



Holistic Veterinary Society of the NZVA

Our Mission:

To provide educational opportunities and support vets, as well as the public to make use of integrative medicine, thus encouraging sustainable healthcare options and working towards a healthier planet.



July 2013 Newsletter Musculo-Skeletal Support

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Presidents' Report

With a prolonged summer and some gorgeous weather winter has really arrived with a smack! But it brings with it a different beauty and there's always the beautiful budding of new life to look forward to in spring.

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Massey's 50th celebration included a fabulous presentation and workshop on **Integrative approaches to Musculo-Skeletal conditions**. There was keen interest and a demand for more education in these areas. A huge thank you to Dr. Deb Prattley, Dr. Chris Thompson, Dr. Susanne Anderson and Hayley Squance for their incredible efforts presenting and sharing their valuable knowledge.

At the end of July is our annual NZVA summit where all Special Interest and Regional branches meet with the NZVA board to collaborate and strategise future plans. The NZVA has come a long way in the last few years and holds an exciting vision for the future of the veterinary profession. I look forward to reporting on some positive change with regard to our Holistic Veterinary Society for whom a new name is also being contemplated to better reflect our purpose within the NZVA.

This newsletter focuses around musculo-skeletal support, a common theme in veterinary practice especially in the colder months when animals with arthritis are at their worst. There are many incredible complementary therapies that may be used to help to enhance the quality of life of our patients, many of which are as effective and often more sustainably helpful than strictly traditional veterinary approaches. Thank you to all of our contributors, we are greatly appreciative of your kind contributions of your articles.

Advertised in this issue are some wonderful integrative educational opportunities from conferences and seminars to easy to attend webinars. Enjoy!

Liza

***A BIG Thank
You to all of our
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Holistically Supporting Our Patients as They Support Themselves **Dr. Lori D. Leonard, BS, DVM, VetMFHom**

For our land-based animals, their bony structure serves functions related to mobility and grounding. From time to time our patients need assistance in attaining painless movement with ease and good range of motion. Their ability to ground themselves is essential for their well-being.

Weight bearing is one of the most important requirements for living on this planet. As gravity informs the structure, function follows. Healthy osteocytes and muscle mass contribute to optimal condition. Varied surfaces such as grass, soil, pavement, and rocks help encourage strengthening of the ligaments, tendons, and muscle fibers. Walking or running on inclines helps with endurance and muscle strength.

Nutrition and weight are also factors to consider in holistic support of the musculo-skeletal system. The best quality nutrition that owners can afford for their animals is recommended, avoiding grains and substances that are not "real" foods for each particular species. For example, "soy" is not a "real" food for a feline. Maintaining a BCS of 4-5/9 allows an optimal individual weight:structure ratio for useful function. Limiting immunizations, avoiding pharmaceuticals and pesticides will offer less assault of the immune system, thereby resulting in a stronger immune system which can better rebuff inflammation, which may be at the root of all dis-ease.

A regular schedule of moderate exercise is essential for overall musculo-skeletal health and it has the added benefits of providing fresh air, sunshine, rain, wind, shade, interaction with the Earth, and the sights and smells to go along with being outside. Of course, being together outside enhances our partnership with our furry friends. This serves our intellectual bonding needs as well as emotional and behavioral aspects. Our patients who live outside seem to regulate themselves and maintain a healthy balance of exercise and rest. Movement also is required for healthy heart and lungs, lymph and blood circulation. Non-weight bearing exercise such as swimming improves stamina, conditioning, and assists with range of motion. Warming up and stretching prior to exercise is important, as is cool-down following exercise.

Supplements such as omega fatty acids, glucosamine, and turmeric help to support the joints and muscles. Herbs such as yucca and alfalfa are also useful for joint support. Homeopathy, flower essences, Reiki, massage, and light therapy offer support as well for the musculo-skeletal system.



"Doc" Lori Leonard has had a fascination and deep connection with animals since her childhood. Doc Leonard completed her B.S. in Agronomy in 1978. In 1979, she joined the United States Air Force and lived within the U.S. and abroad. After 24 1/2 years of service, she retired with the rank of Lieutenant Colonel and was accepted to the Purdue University School of Veterinary Medicine graduating in 1989 with her D.V.M. degree. Her work experience is varied in background and Dr. Leonard relocated to Concord, VA in the fall of 1992 to create Concord Veterinary Services. Her clinic is a safe, happy place for furries and their people. Many of her patients like it there so much that they resist going back home! Her focus is on the quality of life of each individual animal. She uses whatever method she feels is appropriate for each individual case, such as homeopathy, Green Hope Farm flower essences, Reiki, and animal communication to provide comfort and wellness for her patients. Dr. Leonard engages the guardians of the animals so that they will be partners with her in the care of their beloved companions. She provides traditional examination, surgery, radiology, dentistry, internal medicine, ophthalmology, cardiology, orthopedic and geriatric medicine, and treats a variety of species of animals including wilds and exotics. She has published and presented research papers and given animal-related talks to the public.