



Friends Of Baxter

WHERE ANIMALS ALWAYS COME FIRST

Holistic Animal Care The Way Forward?

Sue Malcolm

Master Reiki Practitioner & Teacher (CNHC Registered)

Master Animal Reiki Practitioner

Friends Of Baxter Chair and Founder

Owner of The Reiki Experience



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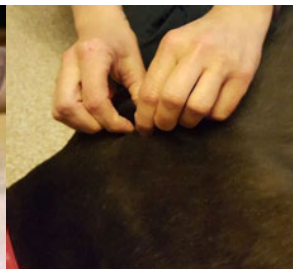
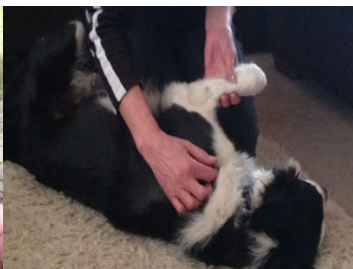
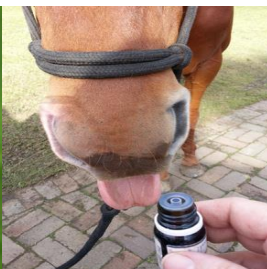
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What does 'holistic' mean?

"Holism is seeing a dog with an ear that keeps on becoming infected and curing him permanently by changing him to a natural diet"

"Holism is seeing a cat with a urination in the house problem & treating their resentment to a new cat in the house to resolve the situation"

Nick Thomspen-The Holistic Vet



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What are complementary therapies?

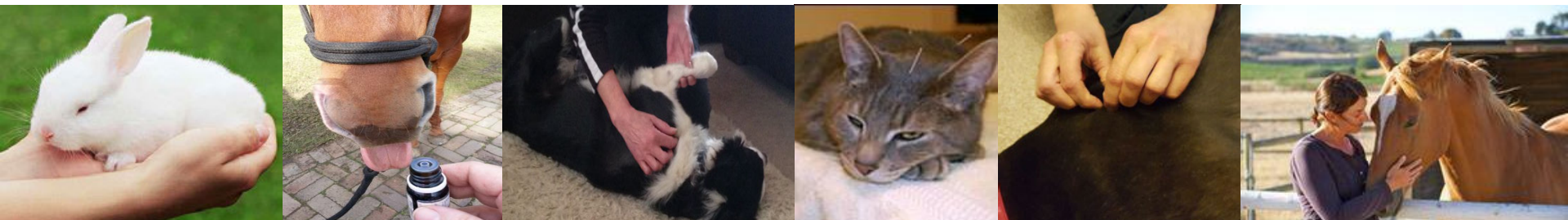
Supports orthodox veterinary care

Natural

Holistic

Can be given alone

Can use with other complementary therapies



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Why holistic and complementary therapies?



- Whole body
- Non/ less invasive
- Often relaxing (may help reduce anxiety)
- Animals can be more involved in their care
- Animals welcome/ understand them
- Holism focuses on prevention, maintenance and longevity
- Increasing use due to positive results



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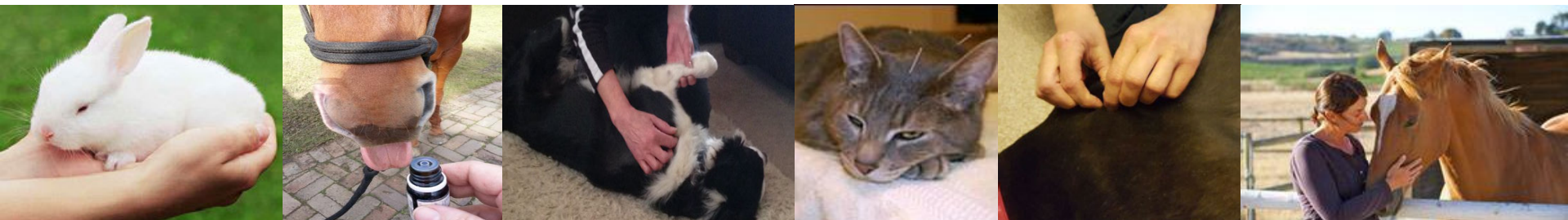


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Holistic & Complementary therapies are gaining interest

