



NEWSLETTER

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CHINESE MEDICINE THEORY & YOUR PET

The “Five element theory” of Traditional Chinese Medicine divides personality types or constitutions into five categories – wood, fire, earth, metal and water.

Generally, people and animals show characteristics of more than one type, but one element may predominate. Knowing the characteristics of each element may help you choose a new pet or understand your existing furry friends better.

Dr. Marcia Dubois Martin has provided the following descriptions of the constitutional types:

1. Wood – wood pertains to the liver and these pets may be active, athletic, and competitive. The wood type may be hardest to train because they tend to be very headstrong and stubborn and bore easily. Aggression can also be a problem with the wood type. Liver toxicity may occur in these pets.
2. Fire – fire pertains to the heart. These pets are very happy and active and enjoy being the center of attention and being fussed over. Fire pets form very strong bonds with their owners and others in their lives. Because of this, they are very easy to train, but they need very clear boundaries. Fire pets require a lot of attention, so they may not be good for those who work long hours. If they are left alone a lot, they may become neurotic and hyperactive and suffer from separation anxiety. Heart ailments may occur in these animals.
3. Earth – earth rules the digestive system. These animals are very mellow, easygoing, adaptable and tolerant. They make great family pets. The fire

- type tends to have weak digestion, so high quality food is a must. Bouts of vomiting and diarrhea may be common and weight gain comes easily.
4. Metal – metal pertains to the lungs and large intestine. These pets are independent but like consistency in their lives. They are very intelligent and train well if they are understood. Asthma and other respiratory disorders may be a problem with the metal type.
 5. Water – rules the kidneys, bladder & bones. These pets tend to be timid and have low self confidence. They are unnerved by new situations, loud noises and harsh criticism. They draw their strength from those around them. These pets, when out of balance, may have urinary problems including submissive urination and joint problems like arthritis.

Hopefully this information will help you understand your pet a little more.

TICKS CAN SURVIVE THE WASH CYCLE

Recent experiments have shown that ticks can survive on pet bedding during the washing process, depending on water temperature and whether detergent was used. Also, in some cases, the ticks survived the dryer also!!

When washing your pet's bedding, use hot water, detergent and dry on high heat to kill ticks and other parasites.

TOP TEN LIES ABOUT PET NUTRITION

According to the 2007 Pet Food Report, these are the top ten non-truths we have been told by the pet food industry:

1. Table scraps are bad for pets – if it's good food for you, with some exceptions (onions, raisins, grapes and in some cases swiss chard, spinach, peppers & eggplant), it is good for your pet. Leftovers like plain steamed vegetables, eggs, lean meat, rice, etc. will complement your pet's diet. Things to avoid are cooked bones, rich sauces & gravies and sweets.
2. Dry kibble and treats clean the teeth – in fact the opposite is true. Dry kibble and treats can actually contribute to dental problems. Food such as meat, raw bones and vegetables that contain enzymes will help to prevent and remove tartar.
3. Raw meat makes your pet aggressive – aggression is a behavioral issue and is not caused by raw meat. Our pets in the wild would survive on raw meat, grasses, etc.
4. Sticking to one food is best – feeding the same food, or flavour of food repetitively can cause boredom and food sensitivities. Rotate the protein sources you give your pets to avoid these problems, but make sure you are using the highest quality food you can find.
5. If it's at the vet clinic, it must be good – prescription foods are made by large commercial companies with profit, not nutrition, in mind.

6. All bones are dangerous – cooking bones makes them brittle and prone to splintering in your pet’s digestive tract. Raw bones however are helpful for keeping teeth & gums healthy.
7. Semi-moist food is like meat – the “junk food” of the pet food industry contains mostly artificial ingredients and not much that is real. Semi-moist food contain sugar, artificial colours, artificial flavours and preservatives to keep them soft.
8. Pets should have food down 24 hours a day – free feeding is the major cause of obesity, finicky appetites and has also been linked to immune system weakness. Feeding small meals twice daily for adult dogs encourages good digestion and hunger for the next meal.
9. Cheap food saves money – in fact, because of the poor quality ingredients & high amounts of fractionated grains (leftovers from human food processing plants), your pet will eat more of an “economy” food than a super premium food that contains high amounts of meat. In the long run, per serving costs of the cheaper food actually cost you more in food, clean-up time, and medical costs.
10. Raw diets will make my pet sick – think about what your pet would naturally eat in the wild and did so before pet foods were invented. Our dogs & cats have shorter, straighter digestive tracts with stronger digestive juices that can deal with some parasites & contaminants that would make us sick. However, if you are making your own food, ensure that the meat has been kept properly refrigerated.

In good health, Mike, Lee, Jayne & Moxy

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