**Natural Technologies and Environmental Wellness to Help Your Pets and Save You Money too!**

Young or old; healthy, sick or injured

Three years ago, we thought we would have to put our 13 year old lab mix Jesse down. She could not stand up. When she tried, she was in so much pain she would lay down immediately. My heart sank and I called my chiropractor in desperation. He gave me some phone numbers of animal chiropractors. When Dr. Andi Harper did her “magic” on Jesse, it looked like hocus pocus. However, the next day Jesse was able to get up and down. Occasional adjustments are all that are needed unless there is an injury. This was one of the incidents that began my quest for healthier living for my entire family. To find an animal chiropractor in your area, ask your chiropractor for a referral or search at <http://www.avcadoctors.com/>. My dogs are 15 and 16, on no medications, and continue to be healthy and active. My hope is that you get many more productive and good years out of your pet and save money in the process.

Below is part 1 of a 5-step process to improve the health of your pets and yourself in the process. Some things you might know, but now might need to seriously address. Hopefully, other things – especially in part 2, will be new to you. Visit [www.livinghealthiernow.com](http://www.livinghealthiernow.com) to view all of the referenced articles as well as more detailed information, TV clips, research, how to comparison-shop products and more. Most articles are also on the Chat, Chew & Chocolate website under Healthier Living Expert.

**Reduce Environmental Toxins**

Our world has become exponentially toxic. Unfortunately, the chemical and beauty industries are not closely regulated. What is on your skin is in your blood stream in about 30 seconds. Animals pick up environmental toxins through their paws, fur/skin and lungs.

1. **Cleaning Products:** Switch to non-toxic cleaning products and avoid aerosols. Visit [www.householdproducts.nlm.nih.gov/index.htm](http://www.householdproducts.nlm.nih.gov/index.htm) . Safely dispose of your toxic cleaners. Read the labels carefully. Look for ones that are not only good for the environment but are also safe for you to use and gentle on your wallet (most are concentrated).
2. **Outside:** Herbicides, Pesticides, Fertilizers, Insecticides and Poisons can all add up to trouble and toxic overload for your pet (and you). Try to find solutions that are more natural. If you use these products, follow the directions exactly and heed the “keep off the grass for X hours” warnings.
3. **Carpet Cleaners:** Look for the more natural formulas as your pet spends plenty of time lying around on the floor.

**Improve Home Environment – great for your pets and your family!**

1. **Air:** Indoor air pollution is worse than outdoor air pollution due to all the toxic cleaners, volatile organic compounds in furniture and building products, and the air-tightness of our homes. Pets and humans both can have allergies that can be improved with better quality air. Breathe better air and be healthier is proven in research. Read my articles about the importance of indoor air and how to comparison shop filtration systems .
2. **Water:** There are many toxins and pharmaceuticals in our water supply. Water is so critical to health, cellular function and detoxification. Pets also need good quality drinking water that is bio-available and pH+ to help them maintain good health. Check out the articles on the importance of water and how to comparison shop water filtration systems. Look for systems that de-cluster the water molecules and make it more alkaline.
3. **Electropollution:** With all the cell phones, WiFi and other electronics, we are exposed to 100 million times the radiation that our grandparents were. Even though your dog or cat does not use a cell phone, there is no escaping electropollution or its impact on our bodies at a cellular, hormonal, DNA and blood brain barrier level. Pets and children can be especially sensitive. Check out the TV show I was on, plus all the articles and tips to reduce your exposure. Learn more about the only patented technology (Molecular Resonance Effect Technology) to address the electropollution problem and reduce the impact on the body. To help my pets, I use the Home Harmonizer with Energy Resonance Technology and I put a BioPro Universal Chip on my pets' tags. The Energy Resonance Technology helps support their biofield (the energy field of our bodies that living things have) and cellular communication. Like us, they cannot escape electropollution, so this can help strengthen their bodies. Interestingly, some of Jesse’s lipomas (fatty tumors) have gone down in size.

**Utilize Natural Technologies**

For many years, Jesse was on an arthritis drug called Metacam. Not only was it expensive, but it has a large list of potential side effects. She has been medication free for the past 2 3/4 years. Magnetics and infrared are two of many natural technologies that can help all sorts of issues.

**Magnetics:** Magnetic energy works on the same basic principle as chi energy. All living things operate in the earth’s natural magnetic field. Energy products my help reduce downtime and give a boost to our over stressed systems – even in our animals. While emergencies respond best to traditional treatment, chronic cases are often better treated holistically. Unlike chronic use of antibiotics, steroids and anti-inflammatory medications, magnetic and infrared energy (energy medicines) have no side effects. Animals cannot have a placebo effect!

