

Forgotten Nutrients - Part 3

“It takes homeopathy to get people well and it takes good nutrition to keep them that way.” – Michael Reece, ND

The necessity of eating whole foods is demonstrated over and over daily in holistic medical and veterinary practice. People and animals on whole foods stay well for long periods of time.

Urinary Incontinence

Keisha, a white German shepherd began leaking urine a few months after abdominal surgery. Homeopathic medications *Sepia* 30C and later *Selenium* 30C proved to be the helpful and Keisha remained symptom free for two months.

When the incontinence returned, suggesting a weakness in the musculature of the bladder and pelvis it became apparent that nutritional supplements were in order.

Along with homeopathic *Selenium* 30C dosed every 3 days, a daily prescription of whole foods was added. Levels twice that recommended for Vitamin A, D, E, and K, and the minerals Calcium, Iodine and Selenium in whole foods now help to maintain Keisha’s musculoskeletal health.

Because she has less pain, daily exercise is enjoyable. That daily exercise has increased muscle tone and added in maintaining good bladder control. Her owners are happy with their spot-free, odor-free carpet.

Muscle Atrophy

Simon, a QH gelding has been lame from recurrent abscesses and concurrent muscle atrophy. The abscesses first appeared as a three year old, and the LH lameness with atrophy resulted from an accident in his sixteenth year.

The local veterinarian states that the gelding is suffering from muscle atrophy, weight loss and chronic pain. Analgesics, chiropractic adjustments, and massage therapy has helped only slightly. Simon was referred for homeopathic therapy.

Since the presenting symptoms became worse after an accident, *Arnica Montana* was the first prescription chosen. Simon tended to stand with the left hind leg hanging nearly all the time. After a week of *Arnica* internally and *Arnica* gel massage topically, he showed some improvement.

From a homeopathic practitioner's point of view, Simon demonstrated well Hahnemann's description of chronic disease. The first obvious clinical symptom – foot abscesses began at age three. Each succeeding year the disease reappeared. Our first homeopathic medicine prescribed for the most recent injury would hopefully remove the outer layer of disease. Like peeling the onion layer by layer succeeding medications would work back thirteen years.

Rhus tox, the second prescription was strongly indicated for morning stiffness and drawing pain in muscles and tendons. Simon's pain and lameness were clearly better on warm dry days, and worse on cold damp mornings.

The third prescription, *Calcarea phosphorica* was indicated due to the muscle atrophy and concomitant bone and joint inflammation.

The fourth prescription of *Ruta graveolens* is a medicine compatible with *Calcarea phos*. The inflammation of ligament, cartilage, and periosteum are in the symptom picture for both medications. Daily massage with an ointment containing *Rhus toxicodendron* and *Ruta graveolens* became well tolerated, leading to an improvement that surprised everyone on the team.

In succeeding weeks, the homeopathic medicines *Plumbum metallicum* and *Lycopodium clavatum* completed the cure. By February of the next year the family had the gelding in daily work, and the chiropractor pronounced Simon to be sound.

In March the gelding was enjoying hill work, no longer resting the left hind leg, and had begun to lie down to sleep. For most horses, lying down to rest is a sign of returning health. I think that fear of inability to get up keeps them on their feet when sick or in pain. Only with hoof pain (laminitis) do they lie down for hours at a time.

Wellness

What should be done to keep Simon well?

The first changes made were the consumption of home grown oat hay and organically grown alfalfa hay. In addition, Simon was given access to grazing a fertile pasture, and offered these supplements daily:

Probiotics (*Fastrack*)

B-L solution (Advanced Biological Concepts)

Flax seed – 2 tablespoons ground daily

Omega 3 rice bran

Oats – ¼ lb twice daily

“Jeremy’s Joint Jolt” (ABC)

Simon continues on the whole foods and supplements. In May, the local veterinarian examined Simon and agreed with the chiropractor that he is now sound.

Chronic Disease

Tay, a 7 yr-old German shepherd has many symptoms related to chronic disease in the canine species. His irritable bowel only allows him to eat organic and grain free foods. Tay has indigestion whenever fasting is attempted. Inflammation of the ears has continued for nearly 3 years. Surgery for aural hematoma resulted in build up of scar tissue so that now the left ear hangs down lower than the right ear.

