



A Newsletter

FOR HEALTHY PETS ...

and their human companions

"Practical Insights Into The World of Natural Healing"

Dear Reader,

Welcome to the first issue of ***For Healthy Pets and Their Human Companions***. I decided to start writing this newsletter when I realized how many people were interested in getting reliable advice on how they could start taking responsibility for their own health care. The interest in alternative medicine is exploding as people are becoming more aware that the choices they make with their diet, lifestyle and nutritional supplements can truly enhance the body's natural ability to heal itself. There is much we can do to improve our own health and prevent illness in our pets and ourselves. Unfortunately in this country, our health care system is geared towards surgery and expensive drugs, which often have harmful side effects, since they are not natural substances in the body. Look around you to those people that are frequently seen in doctors offices. Do they look healthy? Do you think that they are getting well? Physician and commentator Sima Qian of the Han dynasty and author of the Annals of History, said *"What people suffer from is a multitude of illnesses; what physicians suffer from is a paucity of approaches."* I hope you will take the time to read these newsletters and join me in the fight to stay healthy!

Paula Terifaj D.V.M.

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- **New Web Site — Get Information on Natural Health Products.**

March 1998

The cornerstone of good health, whether you have four legs or only two, depends on what goes into our mouths every day. In other words, it is what you define as "food". A simple way to understand what I am about to tell you is to realize that what you choose to eat and feed to your pets can either nourish your bodies or poison them. Our bodies require certain amino acids, vitamins and minerals to complete the many thousands of biochemical reactions performed by complex organ systems like the heart, kidneys, liver and lungs everyday. Without the proper function of any one of these organs, we experience sickness or even death. Therefore, to a certain degree we can choose whether our bodies experience health or sickness.

With our fast paced and demanding lifestyles, it's becoming increasingly more challenging to stay healthy. Sadly more and more people are choosing convenience over a healthy diet. As the fast food industry keeps growing they are only helping us to die faster! These "convenience" foods are loaded with chemical food additives, fats, salt and sugar. They know how to appeal to the American taste buds and that means big profits for them, NOT you! It's a fact that in this country, Americans consume more fats and animal protein in their diets than any other country in the world. It's also a fact that more Americans die from cardiovascular diseases (heart attacks & strokes) and cancer than any other nation in the world! Believe it or not, in populations studied around the world, those who consumed unprocessed, mostly vegetarian diets which are naturally low in fat, contain less protein and are high in fiber, had the lowest incidence of cancer and

chronic degenerative diseases like arthritis, osteoporosis, and arteriosclerosis.

The research linking our diets to our susceptibility to disease is overwhelming. Without a doubt, any positive changes you make in your diet is going to significantly influence your health. Once you are eating better foods and eliminating ones with little nutritional value, the addition of certain supplements (vitamins, minerals and herbs) can also protect your health. As your veterinarian, I can attest to the same benefits that your pets will receive when you make similar changes in their diets and choose the proper nutritional supplements for them.

For additional information on how you can start to take control of your health and future, I suggest that you read ***Dr. Weil's 8 Week Plan for Optimal Healing Power***, by Andrew Weil, M.D. It's available in all the bookstores. He has also written a book called ***Spontaneous Healing*** for those of you who find the area of preventative medicine and holistic healing as fascinating as I do!

As a doctor, I have learned that it is far easier to prevent disease than to treat it. I sincerely hope that you will join me in making some changes in your diets and lifestyles and those of your pets, so that we can all experience better health and more joy in our lives!

In my next newsletter, I will bring you information on the most talked about and up to date discoveries in the area of natural medicine. I'll show you how they are making a real impact in the treatment of diseases and are even replacing the use of some drugs! They are also less expensive and don't carry the negative side effects of prescription drugs. But you can start taking better care of yourself right now just by making changes in what you eat and feed your pets!

FOR THE HUMANS:

1 Read the labels on foods that you buy. Avoid products that contain artificial ingredients, added sugar and hydrogenated oils. Did you know that margarine is made from hydrogenated oil and has been demonstrated to accelerate the process of arteriosclerosis, also known as "hardening of the arteries." It is an unnatural fat which the body cannot assimilate. To enhance the flavor of foods, experiment with different spices. Use salsas or combined spices like Mrs. Dash or Spike. If you must have that buttery taste, use real butter but use it sparingly! Remember that processed foods contain ingredients that the body does not need or want!

2 Reduce your intake of meat and dairy products. These foods contain unwanted amounts of fat and too much protein. Eat more whole grains, vegetables and fruit. To reduce your intake of pesticides, buy organic products whenever you can. Remember, vegetarians enjoy longer life spans, have less disease and are rarely overweight!

