

What's Unique about Integrative Pet Care?

Lesson Summary

Now that you've assessed your pet's health and ruled out any serious illness (or are seeking veterinary care), you can begin to consider a more holistic approach to pet care. In this lesson, you'll discover the meaning of integrative health care and how it can have a powerful effect on your pet's overall health.

Lesson Objectives

After completing this lesson, you should be able to:

- Describe your goals for your pet's health and happiness
- Reflect on your recent experiences with veterinary care
- Commit to pursuing optimum health for your pet through integrative pet care

Lesson Roadmap

1. Watch the lesson **video** and fill in the note-taking guide below.
2. **Read about it.** Carefully read the suggested resource:
 - a. *The Ultimate Pet Health Guide*, Introduction – **What Integrative Health Care Means for You and Your Pets**
3. **Think about it.** Take several minutes to reflect on the following questions:
 - a. What is the difference between traditional veterinary care and holistic pet care?
 - b. Has your pet received veterinary care in the past that was too focused on traditional methods to the exclusion of alternative treatments? If so, how did your pet respond, and what was the outcome?
 - c. What are your goals for your pet's overall health and well-being?
4. **Take action steps** to help your pet thrive.
 - a. Make a personal commitment to do whatever is in your power to help your pet thrive.
 - b. Discuss integrative care with others in your family, and make sure they're also committed to your pet's health and well-being.

- c. Jot down your reactions to this lesson and your action steps to improve your pet's health in the space provided below.
5. Take the **quiz** to advance to the next lesson.

Video Notes

What if you could combine the best of Western medicine, Eastern alternative treatments, and nutrition to help your pet thrive? You can! In this video, you'll discover how integrative pet care uses a holistic approach to maintain or improve your pet's health.

In traditional veterinary medicine, you can get to the point where there are no options left for a pet.

Alternatives to Traditional Medicine

- Chinese medicine
- Acupuncture
- Herbal therapy
- Chiropractic
- Hyperbaric _____ therapy
- Physical therapy
- Medical _____

Nonconventional medical therapies can provide an enormous _____ for the treatment of disease, _____ of disease, and maintaining _____ of life even for animals that have conditions that ultimately are not _____.

What Integrative Care Looks Like

- Taking a 360-degree view of healthcare
- Using the most effective therapies that are the least _____
- Using holistic medicine to treat your pet as a whole entity and not a just list of _____
- The goal is to support the animal's body to help them _____ themselves, to optimize body function and promote healing from _____
 - Fresh, whole food diets
 - Natural medicines (herbs)
 - Physical treatment
 - Energetic treatment (acupuncture, chiropractic, or cold laser therapy)

Holistic medicine complements _____ medicine.

Side effects of holistic medicine are often _____ side effects.

Keep your options open for all legitimate forms of medicine, but look at any potential treatment modality with a _____ eye.

- It needs to be _____.
- It needs to be _____.
- It needs to have a history of rationality and _____ behind it.

Reactions and Action Steps

What did you learn in this lesson that was new to you or that you found intriguing? Based on what you learned, list any action steps you plan to take. What can you do right now to improve your pet's health? What can you do in the future? What are the major obstacles to taking your action steps, and how will you overcome them?