



Happy fall, dear clients and patients!

I love this time of the year, with its beautiful colors and crisp weather! Many animals become energetic with the cool fall air, but some become itchy or cough due to pollens, mold, dust mites and dry air. Fall is associated with the lung element, which includes the nose, throat, trachea, lungs and also the skin. Pollens and mold resting on our animal friends can cause them to itch, so bathing with hypoallergenic, unscented shampoos for 15 minutes and rinsing well can help soothe itchy skin; even a simple rinse in cool water once a day can help. Horses may enjoy a cool rinse, too, and dogs with itchy feet can have their feet dipped in cool water or wiped with a wet cloth after coming inside.

If your pet has more trouble with allergies in the fall and winter, dust mite allergies may be the cause. A HEPA filter helps control the spread of allergens and dust mites indoors. These may be put into your furnace, used as a stand-alone filter that you plug in (I recommend the outside be made of metal, not plastic, as plastic off-gasses and can irritate the chemically sensitive animal) and HEPA filter vacuums may be used. Consider removing any carpeting, as this is a haven for dust mites. Rugs and bedding can be washed and dried weekly or, if not washable, put outside in the sun for at least 30 minutes weekly to kill dust mites. Be sure to use unscented products in your washer and skip the dryer sheets, as these can also irritate sensitive skin. You may want to forgo polishes and waxes and try dusting with a damp cloth; certain cleaning products can be irritating to sensitive animals. Plus, you'll save a little money!

As the weather cools, animals and humans can become dry and cold also. This is called blood deficiency in Chinese medicine, and we can all benefit from some organ meat, orange vegetables, sardines, eggs and parsley. Lamb, venison, shrimp, and chicken are particularly warming. If you or your animals are especially cold with the weather change, adding a little powdered or fresh ginger or cinnamon to food is very warming. During a hot spell (if we get one!), add some dill seed.

As always, thanks for letting me be a part of your pets' lives. Enjoy this beautiful season.

Best,
Dr. Jody



WELLCARE

This season we're hearing a lot about swine flu and canine influenza virus. These are related viruses that cause respiratory illness with fever and body aches. Chinese herbal formulas can prevent and treat these airborne illnesses. Dogs or horses going to shows or competitions can start on prevention, and those who become ill can start on treatment. Be sure to keep your ill pets home, and don't bring animals with poor immune systems where they can be exposed to illnesses. The canine influenza vaccine only lessens the severity of disease, but doesn't prevent it. Of course, acupuncture can help animals recover more quickly! If you feel under the weather yourself, try a cup of ginger tea at the first signs of cold or flu. Ginger tea helps alleviate symptoms and speeds recovery.

Ginger-Sugar Tea (for humans!): Cut 10 slices of ginger root into fine pieces, as small as possible and put into a cup or bowl, add 1 cup boiling water, 3 teaspoons brown sugar, stir, and drink the whole thing down, including the ginger.



Patient Profile

Omar is a gorgeous 10-year-old part Siamese cat. He was diagnosed with asthma in 1999. He would cough multiple times every day, even with a daily dose of prednisone, a steroid, and theophylline, a drug that relaxes the bronchi. After beginning acupuncture in December 2007, Omar was able to wean off of the Western

drugs and has only coughed once since April! He loves his acupuncture, offering his paws for needles and even purring.

Favorites: Food- organic cooked peas • **People:** his mom, most women • **Toys:** organic catnip-stuffed mouse - he brings it to bed!

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Ordering Herbs

If we need to order an herb for you, it usually takes 5-7 days for the herb to be delivered. If you need the herb ASAP, the shipping charges can be significant. To help you avoid running out of herbs and costly shipping charges, we'd like to offer you a new order reminder service. Just let Nadia (nadia@anshenvet.com or 608-333-7811) know which herbs you need and how often you order them, and she'll place a reminder on her calendar. When it's time to reorder, she'll contact you to make sure you'd like to place an order. Never run out of herbs again!

A New Way to Pay

We're happy to announce that we can now accept credit and debit cards for house calls and herb orders. If you'd like to pay with a debit or credit card, we can send you a Paypal invoice. You do not have to be a Paypal member to use this service and there are no additional fees for paying with your debit or credit card. If you have any questions, call or write Nadia (608-333-7811 or nadia@anshenvet.com).

Giving Back

In this issue, I'd like to introduce you to Basset Buddies Rescue. BBR is an all-volunteer organization that re-homes Basset Hounds and Basset mixes. They serve the tri-state areas of Wisconsin, Minnesota, and Illinois. In addition to finding homes for wayward hounds, the group also strives to educate the public about the Basset breed. For more information about BBR, please see their web site at www.bassetbuddiesrescue.org.

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