

Restoring Health to Cats & Dogs

Blue Rock Station Style



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Let's face it – there is nothing worse than having your pet, or any other member of your family, get sick. Illness makes us feel helpless and inadequate, willing to do almost anything to make it better.

Anyone who has raised children, puppies or kittens knows that in order to get them to adulthood, and to keep them as healthy as possible throughout their life, it is necessary to constantly brainstorm solutions and remedies for their health (as well as their behavior). This guide contains some of the techniques (tried and true) that have worked well for us here at Blue Rock Station.

Almost daily, the tour groups that visit Blue Rock Station want to know how we manage to keep our rescued dog and cats looking so healthy. Some folks assume it is the wide-open spaces and the great love we offer our critters that keeps them fit and happy. That may be true in part, but there is more at work here.

These animals (the dog and cats) came to Blue Rock Station to do one thing – die. At the time of writing this, we have one large dog and six cats. Literally all of these wonderful critters were within hours of dying when they arrived. Yet here they are, months and even years later – thriving. So how did we do it? Well, the reason they are still alive is that their immune systems were given a chance to recover and do the job of healing and maintaining health for them.

Immune systems are pretty amazing things. When functioning properly, your pet's immune system will allow it to avoid many diseases that are all too often in the news today – from diabetes to arthritis to cancer. We, as a culture have strayed so far away from allowing our body to heal itself, that people often are skeptical – they question whether something so simple can truly be effective. The results will speak for themselves. But you will note that all of the remedies suggested in this booklet will do no harm. The same, I fear, cannot be said for traditional medicine.

My philosophy on this matter is relatively straightforward. I believe that in almost all cases, your pet has it within itself the ability to cure almost every common disease it will face in its lifetime – if its im-

immune system is working at peak efficiency. Modern medical practices, on the other hand, typically mask symptoms – and often cause greater problems for your pet down the road.

A good example of this is the widespread (one might say epidemic) use of antibiotics. The first reaction of most vets is to inject your pet with massive doses of antibiotics that will attack whatever infection or virus your pet has at the moment. And the “cure” may work. But at what cost?

Antibiotics kill the infection, but they also wipe out the good bacteria that work to keep your pet healthy. So there is little or no resistance when trouble comes to call again. Then it is off to the vet again for another shot. And as the cycle continues, your pet becomes less able to cure itself and viruses emerge that are resistant to the antibiotics. How much better would it be if your could simply allow your pet’s own immune system to fight off the infection and leave your pet even stronger to battle life’s next challenge?

Rosie, our guardian livestock dog, wandered into Blue Rock Station one day about three years ago – literally one or two days from death. She had a broken jaw that was healing, a dislocated hip (the result of being beaten) and was literally starving to death. Her eyes were glazed and it was clear she was having trouble thinking. For whatever reason she decided that this was the place where she would die. Today she is as healthy as can be and pretty much thinks she runs the farm. We accomplished this by encouraging her own immune system to repair the damage.

Each of our permanent resident cats – Chica, Christopher, Lucy, Renie, Monique Laurent and Ralph arrived at the point of death as well. Several were adopted from the animal shelter after the vet announced they would not survive the night. They had no hair around their eyes, their eyes were bulging outside their heads, they each had mange, ringworm, and a clearly fatal respiratory infection. They literally stank of death. But with the help of some acidophilus, garlic, and TLC – all survived and continue to thrive.

There is no magic in this approach. It is simply using common sense with diet and health care plus a belief that each of us holds the secret to our own health within our own immune system.

Our basic healing principle:

It is my experience that kittens and cats and dogs and puppies can cure themselves in most instances if they are given the right ingredients to build stronger immune systems. Given the right combination of love, remedies and nourishing food, you will see an incredible improvement in your pet's health and behavior.

The methods I will outline have worked for me over and over again. That doesn't mean that they will work every time, but it does mean that sick animals can often cure themselves if we give them the opportunity to heal.

I am convinced that animals (and humans) deserve to heal with dignity. Unfortunately our current medical model often overlooks this perspective. I also believe that our bodies (be that human or cat or dog) are much too complicated to fully understand – given our current scientific development. Vets can pretend to understand – but sometimes they are groping around in the dark and their “cures” often have terrible long-term consequences. Mammal bodies are amazing machines that can achieve “miracles” if given half a chance.

But be warned that this process of healing is not easy. It is not as simple as giving an animal a shot and forgetting about it. It will take time, patience and consistency. But in all of the years that I have worked with pets, I have never been sorry that I took the time and made the effort to help them when they needed it.

We currently have six cats – all rescued animals that were deathly ill when they came to us. Every day these now healthy critters repay my efforts by showing me affection and doing their job as the hunters of snakes, mice and moles. They bring joy into my life.

So keep reading for some great remedies to help you help your pets – and your family – to stay healthier and have a good quality of life. The main focus of this guide is to share with you how we've managed to help the wonderful mammals in our lives to develop healthy immune systems that are capable of fighting off common ailments.

The sections that follow are meant to give you a point of reference. I'm not pretending to be a vet, or a medical expert. Instead I am sharing what has created miraculous results for us when nothing else that conventional veterinarian medicine offered could keep our pets alive. So read on to see how you too can help your pet to live healthier and have a great life...



Annie Warmke, animal lover

A New Approach:

About 10 years ago my favorite cat, Emma, lay dying. I'd been on a trip and when I returned I could see that she was in her last moments on this earth.

She could hardly move. She was skin and bones – all excess weight having dropped off her in a surprisingly short period of time. I rushed her to the vet who held no hope for her survival. He sent her home to die, diagnosing that she had probably eaten a lizard, which released a toxin that blocked the biliary ducts in her liver.

Five years earlier Santa Claus had placed this little black cat with yellow eyes in my stocking. Her name, "Emma" was the first word my granddaughter spoke. How could I just let her die?

