



## Integrative Veterinary Care at All Natural Vet Care

### **What is Integrative Veterinary Care?**

Integrative veterinary care for your pet combines conventional veterinary approaches to health care with options outside of mainstream veterinary care. We still provide quick solutions to day to day problems that arise, including emergency and hospital based care such as prescribing medications, blood testing and analysis, xrays and ultrasound. But we will also take a different approach by getting to understand your pet's individual health patterns that accumulate over time. We focus on improving wellbeing and not just treating the diagnosis or disease. We also look for ways to improve your pet's vitality, to enhance their health for their whole life so they are healthy into old age too. Our veterinarians have continued to study and have further qualifications in other forms of treatment such as acupuncture, Western and Traditional Chinese herbal medicine.

### **What do our holistic vets do?**

Our vets get to truly know your pet's health. We look at a time line of health over their life- what happened and when. We look for patterns of health and disease. The goals of holistic treatment are not just to treat or reduce the symptoms but to restore health and wellbeing and to prevent further disease. As well as conventional consultations, we also offer Holistic Veterinary Consultations. Since these are a combination of conventional and alternative medicine, they generally take more time and as part of the Holistic approach, we want to know about your pet's health history. We will also ask you a lot of questions; even seemingly unimportant details such as how well your pet sleeps, or whether they snore. This can give us important clues into patterns of disease or ways we can improve your pet's health. We examine the patient just like any conventional veterinary exam. We check teeth, gum colour, heart rate and sounds, feel for abdominal problems, joint or muscle pain and skin. We also examine tongue shape and colour, pulse character, we feel for hot or cold patches over the skin and we also check for points on the body that alert us to the presence of trigger points (painful muscle spasms) or other problems. Your pet's smell is also important to us, even if it's bad!

### **What treatments might my Pet receive?**

Our Vets will work with you to create an individualised treatment plan for your pet. This may consist of some diet changes, dental advice, nutritional supplements, Chinese or Western Herbs, homeopathic remedies and/or Flower Essences. Specific exercise programs for your pet may be used to aid rehabilitation after surgery, or improve mobility with arthritis. Our vets will also discuss your pet's environment, and preventative care including alternatives to annual vaccination, worming, and tailoring fleas and heartworm prevention. Physical therapies such as acupuncture, or a chiropractic adjustment are often included as part of our Holistic Veterinary Consultations. Acupuncture treatments can accelerate your pet's improvement by relieving pain or changing blood flow to affected areas of the body. We can manipulate blood flow to help nourish organs or skin, or improve immunity generally. Acupuncture can also be used to treat joint problems, back problems, some skin problems, gastrointestinal problems, anxiety, immune problems, urinary tract problems and to support patients with cancer. Our Vets usually use special acupuncture needles that don't hurt. Some cats and dogs will have laser Acupuncture treatments.

### **What if you don't want integrative medicine?**

At All Natural Vet Care we understand that you might just want conventional medicine, and not the combined integrative approach. That's ok, as qualified veterinarians, we can prescribe and treat with conventional medications – but we will also explain how we can improve safety and monitor your pet.

### **How often will I need to bring my pet back for Holistic Exams?**

As part of the treatment plan, we discuss your pet's progress management. Many patients will benefit from a series of acupuncture or chiropractic treatments. For chronic illness like severe chronic skin disease, inflammatory bowel disease, immune mediated disease, hormone imbalances or cancer, we may need several visits so we can monitor your pet's progress and ensure the treatments are helping. Alternatively, your pet may just need a Wellness plan for disease prevention, and a general Health Assessment follow up visit in six months.

Our goal is to help you restore your pet's health and vitality, so they can enjoy complete wellness and health throughout their life.