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Pet Tips 'n' Tales

by Mary Ellen "Angel Scribe"

Food ouchies!

"As an only child, Thor, my Great Dane, was my best friend. I sang him songs and dreamed of protecting him so he would live forever," said Dr. Cathy Alinovi. "So, since the age of nine, my two goals were being a veterinarian and serving in the Armed Forces.

After college, my dreams unfolded after serving eight years in the United States Air Force and then graduating from Veterinary College.

I began working with dogs, cats, horses, cows, llamas, sheep, goats and the occasional emu. Animals are amazing — from cows that can lick their noses, to horses with the ability to open a gate with their lips, to dogs' and cats' amazing bonds with us.

My practice took an unexpected turn because of the frustrations to help animals with the limited skills I had learned. Two memorable patients changed my life and those of future pet patients: a horse with a lame knee and a dog with a lame shoulder. I knew I could fix/help them if I had chiropractic skills, so I studied animal spinal manipulation.

During the training, I met veterinarians who included other healing tools in their practices such as acupuncture, energy medicine, craniosacral therapy, applied kinesiology, plus they used the skills of animal communicators. I learned that all these tools are gifts to animal patients.

Most of what I do is brain-based: anything that makes the brain work better makes the body work and move better.

I soon watched lame dogs walk, cats leave their diabetes behind and pain leave animals' bodies. It was amazing, fascinating, fun and like working in the land of miracles!

I realized that inflammation is the 'sneaky' culprit making our



Courtesy Photo

"My eight-year-old Cairn Terrier Max's 'pet' name is **Pillow Pak**," said Dr. Cathy Alinovi, "because he whispers sweet nothings in my ear at bedtime. My love for dogs is why I studied to become a veterinarian."

pets shed. We've been told that shedding is normal — this is far from the truth! Dogs and cats that are not inflamed do not lose fur, except for normal seasonal changes. Dogs and cats shed due to everything that is done to them — mostly through their food and exposure to yard and household chemicals.

Feeding is the biggest culprit, accounting for 80 percent of the body's inflammation, therefore 80 percent of their illnesses. The other 20 percent is due to illness, genetics, vaccines, pollution, etc. If we first fix what's going on with the food, then we have the biggest problem out of the way before focusing on the rest. (This is also worth considering when focusing on our own personal health!)

My dog, Lady, is the one who helped me down this path. When I adopted her, she arrived with food allergies. I did what any veterinarian would do — I started Lady on a prescription diet. Her allergies continued along with repeated ear infections, a greasy hair coat, shedding all the time, and she was emotionally aloof.

Frustrated, I attended a course

about pets' allergies. The majority of the discussions were food related, the ingredients in commercial pet food, and the effects/poisoning on pets' health.

Learn what is hiding in your pet's food: www.TruthAboutPetFood.com

After a guilt trip about what I had fed and done to my dog, I placed her on a raw diet. Within three days she stopped shedding and was no longer aloof! I soon realized that she was also allergic to beef and grains, which we eliminated, along with the rest of her food allergies. Her ear infections do not return unless she licks a pan that had beef cooked in it.

Sadly for Lady, eating a raw diet did not stop her from going blind. Her blindness was due to sudden acquired retinal degeneration syndrome, SARDS. While SARDS is not completely understood, my research, and Lady's evidence, indicates untreated food allergies and inflammation led to my girl's blindness.

She is a happy Lady, constantly wagging her tail and

venturing outside. Her routine chiropractic care makes her body work better, sending great information to her brain, which then makes her body work well. It's a nice paws-i-tive feedback system. Lady has not eaten commercial dog food since I learned of the hazards associated with such food. She is constantly petted, stimulated, loved and involved in the family. Lady is an inspirational teacher and the reason I practice holistic veterinary medicine.

There are many pets who need help improving their quality of life to live long-pain-free lives. Leave no stone unturned when searching for tools to improve your four-legged family member's health and life. My goal of helping pets unfolds daily with these wonderful healing modalities and my books."

