

Functional Medicine Improves Health

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One of the most exciting areas of medicine to develop over the last 20 years is **functional medicine**. Functional medicine focuses on the function of the patient's cells, using an individualized approach to promote health and return sick patients to health as quickly as possible.

Dr. Messonnier has developed a number of therapies unique to his functional medicine practice. Using his expertise, he has developed his own line of supplements and herbal medicines to heal sick pets and restore well-being. Additionally, he has developed various therapies such as autosanguis therapy which aids in detoxification, organ support, an improved immune system health. *For pets this means that the "average" pet treated with functional medicine should live an extra 3-5 years! Pets with serious diseases including cancer, tend to live twice as long using Dr. Messonnier's functional medicine approach compared to conventional treatment.*

**** As a team we look at all options so that your pet's body can get stronger ****

Various diagnostic tests are run to get a clear picture of the patient's overall health, then the doctor can prescribe the correct diet and nutritional supplements to help the pet. Usually this means feeding a healthier diet (usually not a brand name mass produced food) and using supplements, herbs, and homeopathics to restore cellular health and metabolism. Finally, but equally important, a detoxification program is prescribed to "clean up the cellular mess" that is identified at the first visit. *Most if not all pets have excess toxicity from unnecessary vaccines, medications, environmental toxins (most commonly flea and tick medications,) and oxidative damage due to stress placed on the body's cells. Liver support (due to an overworked liver attempting to remove toxins) and GI support (to help detoxify oral toxins and support the body's largest part of the immune system) are also critical for many patients.*

**** Functional medicine minimizes unnecessary vaccines, drugs, and chemicals ****

Most pets can be restored to maximum health within 1-2 months of starting a functional medicine program. Once health returns, owners can easily continue on a maintenance program that reduces illness (and health care costs) and look forward to many happy healthy years with their dog or cat!

We also offer...

Holistic Anesthesia and Senior Pet Care- Especially important for our high-risk and older patients.

Early Cancer Diagnosis/Treatment – Early diagnosis using specialized testing and holistic therapies only available at our hospital helps our cancer patients live longer lives without using toxic treatments.

Wellness Care – Functional medicine keeps healthy pets healthy by optimizing the proper functioning of their cells.

UNDERSTANDING THE INTEGRATIVE (HOLISTIC) APPROACH TO PET CARE

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Goals of a holistic (natural, integrative) pet health care program:

- *Prevent Disease
- *Say NO to Drugs
- **"Heal" the Pet, Rather than "Treat" the Disease
- *Offer "Hope for the Hopeless"
- *Save Money on Pet Care

Steps in a holistic (natural, integrative) pet health care program:

1. Diet-Feeding the proper diet (no byproducts and chemicals) is the foundation upon which any integrative pet care program begins. Some examples of diets I like include *Nature's Variety*, *Eagle Pack*, *California Naturals*, *Natural Balance*, *Innova*, *Wysong*, *Old Mother Hubbard*, *Pet Promise*, *Trilogy*, *Halo*. Alternatively, you may wish to cook for your pet, and you can find diets in my award-winning book *The Natural Health Bible for Dogs & Cats*.
2. Minimize vaccines-Dogs and cats DO NOT NEED ANNUAL VACCINES (AVMA, AAHA.) Instead, run an inexpensive annual blood antibody/titer test to determine if/when your pet might need vaccinations. In our practice most pets receive vaccines every 5-10 years. Rabies vaccination schedules are based upon state law in consideration of your pet's health.
3. Minimize toxins-While oral monthly heartworm preventive medication is important (we have not found any proven natural preventives) most pets do NOT need annual chemical flea and tick control (Frontline, Advantage, Advantix, Revolution, Program, etc.)
4. Health Maintenance Supplements- To keep your pet healthy I recommend *Dr. Shawn's Advanced Revitalizing Formula*. This is the best product I prescribe to help keep all of my patients healthy and living long happy lives. In addition to the vitamins and minerals your pet requires, it contains various cofactors to help support the immune system, the joints, the GI tract, and healthy teeth and gums. *Dr. Shawn's Advanced Revitalizing Formula* is our basic supplement for pets under 5 years of age; *Cholodin* is taken with *Dr. Shawn's Advanced Revitalizing Formula* for pets 5 and over to help prevent Alzheimer's (cognitive disorder.)
5. Prevent and Treat Dental Disease-Using *PerioSupport* and *Oravet*, pet owners can easily control periodontal disease in their pets. While regular brushing using a pet toothpaste is always best, we know that some owners and pets don't like this. Simply using *PerioSupport* and *Oravet* help the teeth and gums in between regular professional dental cleanings using our holistic sedation approach.
6. Bathe Your Pets as Needed-Regular bathing, even several times weekly, will keep your pet's skin and coat clean and reduce your allergies by removing foreign proteins from the pet. My own line of shampoos, *Dr. Shawn's Naturals*, is specially formulated for frequent, even daily, bathing.