- Vets, veterinary students and public
- Human treatments
- Human research
- Medical profession increasingly recognising



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Benefits are increasingly recognised by:



Dog Groomers



Dog Trainers



Animal Rescues



Vet, Vet Nurse, Care Asst



Cattery, Kennels



Horse sanctuaries, Trainers

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UK Holistic Vets

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BAHVS –UK Homeopathic Veterinary Surgeons



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Holistic and complementary therapies

Zoopharmacognosy

Massage

Reiki

Acupressure

Acupuncture

Cranio sacral therapy

Animal Communication

Herbal medicine

Homeopathy

Aromatherapy

Magnet therapy

Hydrotherapy

Tennington touch

Bach's flower remedies

Ultrasound therapy

Crystal therapy

Nutrition therapy

Bowen therapy

Chiropractic manipulation

Emotional Freedom Technique

Lazer therapy

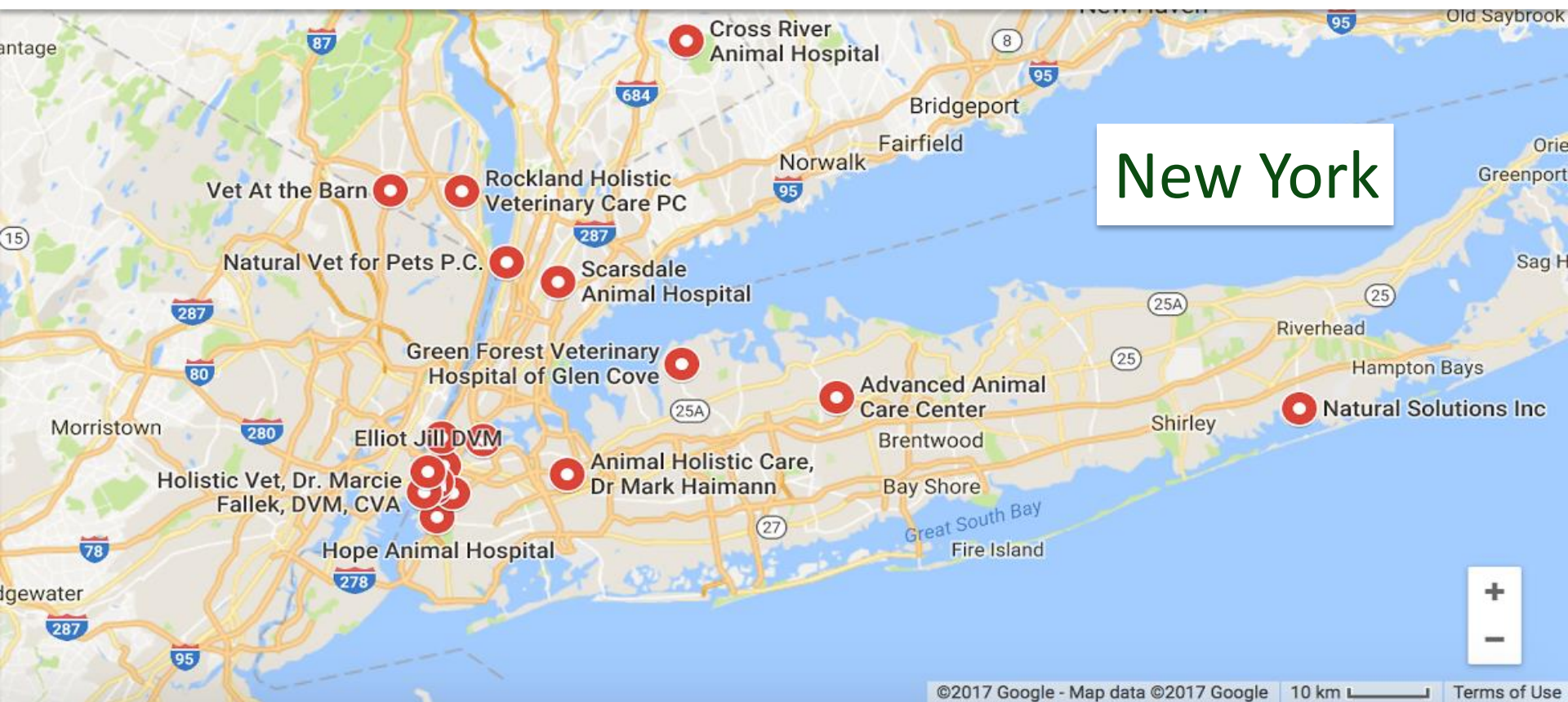
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Holistic Veterinary Clinics – Growing Trend



