

What can I expect during an appointment?

Follow Star, a rescued Greyhound, through her appointment with Dr. Christine Woodford. Star was very weak in the hind end and thin when rescued. See her run and play after three treatments. Read the Synergy article to learn more about the power of chiropractic, acupuncture and Magna Wave. Visit us on Instagram or Facebook and 'like and share' our page!

Synergy of Animal Chiropractic, Acupuncture and Magnawave Therapy

$1+1+1=$ synergy. Synergy is *"the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects."*

I have witnessed the synergy of the therapies that I use to treat animals in my practice. Namely, I use chiropractic, acupuncture, and magnawave therapies on most of my small animal patients with obscure neurologic conditions. Although I do use each of the therapies individually, I have noticed particularly impressive results when I have employed them in combination.

I want to share a success story with you about Hooch, a 4 year old boxer, who benefited from the synergy of regular veterinary medicine, integrative therapies, and good cooperation on the part of his owners. The first time I saw Hooch, he was not using his left hind leg correctly. He had no proprioception in that foot; thus, he was not bearing weight on the bottom of his foot. His toes were knuckling over and he had sores on the top part of his toes from dragging his leg

behind him. The owners reported that two weeks prior Hooch had been playing outside with his housemate, a French Bulldog, and came in non-weight bearing on his left, hind leg. They took Hooch to their regular veterinarian and the X rays showed no broken bones. Their veterinarian suspected a pinched nerve and recommended anti-inflammatories and rest for 2 weeks. Unfortunately, Hooch did not improve during that time frame. At that point, their veterinarian recommended my services for the nerve damage.

On the first visit, I treated Hooch with acupuncture, magnawave and mild chiropractic adjustments since we suspected a pinched nerve. I also recommended some stretching and range of motion exercises that the owners could do at home. Five days later, Hooch came back to my office and we saw some improvement. He was able to correct his toe placement about every 3 steps. The owners were very happy with his progress and we continued with the same therapeutic protocol.

The next week, the owners came back with Hooch whose condition was greatly improved. He placed his foot correctly 90% of the time.

One week later, I saw Hooch again and he actually wanted to run and play!

Hooch still has some movement and nerve deficits in the left hind leg, but he is placing the foot more correctly, the sores on the top part of his toes have healed, and his muscles in the hindquarters are more developed. I recommended short, controlled, leash walks, supervised socialization time with his housemate, and rest for the next month. Additionally, Hooch will receive the three therapies every two to three weeks. Thereafter, assuming Hooch continues to improve, we will maintain him with monthly treatments. Hooch's progress is a testament to the efficacy of acupuncture, magnawave and chiropractic therapy on neurologic conditions, generally, and the synergetic effects that result when we use the three therapies together.

I am grateful for Hooch's dedicated owners who are committed to continuing with his therapy and at home exercises. It is rewarding to be able to provide effective therapeutic services for animals, similar to Hooch, with obscure nerve or movement conditions that are difficult to diagnose and treat. The synergistic

effects of chiropractic, acupuncture, and magnawave therapies have helped me treat several animals with movement issues. As a veterinarian, it is gratifying to have access to therapies that help restore injured animals' functionality, fully in some cases, and partially in others, and enable them to lead happy, active lives.

Chinese Food Therapy for Dogs and Cats

	Cool/Cold Diets	Warm/Hot Diets	Neutral
Vegetable	Spinach Broccoli Celery Kelp Chinese cabbage Eggplant Cucumber Winter melon	Ginger Garlic Onion Chives Pepper Carrots Squash Pumpkin Asparage	Yam Sweet potato
Fruits/Tea	Watermelon Bitter Melon Pear Banana Sugarcane Ginkgo Chrysanthemum, green tea	Peach Plum Walnut Apricot Citrus Olive Aspargus	Grape Green Pea

	Cool/Cold Diets	Warm/Hot Diets	Neutral
Grains/Beans/Oils	Millet Brown Rice Buckwheat Wheat flour Sesame/Flaxseed Oil Barley Barley Sprouts (green) Tofu	Oats White Rice Rice Vinegar Brown Sugar Olive Oil	Corn Sweet Rice Soybean String Beans
Meats	Turkey Cod Rabbit Frog Turtle Clam White Fish	Chicken Shrimp Mutton Deer Meat Beef	Pork Eggs Goose Duck Catfish Salmon Sardine Tripe Quail

What should I feed my dog?

Our dog owners commonly ask, “What should I feed my dog?” Choosing your pets diet can be a difficult task as there are so many choices. Dog owners should

assess the activity level, age and current health condition of their pet before choosing or changing the diet. Some of the newer holistic or whole food diets are not recommended for puppies or geriatric dogs. Dogs with special health conditions may have additional needs that should be discussed with your veterinarian.

The dog is a domesticated ancestor of the wolf. Dogs are carnivores. They were designed to eat meat and thrive best on this type of diet. When the dog ate its prey they also ingested some level of greens or grains found in the stomach. The main stay of the diet should be from a meat source.

There are basically three choices when it comes to doggy diets.

The first is COMMERCIAL diet. Those are the dry or moist diets that can be found at the grocery or pet stores. They contain grains as their main ingredient, usually corn or wheat. The meat source is typically a meat by-product. Meat by-product can come from a variety of sources but is defined as not fit for human consumption. Depending on the source the protein value can be poor. There is definitely a wide variety of commercial brands but the bottom line is they are usually deficient in meeting your dog's nutritional needs.

