



JOURNAL

American Holistic Veterinary Medical Association

April–June 2002, Volume 21, Number 1



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The AHVMA is an organization whose purpose is to function as a forum for the exploration of alternative and complementary areas of health care in veterinary medicine.

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Cover Photo:
"Spooner"
by John and Marci Rix

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Information and a membership application may also be obtained online at the AHVMA Web Site:
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Cover Pictures

Do you have an interesting picture that would look good on the cover of the Journal? If so, please send a 4" wide x 6" high (or larger) glossy color print to the editor with a brief statement about the picture and permission to use it. Original pictures can be returned if requested.

Instructions to authors—Journal of the AHVMA

The *Journal of the American Holistic Veterinary Medical Association* is published four times a year, in January, April, July, and October, and welcomes manuscripts dealing with any aspect of holistic, alternative, or complementary veterinary medicine. Typed manuscripts should be submitted double-spaced with one inch margins. Electronic submission of documents is preferred. Documents prepared in a word processor should be submitted as plain text or in Rich Text Format (RTF). Documents may be submitted on a 3½ diskette for PC, or as attachments to email. The latter is preferred.

Referenced works will be given priority. Works should be cited using the author/date format, and references should be double-spaced and listed in alphabetical order by first author's name. Products and equipment should be identified by chemical or generic names. Trade names should be included as a footnote, with the manufacturer's name and address.

The corresponding author should include a statement, in a cover letter, that the manuscript has been approved by all authors, and that it comprises original work not previously published elsewhere, unless so noted. The AHVMA reserves the right to reject any manuscript. For more information, contact the Editor-in-Chief at: Editor@AHVMA.org

From the Editor

In This Issue

The first thing you should notice about this issue is the size—it is our largest issue yet. I think all my pleading for content has finally paid off. I actually had to hold some items back for the next issue.

However, I don't want anyone to think they can relax. I will continue to urge you to help make your Journal better by providing content. Some of the items in this issue are good examples of what you—the members—can do.

We have a very special picture on the cover of this issue—read more about that on page 8. And we have a number of news items beginning on page 9. Dr Joe Demers, Chair of the Conference Committee, has given us an overview of the conference and an interview with one of the speakers, Dr Christopher Day of England.

We also have some news about some of our members. I urge you to look at these items and keep them in mind. If you know of a member of the Association who is lecturing somewhere, drop me a note so I can put it in the Journal. Or, if you are speaking somewhere, let me know about it. And don't hesitate to send a picture if one is available. News items of general interest that don't specifically involve a member are also welcome.

And letters—we have a number of letters in this issue. Letters to the Journal are an excellent way to get the word out on subjects of interest to the members. We have a letter in response to Will Winter's opinion piece in the last issue (I'm surprised there is only one!). There are letters about a national CAVM database, cloning of dogs and cats, licensing chiropractors to treat animals, and the AAFCO's latest attempt to control nutraceuticals and herbs. Be sure to read the letters—there is a lot of important information there.

The second column from the Veterinary Botanical Medicine Association comes to us from Susan Wynn, an excellent review of nettles. And there is information about the VBMA's upcoming symposium and certification exam, which will precede the annual conference. Also preceding the conference will be a retreat sponsored by the Council of Elders (see page 43), and a strategic planning session, which will examine the future of the AHVMA (see Carvel's column for more details).

Bruce Ferguson has provided us with another of his excellent *Get the Point* columns, and Marlene Smith has an article on Legg-Calve-Perthes disease. And we have a new feature, *Highlights from the CAVM List*, by Carol Galka. I know that Carol worked very hard putting together this column, and I hope she will provide more like it for future issues.

Carol first approached me about doing this column back in February, and I urged her to do it. It is a wonderful way to pass along information from the discussion list to those who are not members and to demonstrate just how valuable the list can be. I hope it will stimulate those who do not belong to join and those who do not have Internet access to get it.

We also have another informative article about wildlife rescue from Shirley and Allan Casey. And don't forget our advertisers. They support the AHVMA and the Journal by advertising with us.