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HolisticVet

Marcie Fallek, D.V.M., C.V.A

certified veterinary acupuncturist
classical veterinary homeopath

www.holisticvet.us



"Today, I couldn't be happier. To be a vehicle and a witness to true healing. To see the "incurable" be cured or at least to extend the quality and quantity of life, to a degree considered impossible with conventional medicine.

This voyage is a joint endeavour, between me, the animal and their companion on the road to health".

Services: Homeopathy, Acupuncture, Reiki, Cranio Sacral, Cold Laser, Nutrition, Supplements and Behavioural Therapy



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Marcie Fallek, D.V.M., C.V.A

certified veterinary acupuncturist
classical veterinary homeopath

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"Animals have the natural ability to heal themselves and it's the physician's duty to facilitate the healer within."

There is an alternative to the endless cycle of cortisone and antibiotics.

Together we can help your pet reach a new level of good health naturally".

A conventionally trained veterinarian

Now dedicated to a natural, holistic, drug-free approach to health using natural healing modalities to rebalance the dis-eased being

Treatments are tailored to each animal's needs

Dr. Fallek is also a staff writer for Dogs Naturally Magazine



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Alisa treats dogs, cats, horses, cows and any species where alternative therapies are desired.

Her interest in alternative therapies preceded veterinary school, when her horse suffered serious health problems that conventional medicine could only partly help. Alternative therapies completely saved the day.

Dr Alisa Koenig – owner of 2 alternative veterinary practices in New York




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The Veterinary
Alternative 



Areas of special interest and practice

- Veterinary Homeopathy
- Veterinary Acupuncture
- Western Veterinary Herbal Medicine
- Chinese Veterinary Herbal Medicine
- Cold Laser Therapy
- Spinal Manipulation Therapy
- Canine and Equine Postural Rehabilitation
- Reiki
- Canine and Feline Nutrition
- Veterinary Acupressure



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Statistics



Estimate: Between 65 to 80 percent of the world's population (over 4 billion people) rely on alternative medicine as their primary form of health care compared to only 10 to 30 percent of people who use conventional medicine.



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Researchers estimate:

Complementary and alternative medicine (CAM) has grown rapidly over the last two decades and is now used by around six million people a year (UK)

Britons spend £130m a year on **complementary treatments** and it is estimated this will exceed more than £200m over the next four years

2008

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Findings from Cancer Research UK Surveys

Cancer Research UK website

Researchers estimate:

30 to 40 out of every 100 people (30-40%) with cancer use
complementary and alternative medicine (CAM)

Huddersfield University pilot study (2015) concluded:

“Researchers feel that Reiki, as a Complementary therapy, should be available
to cancer sufferers on the NHS”

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Findings from a YouGov Survey (2015)

Many people – in several cases a firm majority – remain positive about the effectiveness of alternative medicines. Even for treatments with no scientific or professional recognition, public opinion is divided at worst.

New Age Britain

Do you think the following are genuinely effective at treating illnesses?

	%		%
Chiropractic	74	Reflexology	49
Osteopathy	68	Trad. Chinese medicine	40
Acupuncture	66	Homeopathy	39
Herbal medicine	51		



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Vets and Complementary Therapies



“About one in seven (veterinary) practices offers some form of complementary therapy” 2016