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Here at **Paws & Claws Animal Hospital and Holistic Pet Center** we offer conventional veterinary medicine and alternative therapies in a balanced, whole health approach for your pet. Our goal is to support your pet's vital energy for good health and self-healing. ***As a result, our patients tend to live longer, healthier lives than those simply treated with conventional medicine!***

We use diet, acupuncture, laser therapy, homeopathy, Chinese and Western herbal medicine, human-grade nutritional supplements, and other modalities along with advanced diagnostic testing, offered by a caring, compassionate staff of pet lovers to optimize your pet's health. We recognize that your pet is an important member of your family. From well visits to chronic disease, we offer naturopathic medicine that respects the integrity of your pet's mind, body, and spirit.

As a team we look at all options so that the animal's body can get stronger and stronger

Goals for pet parents who want the safest, most effective and environmentally friendly care for their 4 legged family members....***Say NO to drugs/vaccines/chemicals... *Prevent Disease... *Treat the pet NOT the disease... *Reduce costs... *Offer "hope for the hopeless"**

We offer **NATURAL ALTERNATIVES FOR VACCINES AND DRUGS** exclusively for our patients. Our patients thrive once these toxins are removed from their bodies.

We also offer.....

Holistic Anesthesia and Senior Pet Care-Especially important for our high-risk and older patients.

Wellness Care-Early testing including Biotherapeutic Analysis to detect early and subtle changes in the pet's blood/urine/feces. Early detection means we intervene with natural therapies to prevent/delay disease, resulting in less cost to the pet parent and a longer, healthier life for the pet!

Early Cancer Diagnosis/Treatment-Early diagnosis using specialized testing, only available at our hospital, and cancer therapies using proven natural remedies!!!!

Allergy Support-Helping your pet without megadoses of steroids and antibiotics through the use of herbs and homeopathics!

Why So Many Supplements??

Cancer is a horrible disease, and in order to keep your pet healthy and help his/her immune system fight cancer to stay in remission as long as possible, numerous supplements must be used.

Think of it this way: cancer is a war your pet battles 24 hours per day. As with any battle, the more weapons you have the greater the chance of winning the battle.

Because each supplement does something different to prevent the growth and spread of cancer, we must use as many supplements as possible (similar to why we use more than 1 chemotherapy drug when chemotherapy is chosen as part of our treatment for cancer: 1 drug won't kill cancer as effectively as multiple medications.)

All of the supplements prescribed for your pet act a little bit differently to kill cancer.

Here are some of the many ways the prescribed supplements work to help your pet live a long healthy life (for more specific information, we refer you to Dr. Messonnier's book, *The Natural Vet's Guide to Preventing and Treating Cancer in Dogs.*)

Natural therapies work in the following ways: Preventing suppression of the immune system caused by tumor secretion of histamine, halting cancer cell growth, preventing angiogenesis (new blood vessel formation that cancer cells need in order to grow and spread;) promoting cancer cell death (apoptosis;) averting often fatal cancer metastasis, inhibiting the secretion of collagenases by tumor cells (thus arresting their ability to invade normal tissue;) enhancing glucuronization of toxins in the liver (rendered toxins inactive;) protecting against radiation or chemotherapy-induced DNA damage (by scavenging the dangerous hydroxyl radical that is formed by radiation damage to the cell;) inhibit the activation of protein kinase C, and interfere with the binding of growth factors to their receptors; inhibiting the release of tumor necrosis factor alpha (TNF-alpha) and of nitric oxide synthase, an enzyme necessary for the production of nitric oxide (nitric oxide plays an important role in inflammation and cancer growth;) inhibits telomerase (the enzyme that "immortalizes" cancer cells by maintaining the end portions of the tumor cell chromosomes;) interferes with the enzyme quinol oxidase (NOX, an enzyme is required for growth by both normal and malignant cells,) lowering serum glucose and insulin (elevated insulin is a potent growth factor for many kinds of tumors;) protecting the liver and GI tract against damage during radiation or chemotherapy; lowering the expression of the MDR1 gene (thus inhibiting the P-glycoprotein pump which can increase the effectiveness of chemotherapy;) arresting the growth of cancer cells in the G1/G2 stages and induces apoptosis (death) of cancer cells; and by blocking AP-1, thereby decreasing angiogenesis (new blood vessel growth needed for tumors to grow and spread.)

