

Fighting Canine Cancer:

An Alternative Approach

(Dedicated to "Marty the Wonderdog")



Part 3 - Transcripts of Live Expert Interviews

**FIGHTING CANINE CANCER:
LIVE EXPERT INTERVIEWS
#1 THROUGH #6**

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FIGHTING CANINE CANCER: LIVE EXPERT INTERVIEW #1

DR. ROBERT ULBRICH, DVM ON HOLISTIC VETERINARY CANCER CARE

Ted Schneck: So welcome everyone to the first teleconference for Fighting canine cancer. Our first guest is actually someone who is very special to me because he is the doctor who actually has saved my dog, Marty's life and so I was very excited to be able to have him on the call to explain to you what he does and how he does it.

His name is Dr. Robert Ulbrich and Dr. Ulbrich is a holistic veterinarian who is based out of Tiger, Oregon. In addition to being a licensed veterinarian Dr. Ulbrich is also licensed in natural medicine and an expert in nutrition and holistic healing. Dr. Ulbrich specializes in treating cancer in dogs through a combination of natural nutrition and homeopathic remedies that really do work and Marty is testament to that.

Dr. Ulbrich has successfully treated dozens of dogs through their cancer healing and is the number one person responsible for saving my dog, Marty's life when everyone else had given up on any chance for a cure. So the first thing I want to do is thank you Dr. Ulbrich for joining me here.

Dr. Robert

Ulbrich: Oh you're very welcome.

Ted Schneck: Thank you for the last 12 months and it has been just about 12 full months that you and I have been taking care of Marty.

Dr. Ulbrich: And Marty was given, what was his life expectancy when he was diagnosed, when you came to me a year ago?

Ted Schneck: Marty was diagnosed on March 15 and you and I didn't meet until the end of April. But on March 15 he was given six months to live and so we're well into the 13th month now.

Dr. Ulbrich: That's seven months past, for a dog that's been dead for seven months he's doing pretty good.

Ted Schneck: He's sitting right here staring at me and that's a pretty wonderful thing considering what I thought the alternatives were going to be.

So let's actually first share with everybody a little bit about you and who you are and how you got involved in the whole natural healing side. I understand at the beginning that you started off as a traditional veterinarian?

Dr. Ulbrich: Well that's true. All my original training was through conventional medicine. I went to, my school was the University of Pennsylvania where I got my veterinary degree and basically any time you're treating any animal with anything, no matter whether it's complimentary medicine or a chemotherapy or whatever, in order to legally prescribe, diagnose and prescribe treatment of any kind you need to be a licensed veterinarian. So you have to jump through all the regular hoops and it's really a good idea to do that so you at least get a background in what is possible in conventional medicine. Although at the time when I was in school I thought that was the way to go. I thought that all this other stuff was voodoo and really didn't give it much credence.

Ted Schneck: You didn't start off as one of those tree-hugging alternative medicine type people did you?

Dr. Ulbrich: No I sure didn't. All through my school there was actually a couple of people who took an acupuncture course through the I think the anesthesiologist knew some acupuncture and it was almost like a hush-hush on the side, don't tell anyone but we'll teach you a little acupuncture if you're really interested. That was as far as alternative medicine went in school back 20 years ago when I was in school.

Since then there are a few schools that are starting to make some branches out into, you know starting to teach some of this stuff but it's still very concentrated on traditional medicine.

Ted Schneck: Well I'm glad that they're starting to teach some of it because the experience that I've seen, the difference between whenever I've gone to a traditional veterinarian and going to you, and I've actually spoken to several holistic veterinarians and it's just the opposite side of the spectrum, the opposite side of the world and seemingly for me so much better.

So how long did you actually practice as sort of a traditional vet?

Dr. Ulbrich: Oh probably about five or six years and after a while started to basically get frustrated. Traditional conventional Western medicine is not so good at curing chronic disease. It's great if you're hit by a truck or you're in shock or you have a broken leg and you need a pin put in it, or whatever but when it comes to hypothyroidism, diabetes, cancer, you know all it can do is palliate the symptoms and never really cures anything.

I got frustrated I got tired of putting cats to sleep for leukemia and you know, one day one cat in particular I remember had come in, we had diagnosed leukemia, he wasn't doing well and we had the euthanasia solution drawn up in the syringe when the guardian asked me, "Is there anything we could try?" And I was like well I don't

know, I mean I actually have a friend who's a naturopath I suppose I could ask her if there's something. There's nothing conventional medicine can offer and well not really expecting anything we gave it a try.

I talked to my friend and asked if this was a human what would you do? She offered a few suggestions, I didn't really think it would work, tried a few things, and it was like, hmm some of this stuff actually does work.

I started to get some interest, starting taking some classes, found out that there was a lot of continuing education available for veterinarians in a variety of alternative medicine and just started plunging in after a while. The more I got interested in it, the more I did it, the more I saw the results, the more I wanted to do it more and so after a lot of continuing post graduate education I finally got myself certified in homeopathy chiropractic. I do all kinds of things now you know acupuncture, herbal medicine and nutritional healing.

Ted Schneck: Before we go into those you've actually got me very curious about this first cat with was it leukemia at the time?

Dr. Ulbrich: Yes.

Ted Schneck: And so what were the reactions what were the responses that you actually saw to the homeopathic treatments?

Dr. Ulbrich: Well it was 15 years ago and it wasn't anywhere near what I have available to me today. We just tried a few immune system boosters back then and like I say, I wasn't expecting anything and although that cat never reverted to negative, it started living well with its disease and lived for many years, I think another five or six years something like that.

Ted Schneck: So even not knowing what you were doing that cat lived?

Dr. Ulbrich: I did something right anyway yes.

Ted Schneck: That cat went from minutes before death to five years later?

Dr. Ulbrich: Yes. And that was the cat that you know I really credit with turning my medical practice around showing me that there are some other alternatives available. You know since then like I say, I've expanded what I'm able to do and I've had cats with feline AIDS, leukemia, things like that, that are not supposed to ever revert to negative, even go so far as reverting to negative on the tests.

Ted Schneck: When you say, "revert to negative"?

Dr. Ulbrich: When we test their blood for the presence of the viruses.

Ted Schneck: Show no signs of symptoms basically?

Dr. Ulbrich: That's right. Not only no symptoms, but they even test negative, which is not supposed to happen. Now that doesn't happen every time of course with any disease, whether it's cancer, leukemia, you know anything. Of course they're all individuals and it depends on the state of you know, how strong their vital force is and their genetics and everything else so it all plays a role. Some are going to respond better than others. I can't say that we cure all of them but nobody practicing any form of medicine can ever claim 100% cure rate on anything.

Ted Schneck: Right. And that's one of the things that I want to emphasize for both this call and for my book, *Fighting Canine Cancer*, there's never a guarantee. One of the things that I'd like to say is that there's never a guarantee but at least when you go through the types of treatments that you do and you go through the types of supplements and nutritional areas that I talk about and that a lot of which you taught me, there's no guarantees but at least now there's hope. And that to me is a huge difference compared to like you said, preparing to draw the euthanasia into the syringe - which is a dreadful thought.

So what type of studying does go into becoming a holistic natural healer? I mean are there schools for that?

Dr. Ulbrich: Well there's no one school to become a naturopathic veterinarian like there are a few schools for naturopathic physicians. It's all done with post graduate continuing education courses and those are done at various parts of the country around various times of the year and usually involves a lot of travel and you know, a lot of expense to a lot of studying in between because you're trying to run your own practice at the same time plus learning an entire new form of medicine. So it's quite a challenge but it certainly is rewarding.

Ted Schneck: So are there many holistic veterinarians out there who are doing the types of things that you do?

Dr. Ulbrich: We're you know, a growing group and we're a great group. When we have conferences and things they are just amazing people when we get together with homeopathic vets, with the holistic vets. It sure is they are different conferences than what I used to go to with the conventional medicine. But we're still few and far between and some states may only have you know, a couple of certified homeopathic vets. We get calls sometimes from oh say, Hillsboro which is like 20 minutes away asking if there's any holistic vets out their way. I was like you have no idea how lucky you are to have someone within driving distance. It's a lot of holistic vets...

Ted Schneck: I think I may have been one of those calls.

Dr. Ulbrich: Possible yes. A lot of holistic vets will do telephone consultations simply because there are so many parts of the country that just simply, you can't drive you know, it's a whatever a 12 hour drive to the nearest holistic vet or further. So a lot of us do telephone conferences or consultations.

Ted Schneck: Are you one of those vets?

Dr. Ulbrich: Yes I am.

Ted Schneck: We're going to talk more about the telephone consultations later on but just up front, have you had pretty good experience with your ability to help treat patients, help treat dogs and cats over the phone?

Dr. Ulbrich: Well if I wasn't getting good results I certainly wouldn't have invested this much time and effort. When I graduated from school that's a long road to haul to get your veterinary degree and I was totally done with education at that point. I said, "I am never going to school again. I'm not doing any more of this." I have done more continuing education, more schooling since I was theoretically done with school than I ever thought that I would. But you know it's what you have to do and I wouldn't be doing it if I wasn't seeing just amazing results with it.

Ted Schneck: And actually I remember one or two visits when I've come into your office when you've basically said, hey I just got back from a conference and we were talking about these two or three new remedies that are out there, or things that you hadn't been aware of before hand. Let's take a look at those and see if maybe we can do some of those.

Dr. Ulbrich: Absolutely. It's a constant learning process. Conventional medicine has a lot of continuing education involved but boy when you're dealing with five or six different medical modalities it really takes quite a bit of effort to keep on top of the ball on everything.

Ted Schneck: And I think that my experience, because I have met, we're very fortunate in the Portland area, there are actually several holistic veterinarians here who practice different levels of practice. And in my experience you know, it's like a veterinarian gets in the business and they really care. I mean they are really loving, nice people. But my experience with the holistic veterinarians are that they tend to care at a whole you know whole higher level. And maybe it's just because I happened to meet a bunch of really nice people who do that but their level of caring is huge.

Dr. Ulbrich: Yeah it certainly has been my experience going to conferences and you know, the people that I meet there compared to the people I use to meet at the conventional conferences is a world of difference. It's a great group of people very caring and you know, a lot of holistic vets really they pretty much have to take a pay cut in order to practice this kind of medicine because in general we don't recommend all the vaccines, all the heartworm preventative, all the pharmaceuticals, some of the expensive surgeries, all those things that are the bread and butter of a lot of practices we are actively telling people in many cases not to do. And so it makes it a lot harder to kind of get the bottom line up there and you know actually make have a practice that's profitable.

You have to be a really dedicated person to be able to put in extra effort, extra education, extra learning, extra hours in order to take a pay cut simply because you know it's a better form of medicine to practice. So the people who are willing to do that are pretty special people I'd say.

Ted Schneck: Agreed. Let's jump there though. I wasn't going to really talk about it until a little bit later on but you mentioned all of these different treatments that are sort of fairly standard for dogs in that you walk into 99% of your traditional veterinary offices and the doctor is going to steer you right down the road to those yet you say that holistic healers tend to recommend against them. And I'm curious to sort of have you elaborate a little bit on not necessarily individual reasons why but some of the reasons why you would recommend that people stay away from some of the stuff that other more traditional treatments in general might recommend. Is that too broad?

Dr. Ulbrich: Yeah it's a little broad but let me see if I can succinctly kind of summarize that. You know a lot of the approaches of conventional medicine are very treating symptomatically. If you can suppress this symptom, if they have a fever, give them an answer or an anti-inflammatory to take the fever down or if they have an inflammation, give them an anti-inflammatory, etc. without really looking at what's the underlying cause of that fever, what's the underlying cause of whatever the symptom is and really dealing with it on that level. Fevers are there for a reason they are there to help the body fight infection. Just because the animal doesn't have a fever doesn't mean that the infection is gone or the disease is gone.

But so many of the treatments like steroid treatments are steroids never cure anything, they only suppress symptoms and weaken the immune system and so it's that whole kind of a philosophy, that whole approach of why are you getting steroids? You're not curing anything with that. Yeah they artificially look better now but how are they going to be in two months or a year? Typically when the steroids wear off they're worse off than they were in the first place.

And so since holistic medicine really looks at the overall you know health, the environment, the diet, the mental as well as the physical environments you know and the underlying cause of disease. In general we tend to kind of shy away from a lot of the things that are done in conventional medicine because it's just simply the exact polar opposite approach from what most of us take.

The vaccine controversy is probably at the you know, the top of that list and certainly we don't want animals to get diseases but the whole approach to vaccinating these days is very different from what it was when it was developed. There's a lot of assumptions about you know the scientific studies that have gone into the vaccines that when you look into it you find they're actually not there as far as well, when it comes to booster vaccines for example, there are no scientific studies that show that there is a need for boosters. And there is more and more mounting evidence that the more you vaccinate when they already have an

antibody level in the bloodstream the more you're actually just stressing their immune system and predisposing them to autoimmune disease, certain forms of cancer, allergies, a lot of immune system problems in general, a lot of other things that can be tied to the vaccines more and more.

Ted Schneck: Right. And speaking of...I mean I know that you have explained to me, but let's explain to everybody a little bit more about the fact that a dog that does have cancer, that those dogs in particular are at risk with the traditional vaccine.

Dr. Ulbrich: Absolutely. If a dog has cancer they are dealing with an extremely serious condition. They need every ounce of their strength to deal with it and the last thing they need to be doing is processing a vaccine on top of dealing with their cancer.

Ted Schneck: Because the vaccine is actually introducing new disease of sorts to them?

Dr. Ulbrich: In a way yes it's a minor disease that makes the, forces the body to produce antibodies against a similar and presumably more deadly disease. But you know that's not a benign process. There is some stress on the immune system and if the immune system is being distracted dealing with this antibody production process there's less resources available for fighting cancer or whatever the chronic disease is.

Ted Schneck: And I read somewhere and I put it in the book here in *Canine Cancer* one veterinarian who actually said, and I don't know whether you agree with this or to what degree that vaccinating a dog is like pouring gasoline on the fire.

Dr. Ulbrich: When you're dealing with a disease like cancer yes and I've seen it many times where and not just with cancer but with a lot of very serious diseases, where the disease has flared up after some other vet has talked them into getting that December booster.

Ted Schneck: I don't know the case because I know a lot of states require dogs to get the vaccinations. In your experience is that something that you can get a waiver to an exception to if you need it?

Dr. Ulbrich: Yeah. The only vaccine that's actually required by law is the rabies vaccine because that's the only one that really that can be passed onto people and so that's the only one that they would make a law about for human health reasons. However any vaccine that says right on the label to be given to healthy animals only. If your dog has cancer and somebody gives it a vaccine they are actually guilty of malpractice.

