

YOU MAY BE OVERVACCINATING YOUR PET (AND OVER-PAYING YOUR VET!)

Three steps to getting the BEST care for
your four-legged companion,
and **two warning** signs to look out for!

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Information in this report is not intended to treat or diagnose, and should not be used in lieu of a consistent and ongoing relationship with your own local veterinarian.

We've all been there. Picking up the mail, we find a shiny postcard from our veterinarian with the following reminder:

“It's time for Fluffy's annual vaccinations!
Call to schedule your appointment.”

If you're like many of pet parents, you might be thinking something along these lines,

“Already? Again?” Or maybe....

“Man! Last time I took him in, I walked out with a miserable dog and a shocking bill.”

Or possibly...

“What? I still haven't made time for MY OWN annual exam.”

Regardless of your initial thoughts, there's much you need to know about your pet's care before you step foot in your veterinarian's office for your next visit.

It's very possible that you're overvaccinating and overmedicating your pet and over-paying your vet.

This special report will draw not only on my experience as a veterinarian, but also my passion for providing alternative medicine and holistic treatments to pets, and my genuine love for animals of all kinds. I've laid out three simple steps to getting the best care for your pet realizing that sometimes the best care doesn't involve costly injections -- as well as two warning signs that your vet may not be caring for your loved one in the most humane way possible.

My goal with this report is simple: to arm you with the truth, and to impact the lives and health of far more animals than I'll ever have the opportunity to serve. Should you have any questions, I welcome them on my facebook page – [DrCathyAlinovi](#).

To your pet's long HEALTH,
Dr. Cathy

Don't ignore the postcard or email notice.

While it is NOT important -- and potentially harmful -- for us to vaccinate your pet every single year, it IS critically important that your veterinarian **see** your pet every year. Let me give you the perfect example.

Pixie was an adorable, 10 year-old Pomeranian. I used to see Pixie twice a year for Senior Wellness checks, even though -- other than the legal requirement to provide rabies vaccination every 3 years I hadn't vaccinated Pixie in years. On one visit (only because I knew her so well, and because I used a combined western and alternative medicine exam) I detected a reason to do a chest radiograph and discovered that Pixie's heart was enlarged! She was not coughing and she had demonstrated no changes in energy level. But because I saw and examined Pixie twice a year, I detected congestive heart failure **before** Pixie became clinically ill. We were able to start Pixie on 2 different herbal medications to ensure she was able to enjoy long- term quality of life due to early disease detection. Pixie lived another 3 years with great quality of life due to our early intervention.

Had her owner not been in to see me regularly, or had Pixie been taken to a rushed, vaccination heavy clinic, it's very possible this early diagnosis would have been overlooked. The result of this would have been Pixie's heart enlargement would not have been detected until she was clinically ill; her quality of life would have been diminished, possibly her life-span shortened and she would have started very different, much more expensive medications.

One more quick story before I reveal the #1 WARNING you must know before allowing a veterinarian access to YOUR four-legged companion. Henry was a 15 year-old Miniature Schnauzer who came in every 2 weeks for acupuncture and chiropractic treatment. While this seems quite frequent, Henry also had congestive heart failure. In fact, Henry had been in heart failure for several years. Oh, and he was losing his vision, becoming a little deaf, and was his dad's best buddy. Before I started working with Henry, he was on 4 different medications for his heart, and his conditions were only getting worse. In fact, he initially came in for pneumonia, a serious complication of congestive heart failure. For 4 years,

Henry didn't take medication, had more energy, coughed less and did all of his favorite things – including visiting the neighbors. Part of Henry's care included a customized meal plan designed to help his heart and lungs.

Routine alternative therapies improved my patients' lives, reduced the need for long-term medication, so the owners actually **saved** money in the long run.

WARNING ONE: If your current veterinarian is NOT initiating conversations with you regarding what your pet EATS, run don't walk to another health provider. This is a clear indicator that this veterinarian is not fully equipped to meet your pet's health needs. You do NOT have to find a veterinarian that has experience in or is offering alternative medicine treatments for your pet. (You may not be able to easily find one.) BUT, you do want to choose a veterinarian that is open to a more holistic discussion about your pet's health, and nutrition is a huge part of that. And insisting only on prescription food only lines the pockets of the veterinarian and the pet food company – and may harm your dog or cat. (To demonstrate my point, why don't you email me at info@healthypawsibilities.com and let me send you a digital sample from my book, Dinner PAWsible. It's my gift to your pet's health!)

Speaking of meal plans, it has recently come to my attention that the up-and-coming grand scheme designed to line your veterinarian's pockets includes offering prescription food for your pet. Before you entertain this idea, know that prescription pet food contains many ingredients that are not fit for human consumption -- including (in some Rx foods) "animal digest," which can literally be euthanized pets (including pentobarbital – a euthanasia drug) and pet parts. Unacceptable and disgusting. Instead, try a few of my pet recipes using human grade food. You'll save money (1/2 the price of popular grocery store pet food) and do your pet's health a world of good. (They'll love it, too!)

EDUCATE yourself regarding vaccinations and medications.

Recently published preventative healthcare guidelines -- as supported by AVMA (American Veterinary Medical Association) and AAHA (American Animal Hospital Association) -- recommend annual heartworm tests for dogs and cats, year-round, broad-spectrum parasite control, annual vaccines and microchipping. Unless you're already under the care of a holistic veterinarian, this probably sounds very routine, sort of vet-visit-as-usual. Right? Well, read it again after considering these facts:

Annual heartworm tests are an excellent tool for early detection of heartworm disease in dogs. (Good investment.) However, the tests are very inaccurate in cats. And, even if your cat *is* heartworm positive, there are no safe treatments your veterinarian can recommend. Even the suggested support measures can harm your cat. However, the feline heartworm test *is* an excellent source of revenue for vets and the company that makes the tests.

