



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Silent Pet Epidemic

By Russell Louie, Optimum Choices, LLC

Fifty years ago pets lived to 15–20 years and more. Today the average life span of a Golden Retriever is just 7 years. Fifty years ago pets rarely got human degenerative diseases such as [diabetes](#), [cancer](#) and [autoimmune disorders](#). A recent study (2005, Morris Animal Foundation) showed **nearly 50% of older pets will die of cancer**. Dr. Martin Goldstein, DVM, a holistic vet in N.Y., told us he now sees puppies under 1 year old with cancer. Why are our pets now experiencing illnesses of epidemic proportions?

Early in his 35-year practice, [Alfred Plechner, DVM](#), “...became dissatisfied with just treating the superficial signs of health problems...the conventional treatment I trained for at veterinary school had little impact on pets seemingly more susceptible to disease and allergies and who seemed to be living shorter and sicker lives.” (Plechner, DVM, Alfred, [Pets at Risk: From Allergies to Cancer, Remedies for an Unsuspected Epidemic](#), New Sage Press, 2003, p. 3.) Dr. Plechner’s frustration led him to use his own time and money on clinical research to discover why this was happening. He uncovered a **hidden adrenal gland defect that caused an endocrine-immune system imbalance**. His research showed this endocrine-immune system dysfunction was caused primarily by poor genetics and over-breeding with a poor nutritional diet of dry kibbles, environmental pollutants, stress and age being secondary factors. With a deficient immune system, our pets are subjected to seemingly unrelated diseases and a [silent epidemic](#) including, but not limited to:

- [Cancer](#)
- [Obesity](#)
- [Allergies](#)
- FeLV, FIP, FIV
- [Autoimmune disorders](#)
- [Kidney](#) and liver disease
- [Inflammatory bowel disease](#)
- [Aggressiveness and strange behavior](#)
- [Hyper sensitivities to food](#) and insect bites
- [Chronic bacterial, viral and fungal infections](#)
- [Unresolved illnesses unresponsive to conventional therapy](#)

This hidden adrenal gland defect causes the adrenal glands to not manufacture enough cortisol hormone or the cortisol produced is bound (inactive). Cortisol is a powerful anti-inflammatory and helps the body deal with stress and infections. This defect, in turn, causes a domino-effect

producing too much estrogen and not enough thyroid hormones. When the endocrine (hormonal) system is out of balance the end result is low antibodies and a poor immune system.

Dr. Plechner developed a special blood test to detect this hidden defect in the adrenal glands—his **Basic Endocrine-Immune One** tests for cortisol, total estrogen, [thyroid hormones](#) T-3 & T-4, and IgA, IgM and IgG antibodies. If the cortisol level is low, estrogen level high, thyroid hormones low and antibodies are low, he suspects the animal has this hidden defect. The **standard veterinary blood test will not detect this imbalance**. Dr. Plechner's solution is a protocol of physiological (low dosage) injections (or oral medication) of cortisone to boost up the adrenal glands. He also found it necessary to give low doses of thyroid hormone to 90% of his dogs and 10% of his cats. Once the endocrine system is back in balance, the immune system kicks in and all the disease symptoms disappear. Unfortunately, the animal must stay on these low doses of hormones for life.

Dr. Plechner was able to treat **autoimmune disease, cancer, kidney & liver disease, epilepsy, obesity and even behavioral problems in dogs**. In cats, Dr. Plechner **successfully treated FIP (Feline Infectious Peritonitis), FIV (Feline Immunodeficiency Virus), FeLV (Feline Leukemia Virus) and urinary tract disorders**. One of the most prevalent but overlooked symptoms of the imbalance is **malabsorption and digestive tract disorders (e.g., [irritable bowel disease](#))**. If the endocrine-immune imbalance is present, the IgA antibodies that normally operate in the mucus membranes of the gut go out of control and sometimes even attack the body itself. The walls of the gut then become inflamed and thicken for protection. With the gut's defense system compromised, harmful bacteria and other bad microorganisms can attack. When this happens, nutrients, supplements, as well as medication to treat the disease are not absorbed by the body and exit the other end. This is one reason why positive results may not be seen using the best holistic remedies and even medication. One must correct the endocrine-immune imbalance first, so that the mucus lining of the gut returns to normal and then the body can absorb nutrients again and heal itself.

Another vet, Michael W. Fox, MRCVS, has done research (Fox, MRCVS, Michael W., "Endocrine Disruption Syndrome," *Journal of the American Holistic Veterinary Medical Association*, Oct.-Dec. 2005, pp. 33-35) on **endocrine disrupting compounds (EDCs)** that he feels is the primary cause of what he calls **Endocrine Disruption Syndrome**. These endocrine disrupting compounds are so prevalent in our environment they are even found in human breast milk and Arctic seals. EDCs can be found not only in industrial pollutants, chemical fertilizers, and untreated sewage but also in common household products such as plastics, clothing, floor material and the lining of food cans. Dr. Fox believes these EDCs make their way into animal's food and [water](#) and then disrupt the animal's entire endocrine and immune systems function causing the same epidemic symptoms as mentioned previously by Dr. Plechner.