There is, we do have the ability to at least like in this state it's very easy, I can just sign and write a letter exempting that particular animal saying if they're in my medical opinion too ill to vaccinate they can still get them licensed without having to have the vaccine. Now I can't do that with any dog. If it's a strong, healthy, vital dog you know I'm not at liberty to say well I don't think it should have a vaccine.

You know I have to have something to hang my hat on here. But any dog with cancer certainly applies to that.

Ted Schneck: And so anybody who's listening to this recording and who has a dog with cancer should basically consult with hopefully a holistic veterinarian about whether they should be vaccinating their dog and hopefully getting a similar exemption for their dog as well?

Dr. Ulbrich: Yes.

Ted Schneck: Give me a bit of a sense of your practice. I know you have a very broad and large practice out here in Oregon. Of that how many dogs do you see with cancer?

Dr. Ulbrich: Well we see quite a few. What we see of course is because of the type of practice we have, we see all the animals that are not doing well with conventional medicine. And so you know there's a lot of things that we just don't see that much of compared to other practices. I don't know abscesses say for example, when I was practicing conventional medicine you probably see three a week and we I don't know maybe see two a month at my practice so or maybe one.

But when it comes to the things where conventional Western medicine is miserable at treating; diabetes, cancer, things like that, we see a lot of those because we're seeing the people who have gone to this vet or that vet and the animal's gotten worse and worse and in desperation they thought well I don't know maybe that holistic you know, whacko, veterinarian, maybe there's something they can, or somebody can offer from a different approach. And so that's the bulk of our practice of course is those type of cases and a lot of those are cancer certainly.

Ted Schneck: And in your experience I mean what type of successes have you had in the past? I mean I know Marty definitely is counted up there as one of the successes but I would like to hear a little bit about some of the other you know dogs and cats.

Dr. Ulbrich: Of course it's the full range the whole spectrum from the amazing success stories of you know where the tumor has shrunk down disappeared and never returned to you know, certainly I've had my share of failures as well. I think our batting average has got to be at least as good and frankly, I think better, but certainly at least as good as the people using you know chemotherapy, radiation and things like that. The advantage of what we do is that we're not poisoning our patients in order to try to get it cured.

The whole approach of Western medicine to cancer is to poison the patient and hope that the tumor dies before the patient does. It's a very toxic approach when you're dealing with some of these chemotherapy agents. In fact, the recent dog and cat food disaster, all the foods that were recalled, all the animals that were dying of kidney failure.

Ted Schneck: Yeah I was going to ask you a little bit about that.

Dr. Ulbrich: Yes. At least at this point in time as far as I know the most recent information that they have was that there was a rodenticide found, one that was banned, so toxic that it was banned for use in the United States. But used in other countries and somehow got into the food and was killing these animals. Well the interesting thing about this particular rodenticide is that it is actually used in the United States as a chemotherapy agent in people. So thanks to the FDA rats are actually safer than people with cancer, at least in terms of this one drug that's available. So that just gives you an idea. A rodenticide that is so toxic that they can't even poison rats with it is used in humans for chemotherapy. Now how sad is that?

Ted Schneck: And answer this for me because I've never...I was in my mind fortunate enough to never you know, go through the conventional options so I've never actually seen you know a dog on chemotherapy or a dog on radiation. It was radiation that they were recommending for Marty. From what I've heard about it there are some pretty nasty side effects to that as well. It does not sound like a pleasant experience?

Dr. Ulbrich: It's not. There are certainly nasty side effects although I have to admit that there are certainly individuals who have responded to those things. If nobody ever responded to it they wouldn't be doing it. But a lot of times, probably the majority of the time, the response is really just a short-term response. For a while the tumor is down, they're looking better, they count it as a success because they've outlived the expected life expectancy for this tumor by two months or something and so they're, "Ah well, we've doubled the life expectancy from two months to four months so we'll call this a success."

In the long run the big picture I'm not sure that it's really that much of a success but you know they get enough results that it encourages them to keep trying with some of these things.

Ted Schneck: Sure and the way I described it in the book and I don't know whether you'll agree or not, is that to me it seems like the radiation and the cancer gives you a very high likelihood of a very short-term success. You know yeah we'll be able to extend his life by two or three months for sure, but then after that there's really not going to be much that we're going to be able to do and we're just going to have to let him go?

Dr. Ulbrich: Right. That is pretty much the approach with a lot of these things. There are some tumors that are easier to treat than others and some tumors that actually will go into remission and occasionally even stay in remission and that's wonderful, but you know what the best treatment for any one individual is of course is going to vary depending on who that individual is.

Ted Schneck: And I highly recommend in the book and just in general that people whose dogs do have cancer consult with experts like you, experts even like their vets and you know really dig about what's really going to be the side effects of this, what's really the

chance of the tumor disappearing and not coming back versus just going away for a few months, things like that.

Dr. Ulbrich: Absolutely. Try to get the whole picture and take everything with a grain of salt. But definitely look into the chemo, like I say there are some tumors that actually do respond pretty well to certain types of chemotherapy. I don't want to say chemotherapy across the board is not good it's just not good in the majority of cases in my humble opinion. But you know look into it. What are the cure rates and long term, not just short-term cure rates for this particular cancer with this particular chemotherapy? And then look at the other alternatives.

Ted Schneck: Right. And when Marty first got diagnosed I actually went through a very similar process. They recommended that we put him on radiation and they assured me that he would be comfortable he would have minimal side effects, etc. etc. and they also assured me that after six months they would have to stop the radiation and you know, he would actually have to stop the radiation and after six months he would be dead.

So at that point was when I decided to steer down the alternative medicine route, the homeopathic route because I basically said, you know I'm not willing to pay all this money and do and put my dog through all of this for a guaranteed six months. I'm going to try to hit the home run. I'm going to see if we can get rid of this good. And like we keep saying that was 13 months ago and I feel very fortunate because there were going to be a bunch of side effects to the radiation and I feel very fortunate that Marty never had to go through those as well.

But I know exactly what you mean, in certain cases that might very well be appropriate to go through those but people should really look carefully before jumping in that direction.

Dr. Ulbrich: Absolutely. But also look carefully, we're going to be talking more specifically about what you know some of Marty's treatments options have been and things like that and it's worked great for Marty doesn't necessarily mean it's going to work for another dog with another tumor or even another dog with the same tumor. A lot of holistic medicine is really based on individualized treatment and what's best for this individual and so 100 dogs with the same tumor might require 100 different homeopathic remedies or different herbs.

It really depends on the individual case so like I said, we'll be talking about some of these individual things later on but that doesn't necessarily mean to someone listening that that's what's going to cure your dog. You know get some other opinions there's a lot of good information out there. There are a lot of different herbs and everything has worked really well in somebody, nothing works well in everybody.

Ted Schneck: And actually because you and I have gone through a bunch of those with Marty for his care so I've written about every single one that we've gone through in the

Fighting Canine Cancer book. So you know I think that's probably a pretty good starting point and then like you said, there is tons of information out there for people who are looking for that as well.

Why don't we turn that direction now though and talk a little bit about how do you decide when you meet a new dog whose got whatever tumor or whatever cancer, you know what's sort of the decision making process that you go through to try to figure out what's the proper remedy for that dog?

Dr. Ulbrich: Well it depends on which form of medicine and I use a multi-facet approach when it comes to cancer I treat them with some herbs, I treat them with homeopathic remedies, I treat them with immune stimulants, I treat them with...

Ted Schneck: The shotgun approach?

Dr. Ulbrich: Yeah pretty much because I want to give them as much of a possible chance of curing or healing as I can possibly give them. And of course I'm certainly careful not to mix things that are not going to mesh well. Homeopathic remedies don't always mesh well with say acupuncture or you know certain other, you know even if it's a holistic form of healing it doesn't always necessarily mesh well. So I'm careful to use you know herbs that I've known that I've seen not interfere with the homeopathic response, that type of thing.

When it comes to the herbs what I typically do is choose the herbs or you know a combination of herbs that in my experience I've seen you know work the best for this particular type of tumor. So in Marty's case I think we were using Essiac which is an old Native American recipe of sheep sorrel, slippery elm, turkey rhubarb and a couple of other things that it's been used for well for hundreds of years and very successfully. And for a lot of tumors I've had some very good for a lot of different types of cancer very good success with that but in other types of cancer, I think we also in Marty's case also used the hot fee formula and that's one that I use in certain forms particularly bone cancer and some other types of cancer I've used that one with you know more success.

So to a certain degree it depends on the type of tumor when it comes to the homeopathic remedies that's a very individualized treatment. We look at the whole constellation of the patient's symptoms, past and present, because all of it is a reflection of how their system is imbalanced and the idea with homeopathy is to try and fix that underlying imbalance. If you can correct how their system is imbalanced since all diseases are a reflection of that imbalance, correct the underlying imbalance the disease no matter what it is should in theory go away. You know in actual practice some diseases are easier to do that with than others. Cancer can be a particularly tricky one. You have to often you find yourself cycling through different classes of remedies, different things will come to the surface and you kind of have to hit the nail on the head right each time most of the time if you're going to have success.

But as I was just saying as difficult as that is it certainly can be done.

Ted Schneck: And I remember when you and I went through the process with Marty we've been doing a lot of almost trial and error in some ways. We were at least taking what we thought was the best you know shot at the bulls eye and then looking at where it hits and adjusting from there and that's been a pretty important part of Marty's treatment as well.

Dr. Ulbrich: Absolutely. And it's not really, well it's sort of trial and error basically.

Ted Schneck: Yeah and that's a bad word because there's so much expert. There's so much I mean I remember the first day you actually went through a whole checklist with me of you know his emotion, his sensitivities to heat and food and things like that and then I remember you going back and sort of plugging it all into a computer program to help try to figure out what would be the best matches for his personality and his symptoms.

Dr. Ulbrich: Exactly. There's about 2,500 different homeopathic remedies and to figure out which one of those 2,500 is going to resonate the best with this particular patient it can be tricky. But I've got you know there's computer programs that can help accelerate the process taking a lot of studies.

Ted Schneck: And your experience.

Dr. Ulbrich: And experience yes to find the right remedy and basically what you do is you find the best remedy that you possibly can but the only way to really tell if it is the right remedy is to try it and then gauge their response. That's really one of the most critical things in homeopathy is gauging the response to the remedy. Is it curative, is it palliative, is it suppressive or is it having actually no effect whatsoever? And those are the only four possibilities that any treatment, homeopathic or otherwise can ever have.

Of course we're always going with two but the pattern of their response you know, do they have an aggravation, do they have a dip, you know how long does it last, are the symptoms appearing or disappearing in a certain order, are new symptoms coming to the surface? If they are, are they still part of the same remedy picture or are they something you know that's pointing toward a different remedy. All of those things you know we take into consideration and decide well are we close, do we look at related remedies, complimentary remedies, are we nowhere near and you know look at something entirely different? Are we now dealing with a different layer, a different miasm you know it's complex.

Ted Schneck: And not to mention there are different levels of potency that we've gone through with Marty depending on where he is. And the one thing that you have explained to me and that I've read around and that I want to kind of really drive into any listeners to this is this is not something to be done lightly on your own.

Dr. Ulbrich: Absolutely. You know there are some things that can certainly be started. You know I've never seen a bad response or bad reaction to Essiac for example. You know anyone with cancer I think with now that would be a great place to start. But there are certainly a lot of other things that you have to leave it in the hands of an expert.

Ted Schneck: And especially the homeopathic remedies because those can literally do harm if you pick the wrong ones.

Dr. Ulbrich: Well it can whack how their system is imbalanced even further out of balance although you know it's difficult to do that. Homeopathic remedies are usually considered to be pretty safe but you know if they're repeated too frequently and it's the wrong remedy and yeah there are a lot of things you know ways that they can end up doing more harm than good. And you don't want to waste time playing around with well you know trying this remedy or that one. You don't want to lose momentum in the case you want someone who knows, who's had a lot of experience and a lot of training in this area to you know particularly if you're dealing with a case of cancer.

With acute disease you know acute remedies that's a relatively easy way to practice homeopathy and a lot of people will say take arnica for trauma, bruises and things like that. That's acute prescribing and that's relatively easy. It's dealing with constitutional prescribing where you really need to have that depth of training.

Ted Schneck: By constitutional you mean?

Dr. Ulbrich: That's when you're using certain deep acting remedies that really resonate on a very deep level with the basic imbalance of the patient. Acute prescribing acute diseases are things that come in from the outside. You're hit by a truck it's going to knock you into an arnica state and so you take arnica and you feel better, depending on how fast the truck was moving of course, you might want to take velus perenus is the truck was moving very fast and you've got a lot of deep internal injuries.

But when it comes to you know some of these chronic diseases, the ones that I keep mentioning, you know hypothyroidism you know that type of thing, those don't come in from the outside those come in from the way that the patient's system is imbalanced. And that requires oh you know there's combination homeopathic remedies that will kind of palliate some of the symptoms of that but to really cure it you have to find a remedy that resonates with that individual on a very deep level and that takes looking up the whole individual including their personality, their likes and dislikes and cravings and fears and past history of other diseases. That's what I'm talking about when I mean when I talk about constitutional prescribing.

Ted Schneck: Let's talk for a moment because I remember the first time I came in you were asking me all these questions about you know does he prefer hot or cold, does he you know like sunny days or rainy, I mean there were some things that were kind of interesting for me to try to answer because you know I can't talk to Marty. His grasp of English just isn't all that good. And so what's your experience with that in terms

of how do you get some of the answers that we want and need in order to make the right choices for the constitutional remedies?

Dr. Ulbrich: That's where human homeopaths have it so much easier than veterinary homeopaths. They can ask their patients about the dreams that they have, you know the recurrent dreams or the sensations. This pain that they're having is it a stabbing pain, a throbbing pain, a shooting pain, a lancinating pain, a dull pain or an aching pain. All I know when a dog is limping is that he has pain so getting the fine details on some of those things is extremely difficult. We can make assumptions that well the x-ray looks like this and his hips are you know degenerated in this way. That kind of looks like you know the kind of thing when people have that type of thing they usually describe it as this type of pain. So let's make an assumption you know that's fraught with a potential for getting down the wrong track because that particular individual very well may have a very different type of pain.

Ted Schneck: So if you go down the wrong track you know we're keeping an eye on things so we can sort of get a pretty quick sense and make the adjustments?

Dr. Ulbrich: Well absolutely. If you're not seeing the expected response then you reevaluate and look at your assumptions. We tend to concentrate you know the most put the most weight on the symptoms that we are the most sure of and when it comes to some of the behavioral things or sensations or whatever, you know maybe we'll make our best guess but weight those things a little bit less. But sometimes we have to rely on other things.