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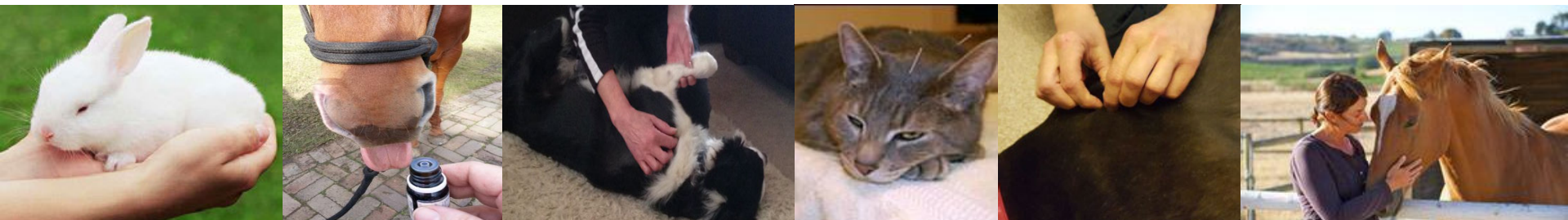


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Holistic & Complementary Therapies

Looking at a few therapies in more detail



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WHERE ANIMALS ALWAYS COME FIRST

Holistic and complementary therapies

Zoopharmacognosy

Massage

Reiki

Acupressure

Acupuncture

Cranio sacral therapy

Animal Communication

Herbal medicine

Homeopathy

Aromatherapy

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Ultrasound therapy

Bowen therapy

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Lazer therapy

Chiropractic manipulation

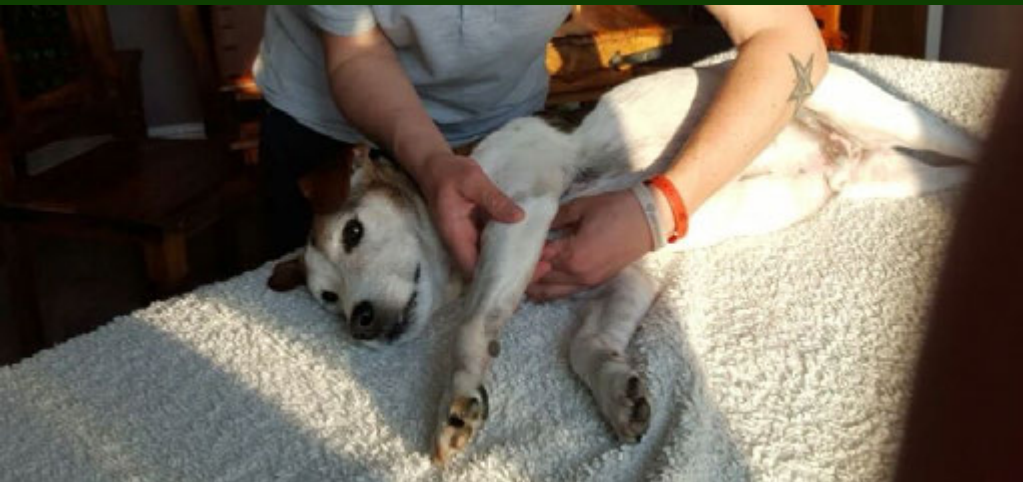
Emotional Freedom Technique

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Canine Massage

Requires a vet's referral or consent
2 year training: Canine Massage Guild

The dog's gait and posture will be assessed as it is gently moved or walked.

A full body palpitation then helps to identify areas of tenderness, injury, the tonicity of the muscle, its temperature and also its state.

The treatment then consists of a blend of three main types of deep tissue massage. Improvement is generally seen in 3 sessions.



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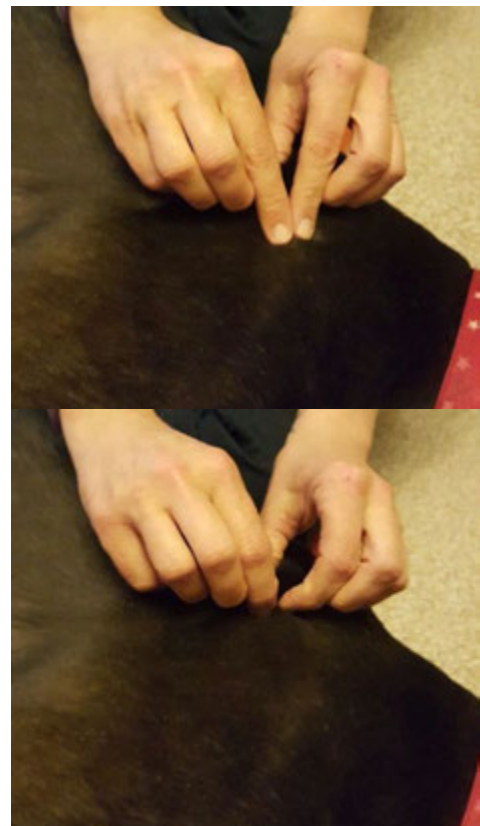