AAFCO

I don't have to say a lot about this topic, because it has been pretty well covered by Carvel in his column and by the letters from Ihor Basko and Bill Bookout. But I want to remind you to read those items and become active in this cause. The AAFCO's enforcement strategy is a major threat to your ability to practice veterinary medicine as you see fit. And I am particularly disturbed by the fact that they have aligned themselves with the Ramey-Imrie camp by prominently displaying links to the skeptics Web site. Be sure to read Ihor's letter, and take action.

Licensing Chiropractors

This has been a hot topic on the CAVM list for several weeks. Read Dr Narda Robinson's letter on this subject for more details. The issue, as I understand it, is that the AVCA is campaigning to have chiropractors, who have been trained and certified by AVCA, licensed as primary animal health care providers in Colorado and several other states. I personally find this ludicrous.

Now I have nothing against chiropractors or chiropractic manipulation, and I am quite confident that chiropractors who complete the AVCA training program can provide chiropractic care to animals.

But that is quite different from having them licensed as the primary providers of animal health care.

As I see it, this would be analogous to a veterinarian completing the AVCA program and then being licensed to provide primary chiropractic care for humans. Or, to take it a step further, why not allow physicians to take a 180-hour training course in veterinary surgery and then license them to become primary providers of surgical care for dogs or cats or horses?

I'm not an expert on chiropractic education, but I've looked at the curriculums of several schools of chiropractic and it appears that chiropractors get a good foundation in **human** anatomy, physiology and biochemistry. And they are provided with the basics of human disease processes. Therefore, they are licensed to treat humans, not animals. They are supposed to know when a human patient has a problem that they cannot treat with chiropractic care. Although it has been said that some chiropractors do not recognize their limitations, I have to assume that the majority do. They provide good quality chiropractic care, and it is often in the form of primary care.

Another consideration is that human patients have a certain sense about their own illnesses—a sense that is almost inherent in being a human. So, as a result, these humans are **usually** able to determine when they should see a physician rather than a chiropractor. But these same humans do not have the same sense about their animals. In fact, we have all seen cases where the human animal caretaker doesn't have enough sense to take their animal to a veterinarian.

So what would be the consequences of having chiropractors with 180 hours of additional training licensed as primary health care providers of animals? I suspect the answer is that the consequences would be disastrous.

If there is a demand for "animal chiropractors" licensed as the primary providers of animal health care, then perhaps the solution is the establishment of schools of veterinary chiropractic. In such a school, the students would be taught all the basic courses that human chiropractic schools offer, but the focus would be on animal physiology, animal anatomy, animal biochemistry, and so on. And they would learn about multiple species rather than just one.

These students would also be offered courses in animal medicine and pathology, so they would have a basic understanding of animal disease. They would, therefore, be in a much better position to know when to refer an animal to a veterinarian.

I am certainly not advocating the establishment of such a school, because I don't think there is a need for licensed animal chiropractors. I am entirely in favor of veterinarians being trained in chiropractic techniques and I think it is a very useful modality. I am also not opposed to chiropractors learning something about animals so that they can apply their knowledge and skills to help animals. But, I think they should only be doing this after referral from a veterinarian who has examined the animal and established the need for chiropractic treatment.

Some have argued on the CAVM list that chiropractors trained in veterinary chiropractic are better at adjusting animals, than are veterinarians trained in chiropractic manipulation. This makes sense, since the chiropractors have much more training in chiropractic manipulation than do the veterinarians. But a chiropractor trained in veterinary chiropractic during a 180-hour course will not become a veterinarian.

In my opinion the AVCA should recognize this fact, live with it, and stop this nonsense!

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About Our Cover Photo

The photograph on the cover of this issue is very special, but you need a little background to understand why. Several months ago, Jane Clickner from the AHVMA office told me about a couple from Massachusetts who have been making regular monthly donations to the AHVMA memorial fund in memory of their dog "Spooner," since June 2000.