Like I know in Marty's case we ended up for part of the analysis anyway, talking to an animal communicator and sometimes that can provide a little more of that fine detail that we can't get just by observing our patient, either me or you observing the patient.

Ted Schneck: And that was actually a fascinating experience that I got to go through and that I'm going to actually have the actually have the animal communicator that I spoke with on for an interview just like this in a few more calls so we'll be able to talk with her about what she does when she communicates and some of the messages that she gets there.

One of the things that you mentioned that I want to ask you about and emphasize is the time aspect. I mean how critical is it when you're dealing with a dog that's combating cancer in terms of how early in the process or how late in the process you can connect with the dog?

Dr. Ulbrich: Well obviously the earlier the better. You know I'd much rather be dealing with a primary tumor than with one that's metastasized all throughout the body. Though when I get them and they've already tried chemotherapy, radiation and everything else and they're you know just gasping for breath and they come to me, you know well we've tried everything else doc we're going to give this homeopathic medicine a chance here, you know. It's really frustrating but if you had come to me

maybe six months ago when your dog actually had some wag left in its tail and was still eating maybe I could have done something. Those are very disheartening cases. But as long as there's life there's always some hope. We always offer giving things a try as long as the patient isn't suffering too much then I think it's worth a shot.

Ted Schneck: And both of those are messages that I try to convey to the listeners and to anyone who reads my book is; one the earlier you can get going on some of these supplements, the Essiac, the proper feeding, the homeopathic remedies, you know the earlier you get started the better chance you have so do not wait. Find a homeopathic veterinarian, find these remedies and get started right away because you want to give your dog the best chance possible.

But the flip side is exactly what you're saying because I remember you know and I've said this several times so some people may have actually heard me say this, I remember one of the first times that I was with you and we first put him on the homeopathic remedies and I asked you, "So what do you think? You know is it possible can we get rid of this cancer?" And your answer to me is one of my favorite answers to any question ever which is that given the right homeopathic remedy you can cure a rainy day.

And I've actually seen that because at the point when I got Marty to you even though, I mean Marty took a pretty quick dive quickly. He got diagnosed in March and I didn't get into your office until the end of April and in that month he had dropped significantly and I was seriously, I would go to sleep every single night wondering whether he'd be alive in the morning. You know just thinking and I remember we talked about it when I first came in, I really thought I was going to wake up in the morning and have a dead dog there.

And luckily I was able to get him to you and after just a few weeks I think on the homeopathic remedies it broke and all of the sudden he was back to playing and running around and like you said, he had the wag in his tail again. So even if you don't think that there's a chance there's still a hope. There's still that little chance that you can make it catch so never give up on it. But yeah I emphasize to everybody the earlier you can get in the better because it just multiplies the chance.

Dr. Ulbrich: Right. And as much as I do believe that as long as there's life there's hope, the other side of that is you know sometimes there really realistically is such a little amount of hope that you have to weigh in also the suffering of the patient. And there are cases that certainly we provide euthanasia at our hospital for cases. We don't do convenience euthanasia, you know they're going out of town and or whatever. You know the dog's barking too much and so let's just put him to sleep, we don't do that.

Ted Schneck: I don't think anybody listening to this call is in that category. They're the ones who are trying to help.

Dr. Ulbrich: But it is an important service that we do provide because sometimes no matter what you do, holistic, conventional or whatever, you know some patients just don't have the vital force, the energy, the whatever it is that they need and if they're suffering we don't want to let them suffer needlessly. So I mean we always have to keep that as part of the equation is you know are we making progress, what's the quality of life of this patient and is it really worth going on? Now obviously you know it may be worth having an aggravation from a remedy or going through a little bit of a cleansing healing crisis, whatever you want to call it, if you have a reasonable chance or expectation that they're going to do quite a bit better afterwards.

And you've seen that with Marty. We've given him remedies and he's taken a dip, a short time later only to get quite a bit more energy after the aggravation runs its course after a day or so.

Ted Schneck: So explain just a tiny bit more for somebody who might not know because when I first heard the word I sort of went, Huh, when somebody said the words "healing crisis." I was like what do you mean what's that? Explain how that can work sometimes in homeopathic remedies.

Dr. Ulbrich: Well healing crisis is kind of a broad term. It refers to getting a little worse before they get better. In a lot of nutritional things or certain herbs or whatever they will start cleansing toxins that have been kind of building up in the body for a while. Suddenly they start coming out and while they're in the blood stream where they were locked up in the liver or the fat or whatever. Well suddenly you've got a lot of toxins in the blood stream. That makes them feel bad and so the kidneys get rid of them and then they start feeling better, so there's sometimes a short period where they get worse when they get better.

With homeopathy there's a specific healing crisis that we term, "homeopathic aggravation" and where that comes from is that with homeopathic remedies we're using remedies that substances that would cause the same type of symptoms in the patient as the disease is causing. And the reason we do that is because the symptoms of course are not the disease, they are simply the body's way of addressing the disease and so...

Ted Schneck: You're trying to speed up the body's?

Dr. Ulbrich: The natural healing process. We're trying to stimulate the body to say hey you need to do more of this fever or thirst or whatever it is that the body needs. You give them a substance that stimulates them in that same way and it's like a wakeup call for the body to say oh I really need to start producing a fever, say or whatever it is. And so because the remedies are working with the symptoms instead of against the symptoms, which of course is the conventional Western medical approach, we're working with the symptoms consequently we'll sometimes get a flare up of the symptoms when we treat with homeopathic remedies.

However, because it's a flare up that's due to a very benign highly diluted potentized but highly diluted remedy, that flare up is brief, should be anyway, not very intense, brief, short lived and you know should only last a few hours perhaps or maybe a day or two but not much more than that. If you're seeing a response that goes beyond a couple of days you have to really start questioning is this right remedy or are we just aggravating the disease.

Ted Schneck: And I remember you know just as sort of a little warning to people, I remember when we first started with Marty you warned me that those types of things might happen and you also recommended that I keep an eye on them because they shouldn't be too extreme. I think you said you know if he starts bleeding out of his nose or something like that we need to counteract the remedy right away. And so I want to make sure that somebody whose listening doesn't say, oh well he's supposed to go through this. You still need to keep an eye on it because it shouldn't be you know off the charts healing.

Dr. Ulbrich: Right. They should they often get a little worse before they get better however it's a specific type of getting worse. There's a certain time frame that we like to see in terms of when the symptoms come up or when the aggravation appears, how long it lasts, the intensity of it and so if it's fitting the overall pattern of a healthy aggravation then we're very happy that our patient is presumably temporarily worse. Because we know that by tomorrow he'll probably be doing a lot better.

Ted Schneck: And I actually look forward to those aggravations in Marty because like you said, I know that those are the deep healing parts and that I can expect to see him kind of ricochet in the other direction the next day. So I'm actually excited when those kick in as opposed to some of the other reactions that he might have to some of the treatments.

Dr. Ulbrich: Right.

Ted Schneck: I think let's see is there anything else that you can think of Dr. Ulbrich that you would like to share and then I want to spend a little bit of time talking about what you might be able to do for some of the listeners in terms of helping them heal their dogs. But before we go there is there anything else you can think of that I haven't asked you about that would be good to share with us?

Dr. Ulbrich: Well we haven't talked about some of the specific types of treatments. Homeopathy I really can't say which homeopathic remedy, that's very individualized. But in general I'd like to kind of go through some of the broad types of treatments that have worked best in my hands and I have tried a lot of things over the years. Some things that were supposed to be really, really good I just never got that much response to them and other things you know that I've tried I've had very good success, whereas other practitioners might have the exact opposite. So whatever your particular doctor, anyone who's listening, whatever your doctor is prescribing.

Just because I've seen a good response to Essiac that just doesn't mean that it's going to work in everyone's hands, it just works the best in my hand. Whereas somebody else might have a really good response to Poly-MVA or you know some other treatment.

Ted Schneck: And my recommendation even before we jump in there, you know what I do with Marty to the extent that I can afford it and to the extent that they all work well together, I end up giving him all of them because I figure if the Essiac has worked best in yours and something else in somebody else's then I figure okay as long as they're going to work well together if I give him both then I don't really care which one works for him as long as one of them actually has that affect. So I'm constantly coming in and saying, hey I've got this new remedy Dr. Ulbrich what do you think? Can I add it, is it going to interfere with some of the stuff that we've been doing? And if it doesn't interfere and some people have recommended it as something that's useful I'll kind of throw it into the shotgun mix.

Dr. Ulbrich: Yeah and that's fine but I think we do need to be careful to evaluate each new thing and say well how is this going to interact with everything else. That's really important.

Ted Schneck: So go ahead and share a little bit about what has worked for you.

Dr. Ulbrich: Sure. Well the first thing that I always do of course is diet. And there's a lot of evidence that tumor cells, cancer cells tend to live off of carbohydrates so we want to go with a low carb, high protein, high fat diet and that would be basically raw meat and veggies. We want to keep the grains out. And there are certain veggies in particular that have been shown to have certain things in them, endals and things like that that have been shown to help protect the body or stimulate the body to fight cancer. So I do have a list at my client of you know the veggies that I particularly recommend.

Ted Schneck: You were actually kind enough to share an entire recipe with me that dog owners can make for their dogs and that recipe is the first appendix in the book that I have. So anyone who has the book has a complete recipe with a full description of what you recommend and don't recommend for including in that mix.

Dr. Ulbrich: Great. And that's a great place to start. Any raw food low carb diet is a great place to start and then you know looking at the specific veggies and things that I've discovered or you know researched over the years is to add that in. That's our basic anti-cancer diet.

On top of that we do you know a bunch of different supplements things like fractionated pectin for example which is a citrus extract that's made I think it's Thorne Company that makes that one. That's, it actually binds to the same receptor sites that tumor cells bind to when they metastasize to the body so if you can you know plug those all up the tumor cells basically have no place to go until, they give

the body's immune system a little more of a chance to get rid of those cells before they can get a foothold some place.

Now we didn't use fractionated pectin in Marty's case because his particular tumor is one that's very locally aggressive but not one that tends to spread easily. So but for certain types of tumors where they do spread that's one that I use very frequently and have seen very good results with it.

Shark cartilage for certain types of tumors I've used that. Particularly for tumors that require very strong blood supply because the way that shark cartilage works is by constricting the blood vessels and so for prostate tumors or Hemangeosarcomas things like that that need that strong blood supply, that can really help to choke off the tumor. Other types of tumors it doesn't work so well and that's another one that we did not use with Marty again because it's just not the right type of tumor.

Herbs I think I mentioned the Essiac and the Hoxsey combinations. There's cats claw, pardiarco, all kinds of herbs that have worked really well and I've tried a lot of them. I tend to stick more with the ones; you know the Essiac and hock seed formulas that I've had the most success with.

We also use antioxidants and that's something that you don't want to use particularly if they're having chemotherapy at the same time. There are some holistic modalities that you can use along with conventional medicine and some that you really, really don't want to. Antioxidants are something I would stay away from if they're having chemotherapy.

Ted Schneck: Let me jump you back on the chemotherapy line for just one second. If somebody does have a dog and they happen to already have their dog in chemotherapy, did you say is there still valuable stuff that they can get from coming to you and speaking with you about the natural healings?

Dr. Ulbrich: Absolutely. There are certainly you know some things that we can do to help make the chemotherapy a little less toxic to help maybe augment the chemotherapy.

Ted Schneck: Because I know how prevalent that is and so I think some of the listeners may already be going through that and I want them to be reassured that there are things we can do to help them as well.

Dr. Ulbrich: In general I don't particularly recommend trying to straddle both sides of the fence. You just end up with a fencepost up your butt. It's just not you know a lot of these things you have to kind of go either one way or the other. But you know there are certain things that you can do and I wouldn't just give up on holistic approaches if your heart's set on using some chemotherapy agent. You know don't discount alternative medicine there are certainly some things that can be done along with that.

Ted Schneck: And the other thing that I recommend in the book very strongly is just by changing the diet for instance so that you're feeding them the raw meats and removing some of the carbohydrates and getting lots of protein. That alone is going to help them and strengthen them so they can even perform better with the chemotherapy.

Dr. Ulbrich: Absolutely right. That's probably one of...

Ted Schneck: And many of the supplements will also you know boost their immune system so that they can do as well as possible through the chemotherapy.

Dr. Ulbrich: Absolutely.

Ted Schneck: I'm sorry I didn't mean to distract you. Were there other?

Dr. Ulbrich: Are there other treatments that I use yes. We were talking about the antioxidants and you want to make sure that you're using both an intra and extra cellular antioxidant. Most of the antioxidants that you hear about, pycnogenol, grape seed extract, dismutase, even Vitamin C, Vitamin E are mild antioxidants. But those are all extra cellular they use the fluid that surrounds the cells with the antioxidants. The only there's not much that gets actually inside the cells but that's an important place to get antioxidants as well. There is an antioxidant called glutathione reductase that gets down in with the mitochondria and all that and there are a couple of products that have that. So I use both extra cellular and intra cellular antioxidants.

One of the biggest things most important things that I use is immune system support because cancer to a very large degree is an immune system problem. It's you know you and I have probably had cancer several times throughout our lives and never knew it because our immune system detected the cells and destroyed them before they ever got a chance to proliferate. That's the way the system is supposed to work. If the system gets distracted though by oh processing an unnecessary vaccine say or something like that then suddenly the cancer tends to get a foothold and gets beyond what the immune system can do. So one of the things that we do is really try to boost up the immune system so that it can be fighting the cancer the way it was supposed to be doing it all along.

And there's a lot of ways to boost the immune system but one of the best ways is with an extract from colostrums called transfer factor. It particularly boosts up the natural killer T cells, which is the type of cell that the body uses to fight cancer with. And there are a couple of different products out there, there's the regular transfer factor that's made by 4-Life Research and that's been an excellent product. I've had some very good success with it. Recently they've come out or a different company has come out with augmented transfer factor, it's got more of a transfer factor from different sources and they also combine in hitaki and shiitake mushrooms and a bunch of other things that work synergistically to boost up the immune system. That's the product that we recently or I don't know I guess it was a couple of months ago we started Marty on that one called the...

Ted Schneck: And for anybody listening if you kind of can't keep up with this don't worry about it. This is all in the book so if you purchase that you'll be able to read all about all the supplements that we've used for Marty and a bunch more that are out there. So keep going.

