

VBMA

SPRING 2017 ISSUE

JOURNAL

of veterinary botanical medicine

A publication of the Veterinary Botanical Medicine Association



Veterinary Botanical Medicine Association

VBMA Purpose

The Veterinary Botanical Medicine Association is a group of veterinarians and herbalists dedicated to developing responsible herbal practice by encouraging research and education, strengthening industry relations, keeping herbal tradition alive as a valid information source, and increasing professional acceptance of herbal medicine for animals.

VBMA Goals

- Represent member veterinarians and herbalists as political and professional issues arise.
- Establish standards of training and herbal training programs and to identify established programs with the goal of developing or reviewing certification standards and Degree Programs in Herbal Medicine.
- Support ethical scientific clinical research in herbal veterinary medicine and maintain avenues for exploration of traditional care in veterinary botanical medicine.
- Explore cultural traditions such as TCM, Greek/western herbalism and Ayurveda for their proper translation to and application in modern day animal conditions and communicate these.
- Compile databases of existing science, ethnoveterinary medicine advances, and eventually a library online.
- Liaise with manufacturers so that they have an expert body to advise them on the needs of veterinary herbalists and quality control concerns.
- Support sustainable environmental, agricultural and husbandry practices.

VBMA Certification of Competency

The VBMA seeks to provide animal owners, farmers, and veterinarians with some standard of competency by which to choose a veterinary herbalist. Veterinarians certified by VBMA will earn the title "Certified Veterinary Herbalist". Non-veterinary herbalists "Certified Veterinary Herbalism Educator." Certification by the VBMA will require passing the exam with a grade of at least 70%, submission of 3 publication-quality case reports for peer review within 1 year of taking the test and donation of at least 10 test questions for future exams. Guides available online [HERE](#). Examination is administered yearly by VBMA at the AHVMA conference in the USA, where the VBMA holds their symposium. In 2016 the exam will be held in Columbus, OH.

BOARD OF DIRECTORS

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SUBMITTING CONTENT

The VBMA invites contributions to the Journal of Veterinary Botanical Medicine.

The JVBM publishes material on all aspects of veterinary medical herbalism with emphasis on the clinical application of medicinal plants in veterinary medicine, the philosophy of veterinary herbal medicine, and the phytochemistry, pharmacology, herb drug interactions and research that applies to veterinary botanical medicine.

Editorial Policy

Subject material must relate to veterinary botanical medicine. Accepted articles become the property of the Journal of Veterinary Botanical Medicine. Contributions are subject to peer review and editing. Contributions to the Journal of Veterinary Botanical Medicine must not be submitted elsewhere.

Contribution Requirements

Contributions should be word processed and forwarded by email to the editor, with the file(s) saved in plain text or Microsoft Word formats. All statements must be referenced and a full reference list must be included. If the statement is the author's observation or opinion, this should be made clear. All statements should be of a professional nature and exclude any inappropriate style of writing. An abstract of the article should be included. A brief profile of the author should be included.

Peer Review

All feature articles will be reviewed by two independent peer reviewers. Reviewed articles will be returned to the author for modification if required.

Referencing

Textual citation methods should be employed. Requires the name of author and year of publication in brackets at the end of statements or paragraphs. The reference list should be arranged in alphabetical order. **JOURNALS:** Author's surname Author's initials. Year. Title of article. Journal name volume; issue: page numbers. **BOOKS:** Author's surname Author's initials. Year. Book title. Edition. City of publication: Publisher.

Send all submissions via email to:
VBMA Communications Coordinator
communicationscoordinator@vbma.org

Veterinary Botanical Medicine Association



Robert Silver, VBMA President

Greetings! This issue of the VBMA Journal is the bomb!

Let me tell you why: The VBMA Journal rocks my world by giving me fascinating yet practical information that I can use immediately. The VBMA Journal is one of those unsung heroes in the world of information delivery. Its digital pages are truly a treasure to behold. Many thanks to Amy Keane for a job well done as journal editor. I absolutely LOVE the **A Day in the Life** feature that gives us a glimpse into the day-to-day world of an integrative, holistic veterinary herbalist through their own eyes, in their own words. This time around we feature a slice of Katy Kangas' grounded and spiritual approach to her life and to her role as a healer for many fortunate four-leggeds in San Diego. In this article, I "got" a real connection with Katy's energy and her mindset. Let me know if you feel it too.

The VBMA was fortunate to have two very accomplished herbalists provide seminars over the past few months. Barb Fougere, author, educator, healer and consummate herbalist, presented her teleseminar on the evidence that underlies veterinary herbal therapies. This teleseminar was informational and valuable with loads of references and useful tidbits about specific herbs. The audio recording of this teleseminar and all our **previous programs** are available for sale through our website. Read Julie Schell's excellent review of this teleseminar on **page 17**. Greg Tilford is an accomplished herbalist, author of several books on herbal medicine, including Herbs for Pets. Greg is the founder of Animal Essentials, a company that sells herbal and nutritional products for pets. Greg's webinar was on Using Liver Tonic Herbs in Veterinary Practice, and you'll find Katie's review of the program on **page 18**. His lecture is also available to purchase on our **website**.

This year's Domestic Ecotour will be held at United Plant Savers (UPS) and led by Paul Strauss, a renowned herbalist and owner of Equinox Botanicals. This Ecotour will feature the flora of the Appalachia's of South Eastern Ohio. Not to be missed, there are a few places still available, better sign up now!

Cindy Lankenau, a prolific contributor to our Journal and our Association, has 3 case reports, 2 herbal monographs, an article about Jeffery Yuen's teachings on crystals as a spiritual enhancement for the practitioner in this edition. She also provided an update regarding the progress of the petition to form the **American College of Veterinary Botanical Medicine**, which was approved and is now in a public comment period. Additional details can be found on page 11. Cindy also compiled a synopsis of the **International Herb Symposium** coming up this June, held on the campus of Wheaton College, Massachusetts. Cindy Lankenau, Ihor Basko, Donna Kelleher and myself will be presenting classes in the veterinary track, but there will be tons of other, human based lectures, by many of the top names and top educators in herbal medicine. Another not-to-miss event!

So, by now you will understand why this issue has been so difficult for me to synopsis in a limited amount of space. AND there is even more to this issue that I just can't find the room to expound upon. You MUST check out Ihor's column, VBMA Masterchef where he provides two recipes for critters and one vegetarian recipe for clients who prefer to not use meat in their pet food. Our past President, Laurie Dohmen and Kris August, two very accomplished Western herbalists, are offering a 5 part course in North Carolina, consisting of 5 X 3 day weekend segments including herb walks, 1 lab and intensive work on the Materia Medica in this "Veterinary Herbal Apprenticeship and Retreat on Western Veterinary Herbal Medicine".

One last hidden treasure in this Journal: Rick Palmquist, former President of the AHVMA and current president of the AHVMF offers a teasing snippet about a promising herb that promotes cutaneous wound healing and anti-inflammatory activity. Go to page 32 to find out what this herb's name is.

And that's all folks! Read and enjoy!
Rob Silver, Fearless Leader, VBMA 2015-2017

EDUCATIONAL EVENTS

ACVBM Annual Conference

October 20th, 2017

At AHVMA in San Diego CA 92108. John Chen will be speaking for six hours, then our Herb-walk, followed by a two hour evening session with Subhuti Dharmananda.

United Plant Savers/Equinox Botanicals 2017 EcoTour

APPALACHIANS OF SOUTHEASTERN OHIO

Friday May 12th -Sunday May 14th, 2017

Led by Paul Strauss, featuring Chip Carroll

Veterinary Herbal Apprenticeship and Retreat

This fall, enjoy a 5-part course in Western Veterinary Herbal Medicine featuring Doctors Laurie Dohmen and Kris August

September 15-17, 2017

October 6-8, 2017

November 10-12, 2017

March 23-25, 2018

April 20-22, 2018

At the Sanderling Resort, Duck, Outer Banks, North Carolina

VBMA EDUCATIONAL SCHOLARSHIP

The Veterinary Botanical Medicine Association currently offers a yearly educational scholarship in the amount of \$1000 in order to promote herbal education.

2017 Requirements

A 1000 word essay, topic "Discuss two herbs that could be used safely in an integrative cancer program," submitted to the VBMA office at office@vbma.org by July 15th, 2017 for consideration. The essay will be read and the award decided by the President and President-Elect of the VBMA. The winning essay will be published in the VBMA journal and on the VBMA website.

Announcement of Award:

The winning essay will be announced at the VBMA's annual meeting at the AHVMA convention of that year.

Use of Award Money:

The recipient of the educational scholarship may use their award money for any AHG (American Herbal Guild) event or class by an RH(AHG), and any CIVT, Chi, IVAS, VBMA or an equivalent veterinary herbal class. Alternatively, the funds may be used for the purchase of herbal books, VBMA CDs, teleconference registrations or similar educational events.

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VBMA GIVES - AHVM FOUNDATION



The Veterinary Botanical Medicine Association has established as one of its goals the supporting of ethical scientific clinical research in herbal veterinary medicine, and the dedication to developing responsible herbal practice by encouraging research and education, strengthening industry relations, keeping herbal tradition alive as a valid information source, and increasing professional acceptance of herbal medicine for animals as its primary purpose. As our organization grows, we're able to contribute funds to various groups that further these purposes.

In 2016, the VBMA decided to participate in the American Holistic Veterinary Medical Association Foundation's winter fundraiser. The AHVMF was given a generous donation from Dr. Carvel Tiekert: TWO pledges of \$25,000 in matching funds. One is to be used for veterinarians, the other will be granted to everyone else who supports integrative holistic veterinary medicine. Dr. Tiekert is founder of the American Holistic Veterinary Medical Association (AHVMA), and has always supported research and education in holistic veterinary medicine.

The VBMA directly donated \$10,000 towards Dr. Tiekert's match, and our generous VBMA members contributed another \$5864.00 in our own matching donation campaign, resulting in an additional donation of \$5000.00 directly from the VBMA. **GRAND TOTAL DONATED TO THE AHVMF = \$20,864!**

A huge thank you to all of those who participated and continue to be involved with and support the VBMA!

Medical Marijuana & Your Pet *The Definitive Guide*

Veterinarians Rave About This Book!!!



Dr. Robert J Silver, a nationally-renowned holistic veterinarian, has written this important book on medical marijuana for pets.

Susan Wynn, DVM, CVA, CVHC, AHG
(www.susanwynn.com):

"I rarely have the opportunity to read a groundbreaking book, and it gives me great pleasure to write this endorsement for Dr. Silver's book, *Medical Marijuana and Your Pet*. Both pet owners and veterinarians will find this book invaluable."

Cheryl Schwartz DVM (author of Four Paws Five Directions):

"Dr. Silver has written an amazing, pioneering book, *Medical Marijuana & Your Pet*. He brings experience, expertise, scientific data and guidelines for use in an enjoyable, well-documented book that will help an enormous number of animals and their humans.

Thank you, Rob, for your courage!!"

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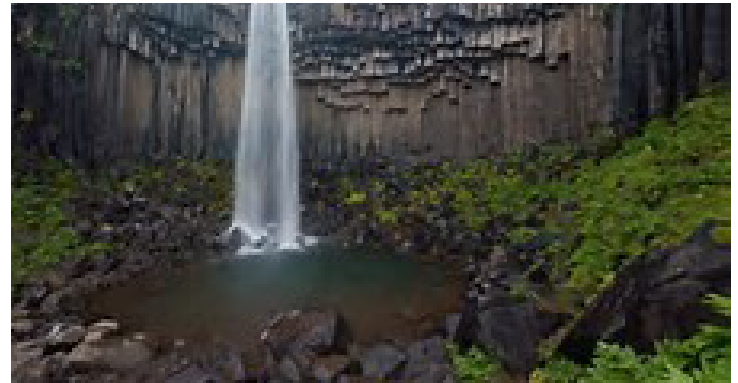
- Published biannually.
- Reaches a very specific target market of 200+ VBMA Members.
- Made available for purchase online to non-VBMA Members.
- All previous Journal editions remain accessible on our website.

For additional details email Amy Keane,
VBMA Communications Coordinator, at
communicationscoordinator@vbma.org.

NYCAVMA: ICELANDIC ADVENTURE



The NY Complementary & Alternative Medical Association encourages members to attend unique educational events.



In July we are going to Iceland for a true culture experience. During our previous lectures with Dr. Are Thoresen, he mentioned that the state of mind needed to properly assess pulses, is the same state of mind needed to talk to the elves. Also he indicated that over 60% of Icelandic individuals have spoken with the elves.....SO we are going first to Elf school, then two days of riding Icelandic ponies, then two days of incredible acupuncture lectures with Are Thoresen, DVM. We still have a few spots still available! (12 IVAS CE hours) Information at www.nycavma.org.



2017 INTERNATIONAL HERB SYMPOSIUM



The International Herbal Symposium is an incredible bi-annual herbal event that was founded by Rosemary Gladstar more than twenty-five years ago to help benefit the United Plant Savers organization. Herbalists from around the globe attended this event, and it's an experience not to be missed. Seven years ago, Rosemary agreed to allow the VBMA to start a veterinary speaker track which has enabled us to greatly expand our herbal knowledge. This year's event will be held from June 9th - June 11th at Wheaton College in Norton, MA. Registration is open, [CLICK HERE](#) to sign up.

"What if you were a teacher but had no voice to speak your knowledge? What if you had no language at all and yet there was something you needed to say? Wouldn't you dance it? Wouldn't you act it out? Wouldn't your every movement tell the story? In time you would be so eloquent that just to gaze upon you would reveal it all. And so it is with these silent green lives." – Robin Wall Kimmerer

Robin Wall Kimmerer is a mother, scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. Her first book, *Gathering Moss*, was awarded the John Burroughs Medal for outstanding nature writing. Her latest book, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*, was released in 2013 and awarded the Sigurd Olson Nature Writing Award. As a writer and a scientist, her interests in restoration include not only restoration of ecological communities, but restoration of our relationships to land. Her writings have appeared in *Orion*, *Whole Terrain*, and numerous scientific journals. She lives in Fabius, New York, where she is a SUNY Distinguished Teaching Professor of Environmental Biology, and the founder and director of the Center for Native Peoples and the Environment. In collaboration with tribal partners, she and her students have an active research program in the ecology and restoration of plants of cultural significance to Native people.

Learn from an extraordinary gathering of herbal teachers, elders, and healers from around the world representing diverse backgrounds and experiences. The 2017 International Herb Symposium will also feature over 40 highly respected teachers from 12 different countries including:

Rocio Alarcon (Ecuador), Mary Ayodele (Africa), Aku Dunyo Richter (Ghana/Canada), Jacquelin Guiteau (Haiti), Marcela Ibieta (Chile), Sebastian Pole (England), Swanie Simon (Germany), Dinah Veeris (Curaçao), Rosa Tupina Yaotonalcuahtli (Mexico), Wolf-Dieter Storl (Germany), Rafael Ocampo (Costa Rica), Mary Bove, Phyllis Light, Tieraona Low Dog, MD, Tradd Cotter, Daniel Gagnon, Thomas Avery Garran, Amikaeyla Gaston, Rosemary Gladstar, Dr. Christopher Hobbs, Dr. Aviva Romm, Karyn Sanders, Deb Soule, Kevin Spelman, David Winston, 7Song, Larken Bunce, Kate Clearlight, Rosalee de la Foret, Sajah Popham, Guido Masé, Richard Mandelbaum, Steven Yeager, Nancy & Michael Phillips, Jim McDonald, Andrea & Matthias Reisen, and many more!