The second choice is a "NATURAL" diet. These diets can also be dry or moist. The biggest and most beneficial difference is that they don't contain corn or wheat. The meat source is also a better quality. These diets can be found at pet or feed stores. These diets provide better nutrition than the commercial diet. Unfortunately, they are still processed and just because the bag says "natural" on it does not mean it's the best choice.

The third diet is a WHOLE food diet. They are made with unprocessed foods. They contain quality meat protein source and are very palatable. They are cooked or raw. Whole food diets can be prepared by you or can be purchased. There are many quality whole food diets that can be purchased at some pet or farm type stores. They are generally fresh or frozen. A whole food diet most resembles what a carnivore would eat. The biggest drawback is the higher cost.

As with people, a dog's health is partially based on a healthy diet. A healthy diet for our dogs is a diet that closely resembles what a carnivore would eat. A natural diet can be supplemented with additional meat, vegetables and eggs. There are numerous whole food diets on the internet or may be obtained from your

veterinarian.

Chinese herbal medications



In the fall of 2006 a boarding stable in our equine practice lost two horses within days of each other because of acute liver failure. Several horses on the farm were blood tested and 1 out of 4 had increased liver enzymes. The horses at the stable were voluntarily quarantined and monitored closely. Several plant samples, water samples, feed samples, and insect samples were sent to the diagnostic lab at Iowa State to determine a cause for the acute liver failure. We monitored the horses closely and gave vitamin B shots and antibiotics to the severe cases. Fortunately only one other horse died, and the rest recovered. Unfortunately, the cause of the incident was undetermined.



As for me, one of the attending veterinarians, the most frustrating aspect about the incident was not being able to treat the horses with any medicine that would specifically target the liver. In our conventional veterinary medicine bag, our arsenal of medications is limited to specific classes of drugs. This particular incident sparked my interest in learning about Chinese acupuncture and herbal therapy.

In the summer of 2007 another farm, located several counties away from the farm previously mentioned, had horses suffering from a syndrome affecting the liver and kidney organs. One mare in particular had very high liver enzymes in her blood profile. When no conventional medicines were available, this mare was treated aggressively with acupuncture and a Chinese herbal formula called Liver Happy. Within two months her blood work was back to normal. I was pleased with this case because we were able to expand our arsenal and offer more treatment options to combat the liver disease.

Herbal Medicine paired with acupuncture has been used for over 2,000 years in China. In fact, over 80% of the cases in Traditional Chinese Veterinary Medicine (TCVM) are treated with Chinese herbs, or a combination, of herbs and

acupuncture. The founder of the Chi Institute in Florida, one of the countries leading TCVM practitioners, considers Chinese herbal therapy as “a daily dose of acupuncture.”

It has been proven that Chinese Herbal Therapy can be extremely effective for treating a variety of medical disorders. New clinical evidence shows that chronic conditions such as gastric ulcers, fatigue, poor digestive function, endocrine dysfunction, chronic cough, asthma, and heaves in horses can not only be treated to restore health, but can also be prevented by utilizing herbal medicine.

There are several Chinese Herbs that I have personally witnessed as being highly effective in relieving pain, calming down nervous horses, and improving health, fertility and performance. Body Sore is one formulation that invigorates the blood, or Qi to relieve pain and increase circulation. It has been useful in treating horses suffering from trauma, arthritis, joint and muscle disorders. In fact, several barrel racers that used this formulation have seen improvements in their horses. The horses are running faster and turning the barrels sharper, which has shaved seconds off of their pattern time. There is another formulation, Tendon Ligament Formulation, which targets the repair and aids to strengthen tendons and ligaments. I have prescribed this formulation to race horses with strained suspensory ligaments and bowed tendons. In my experience the horses on this combination seem to heal faster and stronger than without the herb.

Behavioral problems can be treated with Shen Calmer. This formulation is designed to ease separation anxiety, mental stress, fearfulness, and out of control behavior episodes. There are also herb formulations that can aide in controlling heat cycles in performance mares, and increase fertility in mares with a history of being difficult to breed.

The herbal formulations may take several days, perhaps even weeks to show a clinical improvement, depending on the severity of the condition being treated. The herbs come in a powder form that can be top dressed over the grain. Most horses will readily eat the formulations, while a few finicky eaters may need some assistance. Syrup, molasses, or applesauce will usually help to conceal the taste and texture.

Because the herbs affect body organisms and systems, there could be unwanted side effects if used improperly. Chinese herbs can have powerful effects and

should be considered as if they were drugs, thus used with caution. Many Chinese herbal formulas sold to the public are not safe due to impurities. The Chinese herbs that I prescribe are carefully formulated by TCVM veterinarians at Jing Tang Herbal in Florida. The formulations are safe and effective when used as prescribed. They are also guaranteed to be drug test free at a performance event.

I have found that after a thorough examination and treatment with a combination of acupuncture and chiropractic therapy for the specific condition, the Chinese herbal medications prescribed will amplify and prolong the effects of the acupuncture therapy. In addition, Chinese herbal formulations may be prescribed for long term as a preventative and to enhance performance.