Heartworm, flea and tick, and intestinal parasite control medications are all poisons. Even the safest ones are still poisonous – that's why they kill heartworms, fleas, tick and intestinal parasites – some of the newer combination pills that work for months are killing pets. So, to give these medications year-round – even when and especially if there is no need -- puts your pet at undue risk and opens your wallet to greedy pharmaceutical companies. I have seen patients unable to tolerate just about every medication there is. If your precious pet has troubles with fleas and/or ticks, a really good question is “why does my pet have it worse than others?” Often, a flea infestation is sign of an underlying health disorder, maybe as simple as yeast overgrowth in his/her intestines; maybe even something more serious, like an endocrine disorder (Low thyroid or Cushing's disease, for example.)

Furthermore, depending on where you live heartworms are not transmitted year-round. (So, unless you live in the south, why pay for year-round prevention?) The air temperature must be above 67F for 4 weeks solid for the heartworm larvae to develop in the mosquito. Well-timed heartworm testing and prevention is the best protocol and this depends on where you live and what your conditions are. One size does not fit all pets. However, again -- year-round prevention is quite lucrative for many veterinarians. Fun fact: a few years ago, one company that makes a topical combination product advertised their product was strong enough so

that if you forgot to give a dose, it was okay – what they were really saying is that every other month dosing prevented heartworm infection. Think about it – the company makes more money if you buy and apply the product monthly.

Microchips are proposed as a way to make sure your pet gets home if he/she gets away. This works IF the microchip scanner can read the microchip in your pet, IF the chip is still working, IF the chip hasn't migrated somewhere it's not supposed to be, and IF there isn't another microchip with the exact same number as yours out there – and I've seen all of these scenarios. Also, microchips are implicated in cancer, and if inserted improperly, can enter the brain or spinal cord. Added expense, added risk, very little guaranteed protection.

Now, what about those annual vaccination schedules recommended by the AVMA and the AAHA? The instructions on the box of vaccines say to re-vaccinate annually. However, numerous studies have been published proving 7-year protection against canine distemper, parvovirus and adenovirus; and 7 years of protection from feline panleukopenia, calicivirus and herpesvirus. Again, vaccination is a fabulous profit center for the veterinarian and the vaccine manufacturer... but may not be such a fabulous idea for you and your pet.

There are other vaccination issues to consider and discuss with your vet. For instance, the shot is the same size for a Chihuahua as it is for a Great Dane. Plus, the more vaccines included in one shot, the more risks of a reaction, so, it's a great idea to discuss single vaccines. While a current Rabies vaccination (every three years) is required by law, don't forget that vaccines are closely linked with horrible vaccine-site tumors later in life.

Interview your veterinarian.... or at least their staff.

Call ahead. You have choices when it comes to your pet's care. You'll want to know their "recommendations" regarding vaccinations and pet care. Do they recommend all vaccinations to all pets on the same schedule, or do they take it on a case by case basis?

Hint: You want to hear the latter. Do they ask to see your pet, or at least ask questions regarding your pet's risk factors or health history before reeling off a vaccination schedule?

WARNING TWO: If the veterinarian you're calling or their staff -- is unwilling to have this conversation with you, or seems to operate their practice as little more than a vaccination clinic, call another vet. This warning sign is a pretty reliable indicator that they may not see your pet as an individual entity needing individualized care, but as a commodity. Your pet -- and you -- deserve better than this.

Your veterinarian should be a partner in your pet's care. They should, like all people doctors should, but still aren't -- be committed to getting to know their patients. They should look at each patient as an individual case and suggest care options for you to consider. Any hint that they are too busy for this, or have a one-size-fits-all mentality regarding your St. Bernard, your neighbor's Yorkie and your dad's cat is an invitation for you to carry your pet -- and your wallet -- elsewhere.

I hope this report has been enough to open your eyes to the ways in which some may be over-medicating your pet and over-paying your vet. I wish that I could see each and every one of your cherished pets, but I know that's not possible. Should you have any questions, feel free to post them on our Facebook page www.facebook.com/DrCathyAlinovi. I promise personally take the time to answer you.

Of course, if you're in my "neck of the woods" and would like to bring your pet in to meet me, I'd love to make that happen. You can just call our office at 727-510-3665, and we'll roll out the welcome mat for you.

I still do phone consulting with pet owners from all over, and should that be of interest to you, reach out to me at info@healthypawsibilities.com and we'll set something up.

Dr. Cathy

Dr. Cathy Alinovi -- veterinarian, pet lover, and author -- received her education at the Purdue University School of Veterinary Medicine in 2001. She also holds a Master of Science in Epidemiology from Purdue, earned in 2002.



However, conventional medicine did not provide all the tools needed to solve her cases. So, rather than settle for what she knew was falling short of meeting her patients' needs, she **again** went back to school and became certified in veterinary spinal manipulation therapy (animal chiropractic). But her passionate commitment to animal health wouldn't let her stop there. Since then, she's also learned Applied Kinesiology as it pertains to animal chiropractic and the allergy patient through Health Pioneers and has become certified in Veterinary Food Therapy from the Chi Institute. Dr. Cathy is also certified in Veterinary Acupuncture and Chinese Herbal Therapy as well as Aromatherapy and has been trained in Advanced Functional Neurology, Homeopathy and Advanced Acupuncture Techniques.

Retired from traditional veterinary medicine, Dr. Cathy is owner of Healthy PAWsibilities® Natural Pet Wellness Center in Clearwater, FL. She commonly states that "80% of what walks in the door can be addressed through nutrition."