

Nontraditional Forms of Treatment

Lesson Summary

Integrative pet health care marries traditional Western medicine with nutrition and nontraditional therapies. In this lesson, you'll explore the possible benefits of complementary treatments such as traditional Chinese medicine (TCM), chiropractic, and herbal medicine. You'll also discover how to find a holistic veterinarian in your area.

Lesson Objectives

After completing this lesson, you should be able to:

- Consider if complementary and alternative therapies might be useful in treating your pet's existing medical conditions
- Research alternative therapies
- Find competent holistic practitioners who may be able to provide alternative treatment for your pet under a veterinarian's supervision

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*, Chapter 8 – **Complementary and Herbal Medicine**
3. **Think about it.** Take several minutes to reflect on the following questions:
 - a. Have you ever tried any of the nontraditional forms of treatment on yourself (e.g., chiropractic, physical therapy, herbal medicine)? What was the result?
 - b. Have you ever tried any nontraditional therapies on your pet? Which ones? What were the results? Is anything hindering you from trying them?
 - c. How open do you think your current veterinarian is to nontraditional therapies?
4. **Take action steps** to help your pet thrive.
 - a. If you think your pet might benefit from a nontraditional therapy, talk to your current veterinarian about it.
 - b. If your current veterinarian isn't amenable to the use of nontraditional therapies or doesn't offer those services, use the American Holistic Veterinary Medical

Association website to find a holistic practitioner in your area:

<https://www.ahvma.org/find-a-holistic-veterinarian/>

- 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

From Chiropractic to CBD oil, there are many nontraditional treatments that have benefited both people and their pets. In this video, you'll explore what's entailed in various types of complementary treatments overseen by many holistic veterinarians and determine if your pet would benefit from them.

Traditional Chinese Medicine (TCM)

Also known as TCVM – Traditional Chinese Veterinary Medicine

1. Acupuncture
2. Chinese _____ therapy

Chinese medicine is about moving _____ throughout the body.

- Energy moves in a circular pattern in meridians in very specific _____.
- Any disruption in the energy _____ is where _____ happens.

Conditions are described differently in Chinese medicine.

When done appropriately, Chinese medicine can be very _____ for a wide range of disease conditions.

- Arthritis
- Inflammatory bowel disease
- Kidney disease
- _____
- Allergies
- _____

Chinese medicine can be used in conjunction with Western medicine or other forms of alternative care – an integrative approach.

Chiropractic: The science and the medicine of manipulating areas in the body to improve body function

Not moving bones, but adjusting the _____ system.

- Affects levels of _____
- Causes muscles to _____
- Improves range of motion
- Improves _____ flexibility

Important: Only those trained to do chiropractic on an _____ should perform chiropractic on animals. Otherwise, they could hurt your pet, because there are significant _____ between how chiropractic is performed on a _____ and on an _____.

Homeopathy: Uses energy to treat a condition

- Homeopathy dilutes compounds known to cause issues and uses the energy of the compound to stimulate the body to _____.
- In its purest sense, homeopathy is supposed to be a _____ therapy.
- Some homeopaths will integrate it with other treatments.

Essential Oils (Aroma Therapy)

Essential oils are chemical compounds (terpenes) with physiologic _____.

Produced by _____ for various reasons:

- Some terpenes _____ the plant
 - Antibacterial and antifungal activity
 - Repel insects or other _____
- Some terpenes are used as an _____
 - Attract pollinating _____

Terpenes can be used therapeutically on animals.

- An animal's sense of _____ is far more acute than ours is as humans.
- It's very important to only use essential oils and doses that are appropriate for _____.
- Toxicity can occur in animals, particularly in _____, when essential oils are used in too _____ of a concentration.
 1. Consult with a veterinarian who's _____ in essential oils.
 2. Only use essential oil products that are specifically designed for _____.
- Make sure your pet has a way to get away if they want to.

Medical Cannabis (Medical Marijuana or CBD Products)

- Has enormous potential for medical benefit both in animals and in people.
- THC, the psychoactive component of cannabis, can be used therapeutically in animals as well, but it has to be _____ very, very carefully.
- One of the things that makes medical cannabis effective is the terpene content – the essential oils.
- Over-the-counter CBD products are pretty safe.
 - Can be used to treat _____ and inflammation
 - May help treat _____
- Do not use stronger treatments purchased at a cannabis dispensary without specific veterinary guidance.
 - _____ are far more sensitive to the toxic effects of THC than people are, even if you adjust for body weight in dosing.

Physical Rehabilitation

- Useful for animals that have had surgery, back injuries, arthritis and soreness, or other _____ issues.
- You can do many of the same techniques in animals that you can in people to get them stronger, to get them _____ better, to improve their levels of _____.
- The really big difference between physical therapy in a person and physical rehabilitation in an animal is the _____ factor.
 - With dogs, we have to turn it into a game with treats, toys, or _____.

Other Forms of Herbal Medicine: Western herbal therapy, Ayurvedic herbal therapy, etc.

It is highly recommended that you

1. Purchase a product made specifically for an _____.
2. Have a conversation with a veterinarian first (preferably one _____ in herbal therapy).

A lot of the modalities listed above have some really good veterinary _____ behind them. If I'm recommending some sort of medical therapy for one of my patients, it's really important that I have confidence that they are _____ and that there's a good chance of it being _____.

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?