That night my husband and I put her frail body between us in bed and we laid our hands on her to give her the energy to make it through the night. I was desperate to try anything. I needed time to figure out what to do. The next morning I raced to the health food store (about 45 miles away) in a last ditch search for help. A kindly store clerk referred me to the book *THE NEW NATURAL CAT* by Anitra Frazier. I read the book with growing excitement as a whole new approach to pet care was revealed to me.

I read the chapter on healing your pet quickly as I stood in the aisle of the health food store. Following the book's advice, I began to gather all the ingredients she recommended, my witch's brew that might prove to be Emma's last hope.

Armed with some Brewer's yeast, wheat bran, bone meal, calcium gluconate, kelp powder and more (don't worry, I will give you the recipe for this concoction that I still use today), I raced home, anxious to see if I could save Emma's life.

We forced a little of it down her throat. She did not resist, as she lay limp, her paws like ice. Now (according to the book) all we could do was wait.

Within an hour I heard Emma howling from the bathroom. I could hardly believe that she had dragged herself that far considering the state she was in. The howling grew louder as I raced for the bathroom, in time to see her licking the bathtub facet in an attempt to get fresh water. I ran the tap and she drank for the first time since I had arrived home.

Over the course of the next few days we managed to get some acidophilus in her, as well as more of the new mixture. She didn't jump up and do a jig, but it was clear that she was trying to live. I massaged her skinny body. I soothed her with soft words. I held her as I worked at the computer. Slowly but surely she recovered. Within 10 days she was herself again.

Emma lived for three more years. She eventually died of liver cancer – probably brought on by eating that nasty lizard she had so excitedly caught and killed. But during those three years she lived a healthy happy life – something we want for all of our beloved pets. At the time of Emma's illness I was totally ignorant of any alternatives that could heal cats. Like most people, I'd always just relied on the vet. However, vets have become more and more like medical doctors – pushing drugs and using sterile, uncaring methods for treatment. The vet had made it clear that there was no hope for Emma, and he was right, if I used his methods. Fortunately, we found another approach. And that approach worked for Emma (and many other pets since).

The knowledge I gained from Emma helped me think about illness in another way. I continue to use this approach because I find that it works. I am sure most veterinarians are well educated and well meaning... but (and now I commit blasphemy) they do not know ev-

everything. They especially seem to understand very little about the magic of the immune system.

I use veterinarians to assess my pet's health problem (if I can't figure it out and they can – which is not often). Then we use love, good touch, herbs, vitamins, and sensible nutrition to heal the cats and dogs at Blue Rock Station.



The Healing Process

Kittens and puppies are much like human babies, with similar needs, especially when they are sick. They need a safe warm snuggly retreat that will help them to feel safe. Restricting them will also enable you to control their whereabouts so you can watch over them, learn their habits and keep the environment as stress-free as possible.

They also need clean water, good food, lots of love and attention – and they don't want to be bored to tears.

Here at Blue Rock Station we seem to typically deal with terminally ill animals – but you can use all of these methods for your pet, whether he is near death or simply has a bad cold. With this in mind, let the healing begin.

A Healing Space:

You need to isolate the sick critter in a warm, quiet, dry, safe environment. The healing space we use has an electric radiator heater (so they can huddle in close without risk of burning themselves), clean towels, a pet travel kennel, a constantly cleaned litter box, a scratching post (for cats), plus fresh water. We keep this area isolated from our other inquisitive pets.

Until the little critter is feeling better and moving around more, we keep the pet kennel door open and a hot water bottle under a towel inside the pet carrier to encourage them to snuggle inside while resting. As they improve you will find that they will sleep outside of the kennel more and more.

Feeding:

When your kitten or puppy is ill, you will need to feed them 4 to 5 times or more per day. Frequent feedings are necessary as their stomachs are tiny and their metabolism is quite fast. When they are very sick, they need good nutrition and they need it constantly. Be sure to watch that they are pottying regularly. If they seem constipated, then just add more water or chicken broth to their food.

This fuel is necessary for a quick and sustained recovery. The first thing you should do is to offer very fresh food (and we will talk about what food you should be offering a little later in this booklet) and water to your sick pet. If your pet will eat and drink without assistance – then he or she is moving down the path to recovery. If they are not interested in eating or drinking, however, then we wrap the animal in a clean towel (much like a papoose) and feed them water through an eyedropper placed in between their cheek and teeth. A sick pet can literally die of dehydration while lying there staring at the water bowl. So take matters into your own hands.

And while you are at it – take this opportunity to give them some liquid baby vitamins (using the eye dropper) at least twice a day. Remember, we are trying to build up their immune system. Also put a few drops of colloidal silver into its mouth once per day (we will talk more about this later).

As you are doing this bit of force feeding, talk to the animal in a soothing calm voice. Lightly massage its head and neck and back. Think how miserable you feel when you are sick and how nice it is to simply have your temples rubbed.

Bathing:

We bathe our sick animals several times each day using baby wipes, making sure to rub them all over, including their genitals. This is how their mother would clean and nurture them – and it seems to be an important part of the healing process. It is especially important to clean any area that smells or seems infected. Pay close attention to and clean the area right around your sick pet's eyes thoroughly – as this area is quite vulnerable to infection.

If the eyes and surrounding area are irritated, rinse them with a saline solution and then hold a warm moist washrag gently over the swollen area. All too often an unhealthy kitten's eyes will be enlarged and look swollen. If they are on antibiotics, this may be an allergic reaction to antibiotics that are commonly administered through eye drops.

After the animal is rubbed all over with the wipe, dry them off with a towel and then gently massage them for 10 minutes. Repeat this routine at least three times per day (remember I told you this would be time consuming – but the results will be worth the effort). This massage appears to help prompt their natural immune system to kick in – perhaps because the animal feels nurtured and safe.

Always remember, however, that you are working with a sick animal. Wash your hands thoroughly after each session. You may also want to wear a large old shirt over your clothing that can be removed when leaving the healing area. This process will help to keep all the germs in one location so your other animals don't get sick as well.

Grooming:

Early in the healing process, take your fingers and groom the animal by smoothing over the hair, then run your fingers along the legs and chin.