On first presentation, Tay was nervous, restless and fearful. His restlessness at night and frequent head shaking is very annoying for the family. Any change in diet causes the ear symptoms to become worse.

Persons not educated in homeopathic principles may think that Tay's main problem is the ear disease and that the doctor should primarily treat the ears. That kind of thinking has brought Tay to his present state of disease. Conventional therapy has not produced the desired result.

The homeopathic veterinarian observes the whole patient. The dog is more than an ear, just like a cow is more than an udder and a horse is more than a hoof. Cleaning and medicating the ears is important, but the cure will be achieved when we treat the whole patient.

Nutritional support after the homeopathic therapy is accomplished using certain guidelines that benefit all patients. The owner reported at the original intake that Tay had cultured positive for yeast in both ears. Yeast infections indicate a need for more probiotics and increased Omega-3 fatty acids in the daily diet.

Arsenicum album provided the cure and the following dietary regimen has been followed:

- Organic vegetables
- Organic meats and eggs
- Flax oil
- Cold water fish oil
- Probiotics (*Fastrack*)
- Canine Immune Support (*Standard Process*)

Three weeks after the onset of holistic therapies, his owner reported, "Tay loves having his ears swabbed out with *Halo* (herbal) ear wash. He is better in all respects."

Probiotics

The term *probiotics* literally means “for life”. Probiotics are friendly microflora (bacteria and other organisms) that are vital to our health. Normally at least 400 different species of these little critters colonize the human gastrointestinal tract. The most important healthful bacteria are *Lactobacillus acidophilus* and *Bifidobacterium bifidum*.

Probiotics play a vital role in determining how we absorb the nutrients from the food we eat. They are also involved in maintaining immune system function, regulating cholesterol metabolism, and processing toxin loads. They may hold the key to preventing many forms of cancer, both within the intestinal tract and in other tissues, such as breast, lung, and prostate cancers.

Several studies have suggested that the consumptions of high levels of cultured milk products, such as yogurt and buttermilk, may reduce the risk of colon cancer. That’s because these products contain high levels of lactobacilli. The beneficial effects of Medicine lactobacilli extend will beyond the colon, however. Various probiotic species have demonstrated immune-enhancing and anti-tumor effects, but they also play a critical role in the detoxification of many cancer-causing substances including hormones, meat carcinogens, and environmental toxins.

(Murray et al, How to Prevent and Treat Cancer with Natural Medicine. 2002)

Organic Dairy Herd

A Pennsylvania organic dairy herd appeared clinically healthy except for the evidence on serology of two chronic diseases. A high per cent of the cattle tested positive during a voluntary herd test for Johne’s Disease and Bovine Leukosis. There is no requirement for these tests, but the farmer and his family wanted to provide their members with the safest, cleanest and most nutritious dairy foods possible.

Results of the first test showed that 16% of the herd tested positive for Johne's and 63% tested positive serologically for Bovine Leukosis. None of the herd had any symptoms of Johne's Disease and only a few cows showed clinical signs suggestive of Bovine Leukosis. This farmer's goal made him willing to do anything possible to clear these two diseases from the dairy herd.

Homeopathic Medicines

Almost immediately, the herd had *Arsenicum album* 30C in the drinking water for seven days. *Sycotic Co.* 30C, a Bowel nosode that historically has boosted immunity to enteric disease like Coccidia and Johne's was mixed into the drinking water on week two.

Prevention of new positive cases in calves became a priority. Newborn calves, heifers, and young bulls were given *Sycotic Co.* 30C to boost resistance to contagious conditions. Cattle from birth to four years of age received this Bowel nosode twice daily for three days followed by one dose weekly for five weeks.

Fifteen months later a second voluntary test showed considerable improvement. All tested negative for Johne's and only 21% of the dairy herd tested positive for Leukosis. In a short period of time, dosing with homeopathic medicines while changing the nutrition had dramatically improved the health of cattle on the farm.

Remembered Nutrients

He began feeding organic hay grown on well mineralized soil. He put out free choice kelp, Real Salt, Humates, and probiotics. Grain was eliminated from the ration; all cattle eat only home raised grass, alfalfa, and organic grass hay.

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