

Pet Body Builders

Dr. Frick's 2006-07 Speaking Calendar

- June 2006: Beardie Camp at Nestle' Purina
- Sept 2006: One Lucky Mutt, Wildwood
- Sept 2006: Standard Process, Oregon
- Oct 2006: Rehabilitation, Wild West Veterinary Conference, Reno
- Nov 2006: American Veterinary Chiropractic Assoc., Phoenix, AZ
- Feb 2007: Standard Process, California
- 2007—2009 AVMA National Conference CAVM Program Chr.

Quadriplegic Walks After 6 Month Paralysis!

You wouldn't believe it unless you saw it. Heck, I saw it and it's still hard to believe! Gena, an eleven year old 10.4 pound Chihuahua was brought to us January 27, 2006. She had not walked the past six months since disc disease left her totally paralyzed.

Gena had been receiving 5 mg. of prednisone daily and diazepam intermittently since February 2005 when she first began tripping and falling. Weight gain was inevitable (4 pounds) and all four legs gave out in October 2005, leaving her a quadriplegic. She would lie on one side or the other, switching only when she was turned over by her family. This was her condition and lifestyle the past six months. Were it not for the great love and devotion of her family, Gena's life would have been over long ago. But her mind was so viable that they could not say good bye and end her questionable existence.



Good news came on the first visit to Animal Fitness Center when the Robinsons were told that even though Gena had significant muscle atrophy and could not support her weight, she did have some positive muscle tone and neurological conduction was present. Our plan was to initiate exercise to right her body, resetting the horizontal plane using a harness, leg slings, and a Nerf football. Toe pinches were instructed for proprioception and muscle work. Other areas addressed were dietary, three week reduction of prednisone, and Standard Process® supplements to support the suppressed autonomic nervous system, adrenal glands, whole body, and specifically the nervous system. Thyroid replacement therapy was prescribed for 90 days and antibiotics for a bladder infection.

Alpha-Stim® microcurrent therapy was also initiated to stimulate the production of ATP by muscles, re-establish optimal autonomic nervous system communication and neurological function. Alpha-Stim® is a handheld prescription medical device that can be used in-clinic as well as dispensed for at home use.

Rechecked every 2 weeks, Gena improved on each visit, losing weight and gaining strength. Mr. Robinson was creative and made her a "creeper" (as he called it.) This was a walking device designed for accommodating a quadriplegic. Her rehab program was changed as she progressed and on April 26th the great news came that Gena was walking all around the house without anyone's help! This is a perfect example of the extraordinary change that can occur in a body when organ specific nutritional support, microcurrent therapy, and rehabilitation techniques are applied. Go girl, we're so proud of you!

And here's what Jenna's family has to say: "Gena's condition had gotten so bad that we were thinking our only option would be euthanasia. It is amazing to see this dog we love so much come from not being able to walk to what she is now. You can just look at her and see she is happy again, just as we are. Thanks to Dr. Ava and our persistence, Gena has come back to us!"

Dr. Ava Frick, Hartz® 2006 Veterinarian of the Year Runner-Up

In 2001 Hartz Mountain Corp., the leading manufacturer and marketer of pet care products in the US and Canada, created its "Veterinarian of the Year" program to honor veterinarians who have demonstrated an outstanding commitment to patients, their families and to their communities. This year, out of 1,000 veterinarians nominated, Dr. Ava Frick was selected as runner-up!

In addition to information submitted by nominator Jennifer Boehmer; a client, prior employee at Pet Station and student mentor, Ava received questions from Hartz® to which she responded. These included greatest success or experience as a veterinarian, community involvement, an example of a promotional campaign, and the human-animal bond.

Here is an excerpt from Dr. Frick's response:

"Animals always need us, they live for the moment, and because of this, they give our lives a level of worth and a melody found in no other relationship. It is a symphony created for the souls, embellished and brought to life, as unique as the individuals composing that bond. We make our musical selections from an often-unexplainable inner connectedness toward a certain species (horse, cat, dog, rabbit, pig...) and they bring harmony into our lives. Over time the shared emotion, which gave that particular symphony life and set it into motion, remains constant. It is invisible yet strong, individually unique, indescribable yet emotional.

This "Human-Animal Bond" exceeds the barriers of life...and death."

Pet Insurance Covers Therapy & Supplements

"NOW is the time to think about
PROTECTING YOUR
PET"

If you are the kind that knows you would do anything for your animal and you would like to plan ahead and avoid the monetary pinch that accompanies any disaster, maybe health insurance is an option. Now you have choices but all are not created equal.

We have taken the time to "ferret out" the one that would best cover our services, and the winner is PetCare® Pet Insurance Programs. They have a range of pro-

grams tailored to suit your budget and the needs of individual pets. Discounts are available for multi-pet enrollments and further discounts with their 24PetWatch microchip registration. They guarantee acceptance of all cats and dogs over the age of 8 weeks. Best of all, they have programs that cover acupuncture, chiropractic, rehabilitation therapy AND SUPPLEMENTS as prescribed for specific medical conditions!

Check them out at: www.petcareinsurance.com

Rehab Starts with the Right Support Gear

Dogs that cannot support their body weight need special gear to help them get around and prevent further injury. Two of the tools that I find beneficial are a sturdy well designed harness and rear leg straps.