Ihor Basko, DVM, CVA Speaker information:

I graduated from Michigan State University, 1971 with a DVM degree. My special interest at the time were focused around cardiology, orthopedic surgery & internal medicine. I began my studies in Chinese Medicine and Acupuncture in 1974 by participating in a UCLA medical school research project to treat animal paralysis with acupuncture 1974-76. Became vegetarian, and studied nutrition based upon Ayurvedic Medicine, Chinese Food Therapy, and Macrobiotic cooking for personal use. Later, I studied Western and Eastern Herbology with Dr. Sidney Golinsky, Subhuti Dharmananda Ph.D, Stephen Chang OMD, and many masters. I joined the International Veterinary Acupuncture Society in 1977 and began teaching acupuncture, herbology, and nutrition. I have published several books including 2012 Fresh Food Ancient Wisdom; Preparing Healthy and Balanced Meals for Your Dogs. Currently, I have a small animal practice in Kauai and Oahu Hawaii, using nutrition, Western, Polynesian, and Chinese herbs and acupuncture. Also consult for NaturVet Company who makes pet supplements as well as lecture for the AHVMA, VBMA, IVAS, WVC, AVMA, ACVBM and locally to pet groups. In his first lecture, Dr. Basko will lecture on two plants found in Hawaii, Noni and Java Plum. His second lecture will discuss feeding fresh food with the wisdom of TCM. Dr. Basko will also hold an intensive covering many aspects of mushrooms.

Intensive:

Title: Medicinal Mushrooms: Cancer Prevention, Control and Support; with Medicinal Mushrooms for Other Conditions: Kidney and Liver disease, Cushing's disease, and Geriatric issues

Description: Cancer rates continue to rise, especially in susceptible breeds. What is Cancer and what are the causative factors that create it? Knowing the causes will assist the practitioner in understanding how to best use medicinal mushrooms to help prevent or suppress the cancer process within the body. Which mushrooms are efficacious to use for prevention and treatment of cancer? A discussion of *Trametes versicolor* ("turkey tail") *Ganoderma lucidum* (Reishi), *Grifola frondosa* (Maitake), *Cordyceps* spp, and *Lentinus edodes* (Shiitake) will be presented. Medicinal mushrooms can be used to prevent, support and cure many diseases due to its properties: Multi-Dimensional Healing.

Lecture 1: Title: Cultural and Modern Uses for the Polynesian herb Noni *Morinda citrifolia* and the use of Java Plum (*Syzygium cumini*), a medicinal tree for many diseases

Description: For centuries the fruit has been used for the treatment of many ailments including: kidney disease, diabetes, fish poisoning tonsillitis, abdominal swelling, burns, broken bones, and inflammation of the toes and fingers. How can this be? Local Hawaiian healers (La au lapa au) use the fruit juice to treat hypertension, diabetes, kidney and liver ailments and cancer. The leaf was also used for abscesses, infections, broken, and painful wounds. The fresh leaf provides instant pain relief. A review of the plant's active constituents and uses will be reviewed. The invasive species Java Plum (*Syzygium cumini*) was likely introduced to Hawaii for its fruit, which is very astringent, sour, sweet and spicy. It is spread by birds that eat the fruits and disburse the seeds throughout the jungles and forest lands. Java Plum is native to India, Bangladesh, Nepal and Indonesia. It can also be found growing in the warmer regions of the USA such as Florida, and other parts of the world such as Eastern Africa, South America and Madagascar. All parts of the plant are medicinal and can aid in the treatment of diabetes, high blood pressure, heart disease, protect against radiation and contains high amounts of antioxidants and anti-inflammatory properties

Lecture 2: Title: Fresh Food and Ancient Wisdom: Back to the Beginning; with actions based on TCM theory

Description: Review of Bio-Anthropology and Bio-Anthropology will be presented. What did dogs eat before commercially available dog food? How did wolves transform into dogs? Wolves and the domesticated dog diets living with hunter-gather culture vs. agriculturally based communities will be reviewed. TCM theory can explain how ancient diets relate in a modern world. Facts show that the "raw food diet" fad for all pets is faulty. Using TCM theory one can ascertain the actions of food and herbs. The health practitioner can use taste and color to assist in targeting specific benefits to the patient from food: vegetables, fruits, and herbs.

Donna Kelleher, DVM Speaker information:

Donna Kelleher has practiced holistic veterinary medicine since 1994. She is both IVAS and AVCA trained in the 1990's for acupuncture and chiropractic and her initial herbal training in the late 90's came from AHG's certification training lead by KP Khalsa. She became NAET (Nambudibrad's allergy elimination technique) trained for both basic and advanced by 2003 and has integrated these modalities since then. Her personal experiences with asthma, allergies, and an early exposure to diverse cultures with their approach to healing greatly affected her openness towards all holistic treatments. In her Pacific Northwest garden and a mountain adjacent to her property she is continually inspired by the true healers, the healing plants. Her website, blog and social media case studies can be found at www.wholepetvet.com.

Lecture 1: Pacific NW Plants: A photo journey of the healing plants of my backyard here in WA stat; a brief intro of each herb including Angelica, Devil's club, Corydalis, Nettle, Cleavers, Cascara, Yew. (All levels)

Lecture 2: Skin cases: Advanced: Itchy dogs have become something of an epidemic in veterinary medicine now encompassing over sixty percent of my practice. This talk is aimed at veterinarians trying to rule out and treat secondary infections versus primary allergies. What are the most common food allergies and how to address this problem. In my practice, I use NAET but I will trouble shoot food allergies based on my experience to help you weigh through this growing dilemma.

Cynthia Lankenau, DVM Speaker information:

Dr. Cindy Lankenau is a holistic mixed animal veterinarian currently practicing in western N.Y. She graduated from Cornell's College of Veterinary Medicine in 1981 and became quickly frustrated with the limitations with conventional medicine. After working in Africa with the Peace Corps in 1985, has been learning how to heal; not hide symptoms. She is certified in acupuncture, homeopathy, chiropractic and herbal medicine. Since 1991, she has been exclusively using alternative modalities. She is a past president of the VBMA and has lectured at the University of Buffalo's Mini-Vet School, AHVMA, IVAS and IHS. Dr. Lankenau's talks will be on energetics of Western Herbs focusing on specific animal GI and Respiratory conditions and a lecture on the severe level of illness our animals are facing while discussing a Chinese formula, Wu Mei Wan in treating diseases of a Jue Yin Excess.

Lecture 1: Energetics of Western GI herbs: All herbs has different energetic properties, they can be cooling or warming, drying or nourishing and all diseases have unique pattern for example too much heat, too much phlegm. With the growing popularity of herbal medicines, often individuals forget this important aspect of herbal prescribing and forget the basic energetics of herbs when formulating a prescription. This lecture will focus on the patterns seen in common animal GI issues to then match that with the energetics of western herbs.

Lecture 2: Energetics of Western Respiratory herbs: All herbs has different energetic properties, they can be cooling or warming, drying or nourishing and all diseases have unique pattern for example too much heat, too much phlegm. With the growing popularity of herbal medicines, often individuals forget this important aspect of herbal prescribing and forget the basic energetics of herbs when formulating a prescription often to the dismay of the patient. This lecture will focus on the energetics of common western herbs used in common respiratory problems that are found in animals.

Lecture 3: The Use of Wu Mei San: An Epidemic of Jue Yin Diseases: The Six Stages of disease was first developed by the great master of Chinese Herbology, Zhang Zhong Jing (142-220 ACE) when he wrote the Shang Han Lun on Cold Damage. When examining these diseases in the context of the Six Stages of Disease; diseases found at the level of the Jue Yin are serious and are occurring at the deepest stage in the body. A Jue Yin disease reflects the separate of Yin and Yang and the collapse of Zheng Qi. This talk will focus on a number of current diseases from Equine Metabolic Syndrome to feline cystitis to canine epilepsy that are examples of Jue Yin Diseases

Rob Silver, DVM, MS, CVA Speaker information:

Bio: Dr. Robert Silver is a 1982 graduate of Colorado State University's College of Veterinary Medicine. Frustrated with the failings of conventional medicine, Dr. Silver began his studies into the use of diet, acupuncture, herbs and nutraceutical compounds to better assist his patients in their healing process. Dr. Silver founded one of the first Integrative Veterinary practices in Boulder, Colorado, blending the best of both worlds into successful protocols for difficult diseases. Dr. Silver studied herbal medicine from a variety of great teachers, including William LeSassier, Michael Moore, Matt Wood, Brigitte Mars, and Feather Jones. Silver taught several years at the Rocky Mountain School of Botanical Studies in Boulder on the topic of herbs and animals. Dr. Silver is Chief Medical Officer for RxVitamins, an animal nutraceutical company that sells exclusively to licensed veterinarians, and Director of the Animal Health Division of Folium Biosciences, a vertically-integrated domestic hemp company in Colorado. Dr. Silver is currently the president of the Veterinary Botanical Medical Association and a former member of the Board of Directors of the American Holistic Veterinary Medical Association. Dr. Silver speaks extensively to professional audiences around the world.

Intensive: Cannabis sativa L.: Its Impact on Animals

a. This ancient herb has found its resurgence in the past 20 years for medicinal applications. Come learn how this herb affects our pets, and how it can be used safely to address a number of common conditions that afflict our four-legged companions.

Lectures:

1. Practical Considerations Formulating Herbal remedies for Pets

a. Animals are not just "little people" when it comes to creating unique herbal remedies. Palatability, flavor, texture, format, type of menstruum for liquids, preferred solid formats, and potential toxicities and interactions all need to be taken into account. Come learn from a product formulator for animal herbals and nutraceuticals how it is done.

That's just the Veterinary Tract...there are literally DOZENS of other herbal education opportunities to choose from at IHS! In addition to all the learning, it's an amazing gathering of folks who share a deep appreciation for all things herbal. Remember, IHS takes place every other year, so if you miss this one, you'll have to wait until 2019 for another chance to attend. Sign up now, and bring a friend! Image below from [HERE](#)...a nice take on the 2015 event.



ACVBM UPDATE & REQUEST FOR COMMENTS

The American College of Veterinary Botanical Medicine has passed its first hurdle toward being recognized as a specialty college by the ABVS. After review of the petition submitted by the ACVBM organizing committee's in pursuit of recognition of Botanical Veterinary Medicine as a veterinary specialty by the AVMA, the Committee on Development of New Specialties has decided to move forward with solicitation of public comments from the veterinary community.

Solicitation of Public Comment on the Proposed Creation of a Veterinary Botanical Medicine Specialty under the American College of Veterinary Botanical Medicine and Recognition of the Specialty by the AVMA American Board of Veterinary Specialties

A petition detailing the proposed establishment of a Veterinary Botanical Medicine as a Registered Veterinary Specialty (RVS) under the auspices of the American College of Veterinary Botanical Medicine (ACVBM) has been submitted to the AVMA American Board of Veterinary Specialties (ABVS). As part of the ABVS specialty petition review process, public comment is solicited. During this time, any member of the veterinary profession or public is encouraged to comment by letter or e-mail on the establishment of the specialty, including whether it would fulfill a distinct need in veterinary medicine and provide an essential service to the public. Comments, concerns, and questions received will be considered by the reviewers appointed by ABVS and forwarded to the ACVBM Veterinary Botanical Medicine Specialty Organizing Committee for response. The period of public commentary will close September 1, 2017.

The value of a specialty in veterinary botanical medicine that would serve a public need is confirmed by the fact that herbal therapy is one of the most common topics offered in CAVM courses offered by veterinary schools, the number of faculty members with training in botanical medicine at veterinary colleges is increasing, externship sites for 18 veterinary schools include sites that use botanical medicine, CE programs are available for veterinarians through 4 sites (Chi Institute, Veterinary Information Network, International Veterinary Acupuncture Society, College of Integrative Veterinary Training) and is included in most national veterinary conferences, including those of ABVS-recognized specialty organizations. There has been increasing interest in veterinary botanical medicine, such that a core group of veterinarians now practice this specialty at a high standard. There is currently no system for recognition of those individuals that perform at a board-certified specialist level. By forming a recognized specialty under the existing American College of Veterinary Botanical Medicine, validation of the necessary training and the minimum level of competence required for veterinary specialists in veterinary botanical medicine can be established, and appropriate mechanisms to ensure that these standards are met can be put into practice. The petition describes these standards and the credentials review and examination procedures that will be required for recognition of individual veterinarians as board-certified specialists in veterinary botanical medicine. In addition to an enhanced understanding of the importance of botanical medicine in current and new pharmaceuticals (approximately 25% of prescription drugs dispensed in the USA contain at least one active ingredient of plant origin), with the emergence of problems such as organisms with extreme resistance to multiple antibiotics it is imperative that veterinarians with in-depth knowledge of correct use of botanicals be available to enable their use in situations when there is no equivalent pharmaceutical answer. There is increasing recognition of the value of training in veterinary botanical medicine, evidenced by; 1. Increasing numbers of veterinarians have pursued training and continuing education in this subject, 2. increasing number of veterinarians who are members of organizations such as the Veterinary Botanical Medical Association. 3. Increased demand of veterinary botanical medicine continuing education programs by specialty organizations such as the American College of Veterinary Internal Medicine (ACVIM), and the American Board of Veterinary Practitioners (ABVP), as well as NAVC, CVC, and WVC. Formation of the ACVBM veterinary botanical medicine specialty will result in formal identification of veterinarians who can authoritatively address the complex issues regarding veterinary botanical medicine on a state and national level and lead the profession in the creation of safe, broadly accepted standards of care.

The 352 page ACVBM petition in .pdf format as submitted to ABVS can be found [HERE](#) and at www.ACVBM.org. Please send all comments, questions, and concerns to David Banasiak, 1931 N. Meacham Rd, Suite 100, Schaumburg, IL, 60173 or email DBanasiak@avma.org. The approval of a Veterinary Botanical Medicine Specialty has the potential to further all our work and bring about such a positive change...please comment ASAP!

COURSE IN WESTERN MEDICAL HERBALISM

Veterinary Herbal Apprenticeship and Retreat A 5-part course in Western Veterinary Herbal Medicine

by Drs Laurie Dohmen and Kris August

Fall 2017

Sanderling Resort, Duck, Outer Banks, North Carolina

Overview:

This course is intended to be an in-depth training in Western Herbal Medicine geared specifically to veterinarians. Each 3-day weekend will include 3 Materia Medica, 1 lab and 1 herb walk plus additional lectures and activities. There will be homework consisting of writing Materia Medica and formulating herbal products between every session. Self-care is also a large focus of this training. We believe that healthier veterinarians make better practitioners.

Lectures:

There will be 15 Materia Medica lectures organized primarily by Western organ system. There will be additional lectures to flesh out the practice of Western Veterinary Herbal Medicine (WVHM). These lectures will cover topics such as the origins of WVHM, the practice of formulation and prescribing, phytopharmacology and more. Also, a brief overview of other types of Herbal Medicine (such as Ayurveda and Chinese) will be discussed. Ancillary topics including Flower Essences and Essential Oils will be presented.

Labs:

Hands-on labs will cover and give students the opportunity to make products for use in practice. Each session will focus on a different application, such as tinctures, topicals, and more. Students will then go home and make products based on that session's lab, and these will be evaluated at the beginning of the subsequent session. In the last session, there will be a Medicine Making Show, where students will get an opportunity to present their own creations in a fun atmosphere.

Personal Wellness:

The Outer Banks and the Sanderling Hotel are the perfect location for an herbal weekend retreat. Veterinary professionals give more than is healthy at times. That aching neck and lower back or ongoing exhaustion may be signs of a need for time to one's self and self-care. In this conference, there will be learning to nurture the brain, but there also will be time to renew the connection to the earth, the plants and the animals. Nature deficit disorder is real in children and in adults, and the aim is to remedy that. Gratitude and wonder are pathways to renewal. By opening up awareness of the world at large, there can be an increased awareness of self and personal needs for self-care. What brings the most enjoyment? What allows peace? Everyone's answers are different and students will be welcome to participate as much or as little as desired. Walks along the beach may be all the renewal needed!

In this course, self-care and renewal will be explored through ongoing activities in meditation, nature connection, and physical care. Work with the herbs will allow students to know them better by making teas, lotions, cordials, and simple crafts and gifts to bring nature awareness into the home and to families and friends. Essential oils, and Bach Flower Essences and their uses for human and animal health will be shared. Qi gong and other physical activities will continue along with herb walks every weekend class. There will be time left for fun too, with free evenings on the island and herby movie nights.

Without personal vitality, it is difficult to help others. Come join us on this journey to better health for our animal patients, our families, our world, and ourselves. [SIGN UP HERE](#).