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Commonly quoted benefits

- Relaxes muscle and reduces tension
- Improves muscle tone
- Releases Trigger Points
- Breaks down knots which inhibit movement
- Improves the flow of toxins and waste away from muscles
- Reduces inflammation
- Aids with areas of overcompensation
- Improves flexibility and range of joint motion which may benefit comfort and performance
- Promotes the body's natural healing process
- Promotes a healthy skin and coat



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Consequently conditions it may help:

- Stiffness
- Soreness/ aches & pains
- Mobility issues/ gait irregularities
- Back / Neck / Hip issues
- Poor agility performance eg: weave entry, measuring, knocking poles
- Recovery from exercise, injury and operations



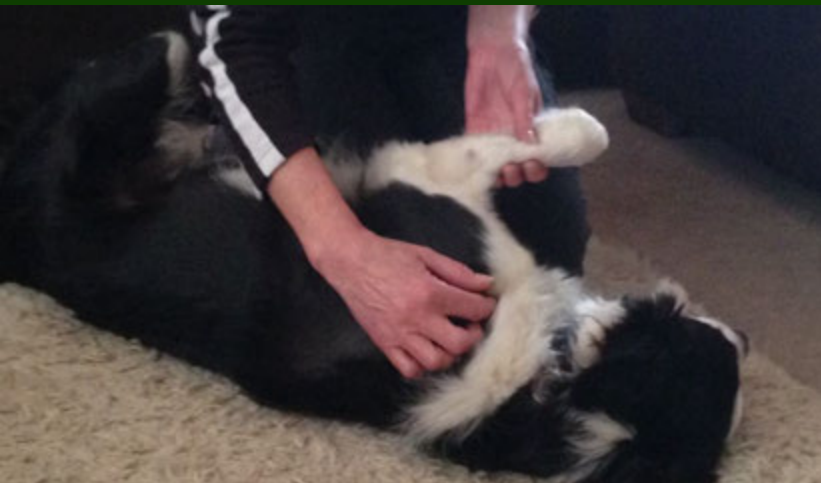
As a result it may also boost the feeling of well-being and quality of life

Canine Massage also supports a number of Orthopaedic conditions such as Arthritis, Hip & Elbow Dysplasia, Luxating Patella and Spondylosis



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Canine Bowen Therapy

Requires a vet's referral or consent

Training: European Guild of Canine Bowen Therapists

Fingers and thumbs are applied to specific soft-tissue points on the dog's body via slow, gentle rolling movements with very gentle pressure so as to just disturb the underlying tissue and create a focus for the brain to work on.

The moves are interspersed with short pause, allowing the dog's brain and body to process what is happening, causing fine adjustments in the dog's body.

Results normally be seen after 2 to 3 sessions.



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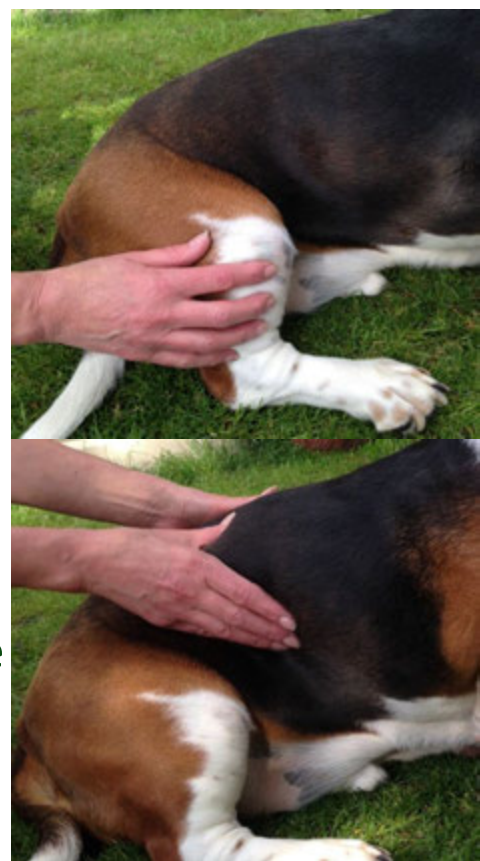