This gets them used to being touched in preparation for more formal grooming later.

Also, take this opportunity to trim its claws with baby nail clippers (just the ends and not too close to the quick). This will decrease your pet's chances of contracting additional infections such as ringworm.

As the animal seems to be getting better (sleeping outside the carrier, eating and drinking without assistance), first comb her with a soft human baby brush and then work up to a flea comb. Use this comb to remove any dandruff, flea dung or mats.

Entertainment

As the animal heals, you may find that he becomes bored and restless. If kept in isolation without entertainment, this boredom can become a serious problem.

Remember, your goal is not only to help this little critter recover from whatever is ailing it at the moment – but you want it to be healthy and happy for years to come. So don't make the poor thing psychotic in your attempt to cure her body.

In the beginning stages, entertainment is not a big issue. Warmth, security, comfort – those are the goals. But as your pet recovers, they need to keep their minds and bodies occupied. Not only will they heal faster, they will be better pets once they have fully recovered.

For kittens we always provide a scratch post (saves wear and tear on furniture and baskets). When you first introduce the post, it is often helpful to dangle a feather or some yarn from the top. This encourages the kitten to stick his claws into the post and provides hours of fun.

Since we typically have multiple kittens recovering at the same time (they come as siblings) they are often at different stages of healing. The healthiest one usually likes to attack the others, wanting to wrestle and play. It is tempting to intervene, but the kittens will typically work things out for themselves. Certainly having a playmate will solve many of the boredom issues.

But this is not always possible, so be prepared to introduce various toys and spend some time playing with your patient. This is a big responsibility, but the exercise and the mental stimulation will help in the healing process. It will also give you an opportunity to see how well your pet is progressing.

We often make our own toys by wading up thick paper into a ball, tying feathers together, hanging ribbons and yarn from the scratching post, etc. For puppies we have tug-of-war ropes with a big knot tied in the end of it, and chewy toys.

As your pet begins to feel better, she will want to play more. She will require less security and warmth, and more space. Anticipate this and be prepared to change the healing area as you progress through the various stages of recovery.

Ultimately you will want to reintroduce your pet into the household – which may mean mixing again with other pets. Remember that a family illness is stressful for everyone (not just the patient), so you will need to take some additional steps to keep your other pets from getting sick.



Bach Remedies

Rescue Remedy (Five Flower Remedy): The rescue remedy combination of Dr. Bach: Cherry Plum, Clematis, Impatiens, Star of Bethlehem and Rock Rose. For use in any sudden shock, stress or injury – calming effect.

Larch Oil (*Larix Decidua*): When an animal has been sick, suffering or in pain, they will often feel hopeless. Unlike humans, they live in the moment and any type of suffering can seem endless. Larch Oil, used with Walnut Oil and Rescue Remedy can help the animal feel more positive and willing to try to get better.

Crab Apple (*Malus Pumila*): This is a cleansing remedy for animals that feel unclean (from illness) and hopeless. It helps to build a better spirit.

Walnut Oil (*Juglans Regia*): Animals don't usually like change so this remedy can help an animal to feel more connected to the changes it has made (bringing it to a new location or transporting it to the vet's office or a new home). Used with Larch Oil and Rescue Remedy it helps to make the animal more confident.

Golden Seal Elixir: (a homeopathic preparation to increase therapeutic effects) Into a new glass dropper bottle fill 2/3 full of distilled or spring water plus 3 drops of golden seal tincture. Replace the cover and shake 108 times. Before each use shake 12 times. Add ¼ dropper 20 minutes before meals and keep refrigerated. Discard after 7 days. This remedy tastes terrible so it may be necessary to place the solution into the mouth by pulling the cheek away from the teeth and using the dropper to squirt the solution into the side of the mouth. Since this solution is made from flowers it may cause the animal, after a couple of uses to start sneezing. If sneezing starts, discontinue as it may indicate that the animal is allergic to the solution. This is not harmful on the short term but it is best not to tax the immune system by continuing to introduce an allergic substance.

Your Other Pets:

Often people have two or more cats and dogs. They are friends and companions, not only to you, but to each other. When one gets sick – it affects the entire family.

When treating only one – as mentioned before, keep it isolated from the other pets during the initial phase of treatment. This may stress both pets (no one likes to be separated from their friends), so we like to give Bach remedies to the healthy pet. We will discuss what these are in a moment, but these remedies will help your healthy pet feel more confident during this stressful time.

What Should Your Pet Eat?

As you can see so far, natural healing for you pet is a fairly simple, common sense approach to treating the entire animal. Much of what you will need to treat your sick pet can be found at your local health food store. But bear in mind, this is a lifestyle change, not a shot or pill. So food, as well as medicine, are often one in the same.

Before we look at specific items for specific health issues, it is vital we discuss nutrition. Again, this is not a complicated issue – although we seem to have made it so in our modern culture.

When thinking about what to feed my pets, I usually ask myself – “What would this animal eat in the wild?”

In the case of cats and dogs, the answer is meat – and raw meat at that. Sure, they get a few other items (and we will discuss those) but these critters are protein eaters. They evolved to eat raw meat. So why are we feeding them corn?

Their Diet:

Small wonder that most pet health problems can be directly linked to their diet. If you are feeding your pet commercially produced dry or canned food, then you are destined to have a pet that will suffer a great deal as it begins to age. It may get arthritis, diabetes, hip dysphasia (if it is a bigger breed), bladder problems, or reoccurring upper respiratory infections.

If you had the good fortune to know the generation of people who came of age before 1940, you will have some idea of how they lived and what they ate. It was vastly different from what we eat and consume today. Our ancestors ate “food.” Today we eat “products.”

My grandparents fed their dogs whatever was left over as they prepared their meals. Meals consisted of locally produced fruits and vegetables (not sprayed with chemicals or genetically modified in any way). They ate grass-fed meat, eggs from their chickens that freely roamed the gardens eating bugs from the plants and soil.

