

**SUMMER 2014 ISSUE**

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# **JOURNAL**

of veterinary botanical medicine

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*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". Nonveterinary 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 2014 the exam will be held in Portland, OR.

## 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](mailto:communicationscoordinator@vbma.org)

# Veterinary Botanical Medicine Association



Laurie Dohmen, VBMA President

## Welcome!

This is the first issue of our newly revamped journal...kudos to our new Communications Coordinator, Amy Keane! You probably won't notice all the changes to the journal right away, but you will find that it has more consistent topics and it will be coming out quarterly. We hope you enjoy the new format as much as we on the board do. The summer is winding down, but we are ramping up! We have the new journal, and soon we will have a new website, also put together by Amy.

It is an exciting time at the VBMA. As an herbal organization, we are steeped in tradition and folklore. However, we want to stay current for you, our members. To do that we need to move with the times, both electronically and educationally. We already present teleseminars quarterly, which are one of our most popular offerings. We are starting to plan more ecotours. We are aligned with both the AHVMA and HIS with educational tracks at their conferences. We are searching for more opportunities to provide you with both cutting edge and classical herbal training. Please let us know if you have topics or places you want to study.

I am so pleased and honored to be the President guiding you through this evolving time! It is great working with Past President, Cindy, who is tireless and President Elect, Rob, who is already working hard on new programs. Rob is heading our Research Committee, and Cindy has started a scholarship for veterinary students. If you know anyone who has an interest in either of these, please email the appropriate person.

Enjoy the end of summer,

Laurie



Robert Silver, President-Elect



Cindy Lankenau, Past President

## VBMA ANNUAL MEETING at the AHVMA Annual Conference

**WHERE:** Red Lion Hotel, Portland, OR  
**WHEN:** September 12th - 16th 2014

Our esteemed speaker, Dr. Kevin Spelman will start off the conference by leading our herb walk at the Hoyt Arboretum, which looks to be a beautiful location. On Saturday, Jeffery Yuen will spend the entire day speaking about using essential oils in TCM. **At the lunch break, we will have our annual general meeting for our membership.** On Sunday, we have Kevin Spelman, PhD speaking on Ayurvedic medicine for four hours, and then spending the remainder of his time on Echinacea and Turmeric and dispensing herbs. It will be a packed weekend for the VBMA, and we're thrilled to be able to sponsor these amazing speakers!

## VBMA ANNUAL HERBWALK

The VBMA Annual Herbwalk takes place the Friday before the start of the AHVMA Annual Conference. **The 2014 Herbwalk will be held on September 12th at 4 PM at the Hoyt Arboretum** (Portland, OR), led by Dr. Kevin Spelman.



"[Hoyt Arboretum](#) is a living laboratory where scientists and students can study trees and plants that would not otherwise grow in our climate and habitat. The Hoyt Collection includes more than 1,400 true species, with specimens grown from seeds collected in the wild. These plants produce seeds that can be used to replant native ecosystems that have been destroyed or are at risk."

**If you're planning to participate in the Herb Walk, please email:**  
**Laurie Dohmen**  
**VBMA President**

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# VBMA ECOTOUR 2014: HAWAII

## Highlights from the 2014 VBMA Eco-Tour in Hawaii

by Cornelia Wagner, Dr. med. vet., CVA, Portland, OR



*"Energy follows your intention. The Qi follows the Yi."*

This past March, I had the opportunity to participate in a CE event that was different from any other I have attended. During this year's VBMA Eco-Tour, a small group of veterinarians came together from different parts of the world to learn about medicinal plants growing on the island of Kauai and to exchange ideas among colleagues and herbalists. Instead of hours of listening to lectures by specialists, this tour was a flowery potpourri of field trips, short lectures, hikes, time to exchange ideas and to enjoy each other's company. In addition, there were plenty of chances to just soak up some sun, to chillax and to discover the aloha spirit.

Although we learned about all these interesting medicinal plants, one of the most treasured experiences for me was to be reminded again how our ancestors used to live. The ancient Hawaiian's were masters in being pono with nature, community and the spiritual realm. They grew the food and medicines they needed to survive and they knew the importance of treating Mother Nature with respect or she will not feed and heal us.

Ginger, a native Hawaiian and an herbalist who was raised in 'the old ways', reminded us that the traditional way of living is mostly gone on the islands. In a place like Hawaii where you can grow almost anything year round, and where every houseplant you know grows in the wild and looks like it is on anabolic steroids, it becomes even more obvious how absurdly disconnected modern society is from nature when the majority of the food and products consumed on the islands are imported. Ginger further reminded us that eating locally grown food is not just about supporting the local economy and about reducing our carbon footprint, it is primarily about getting the best nutrients from our local environment. Only locally grown foods and medicines "embody the sun, the rain, the heat and cold, the dryness, the wetness" of our local climate. Hence, the most nourishing and healthiest foods (and medicines) grow in the very same environment we live in.

So let me introduce you now to some of the fascinating medicinal plants we were able to see, feel, taste and learn about on this trip to Hawaii. On our outings to Limahuli Botanical Garden, Allerton Garden and on ad hoc forest hikes we met many plants that are used medicinally, including 'awa (kava), 'awapuhi, kalo (taro), kukui (candlenut tree), mai'a (banana), mamaki (nettle), noni, and 'olena (turmeric). I have space here only to highlight two herbs (noni and kava) but we encountered many more during this tour and so I have listed some of them and their medicinal uses in a table at the end of the article. I have chosen to highlight noni and kava and their medicinal uses in animals, primarily because they were emphasized by our teachers and they were brought to the islands thousands of years ago by Polynesian settlers – so-called 'canoe plants'.

## Noni (*Morinda citrifolia*)



We learned about noni during an evening lecture by Dr. Ihor Basko and on a subsequent tour of an organic noni farm, led by owner Steve Frailey. Noni, also known as Indian Mulberry, cheese fruit or hog apple, is a small evergreen tree up to 20 feet high. All parts of the plant can be used for medicinal purposes. Leaves are used externally as a poultice for lacerations, bruises, sores, and wounds. Noni has anti-inflammatory properties and immune-modulatory activity and the fermented fruit juice has been used internally for infectious diseases, breast cancer, and eye problems. The fruit has a strong, some say, horrid or rotten smell but tastes a bit like blue cheese. Hawaiians have used it mixed with ginger, coconut milk, and sugar cane juice for tuberculosis, intestinal worms, and sexually transmitted diseases, and as a blood purifier.

Only the fruit and fruit juice are commercially available (lotion, salve, fruit leather). The fruit leather is used to support patients with parasites, cancer, arthritis, and other chronic inflammatory diseases and can be given as is or dissolved in water for the patient to drink or to be mixed in food. Dr. Ihor Basko uses a daily oral dose of a 1x1 inch (2x2 cm) square of fruit leather (750 mg) for small dogs and cats, a 2x2 inch square for medium size patients and a 4x4 inch square for patients weighing about 50-90 lb. (approximately 25-50 kg). It is not recommended to use noni internally during pregnancy and in patients with liver disease. Dr. Basko also uses noni in combination with kava to make a shampoo for pruritic dogs as an alternative to medicated shampoos containing ketoconazole and malacetic acid. He adds a 4x4 inch fruit leather piece dissolved in 4 oz of aloe vera juice and 1 teaspoon of kava powder dissolved in 4 oz hot water to 16 oz of an herbal human hypoallergenic shampoo. The combination of the two plants in a shampoo helps kill skin parasites, bacteria and pathogenic yeast and will produce cessation of pruritus (if not diet related), especially in animals living in humid and warm climates. Dr. Basko has also used noni topically for patients with bone cancer, and others have used noni salve to remove benign skin tags.

We learned that dogs (and wild pigs) like to eat the fallen ripe fruit and those animals are often observed to be free of parasites. A local pet rescuer told us she uses topical noni lotion successfully on cats plagued by flea allergy dermatitis, applying the lotion on the skin every 2-3 days. I have started using topical noni lotion in my own practice for patients with chronic allergic dermatitis and hot spots, and have seen good results so far. I have used it successfully on a Sam-oyed with chronic dermatitis of the nasal planum, after trying numerous other salves, herbs, supplements and pharmaceuticals.

During our tour of the farm we were impressed by Steve Frailey and his team's dedication to producing a high-quality environmentally-friendly product using wind power, tea compost and worms. We concluded the tour with a visit to a nearby albatross colony and a lovely outdoor lunch, enjoying fresh locally grown organic food and coconut water.

**Noni Tip:** Place a ripe freshly picked noni fruit in a bucket of water for a couple of hours before consuming. This will remove the horrible smell of the fruit and make consumption easier (at least for humans). Alternatively, you can just hold your nose closed while you eat the fruit or drink the juice. ~ courtesy of Sam, our tour guide at Allerton Garden

## Kava (*Piper methysticum*)



During a guided tour to Limahuli Botanical Garden in the northern part of Kauaii, we became closely acquainted with another Polynesian introduction, 'awa (kava). Kava induces relaxation and is used traditionally as a ceremonial intoxicating drink. It is also used to reduce weight, treats fungal infections, asthma, common cold, cystitis, headache, menstrual irregularities, urinary infection, neuralgia, toothache, earache, eye pain and anorexia. It has a similar pharmacological effect as benzodiazepines and should therefore not be used concurrently with these drugs. Also, concurrent use of antioxidants can interfere with the "high" effect, and kava should be avoided in patients with liver problems. Kava is an excellent remedy for urinary pain, especially in male cats with obstructive lower urinary tract disease and has been used to flush the bladder mucosa. Dr. Ihor Basko mentioned the use of kava for anxious horses. He starts with a dose of 1 tsp of kava powder mixed with coconut milk, which can be gradually increased to a dose of 1 tbs. For cats, 1 dropperful of kava tincture can be added to about 1 oz (approximately 30 ml) of herbal formula or diluent.