3 Avoid convenient fast foods. They are overly processed, contain little nutritional value, are expensive and usually high in fat and calories. Learn to prepare simple meals at home. Just boil a pot of water to cook some rice and steam some veggies. Add a can of your favorite beans and some salsa. Roll it all into a tortilla and you have a quick, low fat and nutritious meal in about 20 minutes!

FOR YOUR PETS:

1 Stop buying commercial pet foods. They are all processed foods and contain chemical preservatives, animal by-products and low quality ingredients. They are made by a process called *extrusion*, which cooks the food at a very high temperature very quickly. This method of cooking makes the food more difficult for our pets to digest and leaves it with less nutritional value. The only ones who benefit from this method of cooking is the pet food companies who can make more profit.

2 Introduce your pet to a natural, unprocessed diet that contains only human quality ingredients. This can be done by home cooking or using a prepared diet sold by **Flint River Ranch**. Flint River Ranch is oven baked, which makes the food easier to digest and able to retain more nutrient value. Oven baking also imparts more flavor to the food, so it simply tastes better. Nine out of ten dogs prefer it over Science diet! Three good reasons to stop feeding your pets a commercially processed diet.

3 Give your pets vegetables every day, about 1/2 to 1 cup daily. They are high in nutrients and low in calories. Favorites include: carrots (cooked or raw), green beans, peas, and squash. Experiment to see what your pet likes, just avoid corn. Some cats will eat zucchini. So, when you prepare vegetables for yourself just remember to cook extra for your pets!

THE BENEFITS OF VITAMIN E

(Excerpt from Dr. Andrew Weil's *Self Healing* - July 1997)

I have long recommended that people make 400-800 IU of vitamin E a part of their daily antioxidant regimen. It is not possible from diet alone to consume adequate amounts of vitamin E for optimal health. Now, some new studies offer further evidence of this vitamin's wide-ranging benefits:

- Vitamin E helps maintain healthy circulation in the coronary arteries and peripheral blood vessels. In fact, blood levels of this vitamin are more than twice as predictive of heart disease risk as cholesterol levels! Studies have shown that high levels of vitamin E mean lower incidence of heart disease. This vitamin can also relieve exercise-induced leg or heart pain by improving the efficiency of oxygen use. It also decreases platelet stickiness, which reduces excessive blood clotting, thereby offering protection from thrombosis, which can cause the sudden blockage of

an artery. The formation of these small blood clots are involved in the pathological mechanism of devastating strokes (loss of blood supply to the brain causing brain damage) and heart attacks (loss of blood supply to the heart muscle causing damage to the heart itself).

- High doses of vitamin E can slow the progression of Alzheimer's disease, according to a study published in the *New England Journal of Medicine*. In comparison with those receiving a placebo, patients with moderate Alzheimer's who received 2,000 IU per day of vitamin E took six to seven months longer to reach various benchmarks of disease progression, including the loss of ability to perform basic daily functions (such as bathing and dressing) and the need to enter a nursing home. It's believed that vitamin E slows oxidative damage to the brain. (*NEJM*, April 24)

- Vitamin E also can boost immune function in older people, reported Tufts University researchers in the *Journal of the American*

Medical Association. The study involved 88 people aged 65 or over who took between 400 and 800 units of vitamin E or a placebo daily for almost eight months. Both groups who took vitamin E showed considerable improvements in laboratory tests of immune function. As a whole, those taking vitamin E also reported about 30 percent fewer infections than the placebo group. (*JAMA*, May)

- Supplements of natural vitamin E appear to have health benefits not provided by the synthetic version. So, when shopping for vitamin E supplements, look for the natural **D**-alpha-tocopherol. Avoid the synthetic version which is labeled **D L**-alpha-tocopherol.

Note: If your pet is over the age of seven years, consider giving your pet 400 units of vitamin E daily, for its antioxidant protection and positive effect on immune function. And don't forget to take some yourself!



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The phytoPharmica web site (www.PhytoPharmica.com) features corporate and product information, but it also touts two distinct features:

1. Medical abstract resource.

PhytoPharmica's goal is to create the most informative natural medicine database available. This link will feature scientific research on natural products such as glucosamine sulfate, saw palmetto, St. John's Wort, garlic, and black cohosh. We will update this database with 20 to 30 new studies weekly.

2. "Ask the Experts."

This link welcomes your product or medical questions. Input your name, e-mail address, and question. The PhytoPharmica panel of medical experts will deliver a reply directly to your e-mail. The experts on the panel are Marliese Annefeld, Ph.D., Michael Murray, N.D., Herb Joiner-Bey, N.D., Eckehard Liske, Ph.D., Charlie Rouse, R.Ph., Varro Tyler, Ph.D., and Michael Janson, M.D. Frequently asked questions and answers will be featured on the top of the "Ask the Experts" section, and updated regularly.

The next time you have product or medical questions, type in www.PhytoPharmica.com to access natural health information you can use.