Since no one supplement does all of these things, by combining multiple supplements we expect that most of our patients will live one and a half to two times longer than the typical pet that does not receive natural therapies during its battle against cancer.

Blood Testing at Paws & Claws Holistic Animal Hospital

To ensure early diagnosis of potentially serious and even fatal diseases we believe in laboratory testing of all of our patients. This can include a complete blood profile, a urinalysis, and fecal analysis. Much of the testing is done in our hospital to keep costs to a minimum.

Blood testing involves doing one of several different blood profiles designed to give us the most information about your pet's health. These profiles are done every 3-12 months depending upon the age of your pet and the presence of any chronic medical conditions.

There are 2 basic types of blood profiles: a mini-profile and a more comprehensive blood profile. The mini profile, often done as the standard blood profile at other veterinary offices, gives information on about 8-12 different tests. The comprehensive profile gives information on about 25-30 different tests. While the cost of the comprehensive profile is a bit higher than the cost of the mini-profile, the per-test cost is cheaper due to the larger number of values tested. In most instances we recommend the comprehensive profile due to the large amount of information we get from this expanded menu of tests.

If you choose the mini-profile, there is a chance we will need to do the comprehensive profile if there are any abnormalities on the mini-profile. Therefore we recommend doing the comprehensive profile if at all possible to decrease costs.

Additionally we strongly recommend running the cancer/inflammatory/vitamin D profile every 6 months for your pet. Since over 90% of dogs tested with this profile show an abnormality on at least 1 of the 3 parameters tested (TK level, CRP level, or Vitamin D level) that requires treatment to prevent a serious inflammatory or immune disease, the value of running the test is tremendous. *We so strongly believe in the value of this profile that we discount it \$50 if the test is run at the same time as your pet's blood profile.*

As always we want to give you choices and will work with your budget to give your pet the best care possible. Feel free to ask us any questions about the laboratory testing recommended for your pet.

Decreasing The Cost of Your Pet's Care at Paws & Claws Animal Hospital

We have 5 goals for your pet: Say NO to drugs and vaccines whenever possible; focus on health and not just disease; prevent disease naturally; offer hope when other doctors give up; and decrease the cost of care.

We're the first to admit that we can do so much for your pet, but the level of expertise available in veterinary medicine often comes at a cost.

Whenever we recommend something to keep your pet healthy, we always recommend the best care without regards to cost first. This allows us to treat all of our pets equally, and treat your pets with the same high quality care that our own pets receive. After reviewing our recommendations, we are happy to modify the plan based upon your health care budget. *With rare exception, we can help any pet regardless of the budget available for care.*

There are several things that can reduce your cost of care, and we encourage you to take advantage of these opportunities.

First, practice preventive medicine. It is much cheaper to prevent a problem than treat it. We offer many preventive care strategies and testing, often offered at a discounted price to encourage preventing problems.

Second, seriously consider pet health insurance. We can offer you a 1-3 month free trial of pet insurance. Many of our clients have taken us up on this free trial AND used the insurance when their pets developed a problem during the trial (and if you sign up during your visit or within 24 hours of the visit, any problems detected during our laboratory testing are typically covered as well!)

Third, only do those procedures that are truly necessary. DON'T vaccinate your pet unless titer testing indicates a need for a booster vaccine. DON'T use chemical flea/tick products routinely (this reduces monthly parasite prevention costs by 50% and reduces toxicity by 100%!) DON'T wait to have us professionally clean your pet's teeth (as the disease progresses, it costs more to treat.) DON'T wait for tumors to grow (removing them when first diagnosed lowers the cost and can save your pet's life!) DON'T put off preventive testing such as X-ray examinations and ultrasound testing.

Finally, consider Care Credit and other third party payment options to defer paying for unexpected emergencies.

As always, we are happy to discuss your pet's care and find a plan that fits your budget!

Your Pet's Annual/Biannual Visit at Paws & Claws Holistic Animal Hospital

Thank you for allowing us to contribute to your pet's healthcare by choosing us to perform your pet's annual/biannual visit. Keeping your pet healthy is important, and regular checkups (every year for pets under 5 years of age and every 6 months for pets over 5 years of age) are important. As your pet ages the incidence of disease increases. For this reason pets over 5 are seen twice annually for regular health care.