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Commonly quoted conditions it may help

- Acute injury - sprains & strains
- Arthritis & muscular problems
- Skin conditions & allergies
- Stress & anxiety
- Lameness & problems moving
- Back problems; hip & elbow dysplasia
- Respiratory conditions
- Aggression & behavioural problems
- Chronic illness/ degenerative disease - improving quality of life
- Relaxation of tension from previous trauma, e.g. rescue / re-homed dogs



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Reiki

No vet's referral or consent required
Training: The Reiki Experience (human
training is required first) Est. 1 year +

Reiki is given hands-on, hands-off or distantly after a brief medical history.

Many animals seem to understand/ welcome the energy.

Supports orthodox veterinary care and can be given in conjunction with other complementary therapies.

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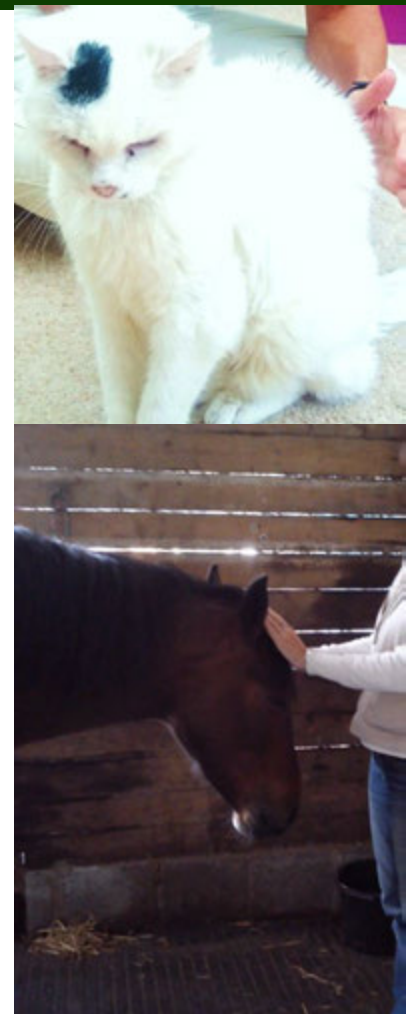
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Commonly quoted benefits

- Relaxing and calming
- Enhanced feeling of well being
- Improved sense of self
- Reduced stress/ anxiety
- Reduction in pain and discomfort
- Promotion of the body's natural healing process
- Enhances recovery from illness, injury and surgery
- Greater comfort
- Improved mobility

and anecdotally much more!





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Case study – Vet's Practice

**Rebecca Westwood Veterinary Nurse B.A
(Hons) RVN Cert CAB MBVNA , Master Reiki
Practitioner**

Rebecca with rescue dog Saffi, who was nervous of strangers and new situations and was reluctant to engage with Rebecca on first meeting her at the vets.

After 3 Reiki sessions Saffi happily comes into the consulting room, loves her Reiki and is becoming a generally more relaxed dog out and about too.



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WHERE ANIMALS ALWAYS COME FIRST

**Rebecca Westwood Veterinary Nurse B.A
(Hons) RVN Cert CAB MBVNA , Master Reiki
Practitioner**

*"We need to be improving the lives of each
and every pet we meet and that of their
owners and sometimes medicine needs a
'complementary' helping hand.*

*I have seen Reiki work wonders on a daily
basis"*



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Case study – Dog Rescue

Georgina Armstrong, Glendee Dog Rescue Owner

"Since Reiki has been offered at Glendee Rescue, we have noticed a huge difference.

A lot of our dogs had come to us with traumatic backgrounds and some could not even be approached. Reiki made a huge impact on their association with human contact and allowed them to let people into their lives again.

Many dogs have now come through our doors, and I have no doubt that Reiki has enabled them to move on at a faster pace to their new lives, becoming more relaxed, well-rounded and trainable"



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Recent research had shown that hands on therapies like Reiki, T Touch and massage can reduce the stress hormone *cortisol, in dogs and increase the oxytocin, known as the 'tend and befriend' hormone.*

This hormone seems to make dogs (and humans) more trusting and friendly and may help reactive dogs to be calmer in the situations they find challenging.