2017 UPS/EQUINOX BOTANICALS ECOTOUR

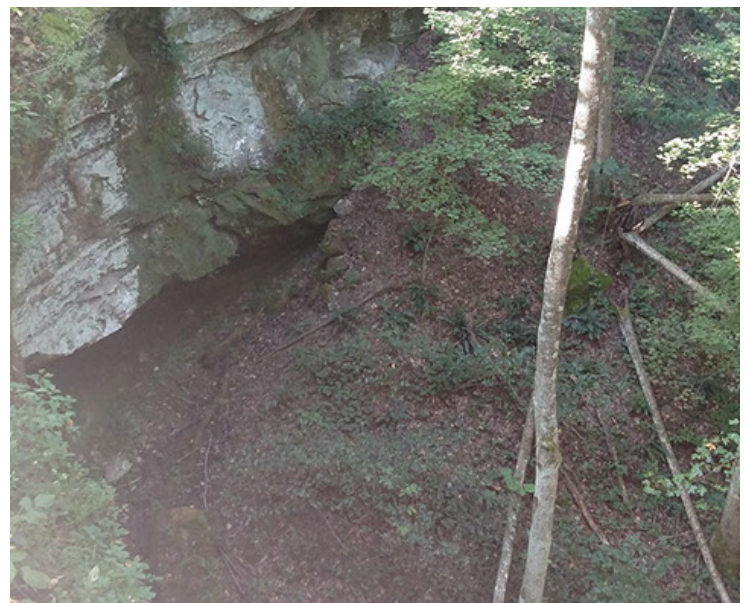
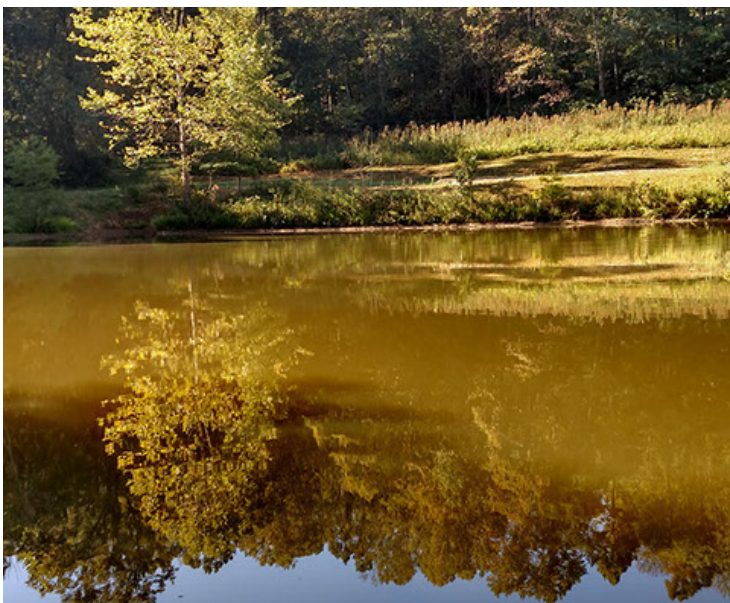
APPALACHIANS OF SOUTHEASTERN OHIO

Friday May 12th -Sunday May 14th, 2017

Led by Paul Strauss, featuring Chip Carroll

Come join us in the Appalachias of southeastern Ohio for a spectacular Ecotour. Paul Strauss is a renowned herbalist, naturalist and organic farmer. He is the co-founder of **United Plant Savers**, author of *Big Woods*, subject of the movie *Sanctity of Sanctuary*, and founder/herbalist for **Equinox Botanicals**. He will be leading us on daily hikes when (as he says) "the plants are just bursting with energy". Friday we will hike through his property, and Saturday we will visit the land he donated to form United Plant Savers' Goldenseal Botanical Sanctuary. Sunday we will spend the morning visiting and learning about ginseng farming with Chip Carroll.

Breakfast and dinner will be included Friday and Saturday and Sunday morning. The food will be whole and local and fresh! Camping is available on Paul's property by a pond that will be available (but refreshing) for swimming. There is a spiritual cave in which to commune with nature, and a fire pit for evening festivities. If camping isn't your thing, there is a lovely lodge about 15 minutes away called **Carpenter Inn**. **Limited to 15 people, so REGISTER NOW!**



Recipes for Pets

by Dr Ihor Basko, DVM, CVA

Hearty Party Leftovers for Doggies

Ingredients (scrounged from a party)

- 1 cup raw salad greens
- ½ cup baked potato or cooked rice
- 1 cup leftover chicken or turkey meat (bones removed)
- ¼ cup avocado*
- ¼ cup broccoli
- 1 tbsp olive oil
- 1 clove garlic

Directions

Heat oil and garlic in a wok or frying pan on medium heat until garlic turns golden brown. Add broccoli and sauté until tender. Add remaining ingredients except avocado. Cook gently until heated through. Allow to cool, add avocado, and serve. *Contrary to popular belief, avocado is not toxic to dogs.



©iStockphoto/Thinkstock



Kitty Snack - Shrimp Burgers

Ingredients

- ½ cup of raw hamburger
- ½ teaspoon shrimp paste (see Asian food section of grocery store)
- ¼ cup shelled, washed in hot water, and minced shrimp
- ½ teaspoon catnip

Directions

Mix shrimp paste with the catnip and then hand work it into the hamburger. Add minced shrimp to the hamburger mix and make into little meat balls. These can be fed raw, or baked at 425° F for 10 minutes.



Vegetarian Diet

by Dr Ihor Basko, DVM, CVA

Vegetarian Diet for Clients who shun working with Meat

Ingredients

- 1 cup cottage cheese (organic)
- 2 eggs, scrambled and cooked
- ¼ Clover Sprouts (raw/chopped into smaller pieces)
- 2 teaspoons Nutritional Yeast (human quality)
- 1 teaspoon Shiitake mushroom powder (organic)
- 1 teaspoon Flax seed (organic) oil
- ½ to 1 cup Fiber / Starch (cooked pearl barley or steel cut oats)

Directions

Mix:

- Nutritional yeast with the Shiitake powder
- Cottage cheese with Flax seed oil
- Clover sprouts with the eggs

Then mix each of the above with the cooked starch to make a homogeneous blend. Makes approximately 4 meals for a small 10 -20 lb dog.



Dr. Basko graduated from Michigan State University's vet med program with a special focus in the fields of internal medicine, cardiology, and bone surgery. His early years in veterinary medicine were spent working in a busy emergency animal hospital in California. Dr. Basko has been devoted to the study and practice of acupuncture, herbal medicine, dietary therapy, homeopathy, massage, and other alternative therapies for animals since 1971.

Dr. B is also an educator and leading authority on holistic animal health. He is one of the founders of the Veterinary Botanical Medical Association. He frequently lectures to veterinarians, animal trainers, and animal caretakers on the use of Holistic modalities in Hawaii, North America and Asia. Aside from lecturing, he has published many magazine articles, chapters in books and journals, and has been a guest on numerous TV and radio shows.

TOP TEN REASONS FOR VET VISITS

Submitted by

by Dr Ihor Basko, DVM, CVA, as seen on the [VPN website](#)



Top Ten Dog Conditions

1. Skin Allergies
2. Ear Infection
3. Non-Cancerous Skin Mass
4. Skin Infection
5. Arthritis
6. Upset Stomach/Vomiting
7. Intestinal Upset/Diarrhea
8. Periodontitis/Dental Disease
9. Bladder or Urinary Tract Disease
10. Soft Tissue Trauma (Bruise or Contusion)



Top Ten Cat Conditions

1. Bladder or Urinary Tract Disease
2. Periodontitis/Dental Disease
3. Chronic Kidney Disease
4. Excessive Thyroid Hormone
5. Upset Stomach/Vomiting
6. Diabetes
7. Intestinal Upset/Diarrhea
8. Lymphoma
9. Upper Respiratory Infection
10. Skin Allergies



VBMA TELESEMINAR REVIEW

Evidence Base for Veterinary Herbal Medicine Teleseminar by Dr. Barbara Fougere

By Dr. Julie Schell BSc(Hons), DVM, CVA, CVCHM, CVC



Thank you Dr. Fougere! I am always excited to learn of a Dr. Barbara Fougere seminar. They are rich with references, practical knowledge and are easily understood. Her joyful, clear Australian voice exudes heart and energy, allowing the listener to truly enjoy learning. As scientific, often doubtful people, we veterinarians, and many of our clients, often need to know if other veterinarians have tried something first, or a scientific, double blinded study has been done before we attempt a new treatment. Evidence Based Medicine involves the use of best external evidence (research studies), individual clinical experience and patient's values and expectations. The veterinarian formulates a question, searches for evidence, appraises the evidence, and then applies evidence to practice then evaluates evidence use. This teleseminar gives veterinarian's confidence in using herbs and acupuncture. Clinical experience, continuing education course notes, www.curedcases.com, textbooks, specialist, certificate holder and colleague opinion, non-veterinary expertise, expertise, and internet are augmented with scientific research. Dr. Fougere begins the teleseminar with an interesting history of the use of veterinary herbal medicine and how herbs and essential oils were paramount in early practice.

The scientific base in the 1800 was observational. Today there are hundreds of thousands of studies proving many of the observations our veterinary forefathers and mothers were correct about. Obvious examples are chamomile flowers and oil, dandelion leaf and marshmallow, *Boerhavia diffusa*, ginger, garlic, wormwood, Yunnan Baiyao, *Coriolus*, and *Echinacea*. Dr. Fougere introduces many journals currently available including *Phytomedicine*, *Biomedical Pharmacotherapy*, *Journal of Ethnopharmacology*, *Phytotherapy Research*, etc. Use of www.pubmed.com also reveals a plethora of articles proving the benefits of herbs in humans and animal. Many studies used species we work with every day such as cats, donkeys and rats. Low grade inflammation from poor diet and environmental contamination and poor lifestyle are contributing to chronic serious diseases such as Alzheimer's Disease, thus, the increase amount of research done on plant medicine has replicated exponentially.

Dr. Fougere also discusses the issues of resistance to antibiotics, anthelmintics and the role of the ethnoveterinary medicine practitioner. We are turning towards herbs such as lavender; to help cure tick infestation and garlic/ginger/wormwood are used to treat helminths, where the parasites are becoming resistant to the current Western drugs. *Salmonella* and inflammation in chickens can be treated with turmeric and *Scutellaria*. St. John's Wort is used to treat infectious bursal disease virus. Berberine (present in high amounts in *Coptis*, *Phellodendron*, Oregon Grape Root, Golden Seal and Barberry) is effective against Methacillin Resistant *Staphylococcus aureus* and Milk Thistle is a bacterial multi drug resistance pump inhibitor. Comfrey should be used with caution. It is often used as a tea. If used orally as in extract, there is an additive effect because the whole plant is used. The alkaloid extract is safer and less likely to cause toxicity effects. Understanding the traditional uses, *Materia Medica* of each herb is important ensure their most effective use as singles and in formulas. Also, continuing to improve and add to our veterinary *Materia Medica* will help us effectively and safely use herbs suited to our patient's individual needs.

Dr. Fougere provided excellent resources including:

Society for Medicinal Plants & Products Research website, www.ga-online.org & she mentions many journals worth subscribing to including www.bvma.org, www.civtedu.org, www.ahvma.org, www.aatcvm.org, www.watcvm.org as well as the following books: *Veterinary Herbal Medicine* by Drs. Fougere and Wynn, *Ethnoveterinary Medicine* by Marina Martin and Constance McCorkle, *Essential Guide to Chinese Herbal Formulas* by Dr Steve Marsden.

If you'd like to purchase a recording of this teleseminar, please [CLICK HERE](#).

Using Liver Tonic Herbs in Veterinary Practice by Greg Tilford

by Katie Kangas, DVM, CVA, CVCP



**Animal
Essentials**
Natural Pet Supplements Since 1995

For anyone who was fortunate enough to catch this webinar, or to have seen Greg Tilford speak in previous venues, you know that he is an excellent speaker and teacher, with an incredible depth of knowledge regarding herbs! Greg's passion is contagious, and his knowledge is extensive. As he discusses each particular herb, he offers insights to the history of the plant or its historical evolution of use, its medicinal actions, indications for use, and important facts regarding safety of medicinal use. In this webinar, Greg discussed several of our favorite and widely used herbs, but a few that are probably under-recognized or under-utilized as well. His discussion covered Milk Thistle, Turmeric, Artichoke, Dandelion, Licorice, Burdock and Oregon Grape. I could certainly list numerous facts that we learned in this seminar, but I will include just a few highlights here:

- **Dandelion** is Greg Tilford's favorite herb! It is extremely versatile and safe. Its properties make it useful as a digestive, mild laxative, hepatostimulant, and supportive of gall bladder function - acting as a cholagogue to increase bile flow.
- **Burdock root** is commonly used with skin issues and allergies, but also acts as a "blood cleanser". It is a super safe long term remedy for chronic skin conditions.
- **Licorice** is known as a harmonizer, as it potentiates the action of any formula it is included in. But is also great for the gut (helps repair gut ulcers) and for the liver as well. A new tidbit I learned: licorice does potentiate or extend the effects of corticosteroids.
- Oregon Grape is rich in berberine and is antibacterial, antifungal and antiviral as well. It is very safe and reliable. He recommends utilizing this herb in Giardia protocols, and notes that berberine penetrates mucosal cells very well.

Greg wrapped up at the end by offering some recommendations on strategies for which herbs to use or combine into treatment regimens, depending on clinical symptoms of the patient or changes in the patient's labwork. He also briefly discussed one of his own fave products that he created: Animal Essentials Detox Formula, which contains: burdock root, dandelion root, milk thistle seed, red clover, licorice and alfalfa.

For more details, be sure to get the recording, which you can purchase [HERE](#). ! It is well worth it.

SPIRITUAL ENHANCEMENT SEMINAR REVIEW

Master Daoist Jeffery Yuen's Stones as Spiritual Enhancement for the Practitioner

by Cynthia Lankeau, DVM, CVA, RH (AHG)



Stones are living entities. When we hold a stone, we are able to have a conversation with the Divine.' So starts our seminar with Master Yuen. For nearly the past 15 years, Master Yuen has been giving seminars on the use of Stones on their own or in combinations with herbs. He says that if an herbal prescription is not effective yet a well prescribed formula, often a stone is needed to 'wake' up the body to respond to the herbs. This past February 3rd through the 5th, Master Yuen continued these yearly discussions on the use of Stone to help spiritual enhancement of the practitioner. Stones work very well to help our spiritual growth because the stones themselves are consciously trying to improve themselves. Master Yuen described four potential levels that one may be on their path to a greater spiritual awareness. The first is an Agate state; when you want to separate the impure

from your life; there may be some suffering in your life and you consciously want to work on your issues. The Agates that are used are the banded ones, the ones that illustrate the separation of the pure from impure. This would be our principle stone. These stones can be worn, placed on acupuncture points, or used as an elixir. These principle stones need a harmonizing stone that will modulate its effect and or strengthen organ function. Generally these harmonizing stones are the Quartz stones. They enhance the Principle stone, and make you take notice how special you are. Many stones that are called transforming stones are also used to help balance a formula. Transforming stones transform pain into possibility; they give us the capacity to be well. The second state is a Jasper state. This stone is indicated if you are thrown into a crisis, your life is falling apart; you desperately need help, so much that you are seeking out a spiritual solution. The third state is a Chalcedony State; a state where you can see the light on the end of the tunnel. The final state, of which none of us have yet to achieve, is a state of Jade or perfection. It is impossible in a short summary to describe not only the wealth of practical information on the use of stones medicinally but also the profound spiritual information conveyed to us by Master Yuen. During these three days, Master Yuen not only described that various stones to use during these different state of spiritual development but also he gave us a tool to help us on our life's path. Below is a photo of some attendees browsing the after-program marketplace for stones.



CASE REPORT: EQUINE

Traditional Chinese Veterinary Herbal Medicine/Food Therapy in a Case of Chronic Lyme Disease in an Equine with Concurrent Protein-losing Nephropathy

by Cynthia Lanckenau, DVM, CVA, RH (AHG)

Abstract:

A 24 year old Appendix Quarter Horse gelding, testing positive for Lyme disease, had symptoms compatible with protein-losing nephropathy. He presented with a four inch deep plaque of ventral edema which extended from his girth area to his prepuce; with anemia, neutropenia, low blood albumin, albuminuria, and a high normal creatinine. With the use of Traditional Chinese Veterinary Medicine (TCVM): Chinese Herbs and food therapy, despite the severity and chronicity of his symptoms, the symptoms resolved. This case illustrates the successful use of TCVM to support chronic and complex cases.