There are several parts of your pet's checkup that are unique to our hospital, as outlined below.

Titer Testing-Pets do not need and should not receive annual vaccines due to excellent immunity from many vaccines. For this reason a simple and inexpensive blood test called a titer test is done. The titer test measures your pet's immune response to prior vaccinations (for dogs, this includes parvo virus, hepatitis virus, and distemper virus; for cats this includes calici virus, panleukopenia virus, and herpes virus.) If the titer results are normal your pet does not need those vaccinations this year as he is still protected from prior immunizations.

Blood Profile-A blood profile is done to determine a baseline value, detect even subtle abnormalities that may be the start of a more serious problem, and determine if sedation/anesthesia is safe prior to a surgical procedure (most commonly a dental cleaning done annually in most pets.) Conventional doctors usually do not do a blood profile at the pet's annual visit. In those rare instances where this is part of the pet's checkup by conventional doctors, these conventional doctors often ignore small changes in the pet's blood values. Holistic care, through the use of herbal and homeopathic medications, can correct subtle changes ignored by conventional medicine before they develop into a serious problem for your pet.

Urinalysis/Fecal Analysis-The urine and feces are examined for signs of internal disease and parasites.

Heartworm Testing-This is done annually on all dogs and any cats suspected of being infected. Legally and medically this is done to ensure heartworm preventive medication is working to keep your pet free of heartworms and complies with the requirement by the heartworm manufacturers that guarantees the effectiveness of the prescribed medication.



**PAWS & CLAWS
ANIMAL HOSPITAL
HOLISTIC PET CENTER**

What Foods Should my Pet Eat?

An important part of your pet's healthcare is to ensure he/she is eating the best diet you can afford. Excellent healthcare starts with an excellent diet and pet parents have a number of choices.

Our generic recommendation is to use a natural high-quality brand such as Orijen or Acana. These diets and other natural ones focus on quality ingredients without adding fillers, byproducts, or artificial ingredients.

Dr. Shawn also supports high quality homemade diets as long as proper supplementation is added. *Please let us know if you are feeding a homemade cooked or raw diet so we can properly supplement your pet's food.*

Having said this, it is best if you can feed a diet most suitable to your pet's health needs. In order to do this, we will need to run a blood test to rule out food hypersensitivities which are commonly seen in pets and contribute to various medical disorders. By running this blood profile, we can advise you on which food ingredients you should avoid in order to maximize your pet's health. Additionally, many pets will benefit from a full blood profile/urinalysis as our dietary recommendations may change if an internal disease is present.

Please feel free to ask us any questions you have about your pet's diet. Feeding your pet is something you control and it's important to feed the correct food to ensure a long healthy life for your pet.

Holistic Anesthesia

As with everything we do, we also have a very unique and holistic approach to anesthesia. Because of this, we get many referrals from pet owners and even doctors who do not want to place certain "high risk" pets under anesthesia.

So what makes our approach, that we call holistic anesthesia, unique and even safer?

1. We select the best and safest anesthetic to fit your pet's unique health. Unlike many doctors who use the same anesthesia for just about every case, we choose the best anesthetic to meet YOUR pet's need at the time anesthesia or sedation is needed. We make our choice based upon the pre-anesthetic evaluation, which could include a thorough examination, laboratory testing, presence or absence of disease, age, prior anesthetic experiences, patient history, and EKG.
2. We are not afraid of anesthesia. So often we hear that another doctor refuses anesthesia because the pet is "too old" or "too sick." **NO PET IS TOO OLD FOR PROPER CARE**, including properly chosen anesthesia. We are happy to help these "higher risk" cases who also need the best health care.
3. For most procedures, such as dental cleanings and the removal of small tumors, deep anesthesia is not needed and not given. We give just enough anesthesia/sedation to keep your pet quite, restful, and pain-free during the procedure. The pet then awakens fully aware of its surroundings and is discharged shortly following the procedure so it can go home and resume its normal daily activities.
4. Proper monitoring is important. I know many doctors do not monitor their patients while under anesthesia. This is malpractice and will eventually result in an unnecessary death of a patient. *At our hospital your pet is monitored from the time it enters the hospital until it is discharged.* During surgery the pet is monitored by the doctor, TWO assistants, and modern monitoring equipment to allow early detection of any problems that might occur (problems rarely occur during our holistic anesthesia.)
5. Because many surgeries can cause pain, we use multimodal analgesia (pain-killing) techniques. Using several drugs and even natural therapies allows your pet to experience surgery free of pain; this technique also allows lower doses of anesthetics, making anesthesia even safer!