No matter what the cause (genetic, EDCs, poor nutrition, etc.) it would seem the **answer to holistic wellness is to balance the entire endocrine and immune systems so that the body can take care of the symptoms**. So, holistically, instead of artificially boosting up the adrenals and thyroid (secondary glands), if we could feed and energize the primary glands of the brain (i.e., pineal, pituitary and hypothalamus) we could accomplish the same end results as Dr. Plechner's protocol. Once the master gland and organs of the brain are 100% functional, they would then regulate not only the adrenals and thyroid but every other gland and organ of the body. This promotes holistic wellness and all symptoms of disease should take care of

themselves. We have discovered a holistic, whole food product that can nutritionally support this process.

Bio-Algae Concentrates are a blend containing the four microalgae *Spirulina pacifica*, *Spirulina platensis*, *Dunaliella salina* and astaxanthin from *Haematococcus pluvialis*, based on over 30 years of research. Bio-Algae Concentrates are not an extract or assemblage of isolated supplements but instead formulated by Nature. Since algae are one celled organisms, Bio-Algae Concentrates supplies the body with super nutrition at the cellular level to wake up and energize the body and brain. Little digestion is necessary, so, within 30 minutes of ingesting Bio-Algae Concentrates, the hormone levels in the brain can be seen to increase. Once the body's hormonal (endocrine) system is activated (by boosting up and balancing the master glands in the brain), the immune system becomes 100% functional and the natural ability of the body to heal will take over.

By addressing the cause of the problem (malfunctioning endocrine glands) rather than the symptoms, Bio-Algae Concentrates is a revolutionary product providing a quantum leap in wellness. We have seen dogs that had [Immune Mediated Hemolytic Anemia \(IMHA\)](#) and one with a [mast cell cancer tumor](#) make a complete recovery. Other conditions we have seen improve include [skin and coat issues](#), [kidney](#) and [liver disease](#), [arthritis and flexibility issues](#), [adrenal](#) and [thyroid imbalances](#), [chronic infections](#) and [any illness unresponsive to conventional therapies](#). We know this product is completely holistic because unlike allopathic medicine, as the body naturally heals itself, a smaller dosage is needed by animals.

Even if your pet does not have symptoms of the above diseases, if you want to keep your pet healthy, try this holistic approach. Most [commercial pet food](#) ([dry kibble](#) or canned) lacks the nutrition for a healthy carnivore. And all cooked food, whether pet food or home-cooked, lacks enzymes because heat kills enzymes. Bio-Algae Concentrates contain over 4,000 enzymes, vitamins A, B₁-B₁₂, C, E, and K, Essential Fatty Acids of Omega 3, 6 and 9, all essential amino acids, phytonutrients and anti-oxidants 1000 times more powerful than vitamin E. Rather than being added in a laboratory, these nutrients naturally occur in the algae in the dosage and form that Nature intended. So, there is no risk of over dosing or imbalance as may occur with traditional vitamin supplements. Supplying this super nutrition will not only keep your pet healthy but give your pet the *Fountain of Youth*.

Dr. Plechner mentions in his [book](#) the implications of his findings for treating chronic illnesses in humans. Dr. William Jefferies has been using low dosage cortisone for decades on human patients with the same success. Dr. Jefferies believes this therapy **can help humans with allergies, chronic fatigue, and autoimmune disorders including rheumatoid arthritis**. Consider these final facts.

1. The **feline immunodeficiency virus (FIV)** involves a retrovirus similar to **HIV** in humans. Dr. Plechner had a **70% recovery rate** using his hormone balancing protocol. Could this be part of the answer to human HIV?
2. **Every animal that Dr. Plechner treated for [cancer](#) had this endocrine-immune system imbalance**. Could we treat and prevent cancer by correcting this hidden adrenal gland defect and balancing the endocrine-immune systems?

*This information on Dr. Alfred Plechner's **endocrine-immune (E-I) system imbalance**, is posted on our website at: www.OptimumChoices.com/Silent_epidemic.htm. For more information regarding, [Bio-Algae Concentrates](#), go online or call 303-271-1649 or 866-305-2306 toll-free.*

*Dr. Plechner's book **Pets at Risk: From Allergies to Cancer, Remedies for an Unsuspected Epidemic** can be ordered online at: www.dogwise.com. More information on Dr. Plechner's research and its implication for humans can be found at www.DrPlechner.com.*

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