Jane suggested that it would be nice to acknowledge these donations publicly. So Carvel wrote to them and asked for some information about "Spooner" and perhaps a picture. Mr & Mrs Rix sent a nice note and a picture of "Spooner," which I decided to use for the cover of this issue. Copies of the correspondence appear below.

On behalf of the AHVMA and the Journal, I wish to thank Mr & Mrs Rix for their generosity, and therefore dedicate this issue to the memory of "Spooner."

Jan Bergeron, VMD, Editor

John & Marci Rix
Willowmoor Farms
PO Box 1326
Dudley, MA 01571

Dear John & Marci:

Your continued support of the AHVMA Advancement Fund Memoriam in remembrance of your beloved companion, Spooner, is truly a generous testament of your affection for your Spooner.

We want to thank you once again for your donation to the AHVMA Advancement Fund. On behalf of the Board of Directors, I want to send you a special note of gratitude, for it is through donations such as yours that enable our Fund to allocate monies for veterinary student scholarships and humane, clinical and scientific projects that will further the goals of holistic veterinary medicine.

We publish the AHVMA Journal four times a year, April, July, October and January. We would like to do a small memorial to Spooner in an upcoming issue, and if you have any photographs of good, clear quality, we would also like to include one. It would also be helpful if you could write a few sentences describing your wonderful companion and his special attributes.

If you have any questions, please call us between 12 noon and 4pm EST, 410-569-0795.

Again, thank you for your support and generous donations.

Sincerely,

Carvel G. Tiekert, DVM
Executive Director

Dear Sir,

We are very honored that you want to pay tribute to Spooner.

Spooner came to us from an animal shelter and he was the sweetest, kindest dog we have ever known. He loved traveling with us whether we were showing livestock or sailing our boat. We never went anywhere without him. He was always in the water playing ball or just swimming. He was the greatest friend anyone could ever have.

The last year of his life was made more comfortable by the use of holistic medicine. He visited his vet, Dr Liz Hassinger Campbell in Rhode Island once a week for acupuncture treatments for a back problem. We are very grateful there is a gentle way to treat our animals.

I hope the enclosed photo is all right. It was taken in Louisville KY at the North American Livestock Expo where we were showing sheep.

Thank you so much for your interest.

Yours truly,

John & Marci Rix

VBMA Report

Urtica dioica (Nettles)

Susan G Wynn, DVM



Urtica dioica

Copyright © Tony Morosco <tony-morosco@calflora.org>

Nettles: *Urtica dioica*

Similar species: *Urtica urens*, others

Common names: Nettles, Stinging Nettles, Urtica

Family: Urticaceae

Parts Used:

Leaf - for inflammatory diseases

Root - prostatic diseases

Collection: early summer, just before blooming

Selected Constituents:

Plant/leaf: 2-Methylhepten-(2)-On-(6), 5-Hydroxytryptamine, Acetic-Acid, Acetophenone, Acetyl-Choline, Alpha-Tocopherol, Aluminum, Arsenic, Ascorbic-Acid, Beta-Carotene, Betaine, Boron, Bromine, Butyric-Acid, Cadmium, Caffeic-Acid, Calcium, Carbohydrates, Cellulose, Chlorine, Chlorophylls, Choline, Chromium, Cobalt, Copper, Fat, Ferulic-Acid, Fluorine, Folacin, Formic-Acid, Histamine, Iron, Koproporphyrin, Lead, Lecithin, Lycopene, Magnesium, Manganese, Mercury, Molybdenum, Mucilage, Niacin, Nickel, Nitrogen, P-Coumaric-Acid, Pantothenic-Acid, Phosphorus, Potassium, Protein, Protoporphyrin, Riboflavin, Rubidium, Selenium, Serotonin, Silicon, Sodium, Sulfur, Thiamin, Tin, Violaxanthin, Xanthophyll-Epoxide, Zinc

Seed: Glycerol, Linoleic-Acid, Linolenic-Acid, Oleic-Acid, Palmitic-Acid,

Flower: Scopoletin, Sitosterol, Sitosterol-Glucoside

Energetics: sweet, cool

Actions, clinical: Anti-inflammatory, taken orally. Topically as fresh plant or in various forms, may reduce chronic inflammation of skin and in joints. May suppress growth of prostate cells.