At the end of tour of Limahuli Botanical Gardens we were honored to be part of a traditional Hawaiian kava ceremony. We were invited to sit in a circle on palm leaf mats under the roof of a traditional open long house. The kava drink was prepared in a special bowl by mixing the powdered kava roots (which were in a cloth) with fresh water. Traditionally, the roots were chewed and spit in the bowl - the digestive enzymes in the saliva help release the herbs medicinal powers. The first bowl was offered to the taro plants growing on the terrace below and then we each took turns saying thanks and drinking our first cup of kava. I found it to have an earthy and slightly bitter taste, leaving a slightly numbing sensation on the lips and tongue. We experienced first-hand that kava does not only mellow you out but also has diuretic properties and increases urination. After the first round of kava we were advised that the more formal part of the ceremony was over and we could now request more kava at our pleasure and just chill out, chat and relax. So we did, sitting in the shade of a traditional Hawaiian hale (house) on a perfectly sunny afternoon as a gentle breeze hustled through the palm leaves of the roof above our heads, and we learned to slow down and to just 'go with the flow' (no pun intended).

On this botanical tour we had the privilege to get a glimpse into the past. We were blessed with aloha spirit and met wonderful people who are preserving the land, the plants and animals of the islands and who willingly shared their knowledge and remind us that the old ways are not forgotten. We all have the knowledge of our ancestors within us no matter where we are from and this experience was a reminder for me that it is time to let this knowledge surface again. As the Hawaiians say, one cannot heal others if one does not take care of themselves and is pono with nature, mankind and the spiritual realm.

A special thank you goes to all that made this wonderful tour happen, specifically to Dr. Ihor Basko for his hospitality and insight, and of course to Ginger and all the other people we met on this trip and shared their knowledge and time so generously with us. And mahalo to you for reading and being part of this wonderful VBMA community!

### References & Resources:

Between Heaven and Earth: A Guide to Chinese Medicine. Harriet Beinfield, Efrem Korngold. Ballantine Books.1992

Hawaiian Medicinal Plants. Kenneth M. Nagata. Honolulu, Hawaii. 1970. [www.cieer.org/geirs/regions/oc/usa\\_hi/ebot-46-3-241.html](http://www.cieer.org/geirs/regions/oc/usa_hi/ebot-46-3-241.html)

Limahuli Garden Self-Guided Tour booklet published by Limahuli Garden & Preserve Haena, Halelea, Kauai

National Tropical Botanical Garden website <http://ntbg.org/plants/index.php>







The "Canoe Plants" of Ancient Hawaii. Lynton Dove White. [www.canoepplants.com](http://www.canoepplants.com)

Veterinary Herbal Medicine. Susan Wynn, Barbara Fougere. Mosby. 2007

Hawaiian Organic Noni: <http://www.real-noni.com>

Kava Kauai: <http://www.kavakauai.com/>

**Additional medicinal plants we encountered in Kauai and their medicinal uses appear below.**

<b>Hawaiian Name</b> (Common Name) Scientific Name <i>Origin</i>	<b>Image</b>	<b>Part Used</b>	<b>Medicinal Uses</b>
<b>'Awapuhi</b> Zingiber zerumbet <i>canoe plant</i>		Root, flower heads	Roots used for indigestion, tooth ache; flowers used for shampoo/conditioner
<b>Mai'a</b> (Banana) Musa spp. <i>canoe plant</i>		bud, flower, fruit, roots	sap of flower stalk used for cold sores; fruit and roots used for stomach cramps, constipation, asthma
<b>Mamaki</b> (Nettle) Pipturus albidus <i>native to Hawai'i</i>		leaves	tea used as a general health tonic, for high blood pressure, diabetes and to aid digestion
<b>'Olena</b> (Turmeric) Curcuma longa <i>canoe plant</i>		tuber, dried rhizome	blood cleanser, ear aches, nasal congestion, bronchitis, asthma
<b>Kukui</b> (Candlenut Tree) Aleurites moluccana <i>canoe plant</i>		bark, flowers, nuts, leaves	Flowers and fruit sap used topically for cold sores, oral ulcers; nut used as a purgative; leaves used on wounds and joints
<b>Ki</b> (Ti Plant) Cordyline fruticosa <i>canoe plant</i>		flower, leaves	flowers used for asthma, growths in nostrils, dry fever; leaves used topically for menstrual pain, headache; tea from green leaves for nerve and muscle relaxation

# A DAY IN THE LIFE

## Featuring Dr. Kielyn Scott

DVM, CVA, Veterinary Holistic Health, Phoenix, AZ

It is Wednesday, and my morning actually started the night before. Every evening, I look at my schedule for the following day and pack my rolling luggage bag with whichever herbs I think might be useful for the following day. Of course, the description from the owner can mean a couple of different root causes. The bag is typically overflowing so I will have options. I spend about half of my time in my small office, and the other half driving to and treating patients in people's homes.



Today, I will start the day in my office. **Shadow and his owner will be meeting me for his third appointment.** He presented with a six month history of alopecia, with large chunks of dandruff. The hairloss started at base of his tail and had spread up his back to his shoulders by the time I got to see him initially. His back was hot, red, scabby, and so irritated. Today, he looks great! I love that he, a 17 pound cat, confidently walks over to me as I sit in the middle of the office on the floor, and he sits down with his back to me. He looks over his shoulder, ready for acupuncture. With needles in, he stands up and turns around to face me and purrs his contentment. He still has some dandruff, but his back is no longer warm, and he is less sensitive. We just need to continue nourishing his Yin and Blood.

**Stilts is the next to arrive at the office.** He presented with a recent diagnosis of osteosarcoma and the owners do not want to amputate his leg. Instead, we are keeping him as comfortable as possible with herbs and acupuncture, and also trying to prevent the cancer from spreading. He walks into the office and immediately jumps up on the love seat...that's his spot because it is long enough to comfortably fit his 120 pound frame. After finishing with his herbal prescriptions, I pack everything up and get ready for the next appointment, about 30 minutes away.



**Winston is a such a great dog.** He is a German Shepherd that was recently diagnosed with liver and stomach cancer. Surgery has removed most of it, but the owners are seeking alternative therapies for his ongoing care. Winston is finally eating better and acting more like himself, hopefully he will be 100% soon.





**Bandit lives about 15 minutes from Winston**, and is a sweet Australian Shepherd who is also having difficulty walking. Her knees are the biggest issue and she has been dealing with Bi and Wei Syndrome for about a year, and I have been treating her for two months. Her people are so sweet, they have a latte made for me when I arrive, and I sit on the floor while I talk with them about how Bandit is doing. She is keeping up with the boys and has responded well to her treatment, and no diarrhea with the herbs that were started a month ago. During her acupuncture treatment, I am on one side of her, and dad is on the other. Mom is singing and talking to us while she finds some good, relaxing music that Bandit likes. The other 2 dogs each take a bed near us as they cannot be left out. I think the energy of the community has been helping Bandit, and soon all of the dogs are asleep.

The next stop is about an hour away. An organic farmer has about 10 dogs. Unfortunately, a lot of people still dump the dogs in the country, or on Kate's door step. She takes them in and tries to find homes for them, and, of course, has to take them home. I am going to look at two of her dogs today. The first is Georgia, and we have come a long way with treatment. In the beginning, she would bark, growl and wag her tail. She was Naked Dancing on the Roof and nearly unmanageable. Now, she really enjoys acupuncture and I think she understands that it calms her mind and moves the Phlegm. Next up is Rooster. She has been incontinent for about 5 years. Proin was keeping the leakage under control until the last month, and now acupuncture and herbs are keeping Rooster dry again. During her acupuncture, **Louie, one of the cats, supervises and eventually settles in my electroacupuncture box.**



When I get home, I return calls and emails from clients or people with questions. One email is from a client who moved to Washington 6 months ago. His dog had been having uncontrolled seizures for 5 years before we started acupuncture, and only had acupuncture for about a year before they moved. Unfortunately, she just passed away, but he wanted me to know that she hadn't had a seizure in more than a year.



**Dr. Kielyn Scott is a native of Kansas and earned two Bachelor of Science degrees from the University of Kansas (KU), then went to Kansas State University (KSU) where she earned her Doctor of Veterinary Medicine (DVM) degree. Following graduation, she moved to Raleigh, North Carolina for an Internship in Emergency Medicine at the After Hours Small Animal Emergency Clinic and a 3 year Residency in Small Animal Emergency and Critical Care at North Carolina State University.**

**After a few years in practice, Dr. Scott decided to pursue further education in Traditional Chinese Veterinary Medicine to try to find other ways to help her patients. She earned certification in acupuncture by the Chi Institute and China National Society of Traditional Chinese Medicine, where she continues to expand her knowledge in Chinese herbal medicine. Dr. Scott founded **Veterinary Holistic Health** so that she can dedicate herself full-time to treating patients using acupuncture, nutrition therapy, and Chinese Medicine. She welcomes your questions, so feel free to email [kielynscoottdvm@gmail.com](mailto:kielynscoottdvm@gmail.com).**

## Diets for Kitties with Compromised Kidney Function

by Dr. Ihor Basko

### Chicken and the Egg Liver Scramble

#### Ingredients:

- 1 cup of [Foster Farms](#) chicken livers
- 1 egg
- 1 tablespoon of butter
- ½ teaspoon sea salt
- 1 teaspoon of fresh American Parsley (minced)

#### Directions:

- In a mixing bowl, mix everything together except the butter.
- Put the butter in a frying pan or wok and heat on medium heat
- When the butter gets a little brown, add the liver/egg/salt mixture to the pan and cook for about 2 – 3 minutes on each side.
- Set aside to cool, then cut up into pieces.
- Makes 2 meals for a large cat.