Introduction:

In today's world, we are often facing cases with a multiple etiological factors. This paper explores one such case where there appeared to be an entangling of Lyme disease, *Borrelia burgdorferi* infection with the immunological stress of Rabies vaccination with a resultant presentation of protein-losing nephropathy. Lyme disease, a complex and often chronic disease seen in horses, is caused by the *Borrelia burgdorferi* spirochete. In chronic cases, a Borrelial immune-mediated glomerulonephritis has been identified in both humans and canines (1). Historical presentations include acute progressive protein-losing nephropathy with membranoproliferative glomerulonephritis, tubular necrosis/regeneration, and interstitial nephritis. Complications include thromboembolic events, hypertension, effusive disease, and oliguric/anuric renal failure. Renal complications have rarely been reported in the equine but are seen in many cases of human and canine Lyme disease. Vaccinosis is a term that was coined in the 1800's by J. Compton Burnett; 'I also mean that profound and often long lasting morbid constitutional state engendered by the vaccine virus' (2). Ill-effects from Rabies vaccination have been reported involving both mental and physical health. (3) Often seen are not only issues for the antigenic load but also from the heavy metals used in the adjuvants. Heavy metal exposure has been implicated in adversely affecting gut microflora leading to intestinal dysbiosis and leaky gut issues. (4) This is a case where no one specific etiological cause was identifiable rather the cumulative effects of several different retained pathogenic materials that resulted in anemia, neutropenia, and low blood protein. Although no renal biopsy was performed, clinically this case was diagnosed as a protein-losing nephropathy with a concurrent diagnosis of chronic Lyme disease.

History: Red is a 24 year old Appendix Quarter horse gelding. Since 2000, he had a history of being a very 'reactive' horse, meaning he often would 'shy' and bolt when being ridden. He would show signs of emotional distress, pacing in his stall, if left alone. In 2001, shortly after being vaccinated against Rabies, he became agitated by any tactile stimulation, especially any biting insect; a seemingly heighten state of mental anxiety, with continual 'lip-flapping' behavior. He became a dangerous horse under saddle with violent 'explosions' of severe bucking. He exhibited this type of extreme hyperesthesia sensitivity; unexpected violent bucking fits; both when loose and when under saddle. here had been no history of saddling changes and a local reputable stable fitter had been in attendance at the barn. The only identifiable etiological cause had been the recent immunization against Rabies. Within a month after this behavior started, his rider had been severely injured being thrown while on a ride. Red was retired to being a pasture companion, with only the minimum of care. Starting in fall of 2014; his owner noted a developing ventral edema which was slowly worsening over time. In August of 2016, the edema extended from his axillary area to his prepuce, which was almost 4 inches deep; obstructing the extension of his penis. At this time, his owner called requesting assistance. Although Red's owner wished no ill toward her horse, expense of his treatment and emotional commitment was requested to be minimal.

Initial exam: On August 15, 2016, Red presented with a 4 inch deep plaque of ventral pitting edema extending from his girth area to the prepuce obstructing his preputial orifice. His gums were pale; Tongue was purplish brown and

very swollen, with a large amount of phlegm. His pulse was deep and fast. His heart rate was 48 beats per minute. No petechial hemorrhages were present. All four hooves had a slight digital pulse and were slightly warm. No other gross physical abnormalities were seen. Although Red's owner wished to help him, due to the past near fatal injury, minimal expense was allotted; meaning we were limited to minimal herbs and food therapy as treatment options.

His diet consisted a free access to pasture with supplemental hay; blue-grass primarily; his grain was pelleted sweet feed mix of a 12% protein; 1/2 pound twice a day with access to a trace mineral salt block. The pasture had no identifiable toxic plants.

Initial Western diagnosis: Presumed low blood protein; with resultant edema etiology unknown. Blood was taken for a Complete Blood Count, Blood Chemistry, and Lyme and Ehrlichia equi titer.

Initial TCVM exam, August 15th 2016:

Point and Meridian examination: All of his Back Shu points were reactive from BL-13 through BL-17; BL-18 and caudally bilaterally, with pain extending down over his hips; over and involving the GB meridian. He was very reactive on his Large Intestine meridian, extending from LI-16 through LI 18.

Tongue: was purplish brown, gums were pale with a large amount of phlegm present in his mouth; no tongue coating. (Blood and Qi deficiency and stagnation with indication of deep heat toxin)

Pulse: was deep but fast; (deficiency with heat)

Shen: Bright, focused, but worried if any of the other barn occupants moved; then his whole attitude becoming distracted and unfocused with occasion head jerking. (Disturbed Shen from Blood deficiency and Phlegm misting the portals of his Mind)

Eyes: bright, sclera clear, no signs of inflammation

Nostrils: clear, no discharge

Coat: Dry, large plaque of pitting edema from his CV-18 to his prepuce; with only a 1/2 inch space in his preputial orifice; this area was cool and clammy. The tip of his prepuce was grossly swollen with a grapefruit size swelling of pitting edema. (Blood deficiency, Spleen Qi and Yang deficiency with damp/fluid accumulation)

Body Temperature: hooves were warm with slight digital pulses, (Qi and Blood Stagnation); ears were cool; low back was cold (Kidney Yang deficiency)

Appetite, manure, water intake was all normal.

Constitutional type: Water-his history of extreme sensitivity and sudden outbursts, very changeable personality with his nervous attitude with changes in the barn; fluid control issues.

TCVM diagnosis: Initial

Spleen Qi and Yang deficiency/stagnation; Blood deficiency/stagnation with an accumulation of Damp with an underlying heat toxin. Red's tongue color was the most striking; it was brown, with the fast pulse, included the suspicion of a Heat Toxin, that had injured his Blood and Spleen Qi leading to the severe signs of Blood (pale) Deficiency and Spleen Qi (not holding in the fluids, and not holding the blood, digital pulse) Deficiency with Damp accumulation in the symptom of the ventral edema.

Initial treatment Plan: To tonify Blood and Qi, Move Stagnate Blood and Qi and resolve Blood Toxin

Stimulation of St 37 resolved all reactive Back Shu points. This response to St-37 is considered by some practitioners as a definitive test for Equine Large Bowel Ulcerative Disease. (5)

St-37 is the Upper Great Void being the Lower He-Sea point of the Large Intestine and a point of the Sea of Blood.

This lower He-Sea point has great effect on their related fu organ. St-37 is used in the treatment of stagnation and obstruction of the intestines. This comprehensive ability of St-37 to regulate the intestines was referred to in early classics. (6) In the Spiritual pivot, St-37 is a point of the 'sea of blood', When the sea of blood is in excess, there is a sensation as if the body were big, one feels disquiet, but does not know what disease there is; when the sea of blood is insufficient, one has the sensation of one's body being small; one feels reduced but does not know what could be the illness.(7) It was wondered if this could explain some of Red's mental symptoms

Given his response, St-37 was dry needled with a differential diagnosis of a deep Xue level disease; and/or a complicating hind gut ulcer contributing to the protein loss.

Herbal Treatment: Marshmallow, *Althaea officinalis* L 3 tablespoons twice a day with 1 tsp of Chuan Xin Lian, Androg-

raphis paniculata.

Rationale: Due to the long standing nature of this case with his acupuncture points implicating the potential of hind gut ulcers, it was felt that the initial priority was to treat any potential ulcers to stop any protein loss through the intestines; to improve the absorptive ability of the intestines, and to treat any and avoid any future potential issues of food sensitivities. Marshmallow, *Althaea officinalis* L, is nutritive, demulcent, vulnerary, diuretic, anti-inflammatory. These properties give Marshmallow a broad, general, nonspecific applicability as a palliative in cases of even severe bowel disease such as Crohn's disease. (8) Both his tongue color and the reactivity of St-37 indicated the potential of a Xue level pathogen. Chuan Xin Lian, *Andrographis paniculata* was selected as it Clears Heat and Eliminates Toxins. *Andrographis* is an immunomodulating, both immune stimulant and immune suppressive, herb which may be useful in autoimmune disease. It has shown anticancer, antimicrobial, antimalarial, anthelmintic, antivenin and antithrombotic activities. It has cardiovascular effects, hypoglycemic; hepatoprotective/antihepatotoxin; it is a bitter tonic, digestive stimulant/choleretic, cholagogic; antibacterial; antipyretic and anti-inflammatory; antioxidant; and anti-inflammatory effects. The herb is traditionally given as a restorative and tonic in convalescence and used as a choleric to stimulate bile production and flow, which improves appetite and digestion. (9) This herb was given since an underlying pathogen was suspected and for its digestive support. It has commonly been called the 'cyst' buster, referring to its anti-spirochete effect even in chronic Lyme cases. (10)

Diet: Red had access to a 2 acre pasture with a mixed grass composition with supplemented grass (mostly Bluegrass) hay. This was continued. He was receiving 2-3 pounds of a pelleted sweet-feed twice a day. It was recommended to decrease the amount of sweet feed, as sweet feed engenders damp heat (11). Red was suffering from too much damp. It was recommended to add in one pint of Rice bran. Rice Bran has a neutral temperature which is a safe temperature for this case as Red had signs of heat from stagnation yet signs of Cold from a Spleen and Kidney Yang deficiency. Rice bran is high in fructo-oligosaccharides which have a healing effect on micro-ulcers. Rice bran nourishes Sp and harmonizes St; it helps to treat B 1 Deficiency. Rice Bran is rich in polysaccharides, it has a calming effect; Gamma-oryzanol, a formidable antioxidant which helps Blood stagnation; Alpha lipoic acid, a Liver restorative; Glutathione peroxidase, helps to detoxify the body; superoxide dismutase, antioxidant enzyme; Coenzyme Q 10, treats cellular mitochondria; proanthocyanidins, facilitate wound healing and have a protective effect against toxins; lecithin, and enhances brain activity; IP6, which can provoke a cleansing. (12). He was also given an organic selenium with a multiple Vitamin-Mineral mix and this was continued. Red had access to a free choice trace mineralized salt block which was continued throughout this case.

Rationale: The initial treatment was designed to heal any possible hind-gut ulcers. This would determine if intestinal leaky gut syndrome was the cause of protein loss. A limited number of herbs and food was initiated to avoid creating any additional food sensitivities.

Blood work initial:

Blood work was sent in: August 15, 2016 (received on September 1)

Only the abnormalities are listed:

Hematocrit 31 (34-46); RBC 5.6 (6.6-9.7 mill/uL); MCV 56 (43-55 fL) WBC 3.3 (5.2-10.1 thou/uL); Segmented neutrophils 1.0 (1.2-4.9 thous/uL); Creatinine 1.4 (0.6-1.6 mg/dL); total protein 5.4 (5.7-7.7 g/dL); Albumin 2.7 (3.0-3.7 g/dL)

Lyme positive-OSPA

Ehrlichia equi-negative

Recheck September 5, 2016:

Tongue: swollen and pale less brown, edema in preputial area was only slightly decreased but enough so Red could extend and retract his penis; minimal Back Shu point reactivity.

Pulse: deep and fast

Assessment: It was felt that the myofascial pain from a secondary hind gut ulcer was resolved; the tongue color indicated less toxic, but the Qi and Blood deficiency, his deep issue, had not significantly changed.

Western Diagnosis: Chronic Lyme Disease; Low Blood albumin; anemia, neutropenia

TCVM Diagnosis: Qi and blood deficiency/stagnation with an underlying pathogen/blood toxin.

Plan: tonify Qi and Blood; treat underlying blood toxin

Herbal: Gui Pi Tang (a) 2 tablespoons twice a day; Mixture of Anti-Lyme formula; equal parts *Andrographis* (b) with

added Cat's Claw and Japanese Knotweed 1 tablespoon twice a day. Cat's Claw, *Uncaria tomentosa*, is an immunomodulatory, anti-inflammatory herb used often in Lyme Disease formulas with Japanese Knotweed, *Polygonum cuspidatum*; Hu Zhang; which has anti-spirochete activities. It activates blood circulation; drains damp heat and eliminates toxins. We wanted a Blood and Qi Tonic and to continue our Anti-Lyme treatment.

Gui Pi Tang (Restore the Spleen Decoction) is renowned from treating Blood and Qi deficiencies. If the Spleen is deficient and Dampness ensues, dampness may descend to the lower parts of the body. (13)

Diagnosis	Signs & Symptoms	Treatment	Herbs
Blood and Qi deficiency	Pale gums, swollen tongue with dampness	Tonify Qi and nourish Blood, Strengthen the Spleen	<ol style="list-style-type: none"> 1. Ren Shen, Ginseng; Huang Qi, Astragalus; Bai Zhu, Atractylodes; Zhi Gan Cao, Prepared Glycyrrhiza-to warm and tonify Spleen Qi 2. Dang Gui, Angelica sinensis; Long Yan Rou, Longan fruit-nourish the Liver, tonify Heart Blood, and regulate blood circulation 3. Fu Shen, Poria; Yuan Zhi, Polygala; Suan Zao Ren, Ziziphus nourish the Heart and to calm the Shen 4. Mu Xiang, Aucklandia, moves Qi and moderates the stagnating nature of the tonic herbs 5. Sheng Jiang, Zingiberis and Da Zao, Jujube, harmonize the middle jiao

Diet:

Free access to pasture with mixed grasses was continued; Rice bran with 600 grams of oats. Oats are a good grain for a general Qi and Blood deficiency; they are warm yet it was felt that he was in need of Spleen tonification.

Additional foods added:

Carrot: three chopped and added to rice bran oat; carrots are classified as sweet, neutral; clears heat and detoxifies. It reinforces Spleen, aids digestion, and tonifies Blood

Squash, one cup-; sweet, and warm; it influences the spleen-pancreas and stomach and improves Qi energy circulation; it promotes water metabolism and reduces edema weak Spleen

Rationale: It was felt at this time that the main protein loss was through the intestines, Hind gut ulcers. With the tongue color less 'toxic' looking, it was felt that the blood pathogens were lessening and that we needed a stronger Blood and Qi tonification. Gui Pi Tang was selected as it is used successfully in cases of severe anemias due to auto-immune disease. The food therapy was used to reinforce this.

Update September 25th 2016:

Tongue purple, extremely swollen, excessive damp and phlegm, (Stagnation with damp)

Pulse slippery and full;

Other symptoms: he was moving in a stilted gait with 'heavy legs' and a slight digital pulse in all four hooves. (Qi stagnation); mentally he seemed restless and agitated; His ventral plaque of edema was 5 inches thick.

BI 20 and 23 very reactive (Spleen and Kidney involvement)

Urine Protein +++ (Kidney not firm)

Assessment: There seemed to be an excessive amount of damp and severe stagnation. It was felt that too much Spleen tonification had occurred with no significant Qi movers hence stagnation. The stagnation was producing heat which was even more aggravated by the warming foods of squash and oats. With the reactivity on BI 23 and the extremely high urine protein, it was felt that a Kidney Yang deficiency/stagnation with Damp accumulation was the main pattern of disharmony and the major loss of protein was from a nephropathy.

TCVM Diagnosis: Spleen and Kidney Yang deficiency with water accumulation; potential retained pathogen at the Shao Yin layer.

Acupuncture: Although owner requested minimal treatment; with surrogate pulse, Red was Kidney deficient and was treated with Kd 1. (14) Kd-1 is The Jing Well point and will help move and descend Qi and control Yang. It is interesting as this point can treat emotional disorders ranging from mild agitation, propensity for fear to severe madness and rage.

Herbal: Gui Pi Tang was discontinued; Zhen Wu Tang 2 tablespoons twice a day was instituted; Lyme formula was continued. Zhen Wu Tang: Spleen and Kidney Yang deficiencies with water accumulation; heaviness and pain in the four limbs.