**Magnetic Benefit Summary:**

 Release endorphins necessary to reduce discomfort

 Relieve muscle spasms

 Resolve injuries more quickly by removing toxins and inflammation and increasing blood flow to injury

Reduce bruising

 Enhance mental clarity required for focus in training and performance

 Release natural cortisone to reduce swelling

 Optimize the body’s immune system

Biaxial magnetic technology has been shown to help regenerate nerve fibers!

**Far Infrared Benefits – Sun’s energy that every living thing absorbs and uses:**

Increase blood flow into the capillaries.

Reduce muscle spasms and acidity in our bodies

Reduce soreness through direct action on free-nerve endings in tissues and peripheral nerves

Reduce swelling and inflammation by increasing lymph flow

Helps the body work more efficiently including detox and much more…..

My dogs wear **Magnetic Collars** (Two – three sport bracelets put together to form a necklace). I have not seen “mini strokes” any more or senior moments. The sports bracelets have 3 technologies - magnetic, infrared and negative ions. They sleep on **Magnetic/Infrared Pet Beds. Biaxial Magnetics** are greatfor acute/chronic injuries and conditions (bones, joints, soft tissue, internal function and discomforts).

**Supplements:**

Quality of pet food is very important. Just like in humans, poor quality food results in less than optimal health or worse. Here are some supplements you might not be familiar with that are really benefiting my old dogs.

1. **Adult Stem Cells "Adult Stem Cells have significant capabilities for growth, repair, and regeneration of damaged cells and tissues in the body, akin to a build-in repair kit or maintenance crew that only needs activation and stimulation to accomplish repair of damage."** (Dr. David A. Prentice, Ph.D., Georgetown University Medical Center, 2003)

StemPets and StemEquine support the natural release process of stem cells from their bone marrow. These cells can travel throughout the body and act to support optimize organ and tissue function. Clinically proven to release 25-30% more stem cells in the human studies. I’ve been noticing more energy and less stiffness in both dogs after a month on the products. My dogs are actually taking the human product StemEnhance and StemFlo (helps make sure the stem cells can get where they need to go) as it is less expensive.

1. **Joint Formulas:**
As pets age, they can experience joint challenges that can affect their mobility and their quality of life. Nikken offers a supplement created Bio-Directed Pet Joint formula which contains a cetyl myristoleate compound. These chewable tablets are a pet-friendly, smoked hickory chicken flavor. However, over the years, I’ve given them a variety of high quality human joint formulas.The key word is quality.
2. **Young Barley Grass:** We use both the powder formula and the capsules of Jade Greenzymes with both my dogs. The young barley grass is often called nature’s perfect food – very nutritious and very alkaline. My brother says it has helped calm his anxious dog. When Sierra had vestibular disease and could not keep anything down, I was offering her water with the Jade Greenzymes in it to provide the nutrition she was missing along with the hydration. There are other “greens” on the market that are excellent too. Remember quality is critical for all supplements.

**Emotional Issues:**

Our bodies, thoughts and emotions are energy. Emotions can become trapped anywhere in the body and disrupt the energy flow and function. This can result in physical conditions, pain, and even behavioral problems. Some statistics claim that over 95% of disease results from negative emotional energy. By releasing trapped emotions (via a simple technique called The Emotion Code), I was able to significantly reduce my cholesterol in 3 months 31% decrease in LDL, 25% total cholesterol, and 73% decrease in LP (a). The doctor could not believe my results. As part of my certification process, I’ve worked on more than 45 people and animals often with amazing results – anxiety, motor tics, physical pain, etc. The animal’s subconscious mind can give you lots of info to help you understand them better. Don’t discount what a huge impact you, your tone, your actions and life situations have on your pets (especially the departure/addition of another animal/child in the house, death or divorce). Look for a future article on the Emotion Code.

**Acupressure and Massage:**

Animal and human acupressure and massage can make a big difference in the health by helping with the body’s energy flow. They can improve the healing process and lessen all sorts of physical discomforts and challenges. Learning animal acupressure and massage is easy and will have health benefits for both the owner and pet, plus it is a great bonding experience. I’ve personally used it to help facilitate the recovery of my pets.

Hopefully, you learned a few things that you might not have considered before for helping your pet at all stages in life. I’ve found that being proactive with the environment, supplementation and natural technologies has definitely saved me money over the years. Most importantly, I know I’ve added extra years of good quality, enjoyable life for my pets.

Susan Trost is our Healthier Living expert. More information on Healthier Pets can be found on her website [www.livinghealthiernow.com](http://www.livinghealthiernow.com) or by emailing her at Susan@livinghealthiernow.com.