

Naturopathy for your animals – Dr Patricia Borstel, Animal Naturopath, Veterinary

Naturopathy is a lifestyle for humans and animals. This lifestyle will not fit every owner. A certain lifestyle or lifevision has to fit with the person. There is a trend going on to a healthy life for humans and animals, to natural supplements, but Naturopathy goes a step further than giving herbs and natural supplements. Naturopathy is based on six principles. When these principles are applied disease can be prevented and healed in many cases.

The first principle: **the healing powers of nature**. The body has it's own defendingsystem against intruders, the immune system, a detox system to eliminate toxic substances from the body and a healingsystem to heal fractures and wounds. Sometimes these mechanisms become slow or blocked by an unhealthy lifestyle and the body needs help. The naturopath will search fort he cause and will try to eliminate it. Natural aids will help the body. The Naturopath will prescribe a diet the animal eats in nature, not a diet from the foodindustry. The Naturopath will help the immune system with diet and natural supplements, not with vaccins. He relies on the principle that in nature no intruders are injected in the body, but are presented naturally to the immune system that is mainly situated in the gut.

The second principle: **find the cause**. Every disease has a cause. The Naturopath does not search for symptoms, but uses the symptoms as a roadmap to the causes. These causes can be: unappropriate diet, contaminated water, toxic substances from pesticides, herbicides, laundry- and cleaning products etc.

The tirth principle: **do not harm**. The Naturopath will use natural healingmodalities to avoid side effects. But natural aids can be contraindicated. The Naturopath has to have a good knowledge on the modalities he uses.

The fourth principle: the original meaning of **doctor is teacher**. The Naturopath is a 'Nature Doctor', referring to nature and doctor. Nature brings healing with herbs, essential oils, clays etc. The client is learned how to take control of the health of his animal.

The fifth principle: **see the body as a whole**. All aspects must be considered: the physical, mental and emotional. The individual is seen holistic. In the traditional Chinese medicine the organs are related to emotions. For example the liver is associated with the emotions of frustration and anger. An eyeproblem can be the symptom of a weak liver. Animal Naturopaths work holistic, but few holistic vets are true Naturopaths. A holistic vet is a vet that had education in western medicine and one or more healingmodalities like Chinese acupuncture, herbs, etc. These vets use natural modalities as complementaty medicine, but have the mindset of a western medicine vet with his focus on symptoms, diagnosis and treatment. It would be nice if Western medicine and Naturopathy would go hand in hand.

The sixth principle: **prevention is the best treatment**. The focus of the Naturopath is on health and how to keep it, not on disease. The Naturopath can guide an ill individual to health by adapting the lifestyle.

The Naturopath educates the client in a healthy lifestyle for his animal to prevent disease, to recognize a disbalance in the body and heal with natural remedies.

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