Zhen Wu Tang (True Warrior Decoction) (a)

Diagnosis	Signs & Symptoms	Treatment	Herbs
Spleen and Kidney yang deficiencies with water accumulation	<ul style="list-style-type: none"> • Heaviness and swelling and edema; • accumulation of damp and water; • deep pulse; tongue phlegm; significant swelling 	Tonify Qi and nourish Blood, Strengthen the Spleen	<ol style="list-style-type: none"> 1. Fu Zi, Prepared Aconite root-warms Spleen and Kidney Yang 2. Fu Ling, Poria-strengthens the Spleen, induces urination, and dispels water accumulation 3. Sheng Jiang, Ginger-warms the body, dispels cold, and disperses water accumulation 4. Bai Zhu. Atractylodes root-strengthens the spleen and dries dampness 5. Bai Shao, White Peony root-relieves pain, and balances and prevents the warm herbs from injuring yin.

Food: Plan: Stop all tonifying foods; carrots, oats and squash; continue access to pasture and grass hay, continue rice bran.

Started: Hawthorne berry, *Crataegus monogyna*-1 tablespoon of dried berry; moves accumulations and improves circulation with a diuretic and astringent effect; Mushrooms-MUSH-(c) a combination of Cordyceps, Reishi, Maitake, Shiitake and Turkey Tail-1 tablespoon: combination to transform phlegm and move Qi; Kelp (d) 1tablespoon to dissolve phlegm and relieve edema. The owner also started Hilton Herb Balls as treat. These herb balls use a bit of Alfalfa meal with Flax seed, a cooling effect to clear heat, with Rosemary, *Rosmarinus officinalis*, which although warm has an aromatic bitter energy to move Qi and improve circulation with Peppermint, *Mentha piperita*, another aromatic herb to move Qi.

Rationale: Red's poor response to Gui Pi Tang illustrated a wrong TCVM diagnosis. His primary pattern of disharmony was not a Spleen Qi Deficiency but rather a Kidney Yang Deficiency. He needed strong Kidney Yang movers to resolve the accumulation of Damp. The deepness of his pulse initially should have been a key to this. The heat signs were secondary to Qi Stagnation with Damp accumulation. Red had a retained pathogen that had not been properly treated and it descended into the Shao Yin Layer.

Update, October 15th, 2016:

Symptoms:-edema 40 % less; ventral edema is 2 ½ inches deep and is located only from the sternal notch area to prepuce; no swelling in prepuce, He is moving normally, gait is normal with no digital pulses; tongue much less swollen but very pale (see picture); Pulse: still deep

Assessment: Zhen Wu and food changes have brought about a significant improvement; yet his tongue is very pale; Blood deficiency is present and has not resolved. His dampness and water accumulation has markedly decreased.

TCVM Diagnosis - Blood deficient; Spleen and Kidney Yang deficient with moderate damp.

Plan: continue Zhen Wu Tang and Lyme formula; but change his food therapy to deal with Blood deficiency

Food therapy: Discontinue Hawthorne berries and start Alfalfa pellets 400 grams for his anemia (Wood, p.341); Echinacea flowers- 1 tablespoon which is not only has immunomodulatory effect but also a hematinic (15); Milk Thistle seeds 1 tablespoon twice a day to nourish liver blood and Qi (16); Split peas-1/2 cup-which have a sweet taste are diuretic and harmonize.

Continue rice bran, vitamin/mineral, slowly reintroduce some oats. Marshmallow was discontinued as currently there was no evidence of remaining Hind Gut ulcers.

Rationale: His response to the Zhen Wu Tang and his diet change is significant yet now his anemia is more obvious. Now it is time to slowly start tonification of his blood with his stronger Kidney Yang Herbs.

Update, October 31st 2016:

Symptoms: His plague of edema is only 1 inch deep MUCH BETTER; tongue less swollen, pinker; pulse stronger, rate-normal; mentally he seems calmer. His gait is normal.

Blood Work: drawn 10/31/16- showed improvement; neutropenia has resolved, anemia is improved but still low normal; Blood albumin is slightly lower, renal creatinine is more within normal.

Hematocrit 34 (34-46 %) from 31
 RBC-6.3 (6.6 -9.7 mill/uL) from 5.6
 MCV- 54 (43-55 fL) from 56
 WBC- 7.6 (5.2-10.1) from 3.3
 Segmented neutrophils 3.6 (2.7-6.6 thou/uL) from 1.9
 Lymphocytes 3.3 (1.2-4.9 thou/uL) from 1.0
 Albumin 2.5 (3.0-3.7 g/dL) from 2.7
 Creatinine 1.2 (0.6-1.6 mg/dL) from 1.4
 Urine protein: ++

Assessment: Blood deficient is improved, Spleen Qi deficiency and Stagnation is improving yet underlying protein loss through Kidney is continuing even though Kidney Yang is slightly improved.

TCVM Diagnosis: Kidney Qi is leaky, protein loss is continuing from Kidney; ongoing Kidney Yang deficiency

Herbal therapy: Ba Wei Di Huang Wan (f) 1 teaspoon twice a day was added with the Zhen Wu to help restore the Kidney; Lyme formula was still continued

Ba Wei Di Huang Wan:

Diagnosis	Signs	Herbs
Severe Kidney Yang deficiency	Protein loss from kidney	<ol style="list-style-type: none"> 1. Shu Di Huang-strongly tonifies Kidney Yin and Jing 2. Shan Zhu Yu, Cornus fruit, tonifies Kidney and Liver Yin 3. Shan Yao, Dioscorea, tonifies the Kidney and Spleen 4. Fu Ling, Poria, Mu Dan Pi, Moutan; and Ze Xie, Alisma sedate turbidity and prevent the greasiness of the tonic herbs from blocking the Qi Flow 5. Rou Gui, Cinnamon bark; And Fu Zi, prepared aconite strongly tonifies Kidney Yang

Food therapy: added Nettle seed, Urtica urens- 2 tablespoons with dried Nettle leaf -2 tablespoons. David Winston has found Nettle seed to be 'perhaps the most profound medicine as an effective kidney tropho-restorative herb'. He has seen it slowing the progression and even moderately reversing degenerative kidney disease, including glomerulonephritis, and chronic nephritis with degeneration; especially when combined with processed Rehmannia, Cornus Fruit, and Cordyceps. Nettle Seed will act as our renal trophorestorative while the leaf will tonify blood and enrich Liver Yin and clear retained pathogens. (17)

Rationale: Red's immune system is stronger; but we still have evidence of chronic protein loss; the rationale is to attempt to restore the kidney in order to stop the chronic protein loss.

Phone Update November 15th 2016: Huge improvement: plague of edema only 1/2 inch deep; recommended continue

Phone Update November 19th 2016: no change: at this time, the owner called to report that she had switched the horses into their winter pasture area with had a large number of Staghorn Sumach trees, Rhus typhina. Red was seen eating the large amounts of the berries. Sumach berries are sour with a strong astringent effect. These berries are specific for renal edema; and for renal anemia (18), 'when the kidneys do not signal the bone marrow to produce enough red blood cells and for incipient albuminuria. Sumach especially strengthens the function of the kidney and is indicated for nervousness, anxiety, fear and even desperation. The owner was told to allow him to eat the Sumach berries.

Update, December 14th 2016:

Exam: no ventral abdominal edema present; tongue is pink, to slightly pale purple; pulse: stronger; Red seems calmer. Owner is very happy.

Plan: Continue Herbal combination of Zhen Wu and Bai Wei Di Huang Wan; although future plans to decrease Zhen Wu by 30 % ; His Lyme Formula was discontinued with awareness that often warm weather seems to stimulate a recrudescence of cases.

Food Therapy: Continue: Mixed grass hay; multiple vitamin-mineral mix with organic selenium; a base of 300 grams of rice bran with 200 grams of oats with one tablespoon of Flax Seed and Dried peas; Mushroom; Milk Thistle, Nettle seed and leaf; and Sumach berries in order to continue the restoration of his kidneys and support his water metabolism; with three herb balls for an aromatic Qi moving effect.

Rationale: Although Red seems to have responded very well; the long chronicity of his symptoms indicated the need for longer support to ensure full restoration of his Kidney function. His herbal formulas will be strengthening his Kidney

while ensuring proper Damp dispelling effect. His food formula is a nice combination of edema resolving, blood tonics, and restorative foods.

Final Blood Work:

Date drawn:	12/4/16	10/31/16	8/15/16	normal
Hematocrit	38	34	31	(34-46 %)
RBC-	7.0	6.3	5.6	(6.6 -9.7 mill/uL)
MCV-	55	54	56	(43-55 fL)
WBC-	8.0	7.6	3.3	(5.2-10.1)
Seg.neutrophils	4.2	3.6	1.9	(2.7-6.6 thou/uL)
Lymphocytes	3.7	3.3	1.0	(1.2-4.9 thou/uL)
Albumin	3.1	2.5	2.7	(3.0-3.7 g/dL)
Total protein	6.3	5.9	5.4	(5.7-7.7 g/dL);
Creatinine	1.0	1.2	1.4	(0.6-1.6 mg/dL)
Urine protein:	-	++	+++	

Conclusion:

Today's animals face a multitude of stresses; heavy metal exposures, over-vaccination; food contamination with pesticides with increasing number of parasites via ticks. In Red's case, we know that he had a susceptible constitution that was aggravated by a Rabies immunization. In the years that followed, we do not know when his Lyme exposure was but we do know that he had been exposed by the time of his severe physical symptom of ventral edema. Initial his protein loss was attributed to hind gut ulcers, but clinically it was determined to be also from a nephropathy. At the onset of this case; in addition to the severe ventral edema, Red's tongue color was the most striking; it was brown. With the fast pulse, the suspicion of a Heat Toxin that had injured his Blood and Spleen Qi which lead to the severe signs of Blood Deficiency and Spleen Qi Deficiency with Damp accumulation in the symptom of the ventral edema. This Heat Toxin is assumed to be an entanglement of vaccine toxins with the parasitic *Borrelia burgdorferi* spirochete. Our treatment when Tonifying Spleen Qi and Blood created a worsening of symptoms. Untreated or improperly treated pathogenic diseases tend to progress into the deeper layers. In this case it was the Heart and Kidney meridians. These toxins had progressed deeply into the Shao Yin layer. Zhen Wu Tang is one of the classic formulas used to treat a retained pathogen at the Shao Yin layer. (19) Red's improvement with Zhen Wu Tang was very significant. As *Borrelia burgdorferi* is a very hard organism to eliminate; there will be a need to closely follow this case to see if the pathogenic organism will shift to another layer such as the Shao Yang layer in the subsequent season change.

Hind-gut ulcers seem to be almost epidemic in today's horse world. They did seem to contribute to part of the disease pattern; yet their etiology could have been multifactorial; heavy metals from vaccine adjuvants, pesticide contamination on sweet feed, GMO's; or just the chronic stress of being ill. This leads us to the importance of diet.

Although Red had a basic simple diet of pasture grasses; he had also been fed commercial sweet feed; a commercially prepared pelleted feed that consisted primarily of corn, soy and wheat. Being high in carbohydrates, sugars, GMOs, and pesticide residues, these feeds produce Damp-Heat and can injure Spleen Qi, which can lead to an accumulation of Damp. This case illustrated the strength of diet; both is the strong negative effects when improper but also the amazing curative effects of when properly prescribed and also when Red was able to graze on his own and seek a curative food in the form of Sumach Berries. It was this simple pasture food that makes this case remarkable by giving his kidneys that final astringent energy.

The final question will be if Red's Shen, mental state, has been cured. Of this, we are not sure. He seemed much calmer by his last up-date and his owner has agreed to try to start working him on the ground.

This case has been an excellent example of the power of TCVM in complex and entangled chronic disease.

Herbal resources:

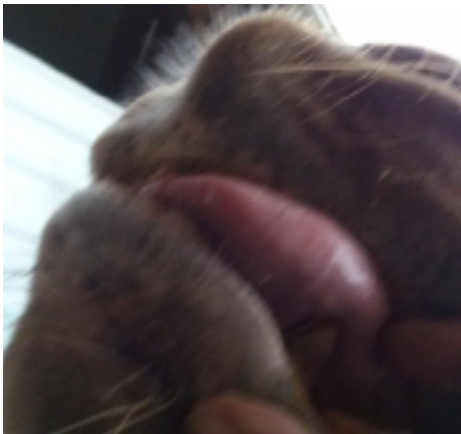
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- d. Thorvin for animals; 49 Race Street, New Castle, VA; 24127
- e. Hilton Herbs, Downclose Farm, North Perrott, Somerset, TA18 7SH; UK
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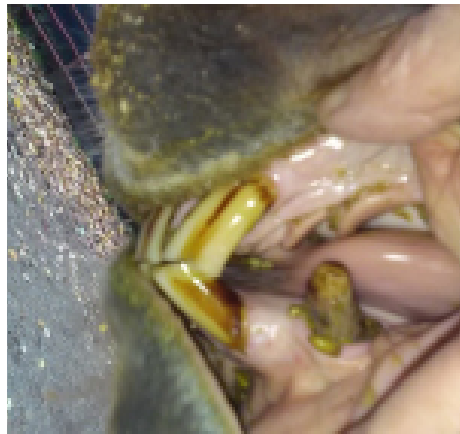
9/25/16

Tongue was very swollen, purplish brown.



10/15/16

Very pale, less phlegm, slight lavender



12/04/16

Vental Edema has resolved



CASE REPORT: BOVINE

One-Week Old Male Jersey Calf, Diarrhea and Congested Breathing

by Cynthia Lanckenau, DVM, CVA, RH (AHG)

PATIENT: Albert Murphy, a 1 week old male Jersey Calf

DATE OF INITIAL PRESENTATION: October 30, 2014

HISTORY: Albert was bought at a local cattle auction; as a newborn. His coat was still caked with dried amniotic fluid; he was weak and cold; he had pasty watery diarrhea and congested breathing. It was assumed he had received no care at birth. His owner is establishing a farm animal rescue and purchased him.

SIGNS/SYMPTOMS: He was weak and cold; ear tips were cold, his extremities were cold, his tongue was pale and phlegmy, his chest was just rattling, he had a weak non-productive cough, as if still filled with amniotic fluid; he had watery diarrhea just oozing out of his rectum with no obvious fecal control; temperature was 94 degrees F.

WESTERN DIAGNOSIS: neonatal septicemia; hypothermic shock

WESTERN DIAGNOSTICS: Physical exam

YOUR TREATMENT GOALS: to revive him, to increase his core temperature, and treat for hypothermic shock; to strengthen his immune system, to relieve congestion in his lungs; to give relief from diarrhea.

In order to revive him, increase his core temperature and treat for hypothermic shock we need an internal warming tonic, a digestive tonic.

To strengthen his immune system, we need an immunostimulant herb, alteratives.

To relieve congestion in his lungs, we need an expectorant, pulmonary astringent, anti-inflammatory, anti-microbial, anti-bacterial, anti-viral.

To relieve diarrhea, we need an intestinal astringent, anti-inflammatory, anti-microbial, and a digestive tonic, carminative.

PRESCRIPTION - HERBS SELECTED AND WHY: Equal parts of the below herbs were given in a 1:3 tincture orally; one tsp three to four times a day.

Cinnamon: *Cinnamomum cassia* bark as a circulatory warming stimulant, diaphoretic, tonic, digestive tonic, antidiarrhoeal to be given as a strong warm tea frequently to serve as an internal restorative; to overcome the hypothermic shock.

Thyme herb: *Thymus vulgaris* is antitussive, expectorant and antispasmodic, antimicrobial, antispasmodic, antioxidant, expectorant, antiallergic, anti-inflammatory, digestive tonic, carminative. Cold is cleared and damp resolved in the respiratory and digestive systems while the underlying deficiency is replenished. Its deeply restoring and stimulating action is enhanced by anticatarrhal astringent. It has an ability to strengthen an adrenal deficiency as it can stimulate immunity and reduces infection. Traditional uses date back to Dioscorides who used Thyme to expel dampness and viscous phlegm for the chest and helps difficult breathing and wheezing. Thyme stimulates the thymus gland. Thyme is valued for its adrenal restorative, nervous restorative and immune enhancing properties.