The harness I have found that best accommodates body support and is well designed for the price is *web master*™ harness by Ruffwear. These are available in four sizes, black or black and red, have a handle and a ring for attaching a leash. Check them out at: www.ruffwear.com

There are several rear leg support devices and depending on the conformation of the rear legs, some work better than others.

Bottom's-Up Leash™ is a simple unrestrictive device that works well for medium to large sized, long-legged dogs but can cause abduction in those with full quads and hamstrings. It's convenient, easily laundered. The design can be improvised and for those with just a minimal of sewing skills, made out of soft fleece for smaller dogs. www.bottomsupleash.com

Walk-About™ is designed by the folks with K-9 Carts and is made for front and rear legs, come in 3 sizes, wash well, is a larger apparatus which give more support for those heavier less functional bodies. These work with the full muscled legs and does not cause limb abduction. www.k9carts.com

Education, Publication and Research

The learning process never ends and the doctors at Animal Fitness Center are doing what it takes to be a part of the leading edge of complementary and holistic therapy.

Drs Frick and Snodgrass are taking a three semester course in Practical Herbal Therapy through Australian College of Phytotherapy designed by Kerry Bone the world expert phytotherapist. "Taking this course had made me realize that there is an herb for practically every condition, with extensive research in both animals and humans validating the prescription of herbal

therapy in our patients," says Frick.

October 2005 the world *Journal of Equine Veterinary Science* published a case report submitted by Dr. Frick on Microcurrent Electrical Therapy in which Alpha-Stim® was used to heal a severe horse wound. The full article is available at: www.alpha-stim.com.

On that note, she is collaborating with doctors across the country to initiate more research on the use of Alpha-Stim® in animals for anxiety, fear, pain, and wound healing. The wave goes on!

A Vaccine Titer Could Save Your Pet from Serious Disease

While the controversy still prevails between doctors, the AVMA and the drug companies about how often, when, and what to vaccinate for, there is more and more evidence saying, "Less is best!"

There are several well respected laboratories offering pretest immune assays to check for serum levels of antibodies specific to the viral disease that the vaccines are used to protect against. And yes, there is even one available for rabies. In recent rabies titer tests at Animal Fitness Center results have ranged from 1: 1,125 to 1:6,700. This is extremely high as the protective titer for a human is qualified at only a 1:5.

More and more evidence continues to stack up regarding the correlation of disease onset and recent vaccination. While some cannot be 100% documented, clinical evidence and association are hard to dispel. The Maltese with the rabies titer of 1:6,700 is being treated for an unusual seizure-like neurological condition. Fortunately her owners chose to have a titer test run before vaccinating again.

Vaccine manufacturers are coming on board with three-year challenge data so at least the most die hard of doctors can feel more comfortable extending their vaccination protocol recommendations. Better for the animals.

Options for a Cushing's Patient

Baxter is a 7 year old West Highland White Terrier who was diagnosed with Cushing's Disease, a malfunctioning condition of the adrenal glands. His symptoms included abdominal bloating, ravenous appetite, frequent urination with accidents daily, extreme restlessness and irritability, and severe skin problems. Baxter's family wanted a "Natural Rx" rather than the drugs typically used for this disease.

Dr. Frick began his therapy with chiropractic adjustments, Standard Process® Canine Adrenal Support™ and MediHerb

Rehmannia Complex. Acupuncture visits with Dr. Snodgrass and the introduction of Ginkgo 2:1 rounded out his therapy program for the Cushing's. Baxter's attitude, personality, body shape and water consumption and elimination all improved. Blood profiles taken at four months were also significantly improved.

His maintenance schedule is monthly acupuncture and every other month chiropractic visits, quarterly blood tests, with the Standard Process® and MediHerb supplements given daily at home.



**"Baxter is our third Westie diagnosed with Cushing's Disease. The drug side effects were so debilitating that we wanted and alternative. We couldn't be more pleased with the positive changes in Baxter."
-David & Donna**

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Eliminating pain is what we do BEST!

Dr. Sheila Snodgrass, Certified in Animal Acupuncture, Available Wednesday & Friday

**Front Page Story:
Gena walks after
being paralyzed
in all four legs
for 6 months!**

Medical care in an extraordinary fashion has been made possible with the addition of Dr. Sheila Snodgrass. Dr. Snodgrass graduated from the University of Missouri college of Veterinary medicine in 1987. After years of practicing small animal medicine, she decided to revive an earlier interest in acupuncture. First seeing the amazing results of acupuncture as a pre-vet student it was the memory of this experience that led her to study this ancient form of healing. In 2002 she became certified in veterinary acupuncture by the International Veterinary Acupuncture Society.

Acupuncture is the virtually painless insertion of small needles into specific points on the body to cause a healing effect. It is indicated mainly for functional problems, noninfectious inflammation, and pain in muscle and joints, skin, lungs, GI and reproductive organs.

Additionally Dr. Snodgrass has a special interest in nutrition and herbal medicine, Chinese and Western. She prefers a holistic approach to patient care. The initial consultation is 60 minutes. During this visit a detailed history will be taken and a thorough physical exam performed. A treatment plan is then formulated for the dog or cat. This usually involves weekly treatments for at least the first three weeks, tapering to maintain the pet's response.

**Does a friend or
colleague you know
have a pet or patient
that could benefit
from our services?
Please contact us
and we will forward
them information
about us!**