Feel free to ask us any questions about your pet's anesthetic or surgical procedures. We can never guarantee problems won't occur, but with our approach they are much less likely to occur! We welcome referrals for pets that other doctors do not want to sedate or anesthetize and promise to give them the same special care we offer all of our patients!

Radiography at Paws & Claws Holistic Animal Hospital

The doctor needs to do radiographs (X-rays) on your pet to assist in formulating a diagnosis and treatment plan. Radiographs are an important part of the diagnostic profile and are important in helping your pet.

Since radiographs are a 2-D image, and a 3-D image is required to make a proper diagnosis, most of the time 2-3 views are needed in order to arrive at a diagnosis. This reduces cost and minimizes exposing your pet and our staff to unnecessary radiation (due to our modern equipment, a minimal amount of radiation is produced to take the necessary radiographs.)

For pets with suspected cancer or cancer follow-up, 3-4 different views are usually needed to screen for metastasis (cancer spread.)

For pets with heart/lung disease, 3-4 different views are usually needed to correctly diagnose the problem.

For pets with lameness, 2-3 different views of a normal limb and 2-3 views of the affected limb are usually needed to correctly diagnose the problem (the normal limb serves as a comparison for the affected limb.)

For pets with non-specific signs of illness (not eating well, weight loss/gain, lethargy, etc..) 2-3 different views of the abdomen plus 2-3 different views of the chest are usually needed to correctly diagnose the problem.

For pets with disorders of the sinus cavity or skull, 4-6 different views are usually needed to correctly diagnose the problem.

After the initial radiographic view all other radiographs are also discounted to minimize the cost of caring for your pet.

In order to minimize cost and exposing your pet and our staff to unnecessary radiation, light holistic sedation is usually needed to help your pet relax and allow the staff to properly position the pet for the radiographs. This sedation is very safe and your pet will not be anesthetized completely. It is almost impossible to take a diagnostic-quality radiograph on an awake pet. Due to safety and OSHA regulations owners are not allowed to be present to assist or observe radiography of their pets.

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Due to the large demand for holistic pet care, we are updating some of our policies so that your visit with us will be as pleasant as possible. In order to improve our service to our clients, and prevent us from interrupting a visit with a scheduled appointment, please help us by observing the following policies.

- 1. We regret that due to legal restrictions and anti-tampering laws, supplements, medications, and over-the-counter products cannot be returned for a refund or credit.**
- 2. We do our best to keep on time, but emergencies seem to be the norm rather than the exception due to the high volume of very sick pets we treat. We will do our best to inform you at the time of your visit if we are running late for any reason. If you are inconvenienced by the extra wait, feel free to drop your pet off (we'll see your pet ASAP once we are caught up) or reschedule your appointment.**
- 3. Due to the large volume of refill requests we receive, we require a 72 hour wait in order to refill orders for prescriptions and supplements, although we make every effort to process your order as soon as possible, usually within 72 hours.**
- 4. Due to space limitations, we are unable to keep large amounts of the premium pet food we sell for your pets. Please call us BEFORE you run out and we'll have the food within 7-10 business days in most cases.**
- 5. We are happy to mail supplements to our clients who find it difficult to visit in person. Mail-outs are done weekly. If you need supplements sooner, you may ask for overnight delivery. There is an additional charge for this service in addition to overnight mail or FedEx/UPS charges.**
- 6. We understand that sometimes you might be running late for an appointment. In order to not inconvenience other clients who are on time, you may be asked to wait until we are finished with our other scheduled appointments or drop your pet off and allow us to see him at some time during the day. If this will not work for you, we will gladly reschedule your appointment.**
- 7. If you need copies of your pet's medical records, please fill out our Records Request form at the front desk and we'll process your request and have your records ready within 7-10 business days. If you are a current client and needs records faxed to a veterinarian based upon a referral from Dr. Messonnier, we will fax records as soon as possible following your request. To minimize any inconvenience, please give us as much time as possible to fulfill your request (24 hours minimum if possible) as we are not able to fax records immediately upon request. Copies of X-rays will be emailed to you or another doctor within 7 days of your request for an additional charge.**
- 8. Due to a number of reasons, including FDA warnings, we regret that we are unable to prescribe through internet pharmacies. We will gladly fill your prescription or call a local land-based pharmacy for you.**

Thank you for your support. These policies have been implemented to make everyone's visit run smoothly. We hope these policies will allow us to continue to provide you with the care and service you expect from us!