Dr. Ulbrich: Well those are the main broad areas you know that I tend use. And I've used some other things with specific types of cancer but in almost every cancer we'll use a combination of herbs, homeopathic remedies, antioxidants, immune system support and diet. Those are that's kind of the big structure. From there you know you can certainly add in some of these other things.

The Poly-MVA for example that we've had Marty on can be you know a very good product. When it first came out years ago I tried it in half a dozen cases and didn't see that much success with it and kind of gave up on it but Marty's brought me kind of back to it since you had found that on your own and have gotten him on it and really found that he did much better when he was on it than off of it.

Ted Schneck: And really it depends for each dog is going to respond to something different. That's why I try to do the shotgun approach and try to do a whole wide variety of things because in some cases you know the Poly-MVA is one that you mentioned that I'm pretty confident is doing some really good stuff for Marty because every time I try to remove it he gets worse. So but really there's no way, you know one of the things that I emphasize is that you can't be sure which one of them is going to be the silver bullet and in most cases there is going to be no one silver bullet but you're going to try to sort of hit it with a machine gun of bullets and hope that something kills the cancer.

Dr. Ulbrich: Right. It's how these things work synergistically with each other that really makes the big difference in the majority of cases I think.

Ted Schneck: Right. And that is where having somebody on the cancer fighting team like you becomes absolutely critical to the process. So I'd like to take a couple of minutes just to share with the listeners how they can get in touch with you, both to learn more about what you do and I know we mentioned that you do telephone consultations so anybody whose having trouble getting a holistic veterinarian in his area can certainly make a call over to your office and you should be able to help them over the phone.

And I just remembered something else that I meant to ask you earlier, was if there's no holistic veterinarian in the area, but you can find a holistic healer, is that an option or is that really not an option? You need to basically find somebody who's licensed in both areas for your dog?

Dr. Ulbrich: Well ideally you want to find a veterinarian who knows animal diseases and the animal responses to things and ideally a holistic veterinarian. There are certainly other alternative healers out there who will sometimes practice on animals. Realistically...

Ted Schneck: In a pinch I would imagine you know you'd do the best you can and if all you can find is...

Dr. Ulbrich: Absolutely. And the other form is fine but you also have to realize that unless they're working under the direction of a licensed veterinarian generally speaking they are practicing medicine without a license and there is you know, some legal possible ramifications with that.

Ted Schneck: So basically give your office a call or somebody else?

Dr. Ulbrich: A licensed veterinarian that's willing to do, even if it's a conventionally minded vet if they're open minded enough to work with a naturopath say, or a homeopath you know, then they can legally prescribe out whatever they need for the animal and the human homeopath license is protected because they're not practicing on the wrong species. That's the best way if they don't have a holistic veterinarian available to try and at least find someone who's you know willing to work with someone who has a different perspective.

Ted Schneck: And I just got a lovely letter from a woman who purchased the book who we recommended see a holistic veterinarian and she actually drove her dog 13 hours to go to a holistic veterinarian. She said that she wasn't sure if her dog was going to live through it but he had some wonderful effects on it. But I guess if you're not willing or able to drive 13 hours to get there, like I said there is that telephone option. So why don't we give out your telephone number for anybody whose interested in speaking with you?

Dr. Ulbrich: Our clinic number is area code 503-293-6666. And we certainly prefer an in-visit you know if it's reasonably possible at least for a first visit.

Ted Schneck: You're in the Portland area?

Dr. Ulbrich: We are in the Portland area but we see, people come up from Eugene, Corvallis, you know the coast. A lot of the follow up stuff can certainly be done by phone at least from time to time or for a lot of the times. But it's good to check in you know physically.

With Marty you know, fortunately you're not too terribly far away and unable to take very careful measurements of the tumor to see if we're making progress and that type of thing. You know that's certainly what we've been doing over the past year and that type of information is often crucial in deciding whether we're sticking with the same remedy or time to move on to something else.

There are certainly some other resources as far as other vets go because we're not the only holistic practice and we're pretty busy so sometimes it is difficult to get in to see me. But fortunately although holistic like I said earlier, are few and far between, there are some you know quite a few of us out there and some resources to find them. There's the Academy of Veterinary Homeopathy that maintains a

referral list of homeopathically trained vets and I always would start with that group. I have a particular fondness for that particular mode of treatment. The website to find that information is www.TheAVH.org. That's a great place to start, if there's no homeopathically trained vets there are at least holistic that may be in your area and there's a whole association of holistic vets. The American Holistic Veterinarian Medical Association or AHVMA I believe that the website for them is www.AHVMA.org I think.

Ted Schneck: And I have links to them on my website as well.

Dr. Ulbrich: Excellent. You know I can't guarantee that everyone listed on those websites are excellent veterinarians but that certainly is a great place to start.

Ted Schneck: And you have a website as well and that is www.HolisticPetVetClinic.com, all one very long word smushed together. And I understand there's even going to be a picture of Marty.

- End of Interview -

FIGHTING CANINE CANCER: LIVE EXPERT INTERVIEW #2

HEIDI FROM "MEAT FOR CATS AND DOGS" ON CANCER FIGHTING NUTRITION AND RAW FOOD DIETS

Ted Schneck: I'd like to welcome everybody to the second teleconference for Fighting canine cancer. We have a series of experts who are going to be speaking about a variety of different topics that relate to the care of your dog while you're taking care of him or her with cancer.

Before we begin, let me just put out a quick disclaimer. I just want to make sure that everybody who's listening to the call understands that neither my guests nor I are licensed veterinarians and nothing that we say in this call is intended to substitute the critical importance of having you consult with a licensed veterinarian about the specifics of your dog's individual case. Although we do have expertise in the areas that we are going to discuss, everything that we say during the next hour is for informational purposes only and this is in no way intended to diagnose, or prescribe anything in connection with the care of your dog. We strongly advise that you seek proper professional advice on all matters so that you can decide on the appropriate care for your dog.

So, with that out of the way, let me introduce my guest for tonight's call. Tonight, we welcome the owner of "Meat for Cats and Dogs", which is the natural pet store in Portland, Oregon. My guest, Heidi, is an expert in helping you find the right high quality foods for your dog and is a powerful voice for the benefits of high protein, raw meat diet for dogs, especially those who are battling cancer. If you haven't heard of or tried the raw meat diet before, then Heidi can walk you through each step of the way and help integrate raw meat into your pet's diet. Well Heidi, first I'd like to thank you so much for being on the call with me tonight.

Heidi M.: Thanks for having me.

Ted Schneck: You have been just an absolute wonderful helper to Marty and me in teaching us all the importance of diet and of raw food in order for us to take care of him and treat his cancer, so I appreciate that. And now I appreciate sharing this information with all of the other listeners.

So, let's start off if I could with a couple of quick questions about you and about your store, if you don't mind. How long have you owned "Meat for Cats and Dogs"?

Heidi: I just celebrated my two-year anniversary in March, March 4th.

Ted Schneck: Congratulations on that.

Heidi M.: Thank you.

Ted Schneck: And what made you get interested, what made you decide that you wanted to start this store?

Heidi M.: I started feeding my older dog, Chevy, raw food when she was 5 ½. She was a disaster. She had allergies and let me think, cotton and always was battling a million different problems -- skin problems and ear problems. She was lethargic and was a perfect candidate for going on the raw food diet according to my vet. So, I started it and it kind of changed my life and her life. It made such a difference in her that I started talking about it all the time and realized that there really needed to be a better resource in town. Somebody that could actually help people get started instead of overwhelming them with ideas and not giving them enough actual information. So, I came up with the idea and opened the store and it's been going well since.

Ted Schneck: Well, if anybody is in town then I highly recommend that you go visit Heidi over at the store. We'll give you the address and all the contact information later on, but it's an absolutely wonderful place you have, Heidi. We thank you for that.

Heidi M.: Thank you.

Ted Schneck: So it was your vet who first introduced you to the raw food diet? Had you heard of it before?

Heidi M.: Yes, I had heard of it only because I've been going to a holistic vet for years prior to that. So, I heard of it, but it just seemed a little too complicated for me. I didn't think I was ready for it at the time. And then, finally after being in the vet, like multiple times per year -- probably like 5 or 6 times per year, I decided that it was costing me more to go to the vets than it would to just put my dog on a different diet. So, yes -- the vet had been pushing it and they were right. It made a huge difference.

Ted Schneck: So, basically the problem or one of the main problems with your dog -- What was your dog's name?

Heidi M.: Chevy.

Ted Schneck: So, basically one of the problems with Chevy was the food that he was eating?

Heidi M.: Yes, well I had her on really good, really high-end kibble. I mean, something that I even carry at the store now and it didn't seem to be, it didn't seem to be helping. At the time, foods weren't really coming out with grain free options like they are now, so a lot of her stuff was definitely grain based - a lot of her allergies.

Ted Schneck: But you did actually have her on some pretty high quality food?

Heidi M.: Oh yes, definitely. I rotated her among the higher end foods. I had her on California Natural and Simply Natural and then Nova and different foods that I carry and still recommend for a lot of dogs, but nothing was helping Chevy clear up anything.

Ted Schneck: Let's start off for a little bit about foods in general for dogs. I know that in your store that you only carry top quality and the premium brands and that you don't carry sort of the generic grocery store brands that you'll see.

Heidi M.: Right.

Ted Schneck: So let's just sort of share for everyone who doesn't know, including me, if you could educate me a little bit on why that's the case. What sort of things can you expect to find in your average grocery store dog food?

Heidi M.: Well, the biggest thing to me is the grocery store dog food; you kind of are getting what you paid for. So, if you're buying a 40 lb bag of dog food and you spending under \$20 for it, you've got to kind of wonder where that protein source is coming from. It's not going to be a high end, human grade product. It's going to be kind of what they use for animal feed. You know, it's going to be animal quality and pet quality -- not human grade. Everything that I carry is definitely human grade. If not free range which a lot of its free range and organic.

Ted Schneck: And I sometimes wonder if Marty doesn't eat better than I do.

Heidi M.: Ha, that's usually the case. Most of my customers' animals do definitely eat better than they do.

Ted Schneck: Right. So they do

Heidi M.: Myself included.

Ted Schneck: I know. So, you're saying the grocery stores, they tend to pack it with a bunch of other stuff in order to keep the pricing low?

Heidi M.: Oh yes, definitely. They're not buying high quality meats by the stretch of the imagination.

Ted Schneck: And don't they pack them, I understand that they also have a lot of fillers that they put in and other things to try to really stretch?

Heidi M.: Oh yes. When you look at the ingredient labels, just like when you're looking at food labels for yourself, you kind of -- you know what the most of its going to be is the first few ingredients. When you look at the grocery store foods, the first few ingredients usually tend to be wheat, wheat gluten, corn, corn meal, and poultry bi-products. There's nothing in the first few ingredients that says any sort of solid protein. And if there is, it's going to be shortly followed up by another filler.

Ted Schneck: And why is that a problem? I mean, why isn't it OK just to feed your dog all of these wheat and other fillers?

Heidi M.: Well, the biggest ... well, wheat and corn tend to be just really huge allergens to dogs in general and as we just seen through this pet food recall is that wheat and corn also tend to, they can grow molds on them, which don't seem to be regulated enough. So, those molds and whatever other bacteria that get in the grains -- that's what makes all the animals sick. So aside from it being allergens, it's not regulated as well as it should be. So that's a big problem and the other problem is that our animals do, they thrive more on a high protein diet. A diet with even regular amounts of protein, which the grocery store foods are loaded with crap. There's not enough protein in it. Especially for cats.

Ted Schneck: Especially for cats?

Heidi M.: Yes. They need protein. They don't need corn. They don't need wheat. They don't need rice.

Ted Schneck: How about dogs though. I mean, my understanding is that for dogs with cancers, especially, that that becomes an even bigger problem -- all the fillers.

Heidi M.: Well, that works the same as it does for humans also. I mean, cancer feeds on carbs and sugars, so if you're loading up on foods with a ton of carbs in it, you kind of battling yourself on that one. You're not helping the situation; you're feeding the cancer. So, you definitely want a dog with cancer to be on a high protein diet. Same with diabetes. Same idea.

Ted Schneck: And of course, when you're going with especially the generic store bought brands, you've got the largest quantity of the fillers. How about some of the premium brands? The stuff that you'll find at your generic big box pet store, like a Petco type of thing. Are they much better or do they also tend to be problematic?

Heidi M.: I've seen they can have better food. There's definitely other food out there that are pretty great that I don't have in my store. You know, there's so many good brands out there, but most of the generic -- like Petco or PetSmart, those stores are going to be carrying something that's definitely a step above what you're going to get at Meijer or Safeway. But, I still feel that you can do better. I still feel like maybe their protein sources aren't as good as they could be and I feel like they're probably still using a lot of meals and bi-products where they should actually be putting in the whole animal. The good parts of the animal.

Ted Schneck: I always recommend that people, especially when one of their dogs have cancer that they really ask a lot of questions and try to come up with the highest quality possible. I think that the less junk that we put into our dogs, the better chance they have to devote their energy to fighting the disease.

Heidi M.: Definitely. I definitely agree with you on that.

Ted Schneck: So tell me a little bit about the raw food diet and why that is so helpful.

Heidi M.: Well, it's what their bodies were made to thrive on and thrive with. A lot of people will argue that we've domesticated them and they haven't been domesticated for that long. Their bodies still are going to do their best on a raw diet. So, all the enzymes and vitamins and the nutrients that they get from it, are going to actually make them be what their bodies are meant to be. So, their energy level will be better. Their immune system will be boosted. Their allergies will go away. Their skin and coat will be amazing. Their ears and eyes will clear up. For my dog, her incontinence cleared up within like 2 months of being on the diet. They just do the best on that. They will actually fight off diseases because their immune system is so high and strong.

Ted Schneck: I remember when we first started Marty on the food, that he actually lost some weight and I got a little bit worried about it, but I realized that really he was just ... his weight was becoming like muscle weight instead of all of that bloating, fatty stuff that he was getting from all the fillers.

Heidi M.: Exactly. They kind of lean down to where they need to be.

Ted Schneck: Right, and I did find that as soon as that was there, there was less for him to carry around and so he was able to have more energy just because now it was muscle instead of fat.

Heidi M.: Yes.

Ted Schneck: So lets talk a little bit about what is a raw meat diet. I mean, is it just raw meat or is it other parts that go with it.

Heidi M.: Well, there's other parts and there's a couple schools of thought on what a raw diet should include. The one that I generally promote is kind of the Timothy Schulz recipe which calls for meat, bone, organs, fruits and vegetables, eggs, fish oil, kelp or alfalfa and then extra vitamin C if you're getting enough from the fruits and vegetables and/or another oil like the flaxseed oil or hemp oil or cod liver oil. That's kind of the basic that I go on.

