



Anshen News

Summer 2011

Contact Info

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Do We Need to See You?

Just a reminder that we need to see your animal at least once a year in order to continue prescribing herbs. It's important to reevaluate your animal's Chinese diagnosis at least annually so that their treatment plans,



Flow of Qi

With the arrival of summer (finally) and longer sunnier days, our energy changes. You may find you're able to stay awake longer or feel more active later in the day. It's a good time to consider how our bodies correspond to the clock. Our energy, or Qi, flows in a [cycle](#) throughout the day. The Chinese have determined that this energy flow predominates in certain parts of the body during specific times of the day. For instance, the Gall Bladder meridian has maximum energy flow from 11 p.m. to 1 a.m. and the Liver meridian has maximum energy flow between 1 a.m. and 3 a.m. Recognizing this energy flow can be important in obtaining a Traditional Chinese Veterinary Medicine diagnosis. If you notice a pattern with your animals such as vocalizing in their sleep or becoming restless at a particular time of day, note the time. It could mean that there is an imbalance with that organ.

including herbs and dosages, provide maximum benefit. Call or email today if you can't remember when we last saw your pet; if you can't remember it's probably time for a visit!

Thinking about Pet Insurance?

We've found a pet insurance company, PetPlan, that covers acupuncture and chiropractic treatments as well as conventional western veterinary medicine treatments. Please visit the **PetPlan web site**, ask Dr. Andrea for a brochure, or call or email us if you'd like more information.

Quick Links
More About Us



Foods to Avoid



I know many of you are making your animals' meals or supplementing with "human" food. That's great! I often throw food that I am not consuming fast enough into the crock pot for my dogs. You should be aware, however, that there are [many foods](#) that are not safe for our animals. Some foods that you want to avoid are onions, grapes, raisins, currants, almonds, walnuts, macadamia nuts, avocado, persimmons, chocolate, caffeine, raw eggs, raw fish, xylitol (found in gum), nutmeg, human vitamins containing iron, mushrooms, yeast dough, potato peelings and the green stems of tomatoes. Fat can cause pancreatitis in animals so you do want to watch how much fat is in the meat you're giving and dairy should be limited as well. Garlic is part of the onion family so it can be toxic but in small amounts it is very beneficial. Fruit pits, such as apple seeds and apricot pits, can contain cyanide; cut slices from pitted fruits for your animals. Composts are often a source for mold toxins so make sure they are not accessible to your animals. If you have any questions about the foods you're giving your animals just give us a call!



Wellcare - The Anshen Point

Anshen is an acupressure point that calms the shen (mind). This point is found on the backside of the head where the ear meets the neck; you might feel a big divit behind the ear. It is useful for relieving anxiety; try it if your animal is bothered by storms

or fireworks. It is also helpful for ear problems, epilepsy and allergies. A lot of animals love being rubbed behind their ears--now you know why!



Patient Profile: Chicklet

Chicklet is an Australian Terrier who will be 15 on July 14--Bastille Day! Chicklet and her sister Rosie first saw Dr. Jody in 2010 and now see Dr. Andrea. Chicklet has been diabetic for 6 years, and though she is now hard of hearing and losing her sight she continues to have a strong spirit and a zest for life. Her favorite foods are

ice cream and popcorn, she enjoys car rides, being outside, and all dogs. At one time she even enjoyed ice skating in her mom Stephanie's backpack! Her best trick is smiling on cue. Chickie and her mom are soul mates, providing great strength, comfort, and support to each other. Vive La Chicklet!

Upcoming Events - Come See Us!

Dog Fest

Sunday, June 12, 10-4

Angell Park in Sun Prairie

For more information: [Click Here](#)

**Save
10%**

All appointments and herb orders are 10% off for the entire month of June! Now is the time to come in for a tune-up or try acupuncture for a second (or third!) pet!

Offer Expires: 6/30/11. All herb orders must be placed by 6/30/11. All appointments must be completed by 6/30/11.