### Sheila's Fish Pate'

#### Ingredients:

- 1 teaspoon of Mayo or butter
- ½ can of tuna or mashed up sardines
- 1 piece of Nori (sheet) 3 by 3 inches chopped into small pieces
- 1 tablespoon of baked sweet potato

#### Directions:

- Mix the sweet potato with the Mayo or slightly melted butter.
- Add in the chopped pieces of Nori.
- Combine this mixture with the fish and mix well.
- Makes one meal.



### Fish Fry

#### Ingredients:

- ½ cup of ahi, mahimahi, wild salmon (cubed)
- 2 tablespoons of butter
- 2 tablespoons of minced sweet potato (baked)

#### Directions:

- In a frying pan, heat butter until melted.
- Add sweet potato and cook for about 3 minutes on medium heat.
- Add the fish and cook for about another 3 to 5 minutes.
- Serve at room temperature.
- Makes one meal.



### Baked Chicken Thighs and Veggies

#### Ingredients:

- 4 chicken thighs
- ½ cup white potato (cubed)
- ¼ cup celery (minced)
- ½ cup yam (cubed)

#### Directions:

- Place cubed potatoes and yams and celery on the bottom of a roasting pan.
- Top the veggies with the chicken thighs (bones facing down).
- Bake at 350 degrees for 45 minutes (preheat oven).
- Let cool in the oven.
- Remove and save the vegetables
- Remove the bones off the meat. (meat might be pink in the middle its okay)
- Mix vegetables and meat together.
- Makes 4 to 6 meals.

# VBMA MASTERCHEF

## Liver Shake for Anemic Kitties & Crock Pot Pork Diet

by Dr. Ihor Basko

### LIVER SHAKE FOR ANEMIC KITTIES

In a blender... liquefy the following ingredients:

- ¼ cup Raw beef or calves liver
- ¼ cup fresh carrot or canned low salt tomato juice
- 1 raw whole egg
- ½ teaspoon of spirulina or protein powder
- ¼ cup of water
- ½ oz of fresh wheat grass (optional: this may be too bitter for kitties with ulcers in their mouths)
- 1 tablespoon of brewers or nutritional yeast

Give 10 - 20 cc three times daily (2 - 4 teaspoons at a time)

### OR

- ½ Cup Raw Beef Liver
- ¼ Cup of Purified water
- 1 tablespoon of Cold Pressed Organic Corn Oil

Give 10-20 cc three times daily (2 - 4 teaspoons at a time)

### Crock Pot Pork Diet

Put the following ingredients into a crock pot and slow cook it on low heat 4 to 6 hours

- 5 cups of chopped up pork chops or pork meat
- 2 cups of sweet potato
- 1 cup of pearl barley
- 2 cups of broccoli
- ½ cup of carrots.
- 1 cup of spinach or kale
- ½ cup celery
- 1 clove of garlic
- 1 tablespoon Olive or Coconut oil
- 1 cup of stewed tomatoes

Use enough water to cover everything by 1 inch.  
All the veggies should be chopped up into little pieces.  
Feed about 3 cups twice daily.

### Snacks & Treats:

- Frozen fresh blue berries
- Mozzarella cheese
- Papaya or Banana



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.

# CASE STUDY: EQUINE

## Acute Tendinitis Treated with Chinese Herbal Medicine

by Cynthia Lankenau, DVM, Colden, NY

### Abstract:

Chinese Herbal Medicine was used to treat a case of acute Superficial and Deep flexor tendinitis, "Bowed Tendon", on the left fore leg in an equine. A 400 gram loading dose was given of a Chinese herbal prescription, a variation of Bu Gan Qiang Jin San, called Tendon /Ligament.(a) The horse was sound within 24 hours and clinically normal in one week.

### Introduction:

"Bowed tendons" or tendinitis are a common injury in the equine. Tendon and ligament injuries are common causes of lost training time, lost racing time and cause many horses to lose their career. These injuries most commonly occur when horses are performing at high intensity (Reef, 1992). Aggressive therapy can result in dramatic improvement in the clinical signs in a few days but all have a minimum of two to three month rehabilitation therapy normally. The prognosis for a horse with a mild tendon injury is usually good and they return successfully to work if they had been given adequate time off for the tendon to fully heal. Large tears with extensive injuries which involve the majority of the length of affected tendon are very likely to never return to their previous level of work. These horses are very likely to return to performance at a lower level and are very likely to have a recurrence of the injury (Reef, 1992). According to Rick Henninger of Pen Paddock Equine Center, (Henninger, 1994), there has been no uniformly successful method to treat acute tendinitis, and the mature repaired tissue rarely equals that of a normal, uninjured tendon. The goals of conventional therapy for acute tendinitis are to decrease inflammation, minimize scar tissue formation, and promote restoration of normal tendon structure and function. The initial inflammation results in hematoma formation within the tendon. These vascular lesions are very difficult to resolve since tendons in general and the Superficial Digital Flexor Tendon in particular have a poor blood supply (Goodship, et al, 1994). Poor blood supply is implicated in the development of hyperthermia, hypoxia, and free radical production during exercise stress; all of which leads to cell damage. Poor blood supply also causes an inability for the body to repair damage. Although many therapies are currently being used, from laser therapy, electromagnetic therapy to surgical interventions and drug therapy, there is a great need for a treatment that can positively affect the hemodynamics of the tendon to stimulate healing and minimize scar formation in a faster more complete fashion. Herbal therapy can achieve this.

### Case Report Presentation

#### Signalment

Jules is a 9 year old appendix Quarter Horse mare. She had been performing intensively as a hunter/jumper two years earlier and currently is aggressively ridden on some of the toughest trails in western NY State.

#### TCVM diagnosis

Trauma which caused Blood stagnation (with heat) with channel obstruction in the PC/Ht meridian with a predisposing Kd/Liver Yin deficiency. Conventional diagnosis acute tendinitis of the left fore Superficial and Deep Flexor tendons. (11/23/10)

#### Past History

Jules was originally trained as a roping horse but when she was four years old she was "tied down" and then was reported to be emotionally unstable.

#### Recent History

Jules had become a very jealous and possessive horse. She would charge any horse that was near her stall especially if food was involved. Yet she would frantically bolt from of one particular horse in her barn. Her owner feels there is a deep insecurity that is masked behind a significant bullying behavior.



**Jules charged through this deep mud, an area with a significant incline, and became lame.**

**11/23/10:** Jules charged after other horses through deep mud and became acutely three legged lame. At left is a picture of the deep mud. This area also has a significant incline. Please note that this picture was taken during a dry spell, the mud is usually much deeper.

On examination, her left fore Superficial and Deep flexor tendon were grossly swollen with heat and were painful to the touch. She was three-legged lame. The “bow” was in the proximal area of her tendon sheath and her check ligament also seemed swollen and painful. Her conventional diagnosis was an acute tendinitis of the left Superficial and Deep flexor tendons or in common terminology a bowed tendon. The swelling in these tendons are areas of micro-hemorrhage.

Her tongue was slightly red/purple and dry; her pulse was fast, thin and tight. She had slightly injected scleral vessels. She was irritable and restless. She had pain and reactivity on the following points: Bl 15, 17, 18, 23; Warmth on Ht 7, PC 7, 8,9, and TH 8, SI 9. Her coat was slightly dry.

The Chinese medicine perspective on this horse was that the trauma caused Blood stagnation (with heat), there was subsequent channel obstruction in the PC/Ht meridian and overall an underlying Kidney/Liver Yin deficiency. The swelling, pain and heat of the tendon, pain at Bl 15, 17, and SI 9, the purple/red tongue and the fast pulse indicate the blood stasis and stagnation with secondary heat. The Channel obstruction was evident by palpation of the tendon. The underlying Kidney yin deficiency is evident from the pain at Bl 23, the past history of an emotional trauma with subsequent evidence of emotional instability, the thin fast pulse and the dry tongue. The underlying Liver yin deficiency is evident by the current aggression, the dry, red tongue, red eyes, dry coat, thin, fast pulse and the susceptibility of the tendons to injury.

Emotional stress can injure the internal organs (Maciocia, 1994). In The Yellow Emperor’s Classic of Medicine, (Ni, M., 1995), Fear affects the Kidney; and Anger affects the Liver. The exact emotional stress Jules suffered when she was “tied down” is unknown but she did appear to suffer permanent damage.

