

Holistic Pet Care...What Does That Mean?



Suzanne Walski, DVM, MSS has an office in Ottsville, PA. She established Meadowbrook Animal Hospital, 1987, now called Meadowbrook Animal Healing, and soon to be Meadowbrook Healing Sanctuary, for people AND pets!!!

This question is something I answer on an almost daily basis! What does holistic actually mean and entail? For me, as a veterinarian, it means evaluating your pet, usually a dog or cat, from an overall picture of the entire animal—everything that could be affecting your pet’s health, such as the food they eat, the lifestyle they enjoy along with the one you offer them, and the physical, mental, and emotional (yes, I said emotional) influences in

their lives. How about this question: what was your pet meant to be to you and for you?

Traditional veterinary medicine is often labeled the “drug” way of handling disease. Yet, as a veterinarian practicing holistic pet care, the first thing I tell my clients is that drugs are not necessarily a bad thing unless they are hurting more than helping. As an example, in acute severe pain management, it is important to help alleviate the pain as quickly as possible, so the body can start the healing process. This can involve medications that start quickly, followed by other modalities like acupuncture, chiropractic, laser therapy, nutrition, herbs, flower essences, and whatever else is available to

help the body “heal thy self” into a “healthy self”. What can potential clients and their pets expect when they set up an appointment for a holistic care evaluation? Well, first and foremost, I will ask you as the caregiver to provide the medical history that helps me put together the puzzle of your pet’s dilemma: blood work, X-rays, nutrition, current supplements, and current medications—any information that will provide a foundation to help us put this puzzle together, so a healing program can be put forward for you and your pet.

I will recommend and we will put together the next steps, utilizing the modalities that are my special interests: nutrition, which is always

discussed; Chinese acupuncture; Chinese herbs; chiropractic; laser therapy or different combinations, which may be modified as the body responds. All of this happens in a very calm

relaxing environment at my home/small farm. There is no rushing, and the first appointment is usually one hour. Your pet will come to feel this is a “spa day experience” and so will you!



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Self-care: The Greatest Elixir

Women have heard endlessly the value of self-care, yet all get caught up in other care, exhausting themselves. The most powerful rule of femininity: Take care of yourself first so you may better serve others. When our needs are met, a well of energy called “Shakti” in the East flows abundantly, and we are not using it! It is innate in us, but we must care for ourselves in easy ways.

How do we do this? We practice by adding in a little delight each day in honor of ourselves. Anything that gets us into oxytocin of pleasure is perfect and healing. It becomes a habit, so our energy awakens and naturally

flows. The most powerful care is of our spirit. What inspires you? What enlivens creativity? What artistry can you play with through your mundane world? These are the most powerful self-care practices.

The Room at Meadowbrook is a community offering these spirit-building experiences—practices of self-care that enlighten and create vitality. Healing methods, experiences, and healthful education that build your spirit—to help you be more authentic, inspired, and awakened. The healing and expressive arts are self-care elixirs par excellent.



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To register for one of these events, call 215-813-4073 or go to www.theroomatmeadowbrook.com on the classes page:

Oct. 11 Chakras for Crystal Kids,
Ages 9-16, Thurs. 6:30 pm, \$45

Oct. 13 How Lovely to Be Queen Woman’s Day Retreat, Sat. 7:45 am–9:00 pm, \$199

Oct. 17 Jin Shin Jyutsu Therapy,
Wed. 7 pm, \$75

Oct. 18, Nov. 15 Sacred Femininity Circle,
Thurs. 7 pm, \$15

Oct. 19, Nov. 30 Intuitive Healing with Julie, Fri. 7 pm, \$20

Oct. 20 A Day of Raising Your Energetic Vibrational Bar, Sat. 11 am–1:00 pm, \$52

Oct. 20, Nov. 3 Intuitive Healing with Dustin Parent, Sat. 7 pm, \$25

Oct. 23, Nov. 30 Sound Bath with Sharon Kachel, Tues. 7 pm, \$20

Oct. 27, Nov. 17 MSIA Soul Awareness Seminar, Sat. 7 pm, FREE

Nov. 6 NLBP Holistic Coffee Hour,
Tues. 8 am, FREE

Nov. 8 Holiday Health for Woman,
Thurs. 7 pm, \$25

Nov. 11, 18, 25 Celebration of Spirit in Our Lives, Sun. 9:30 am, Donation