Usnea: whole lichen, *Usnea* spp. is antibacterial, antibiotic, antiseptic; opens the chest, transforms phlegm, removes

damp heat, invigorates blood, clears heat and toxins, clears deficiency heat; indicated for tuberculosis, immunity boost for common cold, pleurisy, pneumonia, and absorb heavy metals and pollutants. Research has shown it to have significant antimicrobial activities.

White Horehound: aerial parts; *Marrubium vulgare*. Its Western actions include: expectorant; diuretic, diaphoretic, antispasmodic, bitter tonic, choloretic. Energetically is also clears Lung phlegm and also tonifies and moves Spleen and St Qi; treats Liver and Stomach qi stagnation; combining the needed pulmonary effects with the digestive tonics.

Echinacea root: *Echinacea purpurea*, is an alternative, immunostimulant, antimicrobial, anti-inflammatory, carminative, tonic with anticatarrhal, antipyretic effects. It was indicated here for post-infection recovery dose.

Agrimony herb: *Agrimonia eupatoria* is a bitter tonic, astringent, anti-inflammatory, anticatarrhal, hepatic tonic: It treats diarrhea, malabsorption and malnutrition due to intestinal hyperpermeability.

ADVICE GIVEN: Albert was in a cold concrete floor garage; the owner was told that she had get warmer bedding for him and suspend a heat lamp in a secure way to ensure a warmer environment but with no risk of a barn fire; give often cups of cinnamon tea with electrolytes. Even though he was beyond the initial 24 hours of passive absorption of colostrum, it was necessary to go to a nearby dairy and purchase fresh colostrum to feed. Give the other herb tincture three times a day orally. He was also given one dose of Homeopathic Ant. Tart. 30 C to help his vital force expel any retained amniotic fluid. She was instructed to rub him vigorously to stimulate his circulation, to mimic the vigorous tongue massage cows give their newborns, and to fluff up his hair coat so that he would be able to then preserve some of his own body heat.

FOLLOWUPS:

Phone update; during that week; Albert was up and doing great, normal temperature; still had a slightly loose manure; breathing is great; temperature normal; advised to keep on herbs but stop cinnamon tea.

11/28/14: Albert's owner had put him in the cellar of the house. While she did a fine good warming up his core temperature and he is doing well, growing well, his lungs sounded fair but a little heavy sounding. The ventilation in the cellar is horrible; so he is to be put outside over this coming weekend when the weather is due to moderate.

12/10/14: Outside in the barn with the rescue sheep; he is bright and alert; breathing is normal, lungs clear, respiration good.

REFLECTION ON YOUR EXPERIENCE: Great acute case; this type of calf almost always, when under regular conventional care, dies from septic shock. Crucial in this case was the devoting nursing care. I do not think Albert would have survived if he was just given the herbs like a shot of an antibiotic; he also needed vigorous manual rubbing, and a warm dry environment. Yet, his response to the herbal formula was impressive.

THYME HERB



AGRIMONY



WHITE HOREHOUND



CASE REPORT: CANINE

Ingested object, seven-year-old intact male Bichon Frise

by Cynthia Lankenau, DVM, CVA, RH (AHG)

PATIENT: Parker Symon, an intact male Bichon Frise canine, 7 years old

DATE OF INITIAL PRESENTATION: March 25, 2013

HISTORY: On Friday, unbeknownst to the owner, Parker ate a tampon. Over the weekend, Parker did not eat but was Bright, Alert and Responsive. On Sunday night, he became lethargic and began vomiting. Her daughter then told her mother what Parker had gotten into. On Monday the 25, Parker's owner called. She was instructed to immediately go to a surgery facility. A few hours later we received a very tearful call, the surgery facility recommended immediate surgery but she could not afford their charges and pleaded with us to see Parker.

SIGNS/SYMPTOMS: On Physical exam, Parker was depressed, 103.2 F temperature and no abdominal sounds. His abdomen was tense and distended, sclera was injected, tongue was red and dry, pulse was rapid and thin.

WESTERN DIAGNOSIS: Parker's regular western diagnosis was Intestinal foreign body with secondary peritonitis. (TCM-Severe Qi stagnation with secondary Heat Toxin)

WESTERN DIAGNOSTICS: Surgery facility had abdominal films indicating a surgical emergency due to an intestinal obstruction due to a foreign body.

YOUR TREATMENT GOALS: The treatment goal was to save Parker's life by gently assisting the body to expel the tampon and treat the localized peritonitis. These goals were to be met with the actions of a choleric, laxative herb with an anti-spasmodic, anti-inflammatory, and antimicrobial effect. The plan was to stimulate bile production and flow using the cold, bitter, laxative effect of bile to Cool the Intestinal Fire, (localized peritonitis) and to gently lubricate and move the tampon. I was afraid any strong laxative would rupture the intestine and similarly any bulk laxative would firstly not be strong enough but also would place too much stress on the intestinal walls.

PRESCRIPTION - HERBS SELECTED AND WHY: Dandelion Root, *Taraxacum officinale*; Andrographis, *Andrographis paniculata*; Calendula, *Calendula officinalis*: equal portions of 1:3 tinctures. The dose was drop doses, as often and frequent as the owner could without causing Parker to vomit.

Dandelion root, *Taraxacum officinale*, is cold and bitter; it can clear stomach and intestinal heat with its anti-inflammatory antimicrobial effect. It is a bitter digestive tonic, with choleric, laxative effects. Traditional Chinese Medicine uses Dandelion to clear internal abscesses including appendicitis. Traditional use in the West used it to treat diseases from obstructions of the spleen and a mild laxative; and for irritation of gastric and intestinal membranes.

Andrographis, *Andrographis paniculata* is a bitter and cold herb that clears heat and eliminates toxins. It is a very good herb for treating abscesses. It has an antibiotic, antipyretic, anti-inflammatory, immunostimulant, hepatoprotective and cholagogue effect. Although it has been used primarily in Chinese and Ayurvedic medicine, it is a favorite of western herbalist David Winston for its powerful anti-microbial effect.

Calendula, *Calendula officinalis*, is also an antimicrobial, anti-inflammatory, and a vulnerary with astringent effects with a soothing antispasmodic nervine influence. It can clear Stomach and Intestinal heat and can clear retained pathogens and heat toxins. Dr. Clymer used it to treat the severe inflammation and stagnation of Stomach cancers. It has a homeopathic notation to treat intestinal foreign bodies.

ADVICE GIVEN: Parker's owner was told that we would wait only 12 hours; we could NOT let him suffer and die

from this in agony. S he was told to call often with updates. Offer him only soups and broths if he wanted but that if he started to vomit, euthanasia may be strongly indicated.

FOLLOWUP: Within hours of leaving, Parker's owner called to say he immediately defecated when he got home and was drinking chicken soup. Daily reports were, his attitude was great, drinking broths and baby food, but no more stool since the first day. On Friday, March 29, Parker was having severe cramps. His owner called to say that he was moaning and unable to rest comfortably. She had no possible way to drive to my office, so she was told to give drops every half an hour of her herb combination and to brew up a cup of Nightly Night, a local tea brand that she had on hand which has a high percentage of Chamomile flowers. Within the hour, Parker passed a completely intact tampon. The owner said in was completely encased with what looked like the Dandelion root tincture. Parker is well. I have seen no adverse long term effects.

6/13/14: Parker was in for a routine Heartworm exam; he is well.

12/4/14 - phone update: Parker is doing well, currently only on a home-cooking and a commercial vitamin-mineral supplement

REFLECTION ON YOUR EXPERIENCE: This case is a true miracle. If the owner had not been in total emotional distress, I would never have attempted to treat him with only herbs. I never expected him to live through the day. Due to my poor prognosis, I sent her home with the thought to help relieve the local peritonitis so that he might die in less pain. I did not think totally through the case to even begin to suspect that he would actually be able to pass the tampon. In hindsight, I should have included a stronger spasmolytic herb in the formula. Even though Calendula has a slight spasmolytic nervine effect, it was not strong effect to have spared Parker that hour of cramps while his body was passing the tampon. Possibly I should have included Chamomile, *Chamomilla recutita*, in the original formula instead of her trying to have him drink the tea while suffering with horrible cramps. *Corydalis yanhusuo* could have been included for intestinal pain; Moutan and Rhubarb could have also been used with their traditional history of treating Appendicitis. This case also impresses on me the immediate effect of herbs on the body. Within an hour, he was feeling better. He had an immediate effect from drop doses; that was what the Physio-medical herbalist claim!!

DANDELION ROOT



ANDROGRAPHIS



CALENDULA



STELLERA CHAMAEJASME

Article of Interest Summary - *Stellera Chamaejasme*

by Richard Palmquist, DVM, GDVCHM, ACCHVM

Stellera chamaejasme and its constituents induce cutaneous wound healing and anti-inflammatory activities.

Abbreviations:

Akt - a signaling pathway

ERK - Extracellular Signal-Related Kinase

An open access paper appeared in February 2017. This poisonous herb grows in northern China, Russia, Mongolia and Korea, and has traditional uses in management of viral, bacterial and fungal infections, wounds, tumors, and as a therapy for scabies and tinea. Its numerous active molecules include diterpenes, flavones, coumarins and lignans that appear to be immunomodulatory (1). Vinegar processing seems to reduce its toxicity while preserving its abilities to affect cell mediated immunity (2).

The following findings resulted:

- Seven compounds were isolated.
- Motility and differentiation of HaCaT cells changes in beta-catecin, ERK, and Akt signaling pathways.
- Induced collagen expression.
- Inhibition of NO and PGE2 reduced inflammation.
- Activated RAW 264.7 macrophages to release and express mRNA.
- Enhanced wound healing.

This was my first exposure to this herb and I am interested in establishing a dialog about its use and availability in the US and elsewhere. It is worth Googling as the flowers are quite beautiful. Toxicity is an issue and this points out the need for a dedicated group of well-informed and scientifically aligned veterinarians to arise for the purpose of further characterization of botanicals. Chronic, un-healing wounds can be a significant plague for professionals, clients and patients. The development of a formal board certification in herbal medicine could help to speed the development and dissemination of such vital information. The public is asking for such expertise and this author is happy to see formal veterinary medicine rising to the challenge.

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HERBAL MONOGRAPH: SUMAC



Photo courtesy [Oneconscious](#)

COMMON NAME: Sumac

LATIN NAME: *Rhus (variants)*

OTHER NAMES: Fragrant Sumac, Smooth Sumac, Staghorn Sumac

Common Name: Sumac	<i>Rhus aromatic</i> , fragrant sumac; <i>R. coriaria</i> , <i>R. glabra</i> , Smooth sumac; <i>R. typhina</i> , Staghorn Sumac (Matthew Wood states that species'actions are similar enough to be interchangeable)
Family	Anacardiaceae
Part Used	Bark and berries; leaves-pure astringent
Active constituents	Gallic acid, tannins, essential oils, resin; protocatechuic acid, isoquercitrin, and myricetin-3-O- α -L-rhamnoside from the fruits for the first time, in addition to the previously reported phenol acids and flavonoids, gallic acid, methyl gallate, kaempferol, and quercetin.
Actions	Stimulating, astringent, tonic diuretic, antihemorrhagic, hypoglycemic, styptic; anti-inflammatory, analgesic, and antipyretic activities, besides the hepatoprotective, in vitro cytotoxic and anti-microbial activities; antioxidant, cardioprotective
Indications	Excessive sweating and urination; fatigues, pale, anemic, low immunity, spongy gums, canker sores, ulcerations in mouth, tongue dry in the center, wet on the edges; colds and flu with copious secretion, stoppage of nose, sore throat with inflamed uvula and tonsils, bronchitis with copious free secretion, tuberculosis; diarrhea with profuse, painful discharges, diarrhea, dysentery, diabetes insipidus, large quantities of urine passed, excessive activity of the urinary organs when there is no inflammation, urine profuse, frequent, pale; with exhaustion and anemia; diabetes mellitus with copious urine and perspiration chronic diabetes with passing a great quantity of urine, incipient albuminuria, edema; with weakness, fatigue; dribbling and lack of retention of urine in the young and the old.; Kidney anemia, chronic catarrh of the bladder and chronic cystitis, bedwetting in the young and the old; constant dribbling, swollen prostate; stiffness, weakness of the lower back and knees, joint pain; skin fungus with dampness, diabetic retinopathy. From Menzies-Tull: hemoptysis, aphthous ulcerations, stomatitis, pharyngeal ulceration, hematemesis, diarrhea, dysentery, tubercular diarrhea with night sweats, IDS, colitis, diverticulosis, diabetes, cholera infantum, bladder atony, bladder catarrh, enuresis; sphincter weakness, hematuria, prostatic hypertrophy, nephritis, incontinence, gonorrhoea, menorrhagia, purpura. Topical: poultice as an emollient, rheumatic conditions, any swelling. Sap: toothache, aphthous ulcers, inflammations, otitis media, skin irritation, ulcers, burns promote the value-adding of <i>P. granatum</i> L. and <i>R. coriaria</i> L. leaves as natural anti-microbial/antioxidant agents for control of food-related bacterial biofilms.

Preparation	The bark is collected in the spring, when the sap is running and used per decoction or preserved in alcohol, glycerin, or sugar. The outer bark should be kept attached to the inner bark. The berries are collected as soon as they are ripe and are tinctured fresh. They are most potent if it has not rained for a week. Roots can be used to make a poultice. Use for culinary spice, tannin agent, known for imparting leather with flexible nature, spice; pipe making.
Cautions/Contraindications	Do not take during acute renal infections
Herb Drug Interactions	None reported.
Dosage	Fyfe-5-15 drops for humans; Half an ounce to a quart of to a quart of boiling water, simmered for ten minutes in other than an iron vessel, forms an ordinary decoction; of which from one to two fluid ounces may be given every three hours in chronic difficulties, or every half hour in hemorrhages

Notes: Upland sumac is common on thin and sandy soils

Energetics: astringent, gummy- bark: berries; sour, cooling astringent

Tissue State: bark-relaxation; berries-relaxation, excitation; tonic to the urinary and gastro intestinal mucous membrane in relaxed, catarrhal or ulcerated conditions; Tongue-pale and trembly; purpura appearing at the menopause; trembling of the lower limbs, small feeble pulse, lassitude.

Matthew Wood: Sumac has a long history of use in Greek and Arabic medicine. The name comes from the Greek rhu for 'flux'. It is one of the great remedies for fluids loss from any outlet. It is not native to Europe and was not much used in European medicine. It is widely used as a condiment in Middle Eastern cooking. It makes rice taste delicious, but it is primarily used with basil to increase the digestion of fats in meat. North America has many species of sumac. Fragrant sumach and Smooth Sumac were officinal in 19th century America. Staghorn sumac was used in folk medicine. All of the species are non-toxic unlike their cousins, poison ivy and poison oak. Sumac is the superlative remedy for stopping excessive flux from any channel of elimination-skin, kidneys, colon, lungs, or menses It is indicated when there are debilitating fluid losses. It especially strengthens the function of the kidney, helping it to retain water in both diabetes mellitus type II and diabetes insipidus. It has been used for dribbling urine and lack of retention of urine in the young and the old. Sumac helps the kidney retain water in diabetes, but helps the cells pick up blood sugar, making blood sugar levels more manageable and less extreme. It acts on vasopressin and has a profound influence on high blood pressure. Sumac is indicated in runny secretion resulting in sneezy head colds, irritable coughing from excessive salivation overstimulating the cough reflexes, and watery discharges from the lungs. It is indicated when excessive saliva stimulates a 'drippy cough'. This can cause choking/coughing episodes at night when the saliva or nasal drip runs down. Sumac is indicated in excessive secretions from the mouth to the colon resulting in diarrhea. It is considered to be a deer or elk medicine in American Indian woodlore: deer would eat sumach while cleaning herself after giving birth. It can be used to cleanse the uterus. JThe fried inner bark contains a gummy emollient that forms an excellent poultice for any condition with pus to help bring it to a head. And if not it will allay the swelling. It is soothing and cooling.

Samuel Henry: "For rheumatic complaints " he used four ounces of the fresh milky roots of upland sumac cut small, boil them in three pints of rum over the coals for one hour, then strain and apply flannels wet with the decoction over the hips, knees, or back, every hour until well.