Ted Schneck: So basically, you're rounding it out with all the other nutrition that they do need in their diet that they can't get with just the raw meat?

Heidi M.: Yes, exactly, but then there's another school of thought and I've seen animals do amazing on that too and that's just give them meat with bones. Like given them chicken wings and give them whole chicken carcass and give them a whole fish and throw them a whole bunny and not worry about the fruits and veggies and all the other supplements. So, I think that people kind of need to figure out where they want to go with their diet and how extreme they want to get and what their animal is going to do better on.

Ted Schneck: The vet that I do a lot of work with usually recommends a 95% meat and 5% other stuff, like vegetables and fillers and stuff like that and we've found that that's worked well with Marty, but I guess, like you said, every dog is different. People have different theories about it.

Heidi M.: Yes.

Ted Schneck: Is it hard to prepare this? It actually sounds a little bit like a lot of stuff that goes in there. Is it difficult to put this together or are there sort of tricks, tips and secrets that you

Heidi M.: Oh, there's plenty of ways to cheat on it. It can be difficult, but there's different companies who, I mean, you can go as simple as a company that does a pre-made diet, which means that everything is already in the diet. So, the pre-made frozen or raw so it's a complete meal like you would find in a can or in the dry food, but actually in its optimal form, in a raw form. You just thaw that in the fridge and you stick it in the bowl and it's pretty simple. Then, you just a routine as far as what you've got thawing when you need it and then cleaning patterns. Or you can go to buy pre-ground meat and then mix in your own fruits and vegetables and supplements.

Ted Schneck: And when your talking about pre-ground meat, you're basically saying go to the supermarket, go to whole foods or something like that and just buy it from the meat counter.

Heidi M.: You could do that, yes. I think that a huge part of feeding raw is actually getting resourceful and finding good deals and making it more affordable for yourself. So, if your at New Seasons or Whole Foods or wherever, or you have a butcher that you trust that you know their choosing good, clean, hormone free meat, then yes -- see if they can grind up a chicken or grind up something for you. I know there's some local companies who actually make and sell for pet food, human grade, hormone free ground with the bone in it, meat -- like Columbia River.

Ted Schneck: You do carry those in your store, right?

Heidi M.: I do, yes.

Ted Schneck: Would you remember the brand of food that Marty and I were using when we first starting doing it? I mean it was the raw; it had the nuggets where it came in the patties.

Heidi M.: Yes, that's the Nature's Variety.

Ted Schneck: The Nature's Variety. And I remember we used that with some very good success and it was super easy for me. It was a little bit pricey like you said, but once we got it home, I was able to just defrost one of the meat patties and break it into chunks

for him. And then, like you said, the only issue was then really cleaning and you know, sanitary purposes.

Heidi M.: Yes, yes.

Ted Schneck: Explain for a second about the sanitary side of it, just because I know for me, I just assumed I was dealing with raw meat, especially raw chicken, and it just probably wasn't a very good idea to, you know, be touching it and then touching other things.

Heidi M.: Well, I think that it, you know you handle it like you would handle something that you were going to eat yourself. A lot of my customers are vegetarians, so they don't normally handle meat, so I just kind of remind them that everything that the meat touches needs to be cleaned. It doesn't mean that you have to dump it in bleach, you know, I don't even use bleach at my house, but I have all natural cleaners and I just spray the counter with it and make sure I wash the knife and the fork that I use and make sure that the bowl is cleaned each time and if blood drips somewhere, then I clean that up right away. I think that the biggest worry, people worry that our dogs and cats are going to get sick from it. If anything, it would be us, yet again -- if you handle it like something you were going to eat, the chances of -- and wash your hands constantly, like -- some people will go to the excess of actually wearing gloves and I think that's fine. I think that it's totally fine to be over cautious.

Ted Schneck: Yes, I remember that I actually, I didn't quite wear gloves, but I actually bought some little inexpensive chopping trays and things like that, that I would only use for Marty's food. And this way I never really had to worry about mixing them up and sort of doing any of my own food on those. And I would get separate silverware a little bit and some bowls just to make it a little bit easier with that.

Heidi M.: Yes, you can definitely go over cautious.

Ted Schneck: Yes, it certainly can't hurt.

Heidi M.: No.

Ted Schneck: You mentioned something interesting that I always kind of wondered about this. What do the vegetarians who come into your place, you know, how do they deal with the raw meat aspect of the diet?

Heidi M.: Well, they definitely ... I'm sorry, what?

Ted Schneck: Are they resistant or do they dive on in? What do you share with them to ease them about this?

Heidi M.: Well, usually if a vegetarian is coming into the store, it's because they've researched this or somebody has told them that it's a good idea for the animals to be on the raw food. So, they usually -- it's not a shock and I don't usually attack people and say, "you need to be on a raw diet" especially vegetarians will inquiry elsewhere before coming to me. So they've already got it in their mind that this is going to be

better for their animal. And then from there, we just talk about handling it. So, usually they kind of clean and do things the way that I do. I've got a separate side of my sink that I use for it. I've got my own sponge just for the dog's stuff and just like you; I've got their own bowls and their own knife. You know, the vegetarians appreciate that I don't think that it's weird that they want to do that. Ha ha. Because I do it, but they get kind of grossed out sometimes at it, but there's other options. I try to work with them on maybe some higher end dry foods or find the easiest raw food for them to use so that Nature's Variety would definitely be one because they don't have to mix anything. They just thaw it and stick it in the bowl.

Ted Schneck: You mentioned some of the higher end dry foods as well. I mean, I know from Marty, just from my experience that a lot of the dry foods especially when your in sort of the high end premium categories -- are actually very good for dogs, including cancer dogs.

Heidi M.: Yes, they definitely can be and now a bunch of the companies are jumping on the whole grain free thing which I think is great because by getting rid of the grain, you're making a product that is actually really high in protein and its meat and its fruits and vegetables and its similar to what they're doing with the raw diet. So, it works in really good correlation with the raw diet or in place of for somebody who can't really make that commitment and for cancer dogs. Like I said earlier, getting rid of the grains can definitely help.

Ted Schneck: So even if you're not ready to dive into the raw meats, there are still some options out there that can be excellent alternatives to that and that look very similar to the kibble and the can food that you feed your dog normally?

Heidi M.: Yes.

Ted Schneck: Do you have any particular favorites among those especially for dogs that have cancer?

Heidi M.: I think that Evo has been making a pretty good product, however, with the cancer they do have potatoes in their formula and that's doing Eukanuba so I ... lets see, if I was going to go potato free or gluten free, Solid Gold does a beef and salmon that is grain free and gluten free. Nature's Variety actually has a dry food that is chicken based with no potato and grain free and they do ... they cook their food and then they coat it in a freeze dried raw food, so I feel like that company is pretty great in the sense that you are getting some of the benefits of the raw diet -- at least the live enzymes through the freeze dried part.

Ted Schneck: It's nice to know because I know with Marty, even though I expected him to just love it, I figured just raw meat couldn't get any better than that. He actually refuses to eat it sometimes.

Heidi M.: Yes

Ted: I think it's because he's used to the kibble because that's what I always raised him on and things like that. So, we end up going to some of the foods that you talk about. We actually do use, I know the Evo a lot, but I definitely want to try some of the others that you talked about because it sounds like they might be even better alternatives.

Heidi M.: Yes, I think that cutting the potato out of there could definitely be a better move even. Which is a new thing as far as the companies getting rid of the potato, that's fairly new.

Ted Schneck: And what was that last brand that you talked about? The one that had the freeze-dried raw?

Heidi M.: That's Nature's Variety.

Ted Schneck: And can people get that online or do they need to try find a natural health food store in their area, a natural pet food store rather in the area?

Heidi M.: I think you can actually order it online; otherwise, they are from the Midwest, so it should be able to be found kind of across the country.

Ted Schneck: So, it's not just a Pacific Northwest kind of thing?

Heidi M.: Right.

Ted Schneck: So, go over with me a little bit because I know that you said that if you want to bring your dog into this, you don't just throw them right into the raw food diet. You need to transition them into it. I discovered that ...

Heidi M.: Well, you could ...

Ted Schneck: I discovered that the little bit the hard way with Marty because I guess his body wasn't quite ready for it and it kind of upset him a little bit when I first dove in. How do you recommend normally when somebody comes in and they want to transition to the raw food diet? How do you recommend that they go about that?

Heidi M.: Well, I mean ... you can do both ways on that one. You can just throw them in. I did with my dog and I think it kind of depends on what you're willing to deal with. You know, you will definitely get some upset belly and some runs for a few days, but usually that will clear up. So, if you want to jump in it, you could just jump into it. but some people who's dogs already have a sensitive digestive system or already have issues, they'll kind of do it slow, a slow transition which I would then recommend you know, doing $\frac{3}{4}$ of their old food with $\frac{1}{4}$ of the new food. I would do it kind of more like a treat with the raw. Slowly introduce it and then just start gradually increasing to where you're doing exactly what you need in the raw food and no more dry food. So, it can go anywhere from like a few days of transition to you know, a couple weeks. Whatever you and your dog kind of tend to be in the mood for. You can kind of feel it out, I think.

Ted Schneck: When we first started, like I said, I expected Marty to just love this. I figured raw meat; this is going to be the greatest thing ever. And then I discovered at various times, especially when he wasn't feeling particularly good, that he wasn't eating anything. Even the raw meat wasn't really going to get him going on it. I know from my experience in your store that there is some really some interesting treats and things like that out there that are actually very healthy that I've used as food for him. To kind of get him through those times. Do you have any recommendations for people who are struggling to just get their dog to eat anything? I mean, do you have any thoughts on what they can do?

Heidi M.: Well, basically, I mean, the treats that you were using, well they've got the freeze dried, like the freeze-dried liver treats. ____ makes a really great one. They do a chicken, a lamb and a beef and they're just little squares and you can crumble those up and sprinkle it over food which I've found has enticed some dogs into eating it. There's also Honest Kitchen makes a dehydrated raw food which you can use that as kind of a gravy over the meat or you can feed that itself or put that over dry food. That's a pretty cool product too. Lots of dogs really go for that. It tastes pretty good. Some people use chicken brother, low sodium low fat chicken broth to kind of entice them into things, but you know if a dog doesn't eat for a day or so, it's really not the end of the world especially if they're just waiting for their stomachs to settle. Then, the next day feed them and hopefully they'll be hungry again.

Ted Schneck: Yes, from my experience, I've actually discovered ... for Marty, it wasn't a day or two, it was a week or two or three and fortunately for me, I spoke to a friend of mine who was a rancher and he basically said, "yes, don't worry about him, he can afford to lose a lot of weight, before anything too dramatic happens with him." So, I just kept coming into the store and just grabbing the next one. I remember when I came into the store, we just put all the different treats and food in front of his nose and whatever he eats, we go ahead and buy three bags of because, I just assumed that that was the best we're going to do at the time. So yes, there are some good options that people can go to if they, if for some reason they can't get their dog to eat the raw food or if for some reason they're not able to do it. I think ... let's share for a moment, if you're preparing the raw meat, do you end up preparing it every single night or do you make large batches of it and then kind of freeze it and store it over time?

Heidi M.: That's totally up to the person themselves. I'm kind of more of each day I mix it up. I'm not real organized to get it all prepared ahead of time, but I've been impressed with the customers who will come in and they will buy either a bunch of my raw stuff from some of my frozens and go home and thaw it out and mix up batches and re-freeze which kind of loses a little bit of the nutrition when you do that, but it's not that big of a deal to thaw and then re-freeze. Optimally, if you're going to do huge batches, I would suggest using fresh meat that you get from the grocery store and then mixing up batches and freezing it. But yes, that's totally, you know, whatever the person's routine and lifestyle will let them do.

Ted Schneck: Right. And then, I mean, what I discovered was for me, that it was just much easier to you know, not to have to every single night do it, although I'm with you. I would assume that, you know, that the fresher everything is, that the healthier it is going to be for them as well.

Heidi M.: Yes.

Ted Schneck: What about cooked meat? Is that as good for them or not as good for them as the raw?

Heidi M.: It's definitely not as good as the raw, but some people definitely will use that as like in the case of an upset belly or a dog that won't eat, you know if you want something really bland -- grilled chicken is pretty bland with some nice brown rice. But in this case, with a cancer dog, you're not going to want to throw in brown rice necessarily, but it wouldn't hurt once or twice if it's going to make the dog eat it. But a lot of people tend to use like chicken and rice is a very bland meal, so I feel like it's got its place if your dog will eat it and if, you know, your dog hasn't been eating -- whatever he's going to eat is going to be good. So, definitely do Sorry.

Ted Schneck: Yes, I would like to say that as important that it is that we feed protein and that we do raw meat, really the most important thing is just calories. Just whatever you can get them to eat.

Heidi M.: Exactly.

Ted Schneck: and believe me, like I said, I've been through experiences where that in and of itself was a challenge and sort of, he was living on sort of belly meats for a couple weeks. It may not be ideal, but it certainly is better than nothing for sure.

Heidi M.: Right.

Ted Schneck: lets see. I think we've gone through pretty much the good stuff that I wanted. Share with us a little bit more just about some the benefits that you've seen. Have you seen any particular benefits surround sort of dogs with cancer on this diet?

Heidi M.: Well, I think that Marty is probably the prime example that I've most recently seen. my roommate, her dog had cancer a few years ago and she was able to put his cancer in remission by doing a raw diet, lots of different herbs and supplements. She was able to put him in remission and he lived the next two years after he was supposed to have been gone. So, I think that it can definitely, you know, if not kick it forever, it will definitely make them live a longer life by switching the diet to something that they're going to do better on. It's going to be stronger for their immune system.

Ted Schneck: The way I often look at it when people ask me, is that, the food itself probably isn't going to give them what they need to get over the hump and make the cancer disappear, but what it does is builds their strength and it sort of prolongs how long

it takes for the cancer to take affect and it also gives them enough strength to you know, they can keep fighting until we can come up with what that magic bullet is that really will get them over the hump on that. So that, I mean, I don't know if you agree with me, but that's the way I tend to look at the raw food.

Heidi M.: No, I definitely agree with that.

Ted Schneck: Yes, it may not be, you know, its not ... raw meat is not the cure for cancer.

Heidi M.: No.