Their pets ate table scraps, the guts of butchered animals, bones and anything else that was handy and would fill them up. This meant they ate mostly meat, eggs, a bit of grain and some fruit and vegetables.

Also, and not unimportantly, the cats and dogs had a job to do that usually provided the opportunity to get lots of exercise – both for their body and minds. The cats hunted (and ate) mice in the barn. The dog guarded against unwanted guests (human and otherwise) and supervised Grandpa as he did his chores.

Now fast forward to “modern” times. We shop for the food we feed our pets in much the same way we shop for ourselves. Our goal is to find “total nutrition” in a bag - but we don’t know what “total nutrition” means.

We also want convenience, so we buy the food by the can or the bag and dump it in a bowl each evening or morning. And the animal usually loves this stuff and wolfs it down like a kid with a bowl full of M&Ms (with largely the same result). We have no idea what it means when we look at the label, reading words like “crude protein”, “crude fat”, “crude fiber” and “poultry by-product meal”. If we did, we wouldn’t let this stuff in our homes.

So how are the pets in our lives reacting to this “total nutrition” modern diet? They are getting sick. Dogs and cats now suffer from many of the same diseases as human beings, diseases that were unheard of in pets during our grandparent’s day. Recent stories of tainted imported chemicals finding their way into our pet’s food is

frightening enough. But the stuff that is supposed to be in there is killing our pets as well.

Yet we keep feeding them the same grain-based foods and wonder why our pet is listless or fat or sick. So we take our sick pet to the vet, who follows the modern medical model and gives your dog a pill or an injection that simply masks the symptoms, never searching for the underlying cause of these problems. Typically the cause can be found in your pet's dinner bowl.



Rosie:

I learned about these modern nutritional methods the hard way. Rosie, our French-speaking Great Pyrenees-mix dog was very malnourished when she decided to adopt us.

Her head was too large for her body, but at the time I didn't realize that this was due to starvation. Her coat felt like the bristles on a hairbrush. She had obviously been beaten severely. Her jaw was healing from a break. Her hip had been dislocated and she now walked with a limp.

The look in those droopy eyes and that huge head on the skinny body made her one of the most pathetic creatures I'd ever seen. She was dim witted and clumsy. This was not the dog of my dreams. But she had come to stay (or to die), and we determined to nurse her back to health.

We fed her commercial dry dog food. She loved it. She ate it with gusto and over and over again she threw it back up.

I then decided to try feeding Rosie fish - mostly tuna. After all, fish is healthy and high in essential oils and protein (as doctors love to tell us). I bought canned tuna or salmon and Rosie, again, loved it.

Our cats loved this diet as well (stealing Rosie's meal at every opportunity), so I fed some to them also. I mixed the fish with raw oats and some grated vegetables, as our garden was in full swing at the time.

Pretty soon all the animals were losing their hair. It was falling off in great clumps. It soon became clear that I was actually poisoning my pets as the fish contained a high level of mercury content (and bear in mind, this was commercially produced fish intended for human consumption – makes you wonder). I needed to switch the protein source, and quickly.

One day at the market I noticed that ground turkey was quite a bit cheaper than even the lowest grade of hamburger. So we switched to raw turkey. Soon the dog and the cats started growing hair again. Rosie put on weight, and eventually she stopped throwing up. Our journey to a raw diet had begun.

After about three months – health takes patience – we noticed that Rosie's eyes weren't so droopy (her breed, the Great Pyrenees, have sad eyes), and her body seemed to have caught up with her huge head. Her coat didn't feel like the bristles on a brush anymore, and she was listening (at least when she wanted to).

The secret to Rosie's new lease on life was EFAs.

In the book *NATURAL NUTRITION FOR DOGS AND CATS*, Kymmythy R. Schultze writes "**Essential fatty acids**. Every living cell in your dog's or cat's body needs essential fatty acids (EFAs), which help support healthy skin, hair, joints, and hearts. They are found in high concentrations in the brain. EFAs must be fed raw and unheated. Heat, light and oxygen turn them into trans-fatty acids, which are very dangerous to health...(creating) toxins that weaken the immune system, reproductive system, cardiovascular system, and liver function, and ...they also inhibit enzymes and contribute to free-radical formation."

If that isn't enough to make you re-think how you feed your beloved pet, I don't know what will make you change your mind. Good food sources of essential fatty acids include fish, fish oil, poultry, vegetable oils, dark green vegetables, eggs, raw nuts and seeds. But as we have seen, commercially produced fish often comes with its own set of problems.

Note that Schultze emphasizes that the food should be served RAW. Remember, "What would your pet eat in the wild?" Unless you have an extremely clever dog or cat – their food in the wild would not be cooked. Today's commercial pet foods are marketed to pet owners – not to pets (a dog doesn't care if there is gravy on his kibbles). Don't confuse your preference (cooked food) for what is best for your pet (raw food).

Today Rosie is never fed dry food. She gets raw chicken – bones and all, plus free range chicken eggs, a few raw oats, brewer's yeast and some added vitamins (VitaSupp*). If we have leftovers – vegetables or grains - I will include a little as filler in her food as an added treat. She often receives raw grated carrots, or zucchini or whatever is fresh from the garden. She eats every bite and is the picture of health – able to do her guarding job every day of the week and never calls in sick.



***VitaSupp:**

Based on the original remedy I used with Emma VitaSupp contains healthy crude protein, crude fat, crude fiber, calcium, phosphorus, plus dried yeast power (brewer's, tarula, or nutritional), kelp powder, lecithin granules, wheat bran, bone meal, Ascorbic acid (Vitamin C), and garlic powder. You can just use the last six ingredients and make a similar mix at home.

For adult dogs use ½ tsp per 50 lbs. And for adult cats use 1/8 tsp. Use daily for sick animals and a minimum of weekly to maintain health. Stir into food at feeding time. Always store in a covered container in the refrigerator or freezer.

Once per week add 400 units vitamin E and the contents of a vitamin A and D capsule plus 250 units of vitamin C. If the animal doesn't like the taste of these supplements just poke a hole in the capsule and squirt it into the animal's cheek pouch or diagonally across the tongue.

