

Natural Is Not Always Holistic

Is holistic healthcare mainstream? According to a 2002 National Health Interview Survey, 62% of adults used some form of complementary and alternative medicine (CAM) therapy (including prayer specifically for health reasons) during the past 12 months. Excluding prayer from the definition, 36% of adults used some form of CAM therapy. All pet stores now sell vitamins, supplements, herbs and other natural remedies. But are all these "natural" choices really "holistic"?

When we extract a vitamin or isolated ingredient from a food (or create it synthetically), how do we know that we have extracted all the components in the food that Nature dictated are needed to promote optimum health? What ingredients might that food contain that we need for health but have not yet discovered? Scientists are now discovering a wealth of phytochemicals in fruits and vegetables that promote health and are different from the vitamins and minerals previously discovered. More importantly, is it safe to take these isolated supplements in a pill rather than as part of the food they naturally occur in? Or could there be side effects from taking them in a way that is not natural to our body? Did you know these supplements have possible side effects?

- Side effects of glucosamine are increased blood sugar disorders, increased candida infections and liver toxicity
- Long-term research shows colostrum could increase reproductive organ cancer
- Early infant multivitamin supplementation is associated with increased risk for food allergies and asthma

Here is an example of the difference between taking supplements and whole food nutrition. Europeans in the 17th century avoided scurvy when crossing the Atlantic by drinking fresh lime juice loaded with Vitamin C. What is not commonly known is that by just taking a Vitamin C supplement (pure ascorbic acid) one could temporarily stop the symptoms of scurvy but the disease would come back once the Vitamin C supplement was stopped. But by taking Vitamin C made from an extract of whole green peppers, not only did the symptoms go away but the scurvy was cured. Vitamin C works better when all the ingredients (e.g., rutin, bioflavonoids, zinc, selenium, Vitamin E) that Nature put in whole foods are included. Holistic options should activate the body's own natural ability to heal and not make the patient dependent on supplements forever.

Let's look at giving digestive enzymes to your pet from a holistic perspective. If the body needs more enzymes, the stomach sends a signal to the pancreas to produce more digestive enzymes. In a healthy body, the brain responds by increasing the signal to produce more enzymes and

sends the proper nutrients, co-factors and co-enzymes to the pancreas for increased enzyme production. In an imbalanced or unhealthy body, either the signal from the brain, the nutrients or co-enzymes are missing. So, if we supply external digestive enzymes the stomach now sends the signal to the brain that everything is fine and the pancreas stops trying to manufacture more enzymes. In essence, by giving external digestive enzymes to our pet we have left a lazy pancreas, must increase the dosage of enzymes with age and our pet is dependent on this natural supplement for life.

Consider these final words from these prestigious sources:

- To reduce cancer risk, the best advice presently is to consume antioxidants through food sources, rather than supplements. (**American Cancer Society**)
- "...there are insufficient data to justify an alteration in public health policy from one that emphasizes food and diet to one that emphasizes nutrient supplements. (**Journal of the American Medical Association**)

Margaret Auld-Louie and Russell Louie have over 75+ years of combined holistic experience. They use their scientific degrees (Biology and Geophysical Engineering) to research manufacturers' holistic claims and cut through their marketing hype to educate you on your optimum holistic choices. For holistic pet resources and FREE e-newsletter go to www.OptimumChoices.com or contact them at 303-271-1649 or info@OptimumChoices.com.

Holistic Pet Solutions


Does your pet have:

- Dry skin and coat
- Chronic infections
- Unresolved allergies
- Cancer or unexplained tumors
- Arthritis, stiffness, athletic injuries
- Weak kidneys, liver, adrenals or thyroid
- Irritable bowel symptoms, sensitive stomach
- Health issues unresponsive to traditional treatment

Would you like to:

- Extend the life of your pet
- Simplify all your pet's supplements
- Avoid old age degenerative diseases
- Improve the quality of life for your senior pet
- Nutritionally help prevent cancer and tumors

Wake up your pet's natural ability to heal.
For truly holistic solutions and **FREE** e-newsletter go to our website.


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