Ted Schneck: But I wish it was. But at the same time, it is critical as far as I'm concerned in terms of giving them the strength that they're going to need in order for do it because, you know, we're going to go through a whole bunch of different treatments and a whole bunch of different methods that we're going to use to try to knock out the cancer and if your dog is sort of wasting away and really struggling, you're not going to have the time and he's not going to have the energy to get it done. So that's the way I look at the raw meat as just a way of really giving them all of the strength he needs to, at a minimum to prolong the battle so we can get the reinforcements. So, what I'd like to do ... I think there are a couple people online and I just wanted to find out if anybody had any questions for Heidi while we do have her. And then, like I said, she's going to need to run off in a little bit, so if there's anybody online who would like to jump in and ask any questions that they might have, just hit the 6 button and that will bring you on. OK, so I've un-muted the lines and like I said, if anybody wants to jump in, Heidi is very much an expert as far as I'm concerned because she is constantly evaluating foods that are out there and she's constantly looking for, you know, new ways to, you know, to get the best and the healthiest into your dog. So, if you do have any questions, now would be a great time to jump in. Let me I'm sorry, go ahead.

Lori Miller: I was going to ask a question, but go ahead.

Ted Schneck: No, please go ahead.

--- Caller: Well, this is Lori, my dog Shebo was just diagnosed a couple months ago with cancer. well, she started off young, age 2, I didn't know anything about it or if it was in her background or history, but around age 2 she got diabetes and then that was going very well and then just a couple months ago she was diagnosed with this cancer. So, I have been online doing research every night until like 3 in the morning for like 2 months, right and trying to find out really what's the best program is for her. We have her on a number of things now. I do not have her on the raw diet, but I've been looking into the raw diet, but in going to the raw diet, I guess in getting them started, would it be a good idea to maybe possibly, I'm thinking, maybe start off by cooking maybe the meat and you know, and slowly get them into the raw diet where maybe it's not cooked? I mean ...

Heidi M.: That would be one technique. I think, you know, I don't know if there's any right or wrong answer in that one as far as how you're going to get started. I mean, it wouldn't hurt or be a bad idea to just even jump in and just start doing raw, but if it takes you a little bit to kind get your head wrapped around the raw diet, it definitely wouldn't be a problem to start off cooking it. But, I think serving it all the way raw right away would be fine also.

--- Caller: OK, now right now I have her, well, I had her on the Hills ND because they said that was a good source of food for dogs with cancer, but then as I read more and more online, you know, I've seen more and more where Innova seems to keep coming up you know, where that was a really good dog food. But then when I started to compare the Innova to Hills ND, I noticed that with the ND there was a lot of bi-products, right

Heidi M.: Yes.

--- Caller: That kind of bothered me a little bit. Where the Innova, you know the first five top of the, I'd say the first five, I don't know, we call it the ingredients would have been like, something like something we'd probably eat, right.

Heidi M.: Yes.

--- Caller: So then I'm thinking OK, now you've got this Hills ND that's supposed to be for dogs with cancer but with a lot of bi-products in it and then you've got the Innova that doesn't have any bi-products. Well, I'm thinking that, you know, what my better choice prior to going to the raw food be Innova then.

Heidi M.: It definitely would be. I think that's the difference in a lot of, I don't know as far as conventional medicine versus holistic medicine, Innova is definitely more of a holistic food, so they're going to want to actually hear things or help things by having really good nutrition where I feel that conventional medicine a lot of times is just trying to cover things and fix them instead of working with the diet. Innova, I think is a great choice and it's an amazing food and I definitely would stick by that one.

--- Caller: So I just need to check and see if it has potatoes in it though, right?

Heidi M.: Well, the Innova does, the Evo does have potatoes. If you could find a food that has all the same ingredients that Innova does up to that caliber in your area, the potato ... you really want to go grain free, carb free or really super low carb if that.

--- Caller: OK.

Heidi M.: And the Evo is very low carb, but if you could find one with no potato, then I would definitely try to go with that. But otherwise, the Innova would be great. It's definitely going to be a step above the Hills. A huge step above.

--- Caller: OK. Great.

Ted Schneck: So, Heidi you do have experience with the Hills?

Heidi M.: well, yes, you know I've never been a fan of the Hills and I know that it's recommended by vets, but I've never found one of their products that actually be as helpful as going with an actual high end product, by a better company that didn't have a bunch fillers in it. I get a lot of customers who bring in a Hills can that their vet recommended and I look at the information on it and we put them on just some straight meat can or a really high protein can food and the animals seem to thrive on it and do much better than they were doing on the Hills.

Ted Schneck: Right, but let me reiterate just what we said at the beginning which is, that we're not veterinarians so, you know, you need to consult with your vet and you need to decide for yourself whether or not, you know, the right choice is the Hills ND or the Innova Evo. We can give you our opinions on it and sort of advise you, but the ultimate decision has to stay with you and your vet. I just wanted to make sure ...

--- Caller: Yes, that makes sense. I was just concerned that, I was just really kind of surprised that the ND has a lot of those bi-products in there.

Heidi M.: Do you have a holistic vet in your area at all?

--- Caller: No, I live in Lexington, so um you know, I think that the closest one that I'm aware of ... I'm getting ready to research that, that's my next project. The closest one is Louisville, which is about an hour and a half away.

Heidi M.: OK. And you know some of the holistic vets will actually talk to you over the phone too. That they ...

--- Caller: Yes, I heard that.

Heidi M.: That they could give advice that way.

--- Caller: I heard there's a good one in California. I don't know, maybe you've heard of her. Her name is something Dodd.

Heidi M.: It sounds familiar. I know there is one out of California that does a lot of over the phone stuff.

--- Caller: OK.

Heidi M.: in Portland, we've got a handful here, but yes ... if you can't find one near you, you can definitely wouldn't hurt to call and maybe see if maybe there is one that you can't find in your area.

Ted Schneck: And if you'll send me an email, I will send you a couple of web links that will show you some websites that can refer you to some holistic veterinarians as well.

--- Caller: Oh, that would be excellent. That would save me a little time.

Ted Schneck: Yes, if you just send me an email. One is, I know that the vet that I use whose name is Dr. Ulbrich. He was the first person that I interviewed. He is a member of the Academy of Veterinary Homeopathy. It's TheAVH.org. And so they have ...

--- Caller: AVH.org. OK.

Ted Schneck: TheAVH.org.

--- Caller: OK, I have it.

Ted Schneck: They have a list of homeopathic veterinarians and then I forget the other one. The Academy of Holistic Veterinarians something or another. but if you send me an email, I will certainly give you those links.

--- Caller: That would be great.

Ted Schneck: Heidi, what was the name of that other food that you mentioned that you liked even better than the Innova Evo? The one that was eliminating the potatoes?

Heidi M.: Nature's Variety is the one. And the brand, well, Nature's Variety is the company and the brand; the particular one is called Raw Instinct. And I think they are actually changing it to just be called Instinct right now. But they, it's chicken with no potato and no grain and they're about to be coming out with a couple other protein sources for dogs that tend to have allergies to the chicken.

Ted Schneck: Can you tend to get that nationwide or is that more of a Pacific Northwest kind of product?

Heidi M.: I think that that's a nationwide one. They're out of the Midwest somewhere, so I'm assuming that you could get it all over where Innova is just out of California, so definitely more of a northwest.

Ted Schneck: That's another possibility and again, if somebody's looking for, if somebody's looking for a natural pet store ... for these things. Are you starting to be able to find these in more and more stores or do you really have to find a very specialized store to find some of it? I'm thinking of especially the, some of the raw food alternatives that you keep in the freezer.

Heidi M.: You're probably going to have to be going to the smaller stores for that. A lot of the really great food companies, the larger ones, will not sell to Petco or PetSmart. They want to keep supporting independent stores and small businesses. So, it is unfortunately something that you would have to find at a much smaller store. What you could do is you could always go to the Website of a food that you've heard about and you know, they'll usually have a store locator that way. there's a paper called Whole Dog Journal that I really, really like and they review a bunch of foods in there. Every year they do a dry food review and they do a raw food review and they've got just a bunch of tips on everything and I think everybody who's got an

animal with cancer or any problems, or any animal in general, should check out Whole Dog Journal. They always amaze me with their stories in there.

Ted Schneck: You know if they're online?

Heidi M.: It's online and you can buy it some places, but you can definitely look it up online. It's Whole Dog Journal.

Ted Schneck: That's great advice. Does anybody else have any questions while we have Heidi on the line that we can answer? We've only got a few ...

--- Caller: Yes, I was just going to.

--- Caller: I live in Vancouver, Washington and Heidi, I'm kind of looking for a holistic vet for Tanner, he's 5 years old, he's a lab, and he's been diagnosed with mast cell cancer. and I just kind of need some help. I went and got some different dog foods at a natural pet food store over here in Vancouver and I think it was the Natural Nature's Variety that I got. If you could make a suggestion for me, I would appreciate it.

Heidi M.: As far as a vet suggestion?

--- Caller: Yes.

Heidi M.: Hawthorne Vet seems to probably be the closest to you. They're Hawthorne Vet Clinic. I normally know their phone number by heart, but it actually, I can't think of it right now. There's four different doctors there. I think that they all kind of have their own take on things, but Dr. Curran and Dr. Hoyt are probably two of my favorites. They are very, very sweet ladies. And Dr. Judkins who owns the clinic. Those are the three that I like the most there. I think that they could definitely be a helpful resource for that.

--- Caller: OK

Heidi M.: They're just on Hawthorne and 23rd.

Ted Schneck: And you're extremely lucky because, you know, as we just spoke with the woman in Louisville, a lot of cities have very little in the way of resources and fortunately you've got the Portland, Vancouver, Washington area have a lot of resources. Marty's been the one who helped to heal him is actually local in Portland as well, so if you want to send me an email at fighting-canine-cancer.com, then I can get you the information for him and for the Hawthorne vets as well.

--- Caller: OK, can you repeat that email address.

Ted Schneck: The best email for me is ted@fighting-canine-cancer.com.

--- Caller: OK, great.

Ted Schneck: Any more questions before we let Heidi go rush off to her next appointment?

Heidi M.: Sorry.

Ted Schneck: That's OK. You've been wonderful, thank you, Heidi.

--- Caller: Yes, thank you very much Heidi.

Heidi M.: Yes, thanks you guys. Good luck.

Ted Schneck: Let me, let me put everybody on mute and lets you and me close it out Heidi. OK, hang on one second.

Computer: All callers are muted and may un-mute themselves by pressing 6.

Ted Schneck: If anybody has any last minute compelling questions that they need to dive in with, feel free to press 6 and jump in, but otherwise, I just want to say thank you so much Heidi for taking the time to help the people who are online and we're actually going to be distributing this as a recorded interview to people to go to forward. So, they're going to hear your advice as well, so I truly, truly appreciate you taking the time to help. And, before we go, I just want to find out if anybody. Well, first if anybody wants to come visit you at the store, why don't we let them know how they can get in touch with you? Heidi, I think you may need to press 6 to come back online.

Ted Schneck: Hi there, Heidi.

Heidi M.: Hi.

Ted Schneck: So thank you, like I said. So, first, if anybody does live in the Portland area and wants to come in to the store. Where can they find you?

Heidi M.: I'm at 2250 East Burnside and that's in Portland and my phone number is 503-236-6971. And I have a web address too, so if anybody has any questions, my email is on there too. I do check my email everyday about and try to get back to customers as much as possible.

Ted Schneck: And the web address?

Heidi M.: www.meatforcatsanddogs.com and everything is spelled out.

Ted Schneck: Right, so meatforcatsanddogs just one very long word?

Heidi M.: Yes.

Ted Schneck: And yes, your contact information including your email address is on that so if people need to get in touch with you, for any help or to try to track down some of the foods you talked about, you should track down Heidi online or give a call to the store, or best of all, if you are lucky enough to live in the Portland or the Vancouver

area, you should stop in and say hello. Heidi is an absolutely wonderful person and you'll love to meet her and you will love the stuff that she has in her store.

Heidi M.: Thank you. Hey Ted, did you say earlier that there was somebody that we talked to from Louisville?

Ted Schneck: I think somebody was online -- the first person was from Louisville. Am I right about that?

Heidi M.: OK.

--- Caller: This is Lori. That's Lexington, KY.

Ted Schneck: Oh, Lexington, I'm sorry.

Heidi M.: Oh, OK.

--- Caller: From what I understand, there's one holistic vet that is out of Louisville, KY.

Heidi M.: Oh, OK. Because that's where my roommate actually moved from. When she, when her dog had cancer, she was living in Louisville and that was a really amazing holistic vet out there. And I was going to say if you needed that contact information, I could get that for you from her.

--- Caller: Oh, that would be great. I did hear that there was somebody new out there, but I have not been able to find a name.

Heidi M.: Yes, send me an email at my store's web address and I will get a hold of her and find that out for you.

--- Caller: OK.

Heidi M.: She was very pleased with all the help that that doctor gave her.

--- Caller: Oh, that's excellent. Good. OK.

Ted Schneck: Finding good holistic vets is a gem if you're dealing with cancer. It really is a gold mine.

--- Caller: That's what I need, a gold mine.

Ted Schneck: I know. We all do. So anyway, thank you Heidi. I just wanted to say one last time. Is there anything else that you wanted to share with anybody before we go or, have you pretty much been able to say everything that you wanted to say tonight?

Heidi M.: Well, I think that the last thing that I want to say is to just keep a really positive attitude because your animal is going to feel every bit of, I don't know, every bit of concern that you're about to start feeling. Your animal is going to sense that and so, as long as you're really positive and confident in everything that you're trying, your

animal should be just as confident as you are. I find that that makes a huge difference in ... and Ted you were a great example of being strong for ... yes, you did great.

Ted Schneck: Thank you. Yes, and I actually talked about that just to transition a tiny bit. I talk about exactly what I do for just that reason in the book "Fighting Canine Cancer" because I think that really is, again, that's not the magic bullet. You know, being confident and being, keeping a positive attitude is not going to be the one thing without anything else that's going to cure your dog of cancer, but it really makes, I mean, it really makes a huge difference and I can see that literally in Marty whenever I was worried or in a panic, I would watch, you know, his own physical body deteriorate and when I was able to catch myself and make sure that I stayed the positive space and just kept reaffirming that he's going to get better, he's going to heal. We're going to keep doing everything we can and I just kept seeing him as that healing space, he would actually start to feel better. Like I said, it's critical to do that and I've got a lot of advice about that in the book as well, so get in touch with me if you want more information about that as well. anything else, Heidi, before we send you off?

Heidi M.: No, that's it. Thanks you guys so much and good luck.

--- Caller: Thank you Heidi.

Heidi M.: Thank you.

Ted Schneck: Thank you everybody for joining us on this call. I wish everybody on the call the best of health and healing. Good night everybody and thank you for being on the call. Thank you especially Heidi, to you.

