

Tamarack Wellness Center
Presents



An Evening with Neale Donald Walsch CONVERSATIONS WITH GOD

*"The purpose of life is to recreate ourselves anew in the highest
version of the grandest vision we ever had about ourselves."*

the dialogue continues...

Event: Neale Donald Walsch
Tomorrow's God
(soon to be released)
Date: Fri, Feb 20, 2004
Time: 7pm - 10pm
Location: South Eugene High School
400 E. 19th Ave
Cost: \$20.00

Information / credit card sales:
(541) 461-8052

Tickets: TicketsWest locations
1-800-325-SEAT
(plus service charge)
Stargate, Ruby Chasm,
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Sponsors: Tamarack Wellness Center, Ruby Chasm, Unity of the Valley, Eugene Weekly

MINDING YOUR BODY 2004

Animal Hospital Association (AAHA) discourages pet owners from using raw meat diets, and many veterinarians say commercial pet food contains adequate nutrients and is a safer way to feed animals.

Hock acknowledges that raw food diets might pose some risks, but she says she has only seen one problem with one dog in all the years she has been recommending the diet to her clients, and even that was just mild vomiting and diarrhea.

"Dogs' and cats' digestive tracts have more immunity than ours," she says. "The human risk is greater [for developing salmonella infection]. Hygiene in the kitchen is really important. You have to have common sense with this."

Hock adds that she thinks the positive aspects of the diet overpower the negatives.

"I feel like in everything we do in medicine, you have to weigh the risks with the benefits," she says. "I'm willing to accept the risks, and I try to mitigate them as much as I can with taking care."

Hock stresses the importance of consulting a veterinarian before making drastic changes to a pet's diet, in order for the owner to make sure their pet's food contains all the necessary vitamins. "That's the biggest place where someone could err," she says.

Finally, Hock adds that raw food diets contain one essential ingredient missing from any commercial pet food — love. "This might sound woo-woo, but I really think that when you prepare the food yourself, you're preparing it with love," she says. "Love goes into it." **EW**

Vegetarians often find it difficult to feed their pets meat, but Doreen Hock, DVM, says it's important for cats and dogs to consume meat products. "I do not think cats and dogs can be vegetarians," she says.

Pet owner Holly Moline, who is switching her dog to a raw food diet, says she rarely eats meat because she finds it disgusting in raw form. However, she says she'll feed her dog meat for the sake of his teeth.

"Because dogs on raw diets are crunching up raw bones on a daily basis and aren't consuming carbohydrates, which their systems aren't built to handle, their teeth stay perfectly clean," she says. "I just know that I have a 3-year-old dog who came to me with perfectly white teeth, but after a few years of kibble his teeth and gums are darkening and he'll need a dental cleaning soon. If I can prevent having to put him under anesthesia by changing his diet, it's worth handling the disgusting meat." **-JL**



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**EUGENE
weekly**

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