Foods to Avoid:

1. Processed dog or cat foods no matter how good they seem. If they contain words like crude protein then they will have ground up dog or cat or other mammals as part of the food. The critters that they grind up have been sick, often full of drugs and they might have had cancer, diabetes or heaven knows what else. These foods contain grain, which produces sugar in dogs and cats – no wonder they are often ending up with diabetes and cancer. No dog or cat was ever intended to exist on this garbage.
2. Sugar is never good for pets. Anything that contains corn by-products, corn syrup, dextrin, dextrose, fructose, beet, raw, brown cane, corn sweeteners, glucose, maltose, lactose, sucrose, turbinado, barley malt, molasses, honey or maples syrup is not good for your pet! These foods damage the pancreas and suck vitamins and minerals from the body.
3. Chocolate. While you might believe it is good for you it is not for your pet. Dogs and cats live on protein in the wild – not chocolate. Chocolate is toxic to pets – it contains caffeine and sugar.
4. Dairy Products. These include milk, cream, butter, cheese, cottage cheese, yogurt, whey, sour cream, kefir and ice cream. Dogs and cats need their mother's milk, but once they are past this phase of their life they do not require dairy products. Dairy contains lactose, a sugar.
5. Grain. This is the main ingredient in processed pet food yet dogs and cats have no need for grain. They need fat and protein for energy. Grains become sugar once they are eaten.
6. Commercial Yeast. This is a fungus and dogs and cats have a hard time tolerating yeast. Commercial yeast is different from brewer's, nutritional, bakers or primary – these are actually helpful to your pet.
7. Alcohol. Some people think it is funny to give their dog alcohol. I often hear about how folks got their dog drunk, or the dog

steals sips from the drink. Alcohol is ethyl alcohol and this is an irritant to membranes (the throat, the stomach, the intestine). It also turns to sugar.



A Few Tips on Feeding Raw Food:

1. We don't let the food sit, although left over food is rarely a problem. We don't give snacks except for a rare bone for Rosie if she has to stay in the house while we are gone for the day. We never feed cooked bones. We use stainless steel food bowls so that they are easily cleaned and don't hold bacteria.
2. All vegetables are grated for easy consuming and digesting. I watch for specials on meat. Grocers often stock poultry neck meat or backs in their freezers so you will have to ask for them. This type of meat is inexpensive and the dog and cats like the soft bones.
3. In the evening, once per day unless they are ill we mix up the food for Rosie and the cats. Rosie weighs about 100 lbs. so we give her about 2 cups of raw meat (sometimes this is ground beef, poultry, fish, rabbit or whatever is available). We add a chicken thigh for bone (only raw bones are good for animals), 1/2 cup of raw vegetables and 1/4 cup of oats (the old-fashioned kind), plus two or three eggs. If there are leftovers from our meal we add these for filler. In the summer we feed a little less to account for less appetite or if Rosie or the cats have eaten an animal they caught we try to account for that in the evening feeding.

The cats each receive a fresh egg, and about two or three heaping tablespoons of raw meat (sometimes with ground up bone). We add grated fresh vegetables and about four tablespoons of fresh oats.

4. In the mornings we offer a treat of raw meat: Rose receives a chicken thigh, and the cats receive a small portion (more in the winter) of ground chicken with bone in it. Our cats don't like

hamburger so if I have to use ground beef I add a little low-salt soy sauce or tomato sauce to bribe them to eat it.

5. Once per week we also add into their food – grated garlic, brewer's yeast and a special supplement I mix up from a variety of sources – VitaSupp*. I often add flax seed oil to help with fur balls. Cod liver oil is added a few times per week. If they have been exposed to the flu or a cold from a human I will increase the garlic I add and also put in a little acidophilus.

If the dog or cats have had an upset or are going to visit the vet or have to travel we will also add Dr. Bach's Rescue Remedy, Back Walnut Oil and Larch Oil to their water for about seven days to help them to build confidence before or after the challenge.



What to feed your sick Animal?

When you begin the healing process with a sick pet, use the following raw food formula:

70 % protein: raw hamburger, raw poultry, raw egg, (I use my Kitchen Aid grinder to grind chicken thigh meat – bone and all). You can stretch meat by substituting one organic egg for part of the meat portion. Egg is a perfect protein while meat varies in the percentage of protein it provides for the animal.

20% vegetable: Finely grated raw carrot, alfalfa sprout, lettuce, peas, winter squash, or an olive.

10 % grain: Wheat germ; raw oats, oat bran or cooked brown rice

The remedies:

Into this mix, add (everyday for the first week, after that a minimum of once or twice per week):

- 1-teaspoon Vitasupp* per animal (see attached recipe or order from Blue Rock Station)*
- Crushed cooked garlic (this is vital as it keeps worms from growing and serves as a powerful antibiotic)
- Crushed cooked ginger (this soothes the gut and keeps worms from growing)

- 1/4 tsp Brewer's yeast sprinkled on top of food
- Chicken broth – adds flavor and aids in digestion (everyone needs a bit of chicken soup when you are sick)
- Diatomaceous Earth - If the animal has worms, dust a tiny amount of diatomaceous earth onto the food. Then mark the calendar for 14 days in the future to re-dust. This should take care of worms that come from fleas.

During the first week (before your pet really begins to heal) add the following to their food.

Add to one meal per day:

- A Tiny sprinkle of kelp
- 1 tsp unsalted butter mashed up with a fork or beef tallow to add fat to their diet and help them to gain weight
- A tiny sprinkle of green barley
- 400 units of Vitamin E (puncture with a pin or knife and squirt over the food)
- one capsule vitamin A
- 1 capsule vitamin C
- A sprinkle of acidophilus in the water (fresh every day) to promote healthy bacteria in their gut – this boosts the immune system and is vital to them re-gaining their health. You can also sprinkle a tiny dusting of acidophilus onto their food at each feeding (in the beginning) and then once per day once they appear to be gaining some ground. If you do nothing else, please do not omit putting the acidophilus bacteria in the water. If you do not use acidophilus you will not achieve health for your animal. This product can be purchased from a health food store in the refrigeration section. If it is not refrigerated it will not be effective. Do not substitute plain yogurt for the acidophilus. Yogurt produces sugar and does not contain enough bacteria to produce the same effect as plain refrigerated acidophilus.

