waggin' not draggin' your tail! Remember to **keep it simple...**



CAUTION: Being around humans all day can rub off on some of us dogs. But I can't resist the calling I've had to start my own company, Rose Productions. So, I am designing my own greeting cards and will be sharing my canine wisdom with my human friends. Available soon at Founders...



The Dog "E" Ranch

Over the last few years I've been talking about my dream to start a one-of-a-kind pet resort for dogs. At the resort, dogs will be on vacation, doing fun dog stuff... So, the next time you need to get away, you can send Rover on vacation too! Ask us for more info on our new place, The Dog "E" Ranch in Palm Springs!!!

Dog "E" Daycare is coming soon...

Is your dog Home Alone again? Don't leave your dog with nothing to do all day and then complain that he: A) wants all your attention when you get home and you are too tired. B) got bored and chewed up the couch. C) neighbors writing you hate mail because Fido's new pastime is barking. Daycare centers for dogs are becoming very popular all over the country and now Brea will have it's very own! Founders is growing into the space next door to provide Doggy Daycare. Ask for details...

Please Welcome Dr. Marjorie Moore

Dr. Moore graduated from the school of Veterinary Medicine at Davis, Calif. in 1984. Because both Dr. Moore and Dr. Terifaj are graduates from the same school they share a common background. We are all looking forward to working with her!

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VETERINARY CLINIC

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EXTRA EXTRA Read all about it ...
Exciting news for you and your pet!