- End of Interview -

FIGHTING CANINE CANCER: LIVE EXPERT INTERVIEW #3

SHEILA KING ON REIKI AND ENERGY HEALING

Ted Schneck: I just want to thank everybody for joining the call tonight and I want to welcome you to teleconference #3 in the series of live expert interviews that we're doing with cancer fighting experts for the book "Fighting Canine Cancer". Tonight, my guest is Sheila King and Sheila is a world renowned Reiki Master and a teacher who specializes in, among other things, using Reiki and other energy healing to treat dogs with cancer. Sheila uses about 10 different energy-healing modalities and has had some excellent success helping dogs heal and live long and healthy lives. Sheila's going to be able to answer any questions you have about energy healing and the things that she does to treat dogs as well. The first thing that I would like to do Sheila is thank you and welcome you to the call.

Sheila King: Why thank you.

Ted Schneck: Before we get started, Sheila, why don't we share a little bit about your story and learn a little bit more about who you are and maybe get a little bit of your history just to let them know about the types of things that you do and how you got involved working with dogs, and in particular, dogs who have cancer.

Sheila K.: Well, I have been working as a healer to earn my living for the last 21 years. I've been a Reiki Master so I teach Reiki and my practice has always included both people and animals. I don't teach the animals how to do Reiki, but I do a lot of Reiki on the animals.

Ted Schneck: Have you been doing Reiki for several years?

Sheila K.: 21 years I've been doing Reiki, right.

--- Caller: Can you explain what Reiki is?

Sheila K.: Reiki is a hands-on energy healing system that comes out of Japan originally. It is, in essence, the laying on of hands. It is very gentle touch. When I do it with animals, I often move my hands as well because they like your hands to move -- they are used to being petted. When I do it with humans, my hands hold still.

What I found with animals is that they are very, very energy sensitive and they take just what they need at the time and then they will move away, which is very sensible as far as I'm concerned. So, when I first began treating my own dog, when she had cancer, she would allow me to do Reiki for maybe 10 or 15 minutes and then she would kind of lick me apologetically and get up and leave. You know, like I've had

enough. The more advanced the cancer got, the more she wanted Reiki and she would come to me and ask for it -- lean up against my hands. Um, in addition to Reiki, with Lira, my dog, I made use of a wonderful local vet who's great with homeopathics and so that energy work was combined. Since that time, because Lira died 8 years ago, I believe -- and she died, by the way, at the age of 14 ½ and she'd had cancer for almost 3 years all through her intestines. So, um, my regular house call vet said, "I can't imagine why she lived so long, except it was the Reiki." So, it's been a profound healing modality and since then -- since Lira's death, I have added re-connective healing to the frequency and energy work that I do.

Re-connective healing uses new frequencies of energy and it is an off the body treatment. In other words, I move my hands in the energy field of the animal or person. And so, what I have developed that's been very, very powerful working, and I've worked with a number of dogs with cancer because there's a lot of that going on, is a combination of touch and energy work, Reiki and the re-connective healing off the body and I suggest that people augment this. I teach some classes on energy work with animals and give them a lot of resources for other types of energy work that I don't do personally, but I find valuable. So, I'm happy to make that list available to any of you that want to contact me later for it by email and I could send ...

Ted Schneck: I'll tell you what Sheila, I would love it if you would send me that list and if it would be OK with you, I'll go ahead and post it on the website, so people can find it that way as well.

Sheila K.: That's great. I'm happy to do that.

Ted Schneck: Let me, can I ask you a little bit just because, um, just to follow up with the first question that the woman asked about what is Reiki. Can I just ask you a little bit, what is the goal -- how does the energy work? What the design of Reiki?

Sheila K.: OK. Both Reiki and Re-connective Healing work in a, to support healing on body, mind, spirit levels. On all levels. And they both work to support the highest good of the animal or person receiving, which I really like. We don't direct the frequencies of energy to do a certain thing -- they go where they're needed and they do what is for the highest good of that animal. It may or may not look like we want it to. I have personally found it to be extremely effective, especially with animals because animals don't let their heads get in the way. Animals are totally trusting and open.

Ted Schneck: Is it kind of like working with the flow of energy through their bodies to try to improve sort of the circulation of energy within them?

Sheila K.: Reiki works by balancing the energies of the body to an optimum balance and when all the energies are in balance then the body becomes self-healing. Re-connective healing works a little differently. It accesses certain frequencies, puts them in the energy field and they go where they're needed. So, and it doesn't work precisely

Ted Schneck: So it's a bit of a higher level?

Sheila K.: Well, I don't know that you could call it higher, it's a newer level. You know, it's a newer frequency available on the planet. Reiki flows through me. I feel it coming through me. Re-connective frequencies I don't feel that way. The re-connective frequencies I access because they're all around us and then I work with them within the field of the animal.

Ted Schneck: And just so, and if you don't mind ... go ahead, Sheila.

Sheila K.: When I work with an animal, I'm prepared to stay there for a while because I'll often work for a while and then they move away and then I let them stay away for a little while. Then I'll go to them again and we'll work for a while longer until they are well and truly finished in which case they always find some nice way to thank me and then they really move away. So, um, the sessions sometimes take a little longer than it does with a person because, um, I'm being patient with animals and going with their own speed. The speed they want to receive.

Ted Schneck: I was just going to share a quick story about my own personal experience with Reiki which was that, um, I used to be a massage therapist so I was very used to hands on healing and sort of moving the energy physically like that. A friend of mine offered me a trade one day for some Reiki and laid me down on the table and basically did not touch me or barely touched me for the entire session and I was sitting there going "this is strange. I'm so used to having, you know, the physical contact and the touch. How could this possibly be doing anything?" Then at the end of the, I think it was a 30 or 45 minute session, they said great I'm done and why don't you stand up now and I had felt like I had been hit by a truck. The energy movement in me had been so massive, that with him barely touching me at all, I just felt like a completely different person laying on the table.

Sheila K.: Right.

Ted Schneck: And at that point, I was completely sold that oh my God, this is huge what is possible with this.

Sheila K.: Right, it is

Ted Schneck: Then the second story ...

Sheila OK.

Ted Schneck: Then the second story that I was just going to share is that, you know, the second part of that is that, I take Marty to a Reiki healer about once a week for his own treatments and at first, I also wondered is this going to work, is it not? Every single time I take him in, when we go in he's at one energy level and he's struggling, he's sluggish, whatever he happens to be. And as soon as I come to pick him up at the end of the session, he bolts out of there. His energy is so much higher. So it is exactly what you're saying.

Sheila K.: Um-hmm.

Ted Schneck: He takes in exactly what he needs during the session.

Sheila K.: Yes, that's exactly true. And one of the things I was going to share with you, Ted, is that there are a number of different systems of Reiki in the world. I've been part for many, many years of the original system and there are 104 different offshoots now. And they all call themselves Reiki and they work a little bit differently.

Ted Schneck: Wow.

Sheila They have the intention of healing, but they don't all even touch. Um, and, the touch is not so light you don't feel it when I give you Reiki. My hands are very present on the body, so people getting Reiki will have a variety of experiences depending on who they go to.

Ted Schneck: Right and I just want to warn them because they might go to somebody who doesn't do any touch whatsoever, like the first person that I met and it's still, the affect can be extremely powerful.

Sheila K.: That's right. That's right. So, I just wanted to let people know that there are different ways they might experience depending on the practitioner they go to. It doesn't make any of them right or wrong, it just means there are just differences.

Ted Schneck: The trust and everything that I talk about in the book and in everything we that we do is always, you know, what's the end result. You know, I've been to some energy healers where I've brought Marty in and at the end of the session, you know, basically nothing happened and I've done that once or twice and said OK, this one is obviously not for him. Either the healer isn't the right person or the system isn't the right system and then there is the third one after I bring him into the Reiki session, there is a lot of movement.

Sheila K.: You feel there is a lot of.... And I want to offer something else to you and to Marty and to whoever else is listening, Ted, and that is that some forms of energy healing expand over time. In other words, sometimes an animal or person receives a session and what's going to happen doesn't happen right away, but unfolds over time. So, that can be something as well that, uh, I know that's true or re-connective healing. Um, sometimes the response is later. I've had people call me up

Ted Schneck: So you now realize

Sheila K.: ...in other cities, right, when I've worked in other cities traveling, and done a session for someone and oftentimes there are many, many sessions done and they kind of all run together and that person will call me or email me three or four days later and say, "I really didn't notice that much right at first, but you know, two days later, I went to teach a class and I ordinarily can't stand for six hours, I have to sit down, lean, do whatever to keep myself comfortable and low and behold, I had no trouble

standing the whole six hours.” So, something miraculous happened, but they didn’t notice it right away.

--- Caller: OK, I have a question.

Sheila K.: Sure.

--- Caller: Is Reiki in any way associated with the magnetic force in the body?

Sheila K.: Well, everything is. You know, we are electromagnetic beings. So, anything that we do, any kind of energy work moves the electromagnetic frequencies of our body or affects them. Reiki works at that place where matter and spirit come together. Where we are energized by spirit and in that space it creates a balance.

--- Caller: OK, I understand that in people, but I can’t understand that quite in animals.

Sheila K.: Well, it’s the same thing in animals. It’s exactly the same thing in animals. They are electromagnetic beings as well. Um, very finely tuned, very sensitive.

--- Caller: Um-hmmm.

Sheila K.: Um, and they are so appreciative of the energy and frequency work we do for them.

--- Caller: Do you write a book also?

Sheila K.: I don’t have a book written. I’ve written a number of articles and if you’re interested in a particular article, I can send you some. Some of the things I’ve written are on my Website and some haven’t made it there.

--- Caller: Um-hmm. Do you have a web page?

Ted Schneck: We’ll give that out contact information a little bit later on in the call so that everybody ...

Um, just to follow along those lines about the energy balance thing. A lot of the different modalities that we do are to balance the energies in the body because, um, a lot, especially the western, I’m sorry, the eastern modalities are all about keeping the balance of the various energy. The way cancer, kind of you know, thrives on the body is that something has jarred the body out of place. Something’s out of balance inside the body. Because if the body was in the proper balance, if your dog’s body was in the proper balance, your dog would be able to do what it needed in order to force the cancer back out. So, part of the major problem that’s going on is that there’s something out of balance. And the question is trying to figure out, to some extent, what that something is, but even more importantly, even if you don’t figure out exactly what it is, there are things that you can do to kind of move the body back into that delicate balance. If you can get your dog back to that balance, then that will have a major affect in your dog’s ability to fight off whatever cancer cells are off in the body. Is that, do you agree with that Sheila?

Sheila K.: Absolutely. That's a good explanation and I wanted to share with you, um, I had a good friend years ago who was a radiation oncologist. What he shared with me many years ago is that we all get cancer. Humans and animals alike, many hundreds and thousands of times in a lifetime, we have cancerous cells begin in our body, but like you just explained, when the body is in proper balance, it is a self healing mechanism that takes care of that. It's when it's out of balance that the cells begin to grow rampantly and we have a cancer that becomes a problem to the animal or the person that is in that situation. So, the ideal thing of natural healing is to create balance in every way we can, so that healing can happen. The body's a really pretty efficient healing mechanism when everything's in balance. So, you know, all of energy work is about finding balance and there may be many different ways to do it.

Ted Schneck: Exactly and Reiki is an excellent way as is the re-connective work. So is too, as you mentioned earlier, the homeopathy that you do which is sort of a ...

Sheila K.: Homeopathy is very useful.

Ted Schneck: ...right, which actually we had a homeopathic veterinarian on the call a few weeks ago and so that is also available to everybody. That is trying to basically work, is basically trying to do the same thing in a different manner. What we're doing, what I'm describing in the "Fighting Canine Cancer" book and what we're trying to do to get our dogs to heal is to come at the cancer from several different directions and use whatever mechanisms are available to us to bring the body back into balance for them, so that they can get rid of the cancer.

Sheila K.: Absolutely. Absolutely. Acupuncture is another powerful tool for healing and balancing. Ancient Chinese tool that's available and there are canine acupuncturists that are available to work with you as well.

Ted Schneck: And if people are interested, they can send me an email and I will point them to a list of veterinarians that do that type of work.

Sheila K.: That's great.

Ted Schneck: So, what's the total, is Reiki a pretty common thing to find? Would people across most of the country be able to find Reiki healers out there?

Sheila K.: Yes, yes.

Ted Schneck: And especially Reiki healers that might be able to work on their dogs?

Sheila K.: Yes, and I would encourage them to talk to their practitioner to find out how much experience they have. To find out how much experience they have with animals. You know. Because not everybody even likes or works with animals and the ones that do, really do. You know. And you certainly want to find someone that does. Um...

Ted Schneck: Are there any resources that can help you find Reiki healers or is it just sort of ask around, probably go to a holistic vet or something like that.

Sheila K.: Sure, well you could, I wouldn't suggest going to a holistic vet. They don't all have that, that, uh, have that at their fingertips. Any kind of ...

Ted Schneck: Right, hopefully they ...

Sheila K.: Any kind of an alternative newsletter would point people to Reiki practitioners. They can, the internet is a great guide. You can look under Reiki in different states, you know, to find Reiki practitioners. Um, and then as you narrow it down to those that are close to you, then give them a call. Talk with them. See how, see what their experience is working with animals and if they welcome that. And whether they come to you or they have the animal come to them, or, you know there's lots of different things to consider there. Um, what they charge. What I recommend to everybody who has a dog with cancer is that they take Reiki, the Reiki class themselves, which is only \$150 for the whole weekend training. Learn how to do it and give their animal Reiki themselves every single day. You know that's the most positive ...

Ted Schneck: Sheila has been so convincing that I'm going to be in her class in, I believe, two weeks, for exactly that purpose.

Sheila K.: Yes, yes and I'm looking forward to that. We had a couple other people call so that must be the right date. And, uh, yes because ... and I make that same recommendation to anyone who has a serious illness themselves that they take the Reiki class, they have someone else in their family or their friend take it too and they do Reiki for themselves and have their friend or family work on them daily because more is better.

Ted Schneck: So ...

Sheila K.: And like Marty says, it gets expensive if you are going to take your dog to a practitioner everyday. You may not be able to afford to take them every week, but you can certainly do it yourself.

Ted Schneck: So, give us a sense of if somebody wanted to do it themselves and is willing to take the class. Is it an easy thing to do, or is it a hard thing to do? Do you need to be particularly, you know, good at, you know, energy work, or can a novice pick it up fairly easily?

