Holistic Approach and Natural Nutrition Intro with Dr. Jodie...

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Hi, I'm Dr. Jody, you may have just found one of the most passionate people on the planet in regards to the holistic approach and natural nutrition. I've had a lot of experience over the years in changing course, from a conventional veterinarian, to a more integrative or holistic veterinarian. I began my journey at the University of Wisconsin Madison School of Veterinary Medicine where I graduated in 1987. I also spent some time at the Chi Institute in Florida, where I learned acupuncture and Chinese herbals and Asian therapy. I also spent time in China and attended the first international acupuncture symposium, I learned a lot more about Chinese herbals at the time to heal in Illinois. I have become an author, a writer and a speaker. And I care couldn't possibly care more about how you take care of your work for a little carnivores. I love to talk about natural nutrition for dogs and cats. You can learn more about me at that jodi.com. I'd like to talk to you very briefly today about the holistic approach and natural nutrition. Why should you even care about this? Well, it's gotten to the point now where one out of two pets are dying of cancer. There are so many chronic disorders that are difficult for pet parents to manage. We truly are following the wrong path. Most veterinarians just don't take the time or have the time to pursue additional holistic education. Also, veterinarians, I guess, as a group that I'm one of them, can be pretty resistant to change. And I was very fortunate that there were many different holistic veterinarians, technicians, pet parents that crossed my path over the years and helped me change course, to begin caring for my pets in a more natural way. You need to be your pets advocate. We are inundated with so much information today. And some of it is accurate and some of it is not. And so you need to do your research. You need to keep track of your pet's nutrition and veterinary care. And definitely reach out to people who are passionate like I am for more information and start your journey if you haven't already, because you will regret it. So what is this about holistic anyway, I look at holistic as an umbrella term. And I use this little graphic as one of my tools for explaining that holistic refers to entire mind, body and spirit are more interesting. The health of an individual, for example, a surgeon could actually practice holistically. In addition to repairing a fracture, he also takes into consideration the lifestyle of the pet when he gets home, the nutrition of that path and has some conversations with that pet parent about additional care in regards to not just the fracture, but how could we promote better bone healing with different kinds of foods. And yeah, an acupuncturist we usually view as as being holistic minded, which is placed needles and then rushed to the next appointment and really not even address what we would call natural nutrition, and the fresh food and the advantage that that also has, or maybe incorporate in some of the other modalities under the holistic umbrella like essential oils or Western herbs for calming. So the the holistic term is really very all encompassing. And it can include a lot of different kinds of modalities. Also, when I talk about this little graphic, I like to point out the fact that homeopathy and holistic are not the same term. So holistic is an umbrella term that refers to all these different modalities under the umbrella and homeopathy is just one of those homeopathy refers to a

specific type of energy medicine. So as we go through a journey together, we can cover all these different modalities, you can ask me questions about all these different topics, and I'll do my best to help guide you. This is another great graphic that I love to use. And we could talk together for hours and hours about this nutritional ladder. I have a little YouTube video that I've used for years, I used to have a DVD when people still watch DVDs. And I talked about identifying where your pet's food fits on this nutritional ladder. And then how can we step up the ladder in order to improve our quality of life and longevity in our dogs and cats. So at the bottom of the ladder is unbalanced table scraps. A step of the ladder is going to be your grocery store food or generic foods. And some of them are going to contain vert official preservatives and dyes, which could be detrimental to your path. A step above that is going to be some of the veterinary or prescription kinds of diets. They don't contain the dye, but some of them still contain artificial preservatives. All of these foods are very highly processed. Next step up is what we consider natural kibble. Those do not contain any kind of artificial preservatives. But yet natural doesn't really have any kind of definition, at least not according to ASCO. And then above that is going to be the canned foods simply because they're wet. And our pets do need more moisture in their diets naturally. And because they are more meat based. And certainly above those are the more fresh diets that are either freeze dried, or the frozen raw diets, I would also include in this top rung of the ladder, foods that are home prepared properly and that are balanced. So this is a very complicated topic. It's been hours discussing this. But what you really want to begin doing is trying to identify where your food fits on the label. And if you have the time, and the interest and the ability to improve upon those foods on the ladder, or even better yet step up the ladder for the sake of your pet. So what might be the first step in order to accomplish that, learn to read ingredient labels.

There is nothing more important when it comes to nutrition for ourselves or for pets than learning how to read ingredient labels. This is something that we can also spend a lot of time on. There are a lot of marketing tricks involved things that mislead you. And so this is an area that we would really like to spend some time discussing.

Realize that dry kibbles and prescription diets are actually not necessary. Fresh food makes a lot of sense. There's a great book out there by a doctor called Josh Axe and the book is called eat dirt. And honestly we've all become so germaphobic that eating dirt can be beneficial. There's some great YouTube videos out there about all the microbes that are in our soil, and how important our soil is to our health, our pet health and our longevity, and how a lot of our practices aper cultural practices are just ruining the soil and thereby ruining food and the quality and longevity of our lives.

And don't get me started on this topic. We really need to stop over vaccinating. We can prove with a simple titer test which is a blood test. If a parent has responded to a vaccine or not and is truly immunized and indeed how long they are protected and that does not need repetitive vaccinations, retirement give your pet a vaccination. You take a risk and it may not be a risk that is obvious at the moment. It may not be an anaphylactic reaction that is obvious to you or to your veterinarian, but there can be detrimental effects for over vaccinating over time.

The same regard we should avoid excessive some unnecessary medications which can cause As reactions or organ damage, just like reading your food labels and your treat labels and your supplement labels read the inserts of the medications. Many states have a law that says that veterinarians must provide you with informed consent. This includes offering to you or providing for you should you ask to read an insert on any medication, injectable, any kind of vaccination, so that you can be well aware of what the side effects might be. You can use holistic approaches instead of many medications or sometimes if the medication is truly necessary. If you have an awareness of what the side effects might be, then you can use different kinds of verbals or interesting recalls in order to protect your patent to protect the organs from side effects of those medications. What I am trying to do in this little intro presentation is just give you an awareness of a different way to think about some of these things that are so taken for granted and assumed to be fact when reality the conventional approach to human medical care and mental approach to in our veterinary field is is not fact it is just one theory and one way of doing things and there are a lot of other really good ways alternative ways that we can approach our pet's health so avoid excessive use of these unnecessary medications and think about some of the holistic approaches that can be so effective so safe, so kind so gentle. So would you like some help because I would like to help you