We use very small custard cups to feed food and water for each small animal. Into the water we add a couple of drops of Bach Rescue Remedy, acidophilus, Bach Remedies – Larkspur and Walnut Oil, and sometimes Crab Apple. We also sprinkle acidophilus on top of each food bowl's contents with the goal of helping the animal to re-estab-

lish the proper flora in their bowel (this would have been wiped out by any antibiotic they have received).

Bribe foods

Some animals won't eat the healthy food mix at first, so you can try adding strong tasting treats into the food. Try just one at a time.

1/2 jar baby food – creamed corn (I also like to use squash or spinach)

1" piece of sardine in tomato sauce

3 to 4 drops tamari soy sauce



Some Common Problems:

Upper Respiratory Infection (URI)

One of the most common (and unfortunately devastating) health concerns for kittens is an Upper Respiratory Infection (URI).

Kittens that start out life with a URI never seem to completely heal from this type of massive infection. But they CAN get it under control so that the symptoms are held in check. However, at times of stress, even from something as simple as going to the vets or when another animal is introduced into the household, their URI symptoms can return.

The response to a URI by most vets is simply to treat the animal with antibiotics.

It has become clear to me (as I have worked with URI infected cats) that the current use of antibiotics is not helping a majority of these animals to conquer the symptoms. In fact the kittens may become worse when antibiotics are introduced (swollen eyes and labored breath) and eventually die after much needless suffering. When the kittens react in this way, I believe they are often allergic to the antibiotic.

If the kitten does not quickly get remarkably better with antibiotic use then I discontinue that brand of antibiotic* and switch to either another antibiotic or a combination of the antibiotic and homeopathic

cures. Often I drop the antibiotic altogether and use a variety of techniques that will help the kitten begin to build its own healthy immune system. Without this second phase of helping the kitten to help itself, the animal is doomed to a short sickly life.

Antibiotics DO have a place in healing animals. There is no doubt about their effectiveness, but they do not enable the animal to help itself to be healthy. Antibiotics kill off the bad, and the good bacteria in the gut. The gut – the stomach and intestines – is the home for the immune system. In humans scientists call this “the second brain” because it is the place where decisions are made about how to use bacteria are determined. If an animal only has bad bacteria – because of antibiotic use or because they were born that way – then they cannot achieve health.

Even if the antibiotics appear to be helping the sick animal it is important to introduce acidophilus to the diet – especially once the antibiotic has been given. This is a two-pronged approach that gives the animal the opportunity to work towards having a healthier immune system.

The antibiotic attempts to kill the bad bacteria. The acidophilus replaces good bacteria that were killed by the antibiotic (antibiotic kills all bacteria – good and bad). The acidophilus also promotes the gut’s bacteria to take on any bad bacteria that might not have been killed by the antibiotic. It’s the old double-whammy – one-two punch – and it can be quite effective.

This works for both dogs and cats or puppies and kittens.

But if the antibiotic is not working then it is best, in my experience to abandon the antibiotic and work on the immune system as I have described earlier.

By incorporating the kelp, and other vitamins with the Bach Remedies and things like golden seal you are in effect sending a strong message to the “second brain” to start doing the job again. This also sends a strong message to the first brain to say that things are getting better and there is no need to feel hopeless. This new thought

then feeds the “second brain” again and it becomes a cycle that promotes health.

***NOTE:** URI medication is administered through the eye because a cat’s tear ducts run from the inner corner of the eyes into the back of the throat. By giving eye drops you also treat the throat. Cats with URI seem to have very sore throats, making eating difficult. Also they often lose their sense of smell, which usually results in a loss of appetite. In the case of kittens housed in the same cage with healthier siblings, the sick kitten simply cannot compete for food and runs the risk of wasting away since the food goes to the fastest eaters.

Other options besides antibiotics:

Golden seal kills germs and shrinks tissue. You can give golden seal elixir (see note on elixirs) to kittens and cats. In one batch of kittens I worked with I noticed that they sneezed more after putting the golden seal in their drinking water. It seems they were allergic to the ragweed-based golden seal.

Colloidal silver is a gentle antibiotic and can be put into the kitten’s mouth with an eyedropper. I have tried using this in their eyes but I think it can be quite irritating to the eye membrane after the second dose.

Garlic is one of my greatest and most effective weapons. I can’t say enough about how effective garlic can be in boosting a pet’s immune system. I buy chopped garlic and sometimes use garlic capsules (just poke a hole in one and squirt it on the food). The kittens will burp the garlic just like a human (so beware the smell) but it keeps worms out of their gut and works hard to maintain their immune system.

Acidophilus is a natural bacteria that I use to create salves to combat various skin problems (mix it with olive oil and refrigerate). You can also feed it to your pet to help establish a healthy gut – the “second brain” where the immune system seems to live in all mammals.

Diatomaceous Earth is useful for treating fleas and the worms that develop when the cat bites and swallows a flea. Just dust – careful

to avoid getting the dust in the nose – on their back, rump and stomach area. I also add a slight dusting to their food every two weeks for a month or so to kill any worm eggs that might hatch out.

Arnica is a great homeopathic remedy for use on injuries or hot spots. It has a soothing effect on the area that is itching or injured. Arnica 30C can be given twice daily for two or three days. Continue even if there is no improvement, but as soon as the behavior stops discontinue using the remedy.