Phyllis Light: useful for 'kidney anemia', when the kidneys do not signal the bone marrow to produce enough red blood cells. One of her first selections for influenza and it is indicated when mucus is specked with blood. It is indicated when the menstrual blood is accompanied by a thin, watery discharge. Indicated when other fluids are not being retained, hence for nocturnal emissions, clear vaginal discharge, excessive blood loss from the kidneys, uterus, bowels, stomach or lungs and excessive expectoration.

Lise Wolff: 'leaky straw remedy' indicated when there is a leak somewhere in the system that dries out the tissues elsewhere. The tongue is often dry in the center and wet on the edges, indicating that the core is drying out as fluids are being lost.

Glenda Croft: Bedouin chew the stalks as a strengthening tonic. It is indicated when there is a blue and gray complexion around the veins.

Fyfe: Fragrant Sumac, *Rhus aromatica* is deemed a good remedy in diabetes, and in hemorrhage from the kidneys, uterus, bowels, stomach or lungs it is highly recommended. It is also an efficient remedy in all cases of excessive activity of the urinary organs when there is no inflammation. It should not be used when there is active inflammation, and it is contraindicated in acute cases. In Phthisis it exerts a favorable influence over the hemorrhage, diarrhea and night-sweats. Upland Sumac, *Rhus glabrum*, exerts a direct influence upon the processes of waste and repair. In some cases of protracted dysentery and diarrhea with debilitated mucous surfaces, it has been used with advantage. It has been found useful in atonic ulcerations of the stomach and intestinal canal, as well as in all affections in which a relaxed condition of mucous membranes was a prominent feature. It is a diuretic, antiseptic, refrigerant, tonic and astringent. Indicated in putrescence of excretions, with tendency to ulceration, as in typhus and typhoid fevers; diarrhea, dysentery and leucorrhoea. It is used locally as a gargle or local application to soft, spongy gums, aphthae and pharyngitis.

Cook: (*Rhus glabra*) The leaves are a very pure astringent, stronger and more drying than hamamelis. They may be used for the same general purpose as hamamelis; and also make a good wash in cases of aphthous sores. They deserve much consideration in leucorrhoea, and prolapses, spongy gums, capillary hemorrhage, and other cases where a reliable local astringent is needed. The bark of the root is a stimulating astringent, of tonic action and moderately antiseptic powers. Its chief action is upon the mucous membranes; and is of much greater power than is generally supposed in laxity of the bowels, chronic and camp diarrhea, and intestinal hemorrhage. Acute and sub-acute diarrhea are cases in which it should not be employed; but in camp diarrhea, and other cases of liquid and offensive stools, and infusion is of much value for giving due tone to the mucous structures and fullness to their capillary circulation. Also it is of superior excellence as a wash in foul leucorrhoeal discharge and chronic prolapses, and a gargle in aphthous sores, in diphtheria and scarlatina, and is mercurial sore mouth. It may also be applied in powder to flabby and ichorous ulcers, and those of a phagedenic tendency. But not to sensitive or dry ones; and I have found much benefit from it in phagedenic chancres and buboes. As an astringent, it acts upon the assimilative organs much as myrica does; and may be added to tonics in the treatment of scrofulous maladies with diarrhea; and in constitutional mercurial and mercurio-syphilitic maladies, may be used with alterants. As infusion, combined with such diffusives as zingiber and caulophyllum, is of much value in uterine and pulmonary hemorrhage; and it is an agent that promises well in hemorrhagia purpurea, and other forms of the hemorrhagic diathesis. Half an ounce to a quart of to a quart of boiling water, simmered for ten minutes in other than an iron vessel, forms an ordinary decoction; of which from one to two fluid ounces may be given every three hours in chronic difficulties, or every half hour in hemorrhages. The berries or more properly the hairs which cover the fruit are of a very pleasant though rather transient acid taste, moderately stimulating and astringent. They act on the kidneys as well as mucous membranes; are of service as a gargle in quinsy, and mild forms of sore throat and aphthous sores; are sometimes used as a drink in bilious and bilious remitting fever; and have been commended as a good remedy in diabetes. A gum exudes from the bark on its being slit; and this is a soothing and demulcent remedy, which promises to be of service in irritable bowels, kidney and lungs.

Ellingwood has it listed as a renal correctives - Sumac, *Rhus aromatica*- sweet sumac.

Therapy-the direct influence of this agent is exerted in certain cases of polyuria. It is said to be specific also to nocturnal enuresis. Benefit is claimed for its use in full dose in all cases where there is much urine, without sugar. This is the case in interstitial nephritis as well as in simple diabetes insipidus. It is not contraindicated in diabetes mellitus, but is only occasionally of service. In many cases of urinary incontinence both in children and in the aged, it will produce satisfactory cures. It apparently acts as a tonic and sedative to the muscular structures of the urinary apparatus, as old people who suffer from a general debilitated condition and are troubled with dribbling, have the power to control the urine restored. It should be used freely in such cases and its influence when specifically defined will give it an important place in the therapeutics of enuresis. It has an influence not to be overlooked in passive hemorrhages for the urinary apparatus- hematuria, controlling most satisfactorily many cases. It is useful in passive uterine hemorrhage and in pulmonary and bronchial hemorrhage. It is also useful in controlling night sweats and the diarrhoea of phthisis. The hemorrhage often present in chronic diarrhoeas and dysentery is restrained by it, when it checks the action of the bowels also, improving the tone and restoring normal function. In purpura hemorrhagica it has worked nicely and will often be found useful. It has cured many cases of leucorrhoea and of gonorrhoea and other passive discharges of a catarrhal character."

Native American Use: *Rhus aromatic*, Fragrant Sumac, poultice of root on boils; antidiarrheal; *Rhus copallinum*, Flameleaf Sumac: berries eaten for vomiting; infusions poured over sunburn blisters; bark used as a wash for blisters; infusion of bark taken to make human mild flow abundantly; Berries chewed for bed-wetting; decoction of root taken for dysentery; poultice of roots applied to sores and eruption; berries used to make mouthwash, infusion of roots for venereal disease; decoction of leaves used as a bath and given to babies to make them walk.

Rhus copallinum var. *leucantha*, Winged sumac: poultice for ant sickness; boils and infection; decoction of root ark taken for urine retention; venereal aid; bark decoction for gonorrhoea. *Rhus glabra*, smooth sumac: berries eaten for vomiting; infusions poured over sunburn blisters; bark used as a wash for blisters; infusion of bark taken to make human mild flow abundantly; Berries chewed for bed-wetting, anti-diarrheal; infusion of roots taken for dysentery, cold, taken as an emetic; decoction of blossoms used as mouthwash for teething children, blossoms chewed for sore mouth; and teething; infusion of plants taken for asthma; fruits used as a purgative; infusion of green or dried branches taken for tuberculosis; sprouts used as an alterative; purities the body and mind; used for tuberculosis; root juice swallowed for sore throat; bark used as a rubefacient; appetizer; earaches; leaves moistened and used for skin rashes; blossoms used as wash for sore eyes; infusion of root bark used as a hemostatic; seed heads used for an itchy scalp condition; milky latex used as a salve on sores; decoction of branches with seed heads used as bathing water for frost-bitten limbs; decoction of seed heads used as bathing water for gonorrhoea; root chewed for sore mouth or tongue; analgesic for painful urination and retention of urine; poultice of plants applied for poisoning; poultice of leaves in case of poisoning of the skin; decoction of root taken in case of retention of urine; postpartum styptic wash; decoction of fruits used as a postpartum styptic wash; decoction of root taken for painful urination and retention of urine; mashed leaves rubbed on sore lips; chewed and held in the mouth for sore gums; decoction of fruits used by women for hemorrhaging after parturition; decoction of shredded bark taken for ulcers; infusion of plant used after internal surgery, to make wounds heals fester; decoction of stems and roots taken for syphilis. *Rhus hirta*, Staghorn Sumac: used for rheumatism with chokecherry, oak, yellow birch an dogwood.; infusion of fruits as a tonic to improve appetite; berries eaten for vomiting; taken for stomach pain, used for venereal disease; diarrhea; wood pieces eaten by mothers to improve milk; taken before birth; used as a blood purifier; astringent for piles; used for 'female troubles'; used for fevers; pinworms, gargle for sore throat; poultice for boils; hemostatic; tonsillitis, and erysipelas; Similar indication: *Rhus trilobata*, Skunkbush Sumacc; *Rhus ovata*, Sugar Sumac

Gerard "the Herbal": on *Rhus coriaria* - the fruit, leaves and seed hereof do very much binde, they also coole and drie; drie they are in the third degree, and cold in the fecund, Galen teacheth. The leaves of Sumach boyled in wine and druncken, do stop the laske, the inordinate course of womens sicknesses, and all other inordinate issues of blood. The seed of Sumach eaten is sauces with meat, stoppeth all manner of fluxes of the belly, they bloody flux, and all other issues, especially the white issues of women. The decoction of leaves maketh haire balcke, and is put ftolles to fume upward into the bodies of those that have the Dysenterie, and is to be given then also to drinke. The drie leaves sodden in water until the decoction be as thicke as honey, yield forth a certaine oil, which performeth of the effects of licium. The seed is no less effectual to be strowed in powder upon their meats which are dyfenterici. The seedes pounded, mixed with honie and the powder of Oken coles, healeth the Hemorrhoides. There issueth out of the shrub a gum, which being put into the hollownesse of the teeth, taketh away the paine.

Recent research: significant HDL cholesterol increasing effect of sumac supplementation in patients with Hyperlipidemia; promote the value-adding of *P. granatum* L. and *R. coriaria* L. leaves as natural antimicrobial/antioxidant agents for control of food-related bacterial biofilms; there is horrible study using *Rhus* to inhibit the writhing behavior of burnt rats, and yes, the herb helped; has a healing effect on diabetes and diabetes-related complications. *Rhus coriaria* as a promising chemopreventive and therapeutic candidate that modulate triple negative breast cancer growth and metastasis. adjunct therapeutic candidate against breast cancer; *Rhus coriaria* L. water extract had significant antibacterial properties against five common oral bacteria; showed that systemic administration of sumac extract may reduce alveolar bone loss by affecting RANKL/OPG balance, TOS and OSI levels in periodontal disease in rats.; beneficial for diabetic patients to make them less susceptible to cardiovascular disease; significantly delayed the onset of hyperinsulinemia and glucose intolerance and improved insulin sensitivity in NIDDM rats.; sumac fruit extract possesses cardioprotective and hepatoprotective activities which will be beneficial in hypercholesterolemic condition; active against *Aspergillus flavus*.; The cardiovascular protective effect of RCLE seems to be due to an interplay of different factors: COX pathway activation, TNF-alpha inhibition, endothelial nitric oxide synthase (eNOS) activation, and free radical and ROS scavenging; potential agent in the treatment of OA.; growth inhibitory and apoptosis-inducing effects on A549 human lung cancer cells.

HERBAL MONOGRAPH: RADISH SEED



Photo courtesy Wikipedia

COMMON NAME: Radish Seed

LATIN NAME: *Raphanus sativus*

OTHER NAMES: Lai Fu Zi; raphanus

Common Name: Radish Seed	<i>Raphanus sativus</i> , Lai Fu Zi; raphanus
Family	Brassicaceae; (Cruciferae)
Part Used	Seed used in TCM as Lai Fu Zi; root, juice
Active constituents	Erucic acid, raphanin, beta-sitosterol, oleic acid, linolenic acid, linoleic acid, glycerol sinapate; Radish sprouts contained significantly greater concentrations of glucosinolates (3.8-fold) and isothiocyanates (8.2-fold) than the mature radish taproot and also contained significantly greater concentrations of phenolics (on average 6.9-fold). The anthocyanin concentrations of the mature radish taproot were significantly greater than in the sprouts of red, pink, and purple varieties. The primary anthocyanidins present in the red and pink radish varieties were pelargonidin and delphinidin, while the primary anthocyanidin in the purple radish variety was cyanidin. Radish sprouts were between 9- and 59-fold more potent than the corresponding mature taproot at activating the antioxidant response element (ARE) in a stably transfected hepatoma cell line.
Actions	Antilithiasic and hypolipidaemic ;hepatoprotection ; juice of root-chologague;Anti-bacterial; antihypertensive; Chinese Actions for seed: 1. Dissolves Food Stagnation, Promotes Digestion and reduces distention; 2. Descends Qi, Dissolves Phlegm
Indications	Indigestion and food stagnation; abdominal distention; dissolves gallstones; cough, Wheezing from Phlegm; research identified hepatoprotection ability; food therapy for diabetic, insulin resistance; Hepatoprotective for myco-toxin contaminated feeds.
Cautions/Contraindications	In patients with Qi and Blood deficiencies or in those who donot have food stagnation; with caution, as prolonged use or overdose may consume Qi; fresh it may cause nausea (effect is minimized by using in an herbal decoction, or using the dry-fried form in pills or powder
Herb-herb Interactions	Antagonizes the tonic effect of Ren Shen, Ginseng
Herb Drug Interactions	None found.
Dosage (use animal doses where available, otherwise human doses can be included here but specify)	Human: decoction: 6-10 gram; Unprocessed, this herb has stronger ascending and dispersing actions, and is commonly used to eliminate phlegm. Dry-fried, the herb has a better function to counter adverse rising Qi, dissolve phlegm, promote digestion, and reduce digestion, and reduce distention. Dry-frying the herb enhances the extraction of active constituents.

Notes: Varieties of radish are now broadly distributed around the world, but almost no archeological records are available to help determine their early history and domestication. However, scientists tentatively locate the origin of *Raphanus sativus* in southeast Asia, as this is the only region where truly wild forms have been discovered. India, central China, and central Asia appear to have been secondary centers where differing forms were developed. Radishes enter the historical record in third century BC. Greek and Roman agriculturalists of the first century AD gave details of small, large, round, long, mild, and sharp varieties. The radish seems to have been one of the first European crops introduced to the Americas. A German botanist reported radishes of 100 lb (45 kg) and roughly 3 ft in length in 1544, although the only variety of that size today is the Japanese Sakurajima radish. The large, mild, and white East Asian form was developed in China, but is mostly associated in the West with the Japanese daikon, owing to Japanese agricultural development and larger exports.

Energetics: acrid, sweet, neutral

Meridians: Spleen, Stomach, Lung

Matt Wood: the juice of the root is used to clear gallstones and kidney stones; and can prevent the formation of gallstones. It decongests the gallbladder and helps the kidney rid the blood of irritants that promotes allergies and arthritis. It soothes allergic rhinitis and asthma, sedates cough, and has been used in spasmodic conditions like whooping cough. It is the cholagogue of choice for Dr. Royal Lee.

Chen: Lai Fu Zi promotes digestion by treating food stagnation and indigestion typified by epigastric and abdominal fullness and distention, belching, acid reflux and diarrhea; It treats coughing and wheezing resulting from phlegm stagnation and abnormal upward circulation of Lung Qi. This herb is excellent for patients with profuse phlegm and food stagnation. Lai Fu Zi strongly disperses Qi. It is excellent herb to treat Bi Zheng and alleviate pain caused by excessive damp blocking the channels.

Combinations:

Ingestion with food stagnation: with Shan Zha, Shen Qu and Chen Pi

Food stagnation with Spleen Deficiency: with Bai Zhu

Abdominal distention: use as a single remedy

Cough and wheezing from phlegm: Su Zi, Bai Jie Zi: Formula-San Zi Yang Qin Tang

Recent research: prolonged antihypertensive effect; antibiotic effect against *Staph. Aureus*, *Bacillus dysenteriae*, *Salmonella typhis*, *E.coli*; radish oil co-administration with SDD resulted in marked amendment in the altered parameters as detected by improved liver function markers (ALT and ALP) and AFP level, decreased lipid peroxidation, increased antioxidant markers, inhibited hepatic DNA damage and restored the hepatic histology by preventing the appearance of the altered hepatocytes' foci and decreasing chromium induced histopathological lesions. It could be concluded that radish oil was able to provide a convergent complete protection against the geno- and hepatotoxicity of chromium by its potent antioxidant effect; hepatoprotection; established that the juice of black radish decreases cholesterol levels in plasma and dissolves gallstones in mice; potent inducers of detoxification enzymes in the HepG2 cell line.; protective of the effect of mycotoxins; We have shown previously that Japanese radish (*Raphanus sativus*) sprouts (JRS) improve blood glucose levels in diabetic rats. In this study, we investigated the components in JRS that caused this hypoglycemic effect, by examining the effects of water-soluble (WSE) and fat-soluble (FSE) extracts of JRS on diabetes markers in normal (NM) and streptozotocin (STZ)-induced diabetic (DM) rats. The NM and DM rats were divided into a control group and 2 test groups (WSE (2.2%) or FSE (0.2%)), with the rats (n = 6/group) then being maintained for 3 wk on either a control diet or one of the test diets; this was followed by the measurement of serum concentrations of glucose, insulin, glycoalbumin, fructosamine, ketone bodies, and lipids (cholesterol and triglyceride) and liver concentrations of lipids (total lipid, total cholesterol, and triglyceride). The FSE suppressed insulin secretion and improved lipid metabolism in the NM rats. The effect of WSE was different from that of the FSE as it decreased blood glucose levels without increasing insulin secretion and also lowered glycoalbumin and fructosamine levels in the DM rats. Therefore, the WSE have potential as functional food components with the hypoglycemic effect; black radish on the lipid metabolism and lipid peroxidation is not clear yet, a beneficial effect of the drug was evident in alimentary hyperlipidaemia.

A DAY IN THE LIFE

Featuring Katie Kangas
DVM, CVA, CVCP

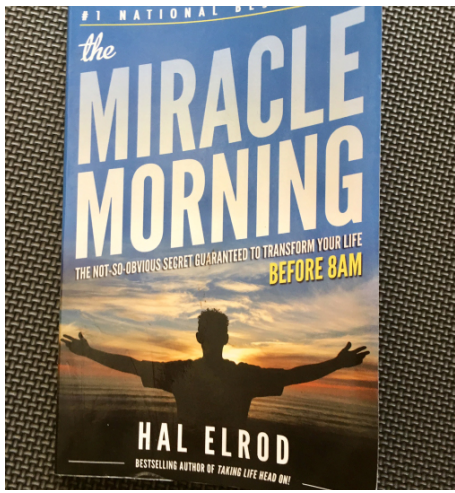


I arise at 5:52 am, 8 minutes before the alarm clock was set to start my day.

“Early bird gets the worm!” I often wake a few minutes before my alarm sounds out; a good sign that I am eager to start my day because - well,... I really love what I do! How many people can truly say that? I really do feel quite fortunate. I have been working as an integrative veterinarian for almost a decade now, but only started my own practice a little over a year ago. The experiences of the past year have been both special and profound for me, on many levels. I had not felt ready to embark out on my own until last year, and then I knew the timing was right. I felt a growing urge to create my own practice in order to offer healthcare in an environment that focused on giving positive energy to both patients and clients, while educating clients (pet parents) to become empowered advocates for their pet’s wellbeing.

I left an associate position at my previous practice in the end of 2015, to provide a fresh symbolic start to the new year. I chose to place my new practice partnered within a veterinary dental specialty facility, in a beautiful and spacious building with a very zen-ful design and feel. With a few adjustments and alterations, Integrative Veterinary Care, Inc. (IVC) was officially up & running by mid January. The surprising part? IVC took off very quickly! I assumed that I would initially need to complement my income by providing some house call visits, until I built up a good clientele base. But within a month or so, I could no longer provide house calls, as the practice was already too busy. I added two staff members and two practitioners (a certified canine massage therapist and a DC/chiropractor) within my first few months of seeing patients. I now have another associate veterinarian as well. The rapid growth of my practice proves that we are in a very exciting time for integrative medicine. We can surely see an overall trend toward interest in whole body health and wellness. The general awareness is growing rapidly, and more people are looking for this type of health care for their pets and for themselves too. One of the most gratifying parts of my work is that I continually hear from my clients that they are thrilled to learn so much (from me) that not only improves the health of their pets, but their own health as well! I have literally had numerous people comment on their wish that I could be their own doctor as well. What an incredible compliment. So, beyond my brief health education in the exam rooms, I do refer them to human integrative practitioners which allows me to make contributions to the whole family: pets & humans.

Ok, now we can get back to my morning wake-up routine. I veered off on a tangent (but an important one) to help describe a day in my current life of practicing integrative medicine, which has blossomed into being fun, satisfying and rewarding. After waking, I come down the stairs, with a yellow Labrador at my heels. Sage (pictured with me at the top of this page) races down ahead of me to the bottom of the stairs...to do what I fondly call her morning routine “happy dance”. She flops over on her back - onto our big rug at the bottom of the stairs - and does a fish-tailing dance on her back that can last moments to minutes and is often repeated multiple times. Sage makes it a practice to start each and every day with a happy dance, without fail! And she wears a huge smile while dancing. It is one of Sage’s



many endearing qualities. She truly helps me to start each day in the right frame of mind. Animals surely teach us many lessons, if we are willing to notice and listen. After watching and smiling through happy dance time, I walk into the kitchen and start my routine as per Aryurvedic lifestyle and the Miracle Morning routine (if you have not read the book titled Miracle Morning - I highly recommend it! It will likely change your life). My early morning line-up includes:

First up is drinking a warm glass of water with lemon (I also add a few drops of a digestive tonic which contains oils of ginger, peppermint and fennel - yum, and helps to wake up). Next, while I am preparing my cup of tea (and my honey's coffee) I pour some fresh raw goat's milk for Sage, adding just a skosh of hot water to bring it to room temperature. Sage laps up her goat milk while I sip some tea. Ahh. Life is good. I really do love mornings. Such a treasured time; offering so much potential ahead.

Then, I proceed with a few minutes of each of the following practices:

- meditation
- affirmations
- visualization
- reading inspirational stuff
- +/- journaling (this step is my weakest link; sometimes I do this, but often I skip it. :-0)
- exercise - love it! Great way to start the day... with some yoga, pilates, weight-training, or a variety of other work-out videos in my little home gym area.

Next we get some fresh air, as I walk with Sage near the ocean in our neighborhood of north county San Diego. When we get home, it is brekkie time. I prepare Sage's meal which is a mixture of home-cooked variety combined with locally-made fresh raw food. We often add a raw egg or a few sardines on top. By now, Sage is already drooling, knowing that her yummy meal is coming,... but first, before eating, our next step is dental care. Having a dentist in the family has made us very aware of the vital place that oral health plays in overall health. So, I brush Sage's teeth, with a soft-bristled brush, topped with mixture of coconut oil & Dog's Breath EO formula. Sage is not the biggest fan of the brushing routine, but she tolerates it very compliantly, especially knowing her meal is coming directly afterwards as her reward! After her meal (which goes down very quickly... she is a Labrador you know!), we apply 1-TDC (an esterified fatty acid gel capsule) directly on her gums. Since she loves the flavor of 1-TDC, it works nicely as a little dessert treat. For myself, breakfast is light and is typically a green smoothie (made with quite the list of ingredients actually; such as: almond milk/yogurt/kefir, various green veggie powders, organic protein powder, essential oils like mint, basil, oregano, etc, fresh ginger, cinnamon, chia seeds, pure vanilla, and Organic Matrix Mushroom powder).

Now it is time for a quick shower, get dressed for work, and get myself and Sage out the door. Sage comes to work with me everyday. Yes, it is a good life for a dog. But also for me too! Sage definitely brings me smiles and gives me positive energy throughout my day at work, and I do feel fortunate for that. Today, my first patient is a beautiful dusty-fawn-colored dachshund called Izzy (her nickname short for Isabella). Izzy is here for a follow-up session of acupuncture and VOM (i.e. Veterinary Orthopedic Manipulation performed with an activator tool). Izzy has been a fun case to work with, especially because she improved dramatically with her first acupuncture treatment for pelvic limb paralysis, after an acute episode of IVDD. Izzy came to see me within 24 hours after going down in her hind end, and of course we typically see quicker responses to treatment if they get in pronto after the onset of symptoms. In this case, Izzy essentially stood up after her first session, and was walking and able to urinate on her own again after two sessions. In addition to EAP (Electroacupuncture) and VOM, we are giving Double P II (Jing Tang) herbal formula and slowly changing her diet to fresher options and adding medicinal foods etc.



On another tangent... nutrition is a huge passion of mine, and my mantra of "food is medicine" is recited quite frequently in my exam rooms. Nutritional counseling and dietary discussions are a huge cornerstone of my practice, as well as utilizing many whole food-based supplements to complement the diet, depending on the individual case. I get jazzed seeing the excitement from my clients regarding the numerous changes that occur in their pets from dietary changes alone. In addition, many clients tell me that they are also becoming healthier themselves (making better choices for their own nutrition & lifestyle) through the education they receive from me during sessions for their pet's healthcare.

My next patient for today is a 15 year old lab-shepherd mix named Jules. She originally presented to me a few months ago for significant hindquarter weakness and arthritis issues. She was also extremely yin deficient, very restless and constantly cool-seeking. Jules responded very well to acupuncture and chiropractic in addition to prescriptions that included: Kan herbal formula -APR Nourishing (Zhi Bai Di Huang Wan), Animal Essentials Poppy Scutellaria liquid formula (California Poppy, Skullcap, Kava Kava, Corydalis) and Standard Process Organic Bound Minerals (kelp). Her excessive panting and dramatic heat signs were drastically reduced and her mobility and energy level improved. However, over the next several months she progressively developed more of a head tilt and list/lean to the left side. In addition, she had a few new episodes of significant full body muscle tremors, which the owner questioned as possible mild seizures but her mentation seemed normal. At this point we swapped out the APR Nourishing formula for another Kan formula Calm Repose (Tian Ma Gou Teng Yin) and added in Protandim (herbal synergy nrf2 activator by LifeVantage). Jules responded well to this adjustment with no further tremors, reduced head tilt and decreased listing to her left side. Her owner and I are both pleased, and we continue her acupuncture/chiro sessions every 2 weeks. She no longer pants heavily through each session as she once did, and she is happier and more comfortable.



I am immediately pleased when I enter the room to see my next patient, an 11 year old kitty named Andy, because I see him walking around the room! This is just Andy's second visit today for treatment of severe pelvic limb paresis. The neurologist cited T-3 caudal myelopathy with Ddx: neoplasia vs IVDD vs inflammatory. Andy also has CKD, in addition to recent bout of diabetes issues, apparently prompted by the prednisone used to treat his myelopathy. Fortunately, the diabetes was transient and resolved with treatment and discontinuation of prednisone. Andy is now on Gabapentin. He is also very overweight. On his first visit 2 weeks ago, Andy was mostly dragging his rear limbs and displayed a plantigrade stance. His coat was dull. He eats canned and dry k/d diet. We discussed nutrition and some potential diet changes or additions, and performed acupuncture, aquapuncture (with Vit B12 / Methylcobalamin injection) and also VOM. I prescribed Standard Process Feline Whole Body Support and also Renal Support, to add to the plan for starting a Hemp/CBD product that the client had just obtained prior but not yet started. She added in the Hemp/CBD immediately after our session at bid dosing. Today Andy's mobility is at least 75% better. He is walking fairly well now and is placing his rear feet, with an occasional stumble and plopping down, but no dragging. His energy level and attitude have greatly improved, and now that he is moving around quite a bit more, he has already lost almost a half pound. Since he was doing so well immediately after his first acu & VOM treatments and starting on the CBD oil, his owner stopped the Gabapentin more than a week ago. Hooray! We are both thrilled. I expect continued improvements, but reminded Andy's mom that we certainly have more tools we can add in. However, she wants to go very slowly with each additional modality or supplement in order to take the scientific approach of "which one is working". I do regularly tell my clients that one of the things I love about integrative medicine is the fact that we have so many tools in our toolbox! Lots more we can do. For Andy, we can certainly utilize other herbal formulas, laser therapy, the Assisi loop, etc.

Time for my next patient who is an absolutely handsome, wonderfully good-natured 11 year-old English Bull dog named Chunk. We have been treating him for the past several months for hindquarter weakness and IVDD issues, and he responded very well. Unfortunately, he was recently diagnosed with osteosarcoma in his left shoulder. After



a thorough evaluation by an oncologist, no conventional treatment was recommended. Fortunately for the time being, due to the multi-modal integrative care and some fabulous TLC, Chunk is still a very happy boy with a good quality of life and amazingly good mobility despite his chronic back issues and the growing visible bony tumor on his left shoulder. We do regular acupuncture and chiropractic treatments, which are greatly helpful. Chunk is now on some conventional pain meds and NSAID's, but we also have him on several herbal formulas and supplements including: Jing Tang Stasis Breaker and Bone Stasis, Protandim, Canine Matrix Mushrooms Turkey Tail and MRM Recovery Mushroom Blend, and a few Standard Process whole-food supplements as well.

Next up is a cute patient with a great name! Harper Lee is an ultra gorgeous chocolate brown Boykin Spaniel. This 1 year old youngster is here because his mom wants to talk about vaccines (hooray!... I love to educate on this), and also to address his extreme car travel anxiety. We discuss vaccines and why it is important to minimize, titer testing options etc. Harper has not yet had a rabies vaccine. His owner opts to give him the (thimerosal-free) Rabies vaccine today and we send home Lyssinum homeopathy for a post-vaccine detox regimen. His diet is already good, but we talk a bit more about nutrition, great additives and medicinal foods. We will add in Standard Process Canine Whole Body Support as well. Harper is perfectly at ease in the exam room but we discuss his extreme travel/car anxiety, displayed as anxiousness, heavy drooling and vomiting. It is affecting his socialization and quality of life, as it is not fun to take him anywhere, so he often gets left at home. We decided to start with a combination of things, including herbs, homeopathy and essential oils. The herbal product I chose is called Pet Calming Formula made by Pet Wellness Blends. This liquid formula contains the following list of organically grown herbs: chamomile flowers, skullcap, St. John's Wort, passionflower, valerian root and lemon balm. For homeopathy, I created a blend of *Cocculus Indicus* & *Nux Vomica*. Our first choice for essential oils turned out to be a DoTerra blend called Balance, because Harper Lee really liked it. He actually chose it on his own. I offered him several options, and he let us know which one was his fave.



My last patient today is a 16 year old kitty named Bailey, who has suffered with a progressive lameness in his right front limb over the past year or so. His owner procrastinated with getting x-rays sooner, due to Bailey's extreme anxiety and aggression with travel or with handling by any veterinarian, and the difficulty of even getting him into a crate to take him anywhere. Finally feeling that she really had to get him in for an evaluation, she ordered and obtained the HempRx/CBD product. She dosed Bailey with a high-end dose of HempRx/CBD oil and was pleasantly surprised when Bailey agreed to the crate travel and even an exam at the rdvm office. Sedation was used for x-rays, which revealed significant osteoarthritis in

Bailey's right elbow. He is now on CBD oil at twice a day for ongoing treatment of arthritic pain and inflammation. But his owner was committed to also trying acupuncture, even though I did not feel very confident that Bailey would allow me to touch him at all, let alone to put needles in! Low and behold, with his Hemp/CBD regimen, Bailey was not only civil today ... he allowed a full acupuncture treatment and also a VOM treatment. Wow! We were both impressed. And the best part is - his owner called back two days later to report that Bailey responded very well to the treatments and is doing much better with decreased lameness and improved mobility. She scheduled his next visit; so fingers crossed that his second treatment goes as well (and safely) as the first one did!

Well, that is a wrap for the day. Time to finish up charts and records. Call backs for the clients that need to hear from me. etc. I also work a bit on the research projects I am collaborating on with dental specialist Dr. Brook Niemiec. We are actually working together on, several studies including 1) the effects of oral probiotics on periodontal disease, 2) the inefficacy of anesthesia free dental cleanings, and 3) the effects of cold laser therapy for treating oral inflammation & disease. Now we can head home for some dinner and a bit of relaxation. Then another walk outside to enjoy some fresh air and the quiet of the night, with the sounds of ocean waves. If we are lucky, we will get to see moonlit waves at the ocean and some stars to gander at as well. A good way to wind down and prepare for bedtime.

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