St. John's Wort gets even better

If you are experiencing mild to moderate depression, St. John's Wort may be helpful. It increases the body's natural levels of a neurotransmitter called Serotonin. In some cases it has replaced the use of the popular prescription drug Prozac. Our new St. John's Wort Forté product combines our standardized St. John's Wort extract with valerian and kava root extracts.

Anyone who has taken St. John's Wort knows that it takes weeks, sometimes months (depending on the individual), to experience benefits. In that interim time, the valerian and kava root extracts in this product offer advantages for nervous system function.

PhytoPharmica uses only standardized extracts in all their products. St. John's Wort, standardized at 0.3% hypericin, is the identical standardized extract used in the landmark European clinical studies. It's also the same extract recommended by the German Kommission E, the world model for regulating herbal products.

The combination of the St. John's Wort, kava, and valerian root extracts offer powerful nutritional support for healthy mental and nervous system function which leads to a state of general well-being.

We Now Carry PhytoPharmica Products!

F • Y • I
Add VITAMIN C for OPTIMUM HEALTH.

Yes, dogs and cats, unlike people, do manufacture their own vitamin C. However, the feeding of nutritionally depleted foods and exposure to environmental pollution calls for additional protection. Vitamin C is a key player in maintaining a healthy immune system and prevention of disease. It is also necessary for the production of collagen and connective tissue which supports proper joint function. Research and clinical use now associates vitamin C and other antioxidants with the prevention of cancer, cataracts and other degenerative diseases. Give your dog between 500 mg to 1000 mg daily. Cats get between 250 mg and 500 mg daily. People should take between 1,000 mg and 2,000 mg daily.

Did you know that Linus Pauling, the only person ever to have won two unshared Nobel Prizes, pioneered much of the early research on this amazing vitamin. He died at the age of 93 and credited his long life to his large doses of vitamin C (18 grams per day = 18,000 mg!) and other dietary supplements.



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*It's Here!
 Your First Issue Of*

FOR HEALTHY PETS ...

and their human companions

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COLDS AND FLU: — SURVIVING THE SEASON

Winter's snowy days may be beautiful, but the viral infections that often accompany them aren't so charming. The runny nose of a cold and the flat-on-your-back condition of the flu are two of winter's least-appealing conditions. Here are some ways to help you avoid colds and flu altogether, or, if you do get sick, at least minimize the impact of the virus.

PREVENTING COLDS

Colds are very common upper-respiratory illnesses, caused by viruses that are transmitted on droplets from sneezes or through hand contact. One of the best preventive measures is to wash your hands frequently, especially after shaking hands. It may be normal to get one or two colds a year; if you get them more often, you should find ways to enhance your immune system. I'd suggest taking a fairly substantial dose of vitamin C on a regular basis — say four to five grams per day, split into three doses (1,000 mg equals one gram). If you do catch a cold, you can sometimes abort it, if you respond to it at the first hint of symptoms. Here are the three remedies I find most effective:

Rest. Take a day off and stay in bed. Your immune system requires energy to do its job. Taking a 24-hour rest can set you on the road to recovery.

Garlic. Eat two cloves of raw garlic, chopped or mashed and mixed with food. Garlic is a potent antibiotic with antibacterial and antiviral effects. Be sure to take it raw, since it loses its antibiotic effects if it's cooked or dried. *It's great for pets too!*

Echinacea. Take a dropperful of echinacea tincture mixed in water (or two capsules of freeze dried extract) four times a day. Echinacea, which comes from the root of the purple coneflower, is a powerful immune booster and a natural antibiotic long used by both Native American and European herbalists. Look for the brand sold in health food stores by Natures Way, or just stop by the clinic. We now carry a full line of natural health products by Phyto Pharmica®. For additional information on their products and health related issues, visit their web site. www.PhytoPharmica.com

It may be normal to get one or two colds a year; if you get them more often, you should find ways to enhance your immune system.

GINGER TEA TO RELIEVE A COLD

Here's a powerful homemade tea that can help relieve your head and chest congestion while staving off chills. It will also give you a little boost of energy to help with the malaise a cold often brings.

- a 1-inch piece of ginger root, peeled and grated
- 2 cups cold water
- 1/2 teaspoon cayenne pepper (or more to taste)
- 2 tablespoons fresh lemon juice
- 1 to 2 cloves mashed garlic
- honey to taste

Bring the water and ginger root to a boil, then lower the heat and let simmer for 5 minutes. Add the cayenne and simmer for 1 more minute. Remove from heat and add the lemon juice, garlic, and honey. Let it cool slightly and strain it if you wish. Get warm and toasty and drink up.

If you would like to receive additional newsletters on the topic of natural medicine and holistic health, or if you have specific questions on how to improve your pet's health, please call and let us know!

*In the spirit of better health,
 Paula Terifaj D.V.M.*