Actions, biochemical: A lectin binds n-acetylglucosamine on cell surfaces, and is known to be a MHC I and MHC II superantigen. A phenolic extract inhibits pro-inflammatory cytokine production via cyclooxygenase, including LTB₄, and the whole plant extract, IDS23, partially inhibits lipoxygenase derived inflammatory products and inhibits NF-kappaB activation. Organic solvent extracts inhibit membrane Na⁺, K⁺-ATPase activity in the *ex vivo* prostate cells, as well as prostate transformed cell lines, possibly suppressing prostate cell metabolism and growth. Large intravenous doses lead to hypotension, diuresis and natriuresis.

Actions, energetic: nutritive, detoxifying, drains damp heat, cools blood.

Indications:

Traditional and energetic: chronic diarrhea, kidney disease, cystitis, eczema, warts, suppress bleeding, damp heat type arthritis, prostate problems

Evidence based: rheumatoid arthritis, allergy, prostate cancer, prostatitis

Notes of interest: Handled with gloves, nettles can be sauteed in butter and is better than spinach. The exact agent responsible for the sting of *Urtica dioica* is unknown. When the the mechanism is released, acetylcholine, histamine, and serotonin are released, in addition to a forth, unidentified substance thought to be an enzyme.

Contraindications: Diabetes—may increase blood sugar levels.

Adverse effects: The most obvious is the famous contact dermatitis on touching the fresh plant. Massive exposure has been reported to cause

Reasons to Take Wildlife to a Wildlife Rehabilitator

Wild animals are not like domestic animals. They need specialized care, including special capture and handling, diets, caging. Without such specialized care, wild animals often die. Rehabilitators have special training and knowledge to work with wildlife. They can help to prevent or resolve some wildlife problems without the animal needing to be brought into captivity. They know if, how, and when an animal needs rescue (see section above). Rehabilitators know the special dietary needs and feeding techniques for wild animals.

Wild animals have the potential to transmit diseases and parasites to humans and other animals, such as pets. They can also inflict injury with teeth, beaks, claws, talons, legs, and wings. Rehabilitators are familiar with ways to minimize and manage risks.

Wild animals require special supplies and facilities. Rehabilitators have special capture, handling, and feeding supplies. They also have special caging for wild animals of different ages and health conditions. They have the ability to keep wildlife separate from humans and domestic animals to meet quarantine requirements and reduce stress.

Local, regional, and federal laws often prohibit possession of wildlife, even if you are well-intentioned and plan to release the animal. Rehabilitators have the special permits and licenses that allow them to care for and then release wildlife.

There are many injuries, health problems and diseases that wildlife may have that are difficult to notice. A wildlife rehabilitator is trained to identify subtle symptoms and is thus able to get veterinary treatment before the condition deteriorates.

Wild animals need to be raised with their own species. This helps the animal relate to its own kind when it is recovered. Rehabilitators will be able to keep the animal with its own species or arrange for it to be with others. If young wild animals do not learn to socialize with their own species or learn the appropriate survival skills, they may be unable to survive when released back to the wild. Wild animals raised by humans may become habituated to and/or dependent on humans, have difficulties surviving in the wild, approach and harm people, and become nuisance wildlife.

Most of the public and veterinarians have experience with companion animals or livestock, not wildlife, whereas rehabilitators do have this experience.

If you are interested in rehabilitating wildlife, contact a trained, knowledgeable, and permitted rehabilitator. Trying to rehabilitate a wild animal without appropriate knowledge, skills, supplies, caging, and permits can place you, your family and friends, companion animals, and the wild animal at risk. Don't practice on the wild animal in need. Rather, take the wild animal to a rehabilitator, get a copy of the wildlife rehabilitation recruiting brochure and booklet at www.Ewildagain.org, and follow the suggestions about how to get started.