Allergies

After the animal is removed from the antibiotic and the intense use of the VitaSupp kicks in, you might notice little bumps, like acne on their body or around their ears or face. This might be mange mites (see description that follows) or it may be their body's way of removing the toxic buildup that happened as a result of the reaction to the antibiotic. If they seem to be scratching a lot, simply use some of the solution recommended for ringworm on the bumps and within a week or ten days you will notice that the bumps have gone away. Don't be surprised, however, if the kitten loses hair on those patches. But soft hair will return quickly over the bald patch.

Ear mites

Sick animals usually come with more than one problem. Ear mites seem to be a fact of life for most unhealthy pets.

To cure ear mites you will need to begin by cleaning the inside of the ears carefully. It is best to take a drop or two of olive oil mixed with a little garlic oil plus a pinch of acidophilus. Place a couple of drops in both ears. Then rub the ear together against the head to make sure the mixture works its way down into the ear canal. The next day do the same thing.

However, don't clean out the ear again until the third day. This process softens the ear mite "dung" and enables you to clean the ear with a Q-tip.

If you repeat the cleaning of the ear each day, and then add a few drops of the olive oil mix, the mites will disappear in about 30 days, maybe less. Any vet remedy will take about the same amount of time but will be much harsher on the animal's immune system.

Ringworm Fungus

Ringworm is not a worm at all but a fungus that is prevalent on just about everything – even living on human bodies typically without any overt symptoms. When the animal is stressed from illness or other drastic changes, the immune system becomes weaker and the fungus takes hold. You will know the animal has ringworm by the formation on the skin of little red circles. Don't be surprised if you find these circles on your skin as well. This is simply the price of saving an animal's life, and absolutely not the end of the world.

The first step in treating the fungus on the animal is to make sure that all of the toenails, including the dew claws are trimmed to eliminate any residue from collecting in the toenail.

Next, make a mixture of 10 drops of Echinacea or golden seal* (available at K-mart or the health food store) into 1 tbsp of olive oil or unpetroleum jelly. Baby oil can be used in place of olive oil. Apply this mixture twice per day to every spot that appears. Repeat this treatment until the skin returns to normal. Keep the mixture refrigerated.

*NOTE: I've used this method successfully to cure ringworm on llamas and goats. I've used it on humans with ringworm as well. It also works on any other skin eruption that seems to be caused from bacteria.

Mange Mites

There are two types of mange mites: *sarcoptic mites*, which burrow under the skin or *demodectic mites*, which live on the hair follicles. I'm told that these mites, as with the ringworm fungus, live all around us but it is only when there is stress to the immune system (and it becomes depressed) that the animal develops symptoms of mange.

Dogs and cats get demodectic mites when they have a weakened immune system. An animal with mange mites will have one or more of the following:

- Hairless patches around eyes, ears, or chin
- Hairless patches in long narrow lines on body

- Itching and scratching
- Pinhead-size scabs on neck, chest, or back, enlarging to large open sore after much scratching

Vets normally treat mange by using a sulfa mixture to bathe the cats or dogs. **This is absolutely lethal to the immune system.** I have heard of cats and dogs dying as a result of this treatment! Use the sulfa mixture only as a last resort. I typically use the olive oil mixture (as described for ear mites) to achieve a 100% cure for mange in about half the time the commercial vet medication seems to take to work. The golden seal method is also good. If either one of these methods doesn't work for you - then you will probably need to resort to the sulfa mixture recommended by the vet. However, only use a Q-tip dipped in the sulfa mix, and dot each spot with the mixture. Don't ever use it as a bath or to dip the animal.

For the first couple of days after you determine that the animal has mange mites, it would be good idea to feed them the raw food mixture. Feed twice a day and remove all food in between meals. Also it is good to add 5 mg. Zinc and some garlic to their food. Do not feed any dairy products or fatty treats such as butter.

The raw food diet is what the animal would eat naturally and it helps the body system to regulate itself. Plus, commercially produced food has many toxins and lots of waste products, which hold back or impact the animal's immune system – taxing it even further. The zinc and garlic will help push the immune system to work harder, plus kill off intestinal bugs. Dairy products of every type produce lactose which is a sugar and not good for dogs and cats.



Ralph:

Ralph was the most adorable Maine Coon cat with big eyes, gray fluffy fur and the smile of Tom, from the TOM AND JERRY cartoons. He was confident, full of life, and eager to explore any situation. The day he went to live in his new home he sat on the front seat on top of the cat box because he wanted to see out of the window. When we arrived at his new beautiful home he explored everything and was totally confident when I left him.

At first he was happy, but his new owner thought he was too inquisitive so he was placed in the dark laundry room for hours at a time when she left to do errands. Then he was bathed regularly in a soapy bath, and fed canned cat food. He grew to be very easily irritated – biting and scratching his new owner. She decided the answer was to remove his claws.

Ralph's life went from bad to worse and he grew from a happy kitten to an angry adult. When the owner left for vacation, I received a telephone call from the cat sitter saying that Ralph had gone crazy and she didn't know what to do. Apparently the owner had confided in the sitter that she was going to have Ralph "put down" as he was out of control. She had also left instructions that if Ralph "misbehaved" then I was to be called.

When I showed up, Ralph was all eyes, hiding under the chest that sat beside the dining room table. I sat down on the kitchen floor where he could see me and opened up the cat travel carrier and waited for him to come to me. I cooed and talked to him as I had when he was a kitten. Eventually he came to my leg and gave me a quick lick, trying to remember me. I quickly scooped him into the cat carrier and brought him home.

Ralph was terrified. When we arrived home I had the snuggly retreat ready and he promptly disappeared under the loft and stayed there. I mixed up water with the Bach Remedies, and fixed him some raw food, but with his favorite canned cat food placed strategically in the center of the healthy stuff. Then I left him alone.

Through the slits in the door I watched him come out and get a big drink of cool Bach Remedy water. Then he ate the center out of the fresh food – slowly getting a taste of the raw food. Already I was winning.

By the next day he was willing to come to my lap. Within two days he was interested enough to come out to the living room, always ready to race back to the snuggly retreat. Eventually he stood on the doorsill of the back door and watched the other cats play. It took six weeks for him to get to that door, but at that point I knew he was going to be ok.

