

# The AnShen News



Dr. Andrea Lanphear, DVM, CVA

Fall 2010

## Upcoming Event

Dr. Andrea will be presenting a workshop, including an acupuncture demonstration, at [bad dog frida](#) on Monday, November 1st from 6:30-8:00. If you haven't had a chance to meet Dr. Andrea yet this would be a great opportunity to speak with her and see her in action! The workshop is free, but please call bad dog frida to reserve your spot.

bad dog frida  
2094 Atwood Avenue,  
Madison, WI 53704  
608-442-6868

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## Happy Fall to our Anshen Clients and Patients!



Fall is such an invigorating, inspiring time of year. For most of us it means going back to school or work, back to our normal routines. Summer always seems to throw me off my exercise and nutritional routines. Many of us change our diets as the seasons change, mimicking the season and keeping us balanced. A few foods appropriate for the cooler weather of fall would be sweet potatoes, string beans, clams, duck, apples, and pumpkin. If we're out of balance and experiencing health issues, we can add foods that address them, such as pear for a dry cough at night. The same is true for our animal companions. Consider adding some of these foods to your pet's diet.

For those Anshen clients and patients I have already met, I have enjoyed meeting you and spending time together. For those clients I have yet to meet, I hope to spend some time with you and your animal family members this fall. I feel so fortunate to be able to help your animal companions and be a part of Anshen Veterinary Acupuncture! As much as we give to our animal friends we receive so much from them in return. It really is all about balance.

best regards,  
Dr. Andrea

## Wellcare - The "Aspirin" Point

You can provide relief for your animals between acupuncture appointments by using acupressure. The Bladder 60 point, also known as the "aspirin" point for its effectiveness in pain relief, can be found by running your hand down the outer side of the back leg to the base of the Achilles tendon. This is the thin area on the ankle or hock, so thin that sometimes you can see light shine through it. Stimulate the point with your thumb and index finger on either side of the leg, applying pressure that seems comfortable to your animal for 5-15 seconds. This point is useful for pain relief, nose bleeds, hypertension, and epilepsy. You are also stimulating the Kidney 3 point (on the inside of the leg), which is useful for kidney issues, diabetes, respiratory issues, back pain, and painful urination (Kidney 3 is

Curious but nervous about making your animal's food? Ease into it by supplementing your pet's diet with a sardine once a week. Sardines are available at the grocery store packaged in water without added sodium.

They influence the Stomach and Spleen meridians, which belong to the Earth element, one of the five elements (Wood, Fire, Earth, Metal, and Water) of Traditional Chinese Medicine. The Earth element represents late summer. Sardines, neutral in temperature, are a blood and yin tonic and useful for treating blood deficiencies. Blood deficiencies may be indicated by dry paw pads, a dry coat, dandruff, poor eyesight (particularly at night), restlessness, or by being easily frightened. If you substitute "skin" for "paw pads" and "hair" for "coat," this applies to humans, as well! If you've noticed any of these conditions in your pet, or yourself, consider adding sardines to the menu.



contraindicated in pregnant animals and humans, so avoid this point if pregnancy is suspected).

## A Message from Dr. Jody

Aloha dear friends,

I have been quite busy here in Hawaii with work and family time. At Kapa'au Veterinary Center (we're on Facebook!) I have been busy merging western and eastern medicine with small animals in the clinic, along with some homeopathy, at which Dr. Robin Woodley is a master, and continuing to work with horses using only eastern medicine at their farms and ranches. I'm excited to continue seeing horses outside in the winter without any fear of frostbite!

My children volunteer at the Kona Humane Society every Saturday, with either my husband or myself as a chaperone, depending on my work schedule. Everyone is extremely friendly there, and the volunteers are greatly prized and allowed a lot of responsibility, which the girls take to heart. We swim as often as we can at either one of the lovely white sand beaches or a local swimming area with coral reefs and huge numbers of tropical fish. Keelee has made it her own challenge to climb to the top of the lychee tree in our yard, and Raina is having a blast at the high school's drama club. Todd is very happy to have cable and follow his Fantasy Football team. Moe (the Samoyed) and I have long walks early every morning, varying our route to visit the only dairy farm on the island some days, local organic orchards and farms on others, and our local small town also. Howie (the Chihuahua) can't get enough of the warm sun and I have to pick him up to get him inside. Ned (the cat) catches any indoor bugs and Howie eats them! Not many get inside due to the helpful geckos on the sides of the house and the giant cane toad somewhere in the yard (which once took up residence in my boot). I won't mention in too much detail the size of the spiders which catch the other bugs.

I hope you are all doing well and enjoying the fall. I think of you and your wonderful animal families often.

A hui hou!

Dr. Jody

## Patient Profile - Jake



At twelve years of age Jake, the black Lab my wife and I had adopted at the age of two, had turned into a gray bearded old dog with painful arthritis on his spine. He also had frequent problems with his ears and a worsening loss of hair on his throat that our primary small animal vet was unable to cure. That was when we were referred to Dr. Andrea. Her gentle nature prompted Jake

to take treats from a veterinarian for the first time. He relaxed immediately upon his first acupuncture treatment and showed quick improvement. Six months later his ears remain trouble free, the bare spot on his neck is nearly full of hair and he romps and plays with our 3-year-old Lab (Budda) as if he

were young again. Jake enjoys daily walks, lopes through the pasture among the sheep and horse and politely eats watermelon with Budda during our afternoon break in the barn. Despite his daredevil inclination, Jake remains a snuggly loving dog and thanks to his acupuncture treatments can now roll over for his beloved belly rubs once more. Last year for Halloween we dressed him as a ladybug, calling him a Jake-anese Beetle. Considering the full gray beard he now wears I think this year he will go trick-or-treating as a crusty old pirate! Jake has been a furry handful at times, but always loving and cuddly. I would not have had it any other way.

By Dan Antolec

## Focus On - Trails Home



Trails Home Labrador Retriever Rescue of Wisconsin is a lab and lab mix rescue working primarily in Dane county. The all-volunteer organization works to re-home labs in need. If you're interested in adopting a lab, volunteering, or would like more information about Trails Home, please visit their web site [here](#).

**"Health is the greatest gift, Contentment the greatest wealth, Faithfulness the best relationship."**

The Buddha

## Contact Info

Call us, visit us on the web, or find us on Facebook!

608-333-7811

[www.anshenvet.com](http://www.anshenvet.com)