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Animal Communication

- This skill allows you to share two way feelings with animals
- Understand how they feel pre and post therapy
- Excellent for behavioural issues/ comprehend their issues
- A means to converse with animals to help them
'as they wish to be helped'



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Case Studies

Benefits: anxiety/ fear of people, comfort, mobility, performance & more



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Acupuncture*



- Acupuncture may be defined as the insertion of needles into specific points on the body to produce a healing response
- Each acupuncture point has specific actions when stimulated
- Used in veterinary practice in China for thousands of years to treat many ailments
- **May help functional problems such as those that involve paralysis, inflammation and pain**
- **Also physical conditions incl. skin, muscle, bone, reproductive, GI & neurological**

* Must be conducted by a Vet



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Aromatherapy* & Zoopharmacognosy



- Enable self-selection of preferred essential oils/ plants extracts for medicinal purposes
- Use an animal's inherent ability to select what they need in the wild
- The oils & extracts contain hundreds of the constituents like those in an animal's natural environment
- **May help restore balance & promote physical, psychological & emotional wellbeing**



* Must be conducted by a Vet

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(Bachs) Flower Remedies



- 38 remedies discovered by Dr Bach
- Each relates to a specific emotional and mental state
- Treat the individual, not the disease or the disease symptoms
- **Work specifically on the emotional condition of the animal**

* Must be conducted by a Vet



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Homeopathy*

- Based on the principle 'let like be cured by likes' ie. a substance taken in small amounts will cure the symptoms caused by large amounts
- It may benefit physical & emotional areas eg
 - dermatitis & arthritis
 - cats: renal failure, over-grooming & hyperthyroidism
 - dogs: pyoderma (a bacterial infection of the skin) & colitis, fear

* Must be conducted by a Vet



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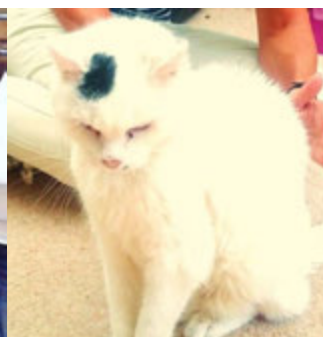
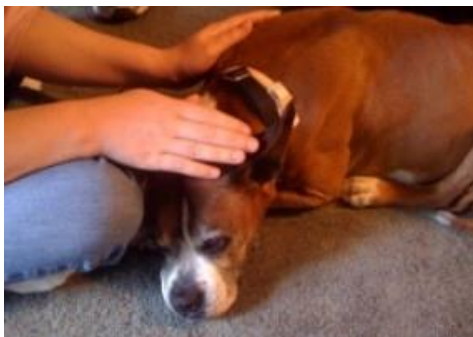
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Reiki training for example

Level 1 – intense weekend : Develop your ability and practice. Case studies

Level 2 – another intense weekend: Theory about animal Reiki, Practice hours and case studies

Level 1& 2 Animal Reiki – understanding animals: body language, behaviour, handling, anatomy & physiology (as part of an animal reiki or other animal care course(s). Also additional Reiki techniques **ARS**



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Complementary and Natural Healthcare Council (CNHC) UK register

- ✓ 16 therapies
- ✓ Requires additional training and/ or 3 years professional experience
- ✓ Overseen by the General Medical Practice
- ✓ Approved by The Professional Standards Authority for Health & Social Care
- ✓ Enables GP referrals to registered practitioners



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Animal Health Practitioners Register (AHPR)

- UK register of accredited animal health practitioners to launch 2018
- Initial focus – musculo skeletal therapies
- Provide credibility of professional standards
- To be an all encompassing Register for animal health practitioners
- Enable vets to refer animals for complementary therapy



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WHERE ANIMALS ALWAYS COME FIRST

The holistic future ... is bright

Friends Of Baxter plans

Become a registered charity) 2018

Open first animal therapy centre)

Add rescue centre

Add animal hospital 2020 (target date)

**We require more well trained holistic complementary
therapy practitioners**

Email: info@friendsofbaxter.org.uk



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Thank you



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