Sheila K.: No, it's an equal opportunity energy. Uh, Ted, anyone can do Reiki. That's the beauty of it. Uh, it's absolutely equal opportunity. Every single person that takes the class learns that equally, can channel equally. Some aren't better than others. Some are more practiced than others, you know, but not better. And who does your dog love and trust the most? You, their owner, so you're the ideal person. Um, and also given the fact that most, well all dogs are very sensitive to energy, and

they may only want a little at a time. They may want 10 or 15 minutes at a time so it's ideal. You can give them some in the morning. You can work a little later in the day. You can just continue it. Whereas, if you take an animal to a session with somebody else, that's pretty much, you know, you're limited to that time frame. So, and I ...

Ted Schneck: And then to find ...

Sheila K.: Pardon?

Ted Schneck: If somebody wanted to find a class like that, again probably one of the alternative magazines in the area?

Sheila K.: Right, that is great. They can do that, sure. So that people in any part of the country can find a class anywhere that they're looking for and generally, uh, the price is about the same. Reiki is generally taught in a 2-day class and the price is almost always \$150, which is darn reasonable. And you learn to be totally comfortable giving and receiving and you are connected with the energy in that time, so again, access either through the internet or alternative newsletters. Find a Reiki practitioner near you and call and see what their class schedule is.

Ted Schneck: That's great advice. Um, if somebody for some reason cannot find it, are there any books out there that you might recommend or anything that could be used to get people started down the path?

Sheila K.: Yes, there are lots of books and you can't learn Reiki from a book because ...

Ted Schneck: You cannot? That's what I was afraid.

Sheila K.: You cannot. I mean you can get all sorts of information from the books. They are wonderful. But Reiki is conferred experientially for each person and their healing channels are opened by the Reiki Master and that can't happen by reading a book.

--- Caller: Now where would ...

Ted Schneck: Um, I'm sorry - somebody had a question?

Sheila K.: Pardon?

--- Caller: Where would you find classes?

Sheila K.: Well, that's what we were, Ted and I were talking about, you can go to, I don't know what city you are in, um, but in the Portland area there are several alternative magazines and one of them is called Alternatives and one of them is called Community Connection.

--- Caller: I'm from California.

Sheila K.: You're from California. Go to a fairly new age or metaphysical bookstore and look through their periodicals. That's a good place to start or just use, do you have internet connection?

--- Caller: Yes.

Sheila K.: Well, if you do, go to first your state, put Reiki and your state and see what you get and then work down to your area. That should connect you pretty quickly.

Ted Schneck: The recommendation that I have is that sometimes there are a lot of sort of larger health food supermarkets, like a whole foods or New Seasons in Portland, um that, where often they do have copies of the alternative magazines there. So that could also be a good place to start looking to learn a little about what is available.

Sheila K.: Yes. Food or bookstores. Yes.

Ted Schneck: So, is there anything.. I'm completely with you that Reiki would be a wonderful thing for all of the people on this call, in order to help their dog with it, with through the issues that their dog is dealing with. Their dog really does need a lot of help at this point. Um, but is there anything that they could do before then? Are there any sort of, I don't just recommend petting. Just with their dog is going to get some of the energy.

Sheila K.: Absolutely, absolutely. Just love them and stroke them and spend extra time with them. That does help.

Ted Schneck: Right and at the same time, be very present to their needs because they'll do the same thing with you even when you're petting them. I know that when Marty first got sick, when I petted him, he's basically get up, walk away, sit on the other side of the room so I would have to, just chasing him and let him take in what ever he wanted.

Sheila K.: Absolutely, absolutely. And that's, that's one reason the re-connective healing is so lovely too because it doesn't touch, but they feel the energy so much that they'll still move away from it after a few minutes. You know and they don't need as much as a person.

--- Caller: Makes it awfully hard to give. I give her too much touch within that area.

Sheila K.: Sure, sure. I understand. That's why the off body techniques might be best for that. Um, there's a wonderful book that actually has some exercises in the back of it, that's about re-connective healing. It's by Dr. Eric Pearl and it's called "The Re-connection -- Heal Others, Heal Yourself" and you can read through that book and almost everybody after reading through that book has some sense of the feel of the energy. He directs you how to feel it and you can just use that around her on either side of her mouth.

--- Caller: Could you repeat?

Sheila K.: The name of the book? Sure, it's called "The Re-connection -- Heal Others, Heal Yourself".

Ted Schneck: And that's by Eric Pearl?

Sheila K.: Pearl, yes. Like a pearl of great price.

--- Caller: P-e-a-r-l?

Sheila K.: Correct.

--- Caller: OK. Thank you.

Ted Schneck: When you do work with dogs, do you do pretty equally the re-connective work and the Reiki or does it just depend on the dog or have you ... ?

Sheila K.: its every, every session I do is individual. It's what the animals ask for. So it just kind of

Ted Schneck: Are there other modalities, because I know that you are also trained in some others. Are there others that are particularly useful for cancer or are those the two that are sort of ...

Sheila K.: Those are the two main energy systems that I use. I don't really use other systems. I refer people to other people who teach other systems and I will occasionally do some Tellington Touch. I don't know if you are familiar with that one?

Ted Schneck: I've heard of it, but I'm not all that familiar with it.

Sheila K.: Tellington Touch was ...

Ted Schneck: It's also called T-touch if I remember correctly?

Sheila K.: T-touch, yes, by Linda Tellington-Jones who began that work for horses because she worked with a lot of horses. Since then, they've learned it works well on any animal including humans. There are oftentimes classes available. Again, you can look up Tellington Touch on the internet and you can find a class schedule for that. I have a good friend who travels all over the world teaching that. She taught me so I will use it, but when it comes through, I just ... when I feel it, I just do it. You know, when I'm working on an animal, it is like the name says -- it's a touch. It's making small circles with your fingers or in some instances, your whole hand. The touch reminds the body, reminds the nervous system of the body how to heal itself. That's the best way I can explain it. So, that's another very powerful way and animals love it. Dogs for the most part, really love it because they love to be rubbed and it's especially effective on like ears and around ears and things and you know how they love that. It's very effective on the pads of their feet.

--- Caller: I was going to say that. My cocker is continually reaching out to me with her paws.

Sheila K.: Yes, OK. Well, rub her paws. She's giving you a hint. She's saying, "I'd really love it if you'd rub my paws."

--- Caller: Oh, I'm sure that's, I'm sure that's what she's saying, but what is telling her to reach to me that way?

Sheila K.: Oh, they're so much smarter than we are. Laughter. Who knows what's telling her, but I just have a great deal of respect for the intelligence of animals and knowing what they need.

Ted Schneck: One of the things that I write about in the book. ... One of the things that I write about in the book and one of the things that one of my teachers taught me in particular is just how, um, how amazing dogs are at knowing instinctively exactly what they need to heal and so, one of the things that I recommend is that we let them do the things that they want. We try to give them whatever they're asking for and in some cases, for instance, with Marty that means he wants to go out back and eat dirt. Just all day long and the reason for that, is that something instinctively in his body is telling him I need the minerals in this dirt, I need whatever it is ...

Sheila K.: Right, right.

Ted Schneck: And the beautiful part about dogs is they don't censure that. They don't say, "well, I really shouldn't be eating dirt. They just say ... "

Sheila K.: No, they're in touch with it.

Ted Schneck: "... my body, I like it."

Sheila K.: Yep, Yep. They're very much ...

Ted Schneck: When you say that they're smarter than we are, I think that may be a lot of it where the difference is that they don't question what they need ...

Sheila K.: They're in touch with themselves.

Ted Schneck: They're in touch, so when your dog is reaching out her paws to you, there's something going on with her paws that she is in need of and she doesn't sit there and go, "well, is it going to bother her if I ask for something with my paws?" She just says, "here's my paws."

Sheila K.: Here's my paws.

Ted Schneck: Touch my paws.

Sheila K.: Um-hmm.

Ted Schneck: So, and the other thing that I was going to explain .. Go ahead Sheila.

Sheila K.: Well, there's, I'm reminded of the fact that one woman of my acquaintance who I refer people to as well, teaches animal reflexology classes which is just working with their paws. She has ...

Ted Schneck: Explain what reflexology is.

Sheila K.: Reflexology is, well, in essence, it's rubbing the paws and the ears. And in a certain way because there are acupuncture points for every single organ of the body on the paws and the ears. And so you are stimulating those ...

Ted Schneck: Same with humans hands and feet.

Sheila K.: That's right. Our hands and feet are just like their paws and ears and our ears as well. And she has a DVD that you can mail order and I'll put that on the resource list that I'm going to send to Ted and he'll put up on the website so you can find that.

Ted Schneck: What is her name just so people who are listening can try to track it down if they need to?

Sheila K.: Oh my goodness. I have to ...

Ted Schneck: Oh never mind. I didn't mean to put you on the spot with that.

Sheila K.: Laughter. I thought about getting my notes out, but I didn't do it.

--- Caller: Sheila.

Ted Schneck: If anybody who is listening to this wants to know, just write me an email and if I don't have the information, I'll make sure to get it from Sheila.

Sheila K.: Yes, I'm going to send my whole resource list to you.

--- Caller: Sheila, this is Rita. My, I have an English Mastiff and she's 3 ½ and she's been diagnosed with estrogenic sarcoma and it's in her wrist.

Sheila K.: Uh-huh.

--- Caller: But she doesn't limp. It just started swelling and the doctor did five biopsies of the fluid around the bone and then the bone itself. The fluid around the bone didn't show any cancer, but when they got into the bone, they did show cancer.

Sheila K.: It's in her bones, yes. It's in her bones. So, um.

--- Caller: Does energy, Reiki do good with this?

Sheila K.: Oh yes. The Reiki and the re-connective healing, the energy work supports healing on all levels.

--- Caller: OK.

Sheila K.: It doesn't matter the type of cancer or where it is or even whether it's cancer or another disorder.

--- Caller: She doesn't act sick like her paw bothers her or anything.

Sheila K.: I know, I know. I just worked on a beautiful Mastiff not too long ago who had cancer in her lips and, um, yes.

Ted Schneck: Let me jump in for one second because one thing I forgot to mention at the beginning is just to let everybody know for certain that neither Sheila or I

Sheila K.: Are you still there Ted?

--- Caller: Cut himself off, I think.

Sheila K.: I think he did. Hold on. Come back, Ted. He'll figure it out sooner or later.

--- Caller: Would it, also doing this massage thing Sheila, would it be OK to give her some vitamins that are specific ...

Ted Schneck: I apologize. I'm having some technical difficulty. Um, let me just finish up with what I was saying. I apologize; it's just that neither Sheila or I are veterinarians or trained medical experts so really all we can do is speak from our own personal experience and from the expertise that we've acquired. I just want to make sure that anybody listening to this call knows that, I'm sure Sheila does, and I know that I do, strongly recommend that anybody who's dealing with cancer really needs to have a trained licensed veterinary expert working on their side, so that they can confirm all the information that we are talking about and help them to make the correct decisions.

Sheila K.: Sure, yes. I agree.

Ted Schneck: I just wanted to get that out there for everybody who's listening.

Sheila K.: And that's true. And that question you were, you were asking while Ted was momentarily offline about supplements and vitamins?

--- Caller: Um-hmm.

Sheila K.: Of course, that's one of the reasons that a holistic or naturopathic vet is often very valuable to you.

--- Caller: OK.

Sheila K.: Because they have also researched those things and of course, they help.

--- Caller: OK, I've been trying to find, I'm in Tulsa, Oklahoma and I'll try to find one.

Sheila K.: Yes, do. Do check out to see if you can find yourself ...

--- Caller: And I'll also that Reiki training, as I'm sure there are so many places here I could find it somewhere.

Sheila K.: I'm sure you can find it also. And I really do recommend that to you.

Ted Schneck: Rita, if you can download my book -- let me make sure to get the link to you so that you can go ahead and start reading it as soon as possible because you'll see in there that I talk about a lot of the supplements that we use ...

--- Caller: OK.

Ted Schneck: And so that, that will give you a pretty good head start about where to be looking and the types of things that can really help. What we're trying to do mostly with the supplements, the supplements aren't going to put the balance back in place as much, but what they're going to do is that they're going to strengthen your dog and really allow his or her natural immune system to fight off the cancer as long and as hard as possible.

--- Caller: OK.

Ted Schneck: So that we can do the other things that we need in order to really find that balancing point and get everything back in place so that your dog can actually get rid of the cancer with that.

--- Caller: OK.

Ted Schneck: But let me get you the link for that so that hopefully you can download it and start reading it right away.

--- Caller: OK.

Ted Schneck: I'm sorry, so Sheila lets jump back for two seconds.

Sheila K.: OK.

Ted Schneck: You mentioned Tellington Touch that your friend does. Are there any other energy modalities out there that you found have been particularly helpful with dogs with cancer that you may be aware of?

Sheila K.: The three that I've used primarily are Reiki, re-connective healing and the T-touch, or Tellington Touch. And as I say, I do have other as well as acupuncture and homeopathy which I don't practice. I make it a point of finding out other people who do a really good job at what they do and using them as a resource and sharing that resource with others who are looking for help and support in dealing with their pets.

Ted Schneck: I keep saying that one of the lessons that I try to teach people is to then to allow their own natural instincts to come through and in some ways, when we're doing,

when I'm doing healing touch with my dog, Marty, I may not know exactly what to do, but if I get a sense the same way that Sheila's said with what comes through you at the moment. If I get a sense that he really wants me to scratch his belly right now or he really wants me to rub his paws right now, what I try to do is allow my natural instinct to let me do whatever I feel is the correct thing at the time.

Sheila K.: Right.

Ted Schneck: And sometimes that ...

Sheila K.: That he's signaling you. Yes.

Ted Schneck: Absolutely and sometimes that natural instinct says, "OK, this is above my head" and what I really need to do is find an expert out there who really is good at this and you know, I would never dream of trying to do something like homeopathy with my dog without an expert there.

Sheila K.: Neither would I.

Ted Schneck: And you know ...

Sheila K.: That's what experts are for.

Ted Schneck: Right. So sometimes the instincts need to go to that extent too and sometimes you need to bring in the people who really know what they're doing to get the best possible talent around to help your dog.

Sheila K.: Right. And also ...

--- Caller: Sheila, can they be in pain and you not know it and them not act like they're in pain?

Sheila K.: Well, I think that's a possibility. That's another place your vet can probably help you.

--- Caller: OK, I was just thinking about the healing. That's what I was thinking.

Sheila K.: Yes, yes, yes. One of the lovely things about the energy work is that it often takes away the pain.

--- Caller: OK.

Sheila K.: And of course, none of us want our animals to suffer.

--- Caller: Nope.

Sheila K.: That's a point where we might make another decision. You know.

--- Caller: Um-hmm