



Natural Healing Veterinary Care Newsletter Issue 1

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Essential Appointments During COVID 19

We are still here to help you and your pet!



by [Dr. Cara Warkentin](#) April 9th, 2020

What does having an appointment with NHVC look like right now? We are currently limiting our appointments to those that are essential or urgent in nature. We are offering curbside drop off appointments at Central Veterinary Services, as well as in home or farm

visits when necessary. This is allowing us to continue to treat our patients, while maintaining physical distancing, protecting both us and you, our clients. This means your pet still receives the same care (and treats!) they would at their “regular” appointment, but we miss out on visiting and seeing your lovely faces.

So, how do you determine if your pet’s acupuncture appointment is essential?

We would like to help provide some guidance for you to help determine if your pet’s appointment is essential, whether they are receiving acupuncture, chiropractic or laser therapies. Please keep in mind there are no hard and fast rules as to what is “essential” or not, and these guidelines are only to help you decide what is best for your pet. This list is not exhaustive, and if your pet has a condition not included here, please contact us. We are more than happy to have a discussion with you to help determine your pet’s needs.

If your pet receives regular maintenance treatment, and their condition is stable, their appointment is likely NOT essential. We are understanding that as time goes on, this may change, and we are happy to have ongoing conversations with our clients to navigate when their pet may need an appointment.

If your pet has an acute injury, and they have been evaluated by their primary Veterinarian this may be essential. Examples of acute injuries that require treatment:

1. Back pain
2. Nerve pain
3. Acute lameness
4. Cancer diagnosis

If your pet has a chronic condition that not receiving regular treatment will cause a decline in their condition, an appointment may be essential. Examples of this include:

1. Arthritis with a marked decrease in mobility or increase in pain
2. Inappetance
3. Allergic skin disease flare up
4. Seizures

We thank you for your understanding and cooperation as we all work together to promote the health of both our pets and ourselves. We do not have a timeline for a return to “normal” appointments, and invite any questions you may have as to what this looks like for your pet’s care. Please don’t hesitate to contact us at (204)487-7738 or email nhvetcare@gmail.com if you have any questions or concerns.

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TCVM practitioners use the properties of the 5 elements and the relationships between them to explain medical problems. We use these to categorize the organ systems in the body, as well as the seasons, directions, senses such as taste and hearing, and emotions.

The 5 Elements are: Wood, Fire, Earth, Metal and Water.

Wood:



The Wood element represents the Liver and Gallbladder organ systems. It is the Spring element, and we think of wood trees as a representation of this element. The direction is East. It is a Yang element, with activity and action being promoted, and Wind and germination being associated with the wood element.

Organ systems: Liver, Gallbladder

Body parts: Tendons, ligaments, eyes, feet and nails/hooves

Emotion: Anger, irritation, confrontation

Taste: Sour

A well balanced individual with a Wood constitution leads the way like a general. They tend to be great athletes, are alert and respond quickly to stimulus. I often describe a wood animal as a racehorse or a guard dog. They are competitive and confront a problem head on.

An imbalance in the Wood element can lead to aggression, liver disease, and seizure disorders. Small amounts of stress can cause stagnation of Liver Qi, impeding the flow of energy.

A diet that can benefit the Wood element includes green vegetables, carrots, citrus fruits and liver organ meat.

Does your pet have a Wood constitution? Go to our website and fill out our [intake questionnaire](#) to see what element your pet's constitution is.

Dog/Cat Friendly Natural Treat Recipe - Dehydrated Liver

Dehydrated liver treats are a great Spring treat to support your dog or cat's Wood constitution. If you are unsure if liver is appropriate for your pet (it is rich and high in Vitamin A), please check with your Veterinarian. If it is a new treat for your pet, start with small amounts to allow your pet's stomach to adjust to it.



Ingredients: Liver

1. Preheat oven to 200F
2. Line a sheet pan with parchment paper
3. Cut liver into strips of even thickness (it may be easier to cut if you are working with frozen liver) and space out on pan
4. Bake for 2 hours, rotate the pan after 1 hour
5. Let cool on wire rack for 10 minutes

The goal is to have a jerky consistency, you may need to adjust the length of cooking time based on the thickness of your strips.

These treats keep best in the freezer. I recommend breaking them apart prior to storing, so it is easy to take out a small amount to maintain freshness.

Tui Na: Nie-fa (Pinching)

Tui Na is Chinese manual therapy used to prevent and treat disease. It can move Qi and blood to relieve pain, regulate the internal organ functions, and restore the balance of Yin and Yang.

A method of Tui Na that can be used at home is Nie-fa. This is done commonly along your pets back from their tail to their neck.



1. Find a position that is comfortable for you and your pet, with them facing you or away from you.
2. Start at their shoulders, pinch the skin using your thumb, index and middle fingers with one hand on each side of their spine, then release. The pinch is a gentle lifting of the skin and release.
3. You can alternate left to right or pinch both sides at the same time. Do what feels best for you and your pet. This pinching can then be worked down your pet's back working toward their tail. You will find areas where less skin can be pinched.
4. Continue lifting the skin and work then tail to neck. This can be repeated up to 5 minutes, or until your pet is resisting this massage.



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