### Treatment:

Her TCM herbal prescription was a variation of Bu Gan Qiang Jin San called Tendon /Ligament (a) with additional Corydalis (Yan Hu Suo). Tendon/Ligament uses Bu Gan Tang as the basic Liver yin/blood tonic with Lycium (Gou Qi Zi) and Cornus (Shan Zhu Yu); Morus, Sang Zhi, to open the channels and collaterals and it reduces swelling; Acanthopanax (Wu Jia Pi) is used to strengthen tendon and ligaments; Achyranthes (Niu Xi) to strengthen the Kd and benefit the knees, and then Psolera (Bu Gu Zhi), Epimedium (Yin Yang Huo), Chuan Xiong, Ligusticum to activate the Qi and blood circulation; Angelica (Dang Gui) and Rehmannia (Shu Di Huang) nourish and move the blood; Cinnamon (Gui Zhi) warms and opens the channels and collaterals; and White Peony, Bai Shao Yao to nourish Blood and yin and soothe Liver Yang (Xie, 2004). The owner was instructed to give four tablespoons two to three times a day. Corydalis (30 grams three times a day) was added to activate qi and blood circulation and for pain relief. Jules was in extreme pain.



### Additional treatments:

She was wrapped with Mag-Paste (Epsom salt ointment) in a heavy support wrap and instructed to have stall rest with only 10 minutes of hand walking twice a day. No other treatment was given on initial day. The plan was to Ultra-sound her tendon the next day to assess the full extent of the injury. Her prognosis was guarded due to the extreme pain she was in.

### Follow up:

**11/24/10:** Jules opened the herbal tub herself and consumed over 400 grams of Tendon Ligament Formula and 100 grams of Corydalis. Jules was sound within 24 hours. She was allowed free choice turn out with her leg wrap on and was allowed free choice consumption of Tendon Ligament and Corydalis. It was estimated that she was eating 150 grams twice a day of Tendon Ligament and 40 grams of Corydalis.

**11/25/10:** Her owner changed her wrap and her leg was only slightly puffy. She was not sore at all on the leg. Plan to continue.

**11/30/10:** In one week, she was completely sound with no palpable swelling or heat in the tendon. She was back at work. Tendon/Ligament and Corydalis was stopped. A total of 1000 grams of Tendon/Ligament were given and 200 grams of Corydalis.

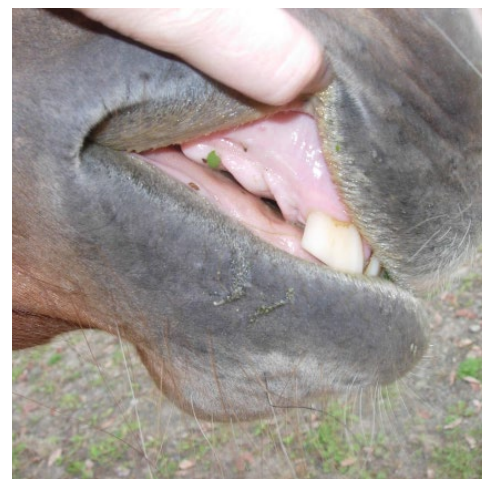
**10/11/11:** Jules has had no further tendon or ligament problems. Since the tendon injury, she is a much quieter, calmer horse. Her tongue color is light pink and pulse is normal. Her Liver/Kidney yin deficiency has been resolved.



Jules's left fore leg, October 2011. Note how beautiful and tight the tendons are. There is no residual swelling or thickness in with the superficial, deep or check ligaments.



Jules, from October 11th, 2011. She is much calmer horse now.



Jules has a nice light pink tongue color with slight moisture. The picture does not really show how beautiful her tongue is; a nice healthy pink.

## Discussion:

The susceptibility for tendon damage and the lack of efficient healing of tendon injuries is primarily due to poor hemodynamics in the tendon itself. The basis of herbal medicine is to influence the hemodynamics of tissues (Marsden, 2008). Herbal Medicine is one of the oldest modalities that have been used to manipulate blood flow in the body. Modern recognition of herbal influence is seen in study of the impact most herbs have on nitric oxide synthesis. Stimulation of Nitric oxide (NO) in a tissue will increase its blood perfusion and on the opposite side, suppression of nitric oxide synthesis will decrease blood perfusion (Marsden, 2008).

For example, *Eucommia*, *Du Zhong*, is one of the herbs that increase Nitric Oxide production. This herb is noted in TCM to have a very influential effect on tendons. In Tendon Ligament formula, *White Peony*, *Bai Shao Yao* is used to Nourish Blood and yin and soothes Liver Yang; *Bai Shao Yao* is known to promote Nitric Oxide synthesis (Marsden, 2008). *Epimedium*, which has anti-oxidative flavonoids, can increase intracellular NOS activity significantly in vitro and increase the intracellular cGMP through the enhancement of NOS expression and NOS activity (Zhang, et al, 2011).

*Angelica*, *Dang Gui*, elicits both a nitric-oxide dependent and Calcium influx mediated relaxation in aorta tissue (Rhyu, M.R., et al, 2005). *Dang Gui* working synergistically with *Poria*, *Fu Ling*, and *Atractylodes*, *Bai Zhu*, has been shown to be beneficial in treating conditions with ischemic damage (Lin, Z, 2008). These synergistic effects of the herbs in Chinese formulas are only beginning to be appreciated. Most of the scientific papers look only at one chemical within an herb yet the beauty of many of these formulas is the co-operative manner in which many herbs work.

Research has shown there is a synergistic action of Angelica and Corydalis in analgesic effects (Liao, ZG, et al, 2010). Corydalis, Yan Hu Suo, has demonstrated on its own to have strong analgesic effects due to its dl-tetrahydropalmatine and corydalis I compounds. This effect creates no dependence and is compared to the analgesic effects of morphine (Chen and Chen, 2004).

Lycium, Gou Qi Zi, one of the main herbs in Tendon and Ligament Formula, has shown an ability to help areas of cerebral circulatory insufficiency (Meng, LQ, 2007) and can affect blood pressure (Kan, J, 1969), clearly showing that this herb can have a significant influence on blood flow and perfusion.

Acanthopanax has been shown to have healing and protective effects of stress-induced disturbances of mental status (Fujikawa, 2002). Achyranthis Bidentatae works synergistically on these stress-induced episodes (Ma, 1998). Another herb in the formula, Tendon and Ligament that has been shown to modify blood flow in the renal area is Rehmannia, Shu Di Hung (Yi, NY, 1965).

Ligustrazine is a compound isolated from the rhizome of Ligusticum Chuanxiong and has been reported to be effective for the treatment of a variety of vascular diseases. It can attenuate endothelial injury and restore antioxidant capacity and superoxide dismutase 1 activity while decreasing the MDA generation (Jiang F, et al.). Tetramethylpyrazine, another constituent of Ligusticum has been shown to exert a neuroprotective effect against spinal cord ischemia-reperfusion injury thought to work via an anti-inflammatory mechanism (Fan, L., 2011).

Jules's response to the herb was incredible. Her owner allowed her to ingest a very large dose, 400 grams, initially over the typical 30 gram dose. It is probable that this large loading dose allowed her injury to quickly resolve with a remarkable rate of healing of the micro-hematomas in her tendon. From a severely injured tendon, Jules was back in full work in one week's time. This is the type of hemodynamic healing that is needed to decrease the rehabilitation time for these tendon/ligament injuries.

A final interesting note is that since the tendon injury, Jules's behavior has greatly improved. The blood nourishing effects and the Liver/Kidney yin tonification of the formula seems to have balanced her underlying kidney and liver deficiency allowing a truly curative response in both her mind and body.

Herbal therapy has illustrated in this case its remarkable ability to assist the body's hemodynamic healing and modify underlying physiology that also influences behavior.

### Footnote:

a. Jing Tang Herbal, Inc. Reddick, FL 32586

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**Dr. Lankenau graduated from Cornell University in 1981. After entering into a 100% dairy practice, she became very frustrated with the limitations of western medicine. She joined the Peace Corps in 1984 and practiced in Malawi, Africa. Upon returning to the United States in 1985, Dr. Lankenau joined a mixed animal practice. She quickly grew very frustrated once again with the lack of curative effects with western medicine and began her studies of alternative medicine.**

**Dr. Lankenau has a mixed animal 100 % alternative modality practice in western NY, which she began in 1993. She is certified in Acupuncture (IVAS; 91), Chiropractic ('95), Homeopathy ('95), Chinese Herbal medicine (Chi and CIVT), and Reiki. She is the past-president of the VBMA, and her contributions to the Journal, Listserve and the Herbal Wiki are invaluable.**

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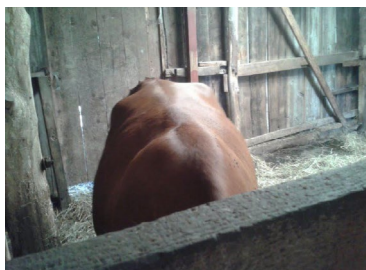
# CASE REPORT: BOVINE

## Helena Aschbacher, an overweight 3 year old Jersey Heifer

by Cynthia Lankenau, DVM, Colden, NY

**Patient:** Helena Aschbacher, a 3 year old Jersey Heifer

**Date of Initial Presentation:** July 25th, 2013



**History:** The owner has a management problem with her cows' weight. It is a backyard dairy, with one to two cows milking at a time. She has owned cows for over twenty years. Over the past few years, her pastures have become very lush. We assume it is the fertilizer run off from the neighboring farm. The last cow that freshened, Gertrude, Helena's mother, was grossly overweight and had subsequent problems with Milk Fever and Ketosis. After a month of working with her regular veterinarian, she called me. Wei Ling Tang was the Chinese formula used to cure her fatty Liver problem. This formula is digestive, anticatarrhal, laxative tonic with an Adaptogenic influence containing Atractylodes, magnolia, tangerine rind, ginger, licorice and jujube. Currently, the owner has only three animals with over 10 acres of pasture. She allowed free access to these pastures. When Helena was six weeks from her due date; her owner recognized suddenly that she was obese and at risk for metabolic diseases when she freshened. When her owner recognized the obesity of Helena, she immediately started her on Wei Ling Tang, and called for a farm call. There is no herd history of lymphoma.