Today Ralph is again a healthy inquisitive cat, but still very much a homebody and happy to sit on the doorsill while the others play outdoors. With raw food as his diet, and the herbal remedies used sparingly he has become a healthy cat again, and will enjoy his old age here, never to leave again.



Older Pets:

Cats are big kittens, and dogs are large puppies but like humans their bodies do wear down. They can benefit greatly by following the basic ideas outlined in this book, but the real addition to their quality of life is eating raw food. Simply follow the same routine as we've outlined for baby animals and provide your pet with a proper diet.

Adult animals also need security – they don't like to be left alone for long periods of time. If you find that you are going to be gone for a day or two, try offering the following in fresh water:

Rescue Remedy (Five Flower Remedy): The rescue remedy combination of Dr. Bach: Cherry Plum, Clematis, Impatiens, Star of Bethlehem and Rock Rose. This remedy is good for use in any sudden shock, stress or injury and has a calming effect.

Larch Oil has a positive effect creating a feeling of self-confidence.

Crab Apple is a cleansing remedy helping the animal to feel hopeful.

Walnut Oil helps the animal to feel safe from outside influences.

This is not that complicated of a process. Your pet needs exercise, affection, and good food. If you provide access to these things, your dog or cat will likely enjoy a healthy happy long life.

At the End of Life:

Unfortunately dogs and cats do not live as long as we do. But fortunately we can help them to live life to the fullest and then determine when it is time for them to leave this world. We have a duty to help them when their time comes to die, and if we hang on to them while they are suffering (their definition of suffering, not ours) we are being a disloyal friend.

Many people contact me about their pets. Often the pet is elderly and the owner is looking for a way to sustain their life at any cost. How you help a pet that has potentially a long life ahead of them and how you help one that is at the end of their life is not the same thing.

Allowing you pet to die when the time comes is a necessary, but always painful process. One day Emma, our black cat that had nearly died from eating the lizard three years earlier, threw up. I could see this was not the ordinary-type throw-up from a cat - so I took her immediately to the vet to see what was wrong. They asked me to leave her until they could give her a thorough exam. I called later in the day and they said she was better so I should arrange to pick her up in the morning.

The next day I nonchalantly waited in the vet's office when the vet came out to speak to me. She seemed nervous, but I followed her back to the cage where Emma was waiting. The vet explained that Emma was dying of cancer.

She suggested that I have a biopsy of her liver done to see how extensive the cancer was in her body. But it was clear from her tone and manner that regardless of the result, Emma was about to die.

Emma was now 9 years old and as I looked into those big yellow eyes I knew that the right thing to do was to let her go. I had arrived this morning sure that she was coming home with me - and now was stunned with the horrifying news that my friend was dying. I knew that if I truly loved this magnificent creature that had nuzzled my face and slept with me every night I was at home, I was duty-bound to help her die.

I opened Emma's cage and I could see she was so weak that she could barely move. Her feet were like ice, yet she valiantly pulled herself up and crawled over to my hand to snuggle up to me for comfort.

With her last ounce of energy she crawled to me to say goodbye. Through sobs of hurt and loss I told the vet that I would not put my friend through this. As I held her, the vet put her to sleep. Even today (many years later) as I write this, it brings tears to my eyes. It was the right thing to do - but that makes it no less painful.

As when we are preparing for a new pet, we need to prepare for the end of an aging pet's life. Thinking through how you feel about euthanasia and determine who will be responsible for the process.

Remember always that death is part of life. If you provide your pet with the proper nutrition, supplements, care and love – they will provide you with love and companionship for many long healthy and happy years. And when it becomes clear that they are too old or too sick to go on, your final task in this friendship is to allow and help them pass with dignity.

Special Note for Dogs:

In order for dogs to be healthy they need a job. Maybe it is just walking with you every day but they need to be calm, and to have a focus, and the only way this can be done, and keep them healthy at the same time is for them to have regular exercise and to spend time with you. Animals that are highly agitated or constantly chewing up things or being destructive in other ways are hurting their immune systems because stress lowers the immune system.



Additional Resources:

The Veterinarians' Guide to natural Remedies for Dogs,
Martin Zucker

Natural Nutrition for Dogs and Cats The Ultimate Diet,
Kymthy R. Schultze, C.C.N., A.H.I.

The New Natural Cat A Complete Guide for Finicky Owners,
Anika Frazier

*Vita Mix - Dog and Cat Nutritional Supplement, available at Blue Rock Station www.bluerockstation.com

Diatomaceous Earth, available at Blue Rock Station
www.bluerockstation.com

About the Authors:

Annie and Jay Warmke own and run Blue Rock Station, a sustainable living center near Philo, Ohio. Besides being full time grandparents they raise llamas and rare-breed chickens, conduct tours of the house (an Earthship) they built out of garbage, volunteer in their community and are avid readers of *THE GUARDIAN*, their favorite British newspaper.

Annie Warmke, a graduate of Ohio University, is a noted activist and writer. Her career spans a lifetime of working with and writing about women in a variety of settings. She has translated for SOS FEMMES, led women's delegations overseas, organized shelters for battered women, served as a consultant to a variety of non-profits, and traveled around the world raising money and crusading for women's safety.

Annie has been rescuing animals since she was a young girl. She never met a cat she didn't like and she would rather spend a day hanging out the critters than doing most anything else..

Jay Warmke obtained his degree in Journalism from Ohio University, learning just enough about journalism to know he never wanted to be one.

After working in the comic book industry for a number of years, he then followed a typical career path - becoming executive director of one of the world's largest telecommunications associations. Shortly after being named one of the top ten most influential people in the telecommunications industry by *Cabling & Installation Maintenance Magazine*, he decided it was time to leave (if he was the best they had, the whole industry must be in trouble).

He is not a lover of small furry animals, but puts up with them because he loves Annie. Jay is in charge of the livestock at Blue Rock Station - causing Annie to call him the *Pied Piper* of chickens, llamas and horses (as they follow him about the fields).