



# Pet Tips 'n' Tales

by Mary Ellen "Angel Scribe"

## Holistic Vet Pet Tips

Purr-using Dr. Jean Hofve's website is like taking advanced courses on pet care.

As an animal advocate, Dr. Jean's mission is educating pet parents on caring for their pets in a world of bright/colorful advertisements and fancy bags of mysterious pet food ingredients. She exposes the truth about pet food and the vaccine industry, backed up with scientific proof. Information is archived on: [www.LittleBigCat.com](http://www.LittleBigCat.com)

"As a child in the 50s, I dreamed of being a veterinarian," said Dr. Jean. "But it was not on the short list of job opportunities for girls: nurse, teacher, secretary. When I was in my 30s, I was visiting Fort Collins, which has one of the best veterinary universities. I had never given up on my dream, so on a whim I picked up a course catalog. I knew it was not paws-ible to help animals to the same degree unless I was a veterinarian. Three days later, I was enrolled in classes. As they say, the rest is history...or in my case HER-story.

Remarkably, I was not the oldest in class! We had a 52 and a 57-year old student and we all achieved our dreams of becoming veterinarians. It is never too late to purr-sue your dreams. With the DVM degree it is fulfilling/thrilling teaching about animal's health.

During vet school, I attended a homeopathic seminar, revealing a holistic way of caring for and treating animals without drugs! I learned of natural ways of letting an animal's body heal itself; so upon graduation I worked in a holistic clinic.

## JOYCE

Continued from page 2A

but we have to choose to cooperate with the Holy Spirit to walk it out.

As a new creation in Christ (see 2 Corinthians 5:17), the Holy Spirit lives in your spirit, and you have His power to do God's will. This means we don't have to live with anger, unforgiveness, bitterness, depression, addictions, self-pity, selfishness or anything else that isn't Christ-like. Philippians 4:13 (AMP) says we have strength for all things in Christ, we're ready for anything, and we are self-sufficient in His sufficiency. In other words, we can do whatever we

need to do, according to God's will, by the strength and ability we have in Christ!

It's all about your 'want-to' We clearly see in God's Word that anything He tells us to do, He will give us the ability to do it. But do we really believe it? Do we want to believe it? It's easier to come up with excuses for why we can't do things that are hard or that we really don't want to do. "I just can't help it... it's too hard...I'm addicted...it's the way I was raised..."

Do you know that an excuse is a reason stuffed with a lie? And God is not a liar. So when you're tempted to make an excuse (and we're all tempted sometimes),

did it he barked like crazy!"

Dr. Jean also co-authored, "The Complete Guide to Holistic Cat Care" with nutritionist Dr. Yarnall. It won the 2010 Muse Medallion award for best book from the Cat Writers' Association. "I am a science geek, and I back up everything I write," said Dr. Jean. "Just because a product is called "natural" or is sold in reputable stores, or a vet is willing to do a procedure, does not mean it's safe or beneficial. My goal is to make pet parents educated advocates for their pets."

## TIPS

"Invest now, save later," says Dr. Jean. "Buy the best pet food you can afford. Your pets will be healthier and prevent future vet bills.

Add fresh meat to your pet's diet at least once a week, or a little bit every day! This makes a huge difference in their health. Cats are especially reliant on meat protein, which is too low in many pet foods for optimal health.

In addition, feed dogs their favorite vegetables, preferably pureed or steamed, which are easier for them to digest.

Fresh whole foods is what we and our animals thrive on — in nature and off our tables. I knew of a very healthy Mexican family's dog that was only fed off their table!

Information on feeding fresh foods, and resources on choosing a good commercial pet food are on my website, [www.littlebigcat.com](http://www.littlebigcat.com)



Courtesy Photo

**Dr. Jean Hofve is supervised by her client, Simon. Dr. Jean's sense of humor intertwines with her holistic practice: "Pets are fun, and the love they give us makes their most annoying moments 'oddly' adorable!"**

[bigcat.com](http://bigcat.com)

[www.RodaleNews.coreit](http://www.RodaleNews.coreit)

Walk your dog/cat on a leash: It improves your/your pet's health and bonds you as a family. It is free/easy and everyone will be mentally and emotionally healthier.

For cats: Play!!! Fold a strip of newspaper like an accordion, tie a string around the middle, spread out the "wings," and dangle/drag it as if it were a prey animal. Exercise improves muscle tone and helps rid the body of waste products.

Reduce exposure to electromagnetic gadgets- turn off all LED and digital lights, which disrupt sleep for you AND your pets!)"

Dr. Jean's book's are available on [www.paleodogbook.com](http://www.paleodogbook.com) and [www.LittleBigCat.com](http://www.LittleBigCat.com) and her newest book is recommended on Rodale's daily webnews.

- Dr. Jean's interview on how barbaric cat declawing is done: <http://healthypets.mercola.com/sites/healthypets/newsletter-archived/2014/08/24.aspx>

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Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 100 books, including *Battlefield of the Mind* and *Living Courageously* (Hachette). She hosts the *Enjoying Everyday Life* radio and TV programs, which air on hundreds of stations worldwide. For more information, visit [www.joyce-meyer.org](http://www.joyce-meyer.org).

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