

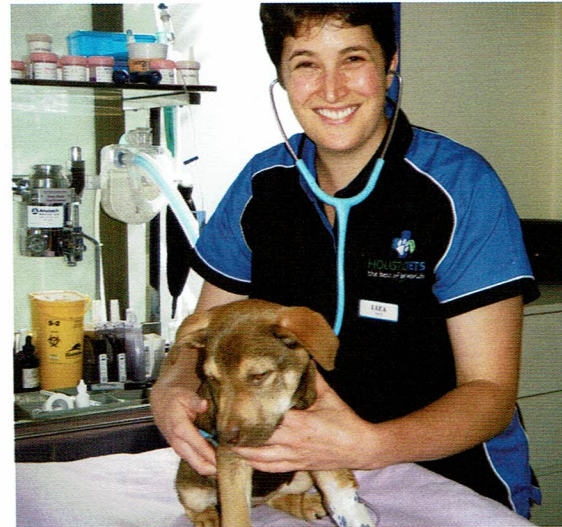
Health and wellbeing for our pets

Words + Images Dr Liza Schneider

For our pets, like us humans, health is freedom from dis-ease. This means they are strong and healthy and do not suffer any ills that require medical intervention. From a holistic perspective we strive to address all underlying subtleties that may lead to dis-ease and we take their health a step further. We strive to improve their wellbeing, which is a state of optimal health, ensuring they enjoy life to the full and have every chance to avoid dis-ease.

To achieve this, it's important to address the foundations of health, including physical, mental and emotional aspects. Promoting health is not simply ensuring that vaccinations are up to date, parasite treatments are regularly performed and blood tests are done to check for underlying concerns. On the contrary, from a holistic perspective, we often find that our patients in optimal health seem to require less parasite treatment and are better able to resist dis-ease with efficient immune system function.

Using a holistic approach to health, when an animal's health is compromised we recruit all the tools at our disposal, including complementary therapies such as herbal medicine, acupuncture, nutrition, homeopathy, herbal medicine and many others, to restore health and improve wellbeing. I love this approach to healthcare – making use of the best of both worlds – conventional medicine and surgery as well as complementary therapies to help our patients.



5 Tips to promote health and wellbeing

1

Provide a loving environment: Animals (and humans!) thrive when they are provided with a loving environment where they are nurtured and cared for. A six-year study on human and cow interactions illustrated a significant improvement in production and wellbeing when they were treated more gently!

2

Feed them wholesome food: Food that is ideally free of chemicals and preservatives, has optimal amounts of important nutrients and is biologically appropriate. Dogs and cats are carnivores and benefit from a well-balanced diet that includes meat, while herbivorous animals such as cows, sheep and horses benefit from pasture that grows from nutrient-enriched and healthy soil.

3

Exercise your pet regularly: Exercise helps to improve fitness and therefore wellbeing. At least 20 minutes a day is important, even for cats!

4

Mental stimulation: Pets can become bored and it's important to provide them with activities to enrich their lives.

5

Rest and relaxation: We all need down-time to re-energise. While many cats are experts at this, some of them have too much rest and not enough exercise. Some dogs, on the other hand, can be hyper-excitable and anxious, which minimises their rest time.



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