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Some Considerations Used by Wildlife Rehabilitators in Assessing the Need for a Rescue of a Wild Animal

Physical conditions (generally suggesting a rescue)

1. There are **obvious wounds**, bruising, abrasions, or swelling.
2. The animal is **bleeding**.
3. The animal has a **bloody nose** or blood coming from the mouth.
4. The animal is or **looks cold** (shivering, mammals curled in a ball, birds fluffed up).
5. The animal is **limp or not moving**. Animal is lethargic.
6. The animal is **not moving “right”** (head at odd angle, circling, trembling, dragging back legs, a bird pushing itself with its wings, etc).
7. There is any sign of a **fracture** (limping, dragging or dangling limbs, limbs at odd angles, bird supporting itself on one wing, bird not able to fly, etc).
8. The **feathers or fur “do not look right”** (missing, matted, bloody, oiled, droppings on feathers or fur, etc).
9. There is **unusual discharge** from the animal’s mouth, nose, ears, eyes, etc.
10. The animal has **difficulty breathing** (gasping, wheezing, or sneezing).
11. The animal has **obvious parasites** (maggots, fly eggs, fleas, ticks, or others).
12. The animal looks **extremely thin**.
13. The animal seems **dehydrated** or is known to have been without fluids (The rescuer should not be asked to do the skin pinch test on any wild animal to check dehydration due to injury and disease issues):
 - Birds – Does the skin over the keel (breast bone) “wrinkle” when moved aside? Are the eyes sunken? The skin may normally look flakey, so flakey skin alone is not an automatic symptom.
 - Mammals – Do the eyes look sunken? Has a young mammal been without its mother for several days?
 - Reptiles – Are the eyes sunken? Can the turtle submerge itself? Does it float? Are there cracks in the shell?

Young animals (generally in need of rescue)

1. The **parent(s) and other siblings of a baby animal are known to be dead**.
2. The **juvenile animal has been alone for a long time** in a “normal” situation with no evidence of parents. (Note: the person should watch from a distance; wildlife rehabilitators may provide tips to determine if the parent is returning).
3. The juvenile animal looks **“weak.”** The baby cannot lift or hold its head up.
4. The juvenile **animal keeps its eyes closed** even though it is old enough to have them open.
5. The juvenile animal looks **deformed** (eg, missing limb, crossed beak).
6. The juvenile bird keeps its **head tucked under its wing** most of the time.

Origin and Situation (generally in need of rescue)

1. The animal was **in the mouth of a cat, dog,** or animal other than its parents.
2. The animal’s **origin is unknown**; it was “relocated” (or brought to people) by any source (cat, dog, car, flood, etc).
3. The animal is found **in a dangerous situation** (eg, in the hood of a car, in a pool).
4. The young animal has been **“cared for”** by people for a significant amount of time (varies by species and age of animal).
5. The young animal has been **handled and “gone through” a variety of people** before the rehabilitator is contacted.
6. The wild animal has **injured a person or domestic animal**.

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The Parting Shot

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others. **But**, upon reflection, we would like to point out that senior citizens **did not take:**

The melody out of music,
The pride out of appearance,
The romance out of love,
The commitment out of marriage,
The responsibility out of parenthood,
The togetherness out of the family,
The learning out of education,
The service out of patriotism,
The religion out of school,
The Golden Rule from rulers,
The nativity scene out of cities,
The civility out of behavior,
The refinement out of language,
The dedication out of employment,
The prudence out of spending, or
The ambition out of achievement,

And we certainly are **not** the ones who eliminated patience and tolerance from personal relationships and interactions with others! Does anyone under the age of 50 know the lyrics to the Star Spangled Banner? Just look at the Seniors with tears in their eyes and pride in their hearts as they stand at attention with their hand over their hearts!

Remember...Inside every older person is a younger person wondering what the heck happened!

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