TIPS

Dr. Cathy Alinovi's advice for pet health, "Fix the food! Hands down, feeding our pets is the biggest thing we do TO them; their food needs to be the best quality. Since human-grade food is the highest quality available, feed them healthy 'people' food. Whether the food be raw or cooked, home-prepared or purchased, there are plenty of sources of high quality pet food available."

Dr. Alinovi's book "Dinner PAWsible" on Kindle/hard copy has dozens of recipes for healthy cat/dog food. Her book teaches that the best food for your pet is your food! Chicken, beef, fish, and fresh vegetables.

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NATIONAL FOOD BANK WEEK
OCTOBER 11-17

COMMUNITY SHARING PROGRAM
COTTAGE GROVE OREGON

FOOD For Lane County

During National Food Bank week, October 11th through October 17th, it's important to remember our neighbors struggling to provide their families with enough food to eat. In Cottage Grove, and the surrounding areas, lower income families can find help at Community Sharing Program. Community Sharing is a local non-profit that provides community members basic needs, life-skill tools, and resources towards self-sufficiency. Each month an average of 750 emergency food boxes are distributed by Community Sharing's pantry. Emergency food boxes are meant to supplement SNAP assistance (previously called food stamps) with a 3-5 day supply of food. As a partner agency, Community Sharing gets over half of its food from the county's food bank, Food for Lane County. The rest is donated by local individuals, organizations, and businesses.

Historically the need for emergency food in the fall and winter is significantly higher than in the spring and summer. This summer the pantry set a new record of 896 food boxes distributed in one month. Following this pattern, the fall and winter months might see even more record-breaking numbers of families in need. In addition to the increased number of our neighbors facing food insecurity, the latest forecast from Food for Lane County for the fiscal year 14-15 shows food distribution to pantries will be lower for the better part of the fiscal year. That means local

food donations are critical, now more than ever, to meet the basic needs of an ever increasing number of eligible families.

In addition to food, Community Sharing accepts donations of essential non-food items, such as hygiene items, clothes, and cleaning supplies, to provide to its client families. These items aren't covered by SNAP assistance, but clothes, toilet paper, diapers, and soaps are almost as vital for day-to-day living as food.

Community Sharing also relies on local volunteers to operate effectively. Our board of directors is composed of dedicated community leaders who volunteer many hours supporting this organization. In the pantry, volunteers help sort the donations, stock the shelves, and assist clients through the pantry process. Office volunteers are needed to give out critical information, help clients fill out necessary forms, and provide a kind ear to clients on the edge of crisis. In addition to our current support from local volunteers, we are always looking for volunteers who would be willing to help stop local hunger by organizing a food drive, or fundraising event in Community Sharing's honor.

During the coming holiday season, Community Sharing will be offering food box clients a special food box for December holiday celebrations. Clients will begin signing up for the special

food box in November. The box contains seasonal foods and a frozen turkey for each family. Community sharing will be selling buttons to support our holiday food boxes over the next two months to help put on this special event. We will be selling these buttons for \$10 each, please call one of our board members or come by our office to purchase a turkey button and provide a holiday meal to one of your neighbors. In December volunteers from all over the community will help distribute the holiday food boxes at OLPH Catholic Church. The event is an amazing, non-denominational display with concerned community members coming together to give back.

There are also a number of annual donations drives this time of year, such as the local U.S. Postal Service's food drive, Boy Scouts' door-to-door donation collection and the South Lane School district's food drive. Please consider supporting these organizations in their efforts.

The directors, staff and volunteers at Community Sharing would like to thank the Cottage Grove community for their continued support. Together we are able to provide desperately needed basic needs services to our community as a result of your generosity.

To find out how you can help, call Community Sharing at 541-942-2176 Monday through Friday from 11am- 3:30pm.

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