



Winter 2013



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Coming Events

**Monday, February
11**

**Dr. Jody will be on
WORT's Access
Hour 89.9FM at 6
p.m. speaking
about alternative
veterinary**

Anshen News

Dear Friends and Clients,

Happy 2013!

We have been greeted with a true winter - snow and cold is here. The frigid temperatures can make our animal friends' (and our) backs and hind ends cold and weak, which we call kidney yang deficiency in Traditional Chinese Veterinary Medicine (TCVM). Some of the signs of kidney yang deficiency that we notice in our animals are shivering in the cold, seeking warm places, or if their bodies feel cold, especially on their backs. They may have early morning diarrhea, may sink down on their hind ends, or have trouble moving as quickly as usual on the hind end.

Along with acupuncture and herbs, we can help our kidney yang deficient animals by making sure that they don't stay out in the cold longer than necessary (or, if they are farm animals, make sure they have wind protection and good

medicine. Please call in with your questions; Dr. Jody would love to talk to you! 608-256-2001

Monday, March 18

Dr. Jody will be discussing Holistic First Aid for Animals at the Willy Street Co-Op West. The event is free and you do not need to register. Monday, March 18 at 6:00 p.m.

Focus On . . .

Great Pyrenees Rescue of Wisconsin



Founded in 2007, Great Pyrenees Rescue of Wisconsin works to find forever homes for gentle giants who are down on their luck. If you'd like to help GPRW or adopt a big white

bedding). Feed warming foods such as oats, sweet potatoes, carrots, pumpkin, chicken, venison, lamb, and shrimp. You can also add a little ginger or cinnamon to your animal's treats or food. Keep in mind that cooked food will be more warming than raw; this is particularly important for those animals that are elderly or have compromised health. Use moxa (mugwort that is burned like incense) to warm cold joints - ask Dr. Jody and Dr. Andrea to demonstrate or check out this [video](#). Massage (with warm hands), as Dr. Jody does in this [nie-fa video](#), is good for all animals with sore or weak hind ends but avoid massaging open sores or tumors.

For any animals that that encounter de-icing products, make sure to wipe their feet with a damp cloth when they come inside, or outfit them with boots to protect their paws.

Enjoy your winter wonderland (with a little bit of ginger on top)!

Barn Cookies

(From www.aboutyourhorse.com)

These cookies are warming and strengthening, but due to the grains and sweetener should not be fed to horses with metabolic disease or a history of founder. Dogs like them too--you can add pulverized dried kidney treats for a truly kidney tonifying treat!

4 cups of grain (such as steam-rolled oats)

8 tablespoons flour

1/2 cup molasses

3/4 cup water

(Dr. Jody recommends adding a little shredded carrot as well)

Combine all ingredients in large mixing bowl.

Stir with large spoon until mixture is the consistency of thick cookie dough.

Drop tablespoons of dough on a greased cookie sheet, spacing cookies 1 inch apart.

Bake at 300 degrees for 1 hour or until crisp.

Remove from oven, and cool for 30 minutes.

Maks' Story

dog, please visit their **web site** for more information.



Discounts!

We are pleased to be able to offer our clients discounts on large herbs orders. For orders of \$150-\$199, receive 5% off; orders of \$200-\$249 receive 10% off; and orders of \$250 or more receive 15% off.

We are hard at work developing a reward plan that will benefit regular preventative care for your animals. Stay tuned!

Reminder

Dr. Andrea sees small animals at their homes or one of our partner clinics. Dr. Jody also sees small animals at their homes or at the clinic, and sees large animals at their homes, barns, or stables.

We bought our Thoroughbred, Maksimos, from Arlington Park Racetrack in June of 2012. Maks had a difficult time adjusting to his new home and new life. Being stabled most of his life, Maks didn't know the first thing about how to just be a horse. It was quite stressful for all involved! He was beginning to just give up and was too underweight, weak, and defeated to defend himself in the herd in order to even get enough food. A friend referred me to Dr. Jody because she had success with acupuncture for her dogs. What have we got to lose, I thought. A few days after Dr. Jody's first visit, Maks had more energy than I'd ever seen. His lameness got a bit better and his appetite skyrocketed, which is good because he was 500 pounds underweight! After his second appointment two weeks later, he was beginning to play with other horses and call to them from his little paddock where he spent his days eating as much as possible! About a month after that, Dr. Jody came for a third treatment and by then Maks was spending more time with the herd, acting like a little colt, all 17 hands of him! He was making some friends, putting on weight and we were able to ride and begin some retraining. His progress continues, and he's been doing great! Thank you, Dr. Jody, for the time you spent caring for him, and for us it seemed as well! I thought we made a mistake in taking on the task of rehoming an OTTB, but just a bit of time with you and he's fantastic! We're absolutely thrilled with how Maks is feeling and are happy to say that he has lots of friends and LOVES to play in his herd!

--Tonya Thompson



Maks before receiving treatment.

Quick Links

[More About Us](#)



608-333-7811

nadia@anshenvet.com



Maks after receiving treatment.

Animal Communicators

Sometimes when we struggle with a behavioral or health issue with our animals it can be helpful to get some insight from them, straight from the horse's (or cat's or dog's) mouth! We have had many clients find successful outcomes by communicating with their animals with the aid of a professional animal communicator. We realize that this healing method is not for everyone but please know that there are people willing to help if you are interested in exploring.

Here is a list of some of our favorite communicators that either we or our clients have worked with and recommended:

Rebecca Moravec

www.kindredspiritsanimalcommunication.com

815-675-2813

Stacy Krafczyk

www.allspirithealing.com

414-460-4781

Faye Pietrokowsky

faye@inner-design.net

503-221-2123

Portland, OR

Asia Voight

www.asiavoight.com

608-438-2742