**Signs/Symptoms:** Helena was fat. Body Conditions score of 5/5. Her spine was indented; she had fat bulges on her Tuber Coxae. Her tongue was pale and swollen with great amounts of phlegm. She had an increased borborygmus; many loops of gas distended bowels to the degree that a wandering abomasum was suspected. Her heart rate and rhythm was normal. She was very painful when palpating the Spleen Association point, BI 20. She had a deep cold pit at BI 18, the Liver Association Point.

**Western Diagnosis:** Over-conditioned heifer, probable fatty liver; at great risk for calving problems and secondary metabolic diseases including ketosis and displaced abomasum. Her TCM diagnosis was Spleen qi deficiency with pathologic phlegm with secondary Liver blood deficiency and weakness.

**Western Diagnostics:** As with most dairy clients, economics are an issue. No extra blood tests were performed, only a Physical exam and auscultation.

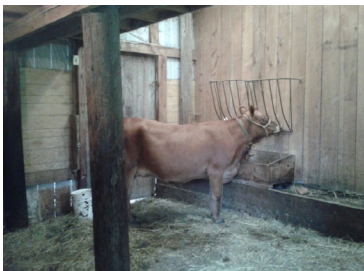
**Treatment Goals:** The treatment goal was to ensure a safe and healthy calving condition for Helena to avoid any post-parturient metabolic diseases that plague fat cows. The priority was to strengthen her digestion to reduce phlegm (diabetic tendency and fatty liver), by providing a nutritive tonic, bitter digestive tonic, that has an effect on blood sugar and lipidosis. Her Liver is very weak and presumed to already be infiltrated with fat so additional hepatoprotective effects with choloretic herbs were indicated. She already had many gas distending loops of bowel; a carminative was needed. Management must be improved to gently control the calorie intake of Helena; with Helena so close to freshening, she cannot be allowed to become ketotic with active fat breakdown but her weight is a critical concern.

**Prescription - Herbs Selected and Why:** A 1:2 tincture formula of equal parts Fenugreek, Trigonella foenum-graecum L.; Curcuma, Curcuma longae; Burdock root, Articum lappa; Gymnema herb, Gymnema sylvestre; and Reishi mushroom, Ganoderma lucidum Dosage: 2 tablespoons twice a day. The historical dose of many of these carminative herbs in cows is 30-60 ml per day. The total combination daily was 60 ml. The volume could have been much higher but economics were a great concern to the owner. Bulk Milk Thistle seed, Silybum marianum L. was 4 tablespoons twice a day. The owner had her own source of Milk Thistle and wanted to minimize her expenses with me. So we prioritized the Milk Thistle.

**Fenugreek** (*Trigonella foenum-graecum*) is a nutritive tonic bitter digestive tonic with a hypoglycemic and hypocholesterolemic effect. It helps to reduce gas, strengthen digestion. In TCM terms, it is a Spleen Qi tonic, is regulates Stomach and Intestinal Qi. **Burdock root** (*Articum lappa*) was used to help her digestion of fats, to help move her bile. With its high level of Inulin, her intestinal flora should be stabilized. It stimulates digestion, promotes bile flow. It also has a strong anti-inflammatory activity against acute liver damage. It was hoped to have a protective effect against any acute inflammatory state from a fatty liver. **Curcuma** (*Curcuma longa*) is a carminative and can help move the intestinal and abomasal qi to move the stagnate gas in her GI tract and decrease the risk of a Displaced abomasum. Curcuma has a hypoglycemic effect which will help regulate her Spleen Qi; Curcuma is choleric, hepatoprotective with a hypolipidemic effect which will help to strengthen her hepatic weakness. **Gymnema** (*Gymnema sylvestre*) can increase her insulin sensitivity by her beta cells and can help stabilize her obesity. **Reishi mushroom** (*Ganoderma lucidum*) has strong antihepatotoxin effect with a strong anti-hypercholesterolemia influence. It is a strong immune modulating effect. **Milk Thistle** (*Silybum marianum*) is a hepatoprotective, alterative, antidiabetic, hypocholesterolemic, immunomodulatory, antioxidant effect with a strong ability to decrease any pancreatic inflammation. Milk Thistle has traditionally been used in states of hepatic congestion. Milk Thistle is a very appropriate herb to treat ketosis.

**Advice Given:** Although Wei Ling Tang was still used; its dose was decreased to  $\frac{3}{4}$  tablespoon twice a day. In the literature, there is a slight concern that this formula could induce labor. Yet the traditional use for fatty liver was felt to call for its continued use. It was felt that there would be a great synergistic effect between the western and Chinese formula. Her Chinese formula did not address her Liver digestive weakness; while the western formula supported the Chinese formulas hypoglycemic, hypocholesterolemic and carminative effects. Helena was being fed a lactation dairy cow mineral mix that was high in Calcium. She was taken off of that mineral mix and given 6 gram of Magnesium a day; to induce Calcium mobilization not deposition. She was also put on an organic yeast based Selenium to help her Liver's metabolism. She was put in the poorest pasture with only a steer for company. She is very attached to the other cows; when she was separated, yet still in sight of the other cows, she would be encouraged to walk the fence line, and walk the fence line. The idea was to increase her exercise and decrease the amount of grazing time.

**Followup:** On September 1, 2013, she looked great; she had lost her fat bulges, increased muscle mass. She had good normal gut sounds, no odor of ketosis. She was developing a good udder. Plan was to decrease the Wei Ling Tang to  $\frac{1}{4}$  tablespoon twice a day but still continue her western herbs. On September 8th, she freshened with a healthy heifer calf. She passed her afterbirth, and got up. No Milk Fever, and had a great appetite. We continued her herbs. On September 14th, Helena was producing 30 pounds of milk, no ketosis, eating well, her owner wanted to decrease her expenses. Helena's tongue was good, no phlegm, no reactivity on her Spleen Association point, her Liver point was still "cold". Her Chinese herb was stopped. Her western tincture was decreased to 1 tablespoon twice a day but continued her Milk Thistle. On October 19, 2013, Helena is milking well (38 pounds a day) with no problems, no ketosis, good appetite. Her owner had stopped the liquid tincture, two weeks earlier but is continuing with the Milk Thistle. It was recommended to continue the Milk Thistle, at least 2 tablespoons twice a day until her milk production started to drop of its own accord in a few months.



**Reflection on this Experience:** This case, to me, illustrated the incredible physiological power of these herbs. Helena was a disaster waiting to happen. She was so obese while being so close to calving that I was very skeptical. Her owner did not take advice well. Since she had owned and milked cows for two decades, she was very resentful of my comments on her management. Luckily she listened, at least enough to insure for Helena's well-being. Since Helena's successful calving and subsequent milking, the owner has changed the pasture around. The cows are allowed in an area where they have to walk a bit, much of the pasture is fenced off to use for hay fields. She has also allowed me to leave her information on dairy mineral mixes and the advantage of yeast bound organic Selenium. I do think the exercise also played a significant part in her ability to improve her condition so rapidly. She walked miles every day trying to find a way to the other cows, not in a frantic manner, but just walking. Her muscle tone was so much better; it was a rather impressive improvement. The only other rule out would be Lymphoma. There is probably an 80-90% rate of this virally induced disease in dairy cows in NYS. Many of these cows initially present with Sp Qi deficiency with pathologic phlegm as their presenting sign (poor digestive function with slow moving intestines). Helena's owner was not interested in exploring the status of her cows.

# CASE REPORT: CANINE

## Ben, a Golden Retriever puppy - ingestion of Destroying Angels

by Cynthia Lankenau, DVM, Colden, NY

**Patient:** "Ben" Fetzer, 12 week old male Golden Retriever puppy

**Date of Initial Presentation:** November 1st, 2013

**History:** Ben, a very active 12 week old Golden Retriever puppy with an insatiable appetite, ate a clump of positively identified Destroying Angels, *Amanita bisporigera*. At the time of ingestion, Ben's owner had thought them to be a common field mushroom, *Agaricus campestris*. Within 15 minutes after ingestion, Ben threw up several times...large volumes of frothy material. Otherwise he, at that time, seemed fine and quiet. His owner went back to work. In an hour, Ben was found staggering around the house and his owner called the office. Ben's owner was told to immediately start giving Milk Thistle, *Silybum marianum*. His owner had a commercial encapsulated power form, and was told to give a capsule every fifteen minutes. He was also instructed to give homeopathic Nux Vomica 30 C. Mostly to help ensure that Ben would keep down the Milk Thistle.

**Signs/Symptoms:** On arrival into my clinic, Ben was staggering and very ataxic. His tongue was red, his pulse was superficial and fast. He was acupunctured for Liver Toxins and Wind; he did have some Homotoxicology products called Hepeel injected in Bl 18, Liver 13. Fresh Milk Thistle seeds were ground and given at a rate of 1/2 tsp every half hour. He was fed a slurry of activated charcoal. Ben was sent for hospitalization for fluids and to keep him confined and safe for the night with instructions to continue the Milk Thistle.

**Western Diagnosis:** Intoxication of Destroying Angels, *Amanita bisporigera*.

**Western Diagnostics:** None at the initial exam.

**Treatment Goals:** To save his life by maintaining liver function from the Amanita mushroom, to achieve this we need the use of hepatoprotectives.

**Prescription - Herbs Selected and Why:** **Milk Thistle** (*Silybum marianum*). Milk Thistle has been shown in clinical studies to improve the survival rate for Amanita phalloides intoxication. It is a hepatoprotective, alterative, anti-inflammatory, antioxidant, membrane stabilizing herb.

**Advice Given:** Hospitalized for the night for fluids and to keep him in a confined safe environment while continuing to dose Milk Thistle 1/2 tsp hourly.

### Followup:

**11/2/13:** normal, Tongue pink; Pulse smoother, mentally normal

**11/2/13:** ALT: 12 U/L (5-18), Alk. Phos 178 U/L (77-199); owner was instructed to give 1/2 tsp of freshly ground Milk Thistle seed three times a day.

**11/22/13:** Starting itching: On physical exam, Ben had a lavender tongue, taut pulse and very dry flaky skin: His liver enzymes were ALT 39 U/L (5-18); Alk. Phos. 189 U/L (77-199). All other values are mid-range in normal levels. He had pain and sensitivity in his GB and Liver meridians. His pulse was softened by acupuncture in GB 34. It was felt that some of the hepatic toxins were trapped in his body (in Shao Yang level) with evidence of some hepto-cellular damage. TCM Diagnosis of Liver Blood Stagnation with secondary heat creating the itching was made. His treatment goals were expanded to include detoxification of his Liver and greater hepatorestorative effects while giving symptom relief of his itching. Continued Milk Thistle as fresh ground seeds for its hepatorestorative effects but started Equal

parts of Burdock root, *Articum lappa*, for its anti-inflammatory, alterative, effects; 1:3 tincture: as an alterative to help eliminate the accumulated hepatic toxins, and tradition use for dry itchy skin, *Picrorrhiza kurroa* 1:3 tincture (From Ayush herbs for its antihepatotoxic, hepatoprotective, antiperiodic effect, I was thinking that would help with the working hypothesis of a trapped toxin); half part *Bupleurum* 1:3 tincture as a hepatoprotective, anti-inflammatory, tonic, clear toxins from the Shao Yang. I went with ½ part due to the up-lifting energy and not wanting to aggravate a potential Liver Yang excess. He was given 2 ml twice a day, with ½ tsp ground Milk Thistle seed.

**1/4/14:** Itching resolved; a very active puppy. Milk Thistle stopped, Burdock root formula stopped.

**3/24/14:** Phone update - owner reported all is well but that Ben is a very hyperactive dog. His owner is concerned that it was this abnormal hyperactivity that led him to eat the mushrooms in the first place. We have an upcoming appointment. Case is still on-going as this deeper tendency for hyperactivity most be investigated if a state of imbalance or genetic influence as this owner specifically selected Ben as a potential high level hunting dog.

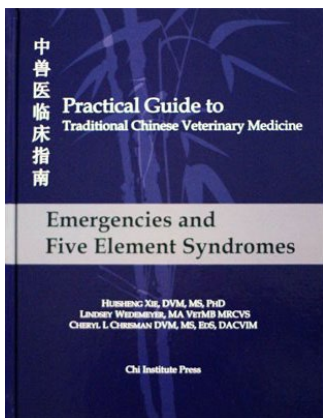
### Reflection on this Experience:

It is possible to survive a severe intoxication with the help of Milk Thistle. Ben ate a dose that should have killed him. The underlying question is why he ate the mushrooms in the first place. His owner reports that during his 50 plus years of owning hunting dogs, he's never had a dog as hyperactive as Ben. Prior to eating the mushrooms, he was almost uncontrollable, grabbing and chewing on anything he had access to. Now I need to work on the deeper underlying pattern of disease. But despite this potential underlying craving, this case illustrates how remarkable Milk Thistle is in protecting the liver during an acute intoxication.

### Detailed Information for Milk Thistle

<b>Common Name- Milk thistle</b>	<i>Silybum marianum</i> L., Milk Thistle; Holy Thistle, Marian Thistle, Our Lady's thistle Mary Thistle, St. Mary's Thistle,, Wild artichoke; Shui Fei Ji.
<b>Family</b>	Asteraceae (Compositae)
<b>Part Used</b>	Seed-collect seed in late summer
<b>Active constituents</b>	Silymarin, a flavonoid complex; sterol, fixed oils, flavonoids, lignan, biogenic amines and mucilage
<b>Actions</b>	Hepatoprotective, demulcent, cholagogue, choloretic, galactoagogue, antioxidant, hepatic trophorestorative, alterative, antibacterial antifibrotic, antidiabetic, hypocholesterolemic, immunomodulatory, anticancer, nephroprotective  Chinese action: 1. tonify and move Liver and Gallbladder Qi, Clear toxin, regulate Spleen Qi 2.Treats Heart Yang deficiency
<b>Indications</b>	Useful in vast number of Liver condition, especially as a protectant against toxins-chemical pollutants, drugs, Amanita fungus, additives in food; hypercholesterolemia, hyperlipidemia; varicose vein, hepatitis, cholangio-hepatitis, hepatic lipodosis, adjunct for giardia treatment, protection of the pancreas during pancreatitis or protection from drug damage; to increase lactation, protect cows from ketonemia, Insulin resistance in horses;

<b>Indications (cont'd)</b>	Dyspeptic complaints, gallbladder problems, prevent gallstone formation; skin conditions involving Liver dysfunction; adjunct to treatment of gynaecological and skin disorders associated with Hepatic congestion and accumulation of toxins; adjunct to treatment of cancer associated with hepatic weakness and accumulation of toxins.
<b>Cautions</b>	If allergic to plants in the Daisy Family; Alcohol based extracts should be best
<b>Contraindications</b>	No known
<b>Herb Drug Interactions</b>	Herb reduces the activity of CYP3A4 and other liver enzymes in vitro; no clinical evidence of negative interactions; stimulates the activity of p-glycoprotein drug transporter. Reduces insulin requirements but no other clinically relevant actions have been reported.
<b>Dosage (use animal doses where available, otherwise human doses can be included here)</b>	<b>Small animal:</b> Dried herb: 50-100 mg/kg divided daily (TID) (triple to quadruple dose if herb is unprocessed; Dry standardized extract: 10-15 mg/kg, divided daily (70% Silymarin); Fluid extract(1:1): 1.0-2.0 ml per 10 kg divided daily and diluted: Glycetract (1:1): 1.0-2.0 ml per 10 kg, divided daily and diluted- <b>Cattle:</b> dried herb 10 grams daily  <b>Hgher dose for greater damage.</b>



## **Practical Guide to Traditional Chinese Veterinary Medicine: Emergencies and Five Element Syndromes**

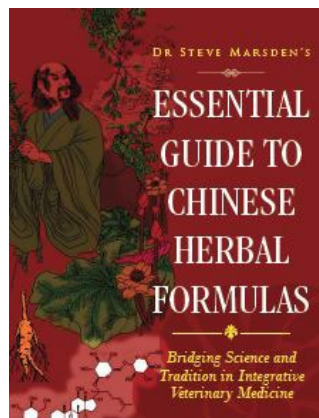
By Huisheng Xie, DVM, MS, PhD  
Lindsey Wedemeyer, MA, VetMB MRCVS  
Cheryl L. Chrisman DVM, MS, EdS, DACVIM

The Chi Institute Press has published a new textbook *Practical Guide to Traditional Chinese Veterinary Medicine: Emergencies and Five Element Syndromes*. This is the first in a planned series to fully cover topics in veterinary medicine. This issue describes the treatment of emergency conditions and Five Element syndromes. It is a very well organized book, clearly describing each Pattern of disharmony. With each Pattern, the etiology, clinical signs, and treatment with acupuncture, Chinese Herbal Medicine, Tui-Na, Food Therapy and lifestyle modification are very easy to follow.

For each pattern of disharmony, a clear description of the tongue and pulse is given, with the guiding treatment principles. For our herbal readers, the primary Herbal formula to treat each specific pattern is given with a few key comments on each formula. As with all of the Chi Institute publications, the book is incredibly well organized, easy to use, and filled with a wealth of material.

A new TCVM practitioner will find this book essential; a more seasoned practitioner will treasure it as an invaluable reference source.

**Reviewed by Cindy Lankenau**



## **Dr. Steve Marsden's Essential Guide to Chinese Herbal Formulas - Bridging Science and Tradition in Integrative Veterinary Medicine**

By Dr. Steve Marsden  
Published by the College of Integrative Veterinary Therapies

When seeking new additions for my professional library I look for texts by pioneering individuals who are respected for their clinical competency. There are few such people as qualified as our friend, Dr. Steven Marsden. Those who practice CAVM know Dr Marsden well and respect him for good reason.

His newest book, *Essential Guide to Chinese Herbal Formulas - Bridging Science and Tradition in Integrative Veterinary Medicine*, is one to buy now. It is a working text, one for the desk as opposed to the bookshelf. The text is printed on durable paper in anticipation of students and clinicians using it regularly. The book integrates science, Traditional Chinese Veterinary Medicine, and Dr. Marsden's vast clinical experience to yield a book suited for new and old CAVM practitioners as well as researchers seeking useful targets for clinical trials.

If you are someone interested in exploring herbs, Dr Marsden's unique and terribly practical style will be invaluable in setting your feet on the path that leads from using herbs to becoming a skilled herbalist.

**Reviewed by Richard Palmquist, DVM**  
AHVMF President  
CIVT Faculty, Bioregulatory Medicine



# HERBAL MONOGRAPH: ECHINACEA



**COMMON NAME:** Echinacea

**LATIN NAME:** *Echinacea angustifolia*, *Echinacea purpurea*

**OTHER NAMES:** Purple coneflower, black root, Kansas snakeroot, Black Sampson, Indian Comb

<b>Common Name: Echinacea</b>	<i>Echinacea purpurea</i> L.; <i>Echinacea angustifolia</i> ; purple coneflower, black root, Kansas snakeroot, Black Sampson, Indian Comb
<b>Family</b>	Asteraceae
<b>Part Used</b>	<i>E. angustifolia</i> : Root used by early herbalist, still most commonly used; <i>E. purpurea</i> ; aerial parts or roots 2-3 years old. Roots collected fall or very early spring; Shoots and flowers-harvest at beginning of flowering.
<b>Active constituents</b>	Alkamides, caffeic acid derivatives or phenylpropanoids, polysaccharides, glycoproteins, Flavonoids
<b>Actions</b>	Alternative, immunostimulant, antimicrobial, anti-inflammatory, local anesthetic, vulnerary, carminative, tonic, anticatarrhal, antipyretic, anticancer; TCM actions: 1. Clear Retained Pathogen, tonify and regulate Defensive Qi; 2. clear Wind Heat, 3. Clear Lung heat, clear Lung Phlegm heat, 4. Clear Heat Toxin, 5. Clear Bladder Damp Heat; 6.treats St. Qi stagnation, stimulate digestion and relieves abdominal fullness
<b>Indications</b>	Recurring respiratory infection, especially in weakened individuals for short term prevention, early stage infection, and early stage post-infection recovery; acute respiratory infections, allergic rhinitis, acute bronchitis, pleurisy or pneumonia; septicemia, gangrene, boils, abscesses, leucorrhea; acute or recurring urinary infections; acute or chronic bacterial or viral infections; stomatitis, painful skin, ear and wound infections, snakebites, and ulcerated tumors, enhance wound healing, vaginal candidiasis, and fungal infections; cancer protective effects, relieves pain of erysipelas, and cancerous growths; improves feed efficiency in pigs; Strangles in horses, canine distemper  Omphalophlebitis, and beneficial for saddle sores, "slow forms" of cerebrospinal meningitis
<b>Cautions</b>	Use ONLY from sustainable sources
<b>Contraindications</b>	Allergies to plants in the Daisy family; possible if auto-immune disease (not proven)
<b>Herb Drug Interactions</b>	Possible interaction with any drug that is involved with the CYP3A4 Enzymes; Possibly can counteract immune suppressant drugs

**Dosage** (*use animal doses where available, otherwise human doses can be included here but specify*)

**Humans:** Dried herb: 3-10 g TID (can increase by 6X): Fresh plant juice: 6-10 ml daily; Infusions: 5-30 g per cup with 1 cup TID, up to every 2 hours; Tincture: 1:2-1:3-0.5-1.5 ml per 10 kg. divided daily

**Specific guide:**

*E. angustifolia* dried root: 1–3 g/day. *E. purpurea* dried root: 1.5–4.5 g/day. *E. purpurea* dried aerial parts: 2.5–6.0 g/day. *E. purpurea* expressed juice of fresh plant: 6–9 mL/day. *E. pallida* ethanolic extract of root: 2–4 mL/day.

**Small Animal:** Dried herb: 25-300 mg/kg divided daily; Infusion: 5-30 g per cup. ¼-1/2 cup per 10 kg. divided, Tincture: 1:2-1:3-0.5-1.5 ml per 10 kg divided daily

**Large Animal:** fluid extract 1:1: 2-15 ml

**Notes:** Promoted by Dr. Meyers in Meyer's Blood Purifier, this consisted of Echinacea, Wormwood and Hops.

**Temperature:** cool; Taste: acrid, bitter, slightly sweet (diffusive, stimulating)

**Tissue State:** depression, irritation

**Native American use:** treatment for snakebite, colic, infection and wounds; topically as an analgesic for toothache, sore throat, cough, GI distress and venereal disease and skin lesions.

**Fyfe:** Wherever disease results from lack of vital force, from a tendency to morbid changes, from a depraved state of the fluids, from blood-poisoning, or from a tendency toward disintegration of tissue, Echinacea should always constitute at least a part of the treatment.

**King's:** useful for abscess, furuncles, cellulite, swelling from snake or insect bites, septicemia from many sources, fever, ulcerative stomatitis, for pain from cancerous growths as well as for internal use for mammary cancer and cancer cachexia. The specific indication: tongue coated black, putrescent odor from excess of broken-down material being eliminated from the system, as in scarlet fever, diphtheria, spinal meningitis and typhoid fever, strumous diathesis; old sores and wounds; snake bites and bites of rabid dogs; tendency to boils and carbuncles; foul discharges from weakness and emaciation; deepened, bluish or purplish coloration of the skin.

**Matthew Wood:** It has a wide range of applications to heat conditions, both those arising from tissue depression and those associated with allergy and excitation. It is a stimulate that has a cooling taste and effect. It is also sweet, indicated as a nutritive. It is suited to pathological conditions which manifests as an edematous, doughy condition of the muscular tissue, and under palpation, gives to the touch a sensation like that where there is deeply burrowed pus. It is suited to cases where white cell production is required in high amounts to combat putrefactive conditions or where health has been compromised due to a long-term septic drain on the system. It is suited to a high level of exhaustion, overwork, and long hours; when a person gets sick when they have a chance to relax.

**Specific indications:** tongue coated with dirty brown or black; ulcerative pharyngitis, tonsillitis, and stomatitis, fatigue from overwork, swollen blue veins, and lymphatics, septicemia, septic infections, boils, abscesses, eczema from blood toxins, deepened, bluish, coloration of the skin with a low form of inflammation, old sores, gangrene, bee stings.

**Peter Holmes:** The remedy is very valuable because it stimulates capillary circulation and peripheral nerves, thereby restoring function and tone to pale, lifeless tissues, reducing mucosal over secretion and promoting tissue detoxification.

**Recent research:** Macrophage activation has been well demonstrated, as has stimulation of phagocytosis; The activation of polymorphonuclear leucocytes and natural killer (NK) cells and increased numbers of T-cell and B-cell leucocytes have been reported ; stimulates and chemokine production) and stimulates NO production in vitro; partially inhibit both COX-1 and COX-2 isoenzymes thus decreasing prostaglandin E2 levels; Ethanol extracts from echinacea roots showed potent agonist activity on TRPV1, a mammalian pain receptor. The compounds involved in the TRPV1 receptor activation differed from those involved in the inhibition of prostaglandin E2 production ; exert a mild anaesthetic activity, which is typically experienced as a tingling sensation on the tongue; reduces the incidence of tumour development; *E. purpurea* was able to show radioprotection (use before radiation) as well as radio-recovery effectiveness; can stimulate mammary epithelial cell differentiation); activity against gastrointestinal nematodes in goats and pigs.

# HERBAL MONOGRAPH: COMFREY



Image via The Daily Mail

**COMMON NAME:** Comfrey

**LATIN NAME:** *Symphytum officinale*

**OTHER NAMES:** boneset, knitbone, blackwort, brusiewort, gum plant, healing herb, knitback, salsify, slippery root, wallwort, yalluc, ass ear, nipbone

<b>Common Name: Comfrey</b>	<i>Symphytum officinale</i> L.; Comfrey; boneset, knitbone, blackwort, brusiewort, gum plant, healing herb, knitback, salsify, slippery root, wallwort, yalluc, ass ear, nipbone
<b>Family</b>	Boraginaceae
<b>Part Used</b>	Leaves, roots, rhizomes
<b>Active constituents</b>	<b>Leaf:</b> mucilage, tannin, allantoin, symphytine, echinidine, Vitamins including Vit B 12; <b>Root:</b> allantoin (responsible for the bone healing qualities), mucilage, phytosterols, triterpenoid, phenolic compounds, tannin, aspargines, pyrrolizidine alkaloids
<b>Actions</b>	<b>Leaf, vulnerary:</b> demulcent, antihemorrhagic, antirheumatic, anti-inflammatory; <b>Root, vulnerary:</b> Demulcent, cell proliferant, astringent, antihemorrhagic, expectorant, antiulcer, hemostatic; stimulant to fibroblast, chondroblast and osteoblast activity. <b>TCM actions:</b> treats Yin deficiency; benefits the throat; treats blood and fluid deficiency, Clear damp heat, promotes tissue repair.
<b>Indications</b>	Currently not used internally (but can use in homeopathic dilutions) due to PA's- internal use in homeopathic dose-cough, allergies, tuberculosis; IBS, peptic ulcer, chronic constipation, rheumatic pain and arthritis, bone and connective tissue weakness, back injuries, decreased bone density in lower lumbar spine; chronic lumbosacral instability, soreness of 4-5 lumbar process, hematemesis, ulcers and colitis, Urinary tract infections, nephritis; bloody discharges from weakened mucosa, leukemia in young; delayed development and deformities, difficult reunion of broken bones, facilitates bone repair, nutrition and strengthening, delayed puberty, brain injury, apparent death, Alzheimer's
<b>External Use</b>	Blepharitis, conjunctivitis, poultice, ointment or fomentation for bruises, chronic skin ulcer, fracture, rashes, strains, sprains, thrombophlebitis, wounds, and mastitis. 10 drops 4X/day- cancer following an injury at the site; especially in the chest/breast (Sinha)
<b>Cautions</b>	Care with deep wounds; may heal too quickly with still deep infected tissue; can cause exuberant growth. Recommended not to be applied in open wounds; dermal use on intact skin only for 4-6 weeks per year for humans. Do not use if any pre-existing Liver disease or cancer.
<b>Contraindications</b>	Pregnancy and lactation; potentially hepatotoxic, not recommended for internal use.
<b>Herb Drug Interactions</b>	None known

**Dosage**

*(use animal doses where available, otherwise human doses can be included here but specify)*

**Human:** internal dose (currently not recommended): Dried Herb 2-4 g TID; Tincture (leaf): 1:2 or 1:3: 1-5 ml TID; Infusions and decoctions 5 g per cup of water, One cup TID; Fluid extract: 1:1: 2-4 ml TID

**Small Animal:** external use only, watch for any oral consumption

**Horses and cows** (From J. de Bairacli Levy): good drench made from 1lb. comfrey, boiled slowly in 1 ½ quarts of water, boiling for 1 hr. Add handful of ground ivy and 2 oz of Spanish licorice, brew well; give half-pint drench TID. Feed 2 handfuls per day, for bone knotting.

**Topically:** pour onto affected area with a strong brew of Comfrey tea

**Notes:**

Energetics: Mucilaginous, slightly bitter, astringent, cold and damp: Treats Atrophy and relaxed tissues. Meridians: Lu, LI, St and Bl Pyrrolizidine alkaloids: highest in the roots, then early leaves; lowest in old leaves after flowered;

**Susun Weed:** purple flowered plants are fine; only worry about yellow flowered ones

**Traditional Use Culpeper:** retrains spitting of blood and bloody urine; heals inward hurts, bruises, wounds and ulcer of the lungs; outwardly, wounds or sores; cures fresh wounds or cuts immediately; and is special good for ruptures and broken bones; good for women's sore breasts; and repress profuse bleeding of hemorrhoids or piles; gout and pained joints and heal running ulcers, gangrenes, mortification.

**Juliette de Bairacli Levy:** use for spring cleanse, uterine hemorrhages; pulmonary ailments; internally for bone fractures and as a topical

**Wood:** also a drawing agent and will often draw stagnant or toxic material out of injured joints, muscles and tendons; regenerative to cartilage and bone

**Published research:** recent studies have shown very effective for acute and chronic back pain, topical for knee pain; wound closure from stimulation of fibroblasts; potential use in prostatic cancer-it suppressed and induced death of cancer cells with no cytotoxicity toward non-neoplastic prostate epithelial cells; very effective treatment of blunt trauma with and without abrasions for children, multiple randomized controlled trials have demonstrated the efficacy and safety of comfrey preparations for the topical treatment of pain, inflammation and swelling of muscles and joints in degenerative arthritis, acute myalgia in the back, sprains, contusions and strains after sports injuries and accidents.

Image via Wikipedia



Image via Horizon Herbs



# HAVERKOS HERBWALK 2014

## Highlights from the 2014 Haverkos Herbwalk in Indiana

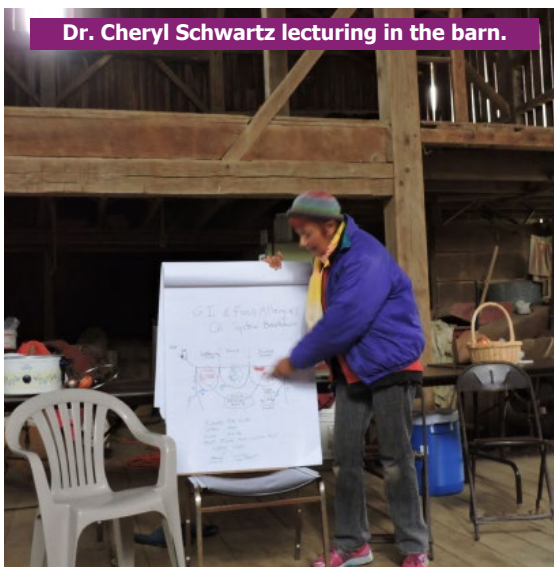
by Laurie Dohmen, DVM, current VBMA President



*"This is the year of the Wood Horse – catalyzing the shift to new reality through energy: awareness, creativity and interconnectedness. 2014 is the year of choosing love instead of fear." – Dr. Cheryl Schwartz*

We all met on the Haverkos family farm in rural Indiana. There were about 25 of us in all. Many expected a weekend of learning, camping and communing with nature. Instead, Mother Nature prescribed a weekend of cold and rain. The learning was fantastic, but most of us traded the camping for a hotel and we exchanged the time in nature for bonding with our peers. I speak from personal experience when I say life-long friendships were forged over the three days.

Dr. Cheryl Schwartz (author of *Four Paws, Five Directions*) and renowned Herbalist Matthew Wood (author of 2 volumes of *The Earthwise Herbal*, *The Book of Herbal Wisdom*, and more) led us on a weekend of herb walks between showers, Qigong, and lectures and so much more. Dr. Mark Haverkos welcomed us onto and into his centennial family farm, shared with us some of his rich family history and tradition, and provided amazing meals for us. There was even a proper barbeque and barn dance with a live band!

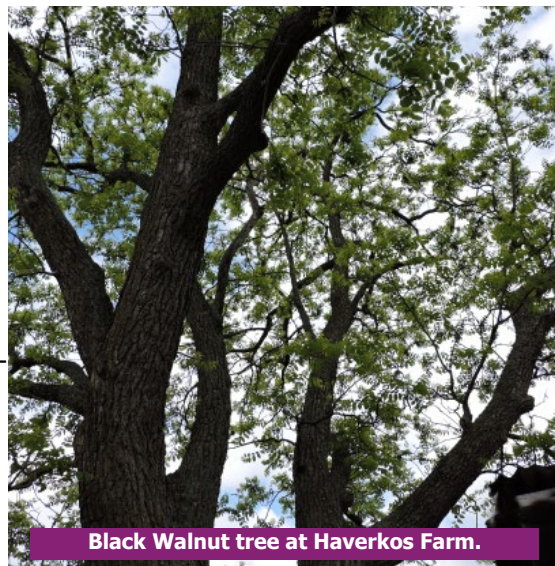


Cheryl Schwartz was our sunshine for the weekend: she led us in Qi-gong each morning, which warmed us and put us in touch with our inner beasts...she teaches an animal Qigong, and taught us how to be deer, tigers, bears and monkeys. Then she made us acknowledge which animal resonated with us. It was interesting how it changed for some people day by day, but other people were more constant. Her clothing and hair were bright and colorful, like the sun. Then she started lecturing! Cheryl sees herbs as acupuncture points, so we learned that her formula for asthmatic cats (*Capsicum annuum*, *Crataegus mongyna*, *Salvia officinalis*) treats LI11, GB20, GV14 and CV17. It opened up a whole new way of thinking about herbal medicine.

One of the things I particularly enjoy about Matt Wood is that rather than teach us superficially about many herbs, he teaches in depth about fewer herbs. The vastness of his knowledge is amazing. We learned new things about some of our old allies. We spent a long time under an old wise

walnut tree (*Juglans nigra*). On a basic level, walnuts treat both diarrhea and constipation. They contain iodine and are CURATIVE to hypothyroidism. Going further, the walnut tree has pesticide secretions that kill some of the plants that grow under it, including its own young. This secretion also vaporizes and kills and prevents mosquitoes! They control the water in their environment and leaf out even in drought conditions. Cheryl said this makes them a Triple Heater herb, since they affect circulation, communication and water between the burners.

Matt also talked about the herbs in terms of animals. For example, wild geranium (*Geranium maculatum*) is the only crane medicine. It helps poor-dor babies. He also talked about burdock (*Arctium lappa*) as bear medicine. The short-faced bear is of the genus *Arctodus*. Dogwood (*Cornus florida*) is elk medicine. It is a male tonic that treats the weak and undernourished. It blooms in the spring, but the fruit doesn't ripen until fall, which is a sign of longevity.



Black Walnut tree at Haverkos Farm.



Wild Cucumber, found on the farm.

One piece of trivia that I found fascinating is that wild cucumber (*Echinocystis lobata*) is the only North American plant that contains LSD! None of us tried it, however.

On Sunday, before we all departed to our respective homes, it became warm and sunny. Clearly, all our magical energy was being reflected back at us! I know for me this was a trip I will remember and carry with me for a lifetime.

#### References:

Schwartz, C. (2014). Twentieth Anniversary Herb Walk 2014; Haverkos Family Centennial Farm. Haverkos Herb Walk. Batesville, IN: Lecture Notes.



Matt Wood on our Herb Walk.

## We hope you enjoyed the Summer 2014 Edition of the Journal of Veterinary Botanical Medicine!

Our Journal content is provided entirely on a volunteer basis, and we'd be remiss if we didn't take a moment to thank all of our generous contributors. They take time out of their very busy schedules to write articles, take photos, dig up case reports, recipes and so much more in order to share their knowledge with all of our readers. So, a hearty THANK YOU to all our contributors!

**If you'd like to contribute material (case reports, articles, book reports...anything related to herbal veterinary medicine) for the next journal, simply email our [Communications Coordinator](#), Amy Keane.**



@conny wagner

*Image courtesy of [Cornelia Wagner](#), DVM: Passionflower, from the Hawaii EcoTour.*



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