



Fall 2011

Dog Fair!

Please join us at Dog Fair on Sunday, November 6 at the Alliant Energy Center. Dr. Andrea will be speaking and demonstrating acupuncture on Anshen client Watson in Ring 2 at 2:15. Follow this link to see a schedule of events

Anshen News

Dear Friends and Clients,

Happy Autumn! Though the days are getting shorter we're excited to announce that Anshen's hours are getting longer! On Mondays and Wednesdays, Dr. Andrea can see you at home, **Country View**, or **Sauk Point** between 9 a.m. and 6 p.m. On Tuesdays, we're extending our hours until 7 p.m. for appointments at home and Sauk Point (Country View appointments are still available until 6 p.m.). And for our early risers, Thursdays will begin at 8 a.m. and end at 5 p.m. Starting in December, we will offer appointments between 9 a.m. and noon one Saturday a month either at home or at Sauk Point; check our **Facebook** page at the beginning of the month for more details. We hope these changes make life a little easier for

and download a parking pass. See you there!

Focus On-- *Dogs on Call*

Dogs on Call is a local organization made up of people and their pets whose primary focus is to promote and foster the human-animal relationship. They do this by visiting, teaching, and sharing their animals, bringing smiles and comfort to the ill, the dying, veterans, the aged, the young and the in-betweeners, Listed below are some of the activities they do with their animals in our communities.

Visit hospitals, rehabs, nursing homes, hospice
Teach dog safety to children through Dog Bite Prevention classes
Participate in R.E.A.D (Reading Education Assistance Dogs) programs in

you!

Food Therapy

Nutrition is one of the five branches of Traditional Chinese



Medicine along with acupuncture, herbs, Tui-Na (massage) and Qigong/Tai Chi (meditation and exercise). Throughout history, people have used food to address their medical needs. In the Mediterranean, people ate

herbs such as oregano for their anti-bacterial properties, important in a warm climate prior to the invention of the refrigerator. In the hot climates of India and Mexico spices that encourage sweating like cayenne, coriander, and turmeric became mainstays of the diets. Today, there are certain cultures in which Alzheimer's disease is less prevalent, possibly due to ingesting anti-inflammatory foods such as turmeric, ginger, garlic, and coriander. In food therapy for our animals we utilize the healing powers of food such as adding garlic or ginger to the diet of an arthritic dog. Sometimes it is as simple as eating what is available for the season. In the summer, watermelon is abundant; it is also a good Yin tonic and can help clear heat. In the fall we eat pumpkin and cinnamon, which help to warm the body. The following recipe for pumpkin cookies is a good treat for the fall.

Stay warm!
Dr. Andrea

(Dr. Andrea recently completed work to become a Certified Veterinary Food Therapist. If you have questions about your pet's diet, please ask!)

Pumpkin Pet Treats

½ cup canned pumpkin
½ cup water
2 tbsp oil (sesame, vegetable, olive) or tahini
½ tsp ground cinnamon
½ cup whole rolled oats (not instant)
2 cups flour (whole wheat, rice, or unbleached white)



schools and
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For more information
about Dogs on Call,
please click here.

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Preheat oven to 375°F. Combine pumpkin, water, oil, and cinnamon in a bowl. Gradually add oats and flour. Roll dough to ¼ inch thick and cut with cookie cutter. Bake on an ungreased cookie sheet for 40 minutes.

Note: 1 teaspoon Body Sore or other herbs can be added to the recipe.

Patient Profile: Callie Mae

Callie Mae is a twelve-year-old Golden Retriever/Border Collie mix and the apple of her mom Angela's eye. Callie and Angela have been together since Angela adopted Callie from the Manitowoc County Humane Society twelve years ago. Callie loves going to daycare, her

boyfriend Puppy, stealing sticks of butter (Oh, Callie!), and best of all, camping and canoeing with her mom. Angela and Callie are a great team--thanks, Angela, for letting Anshen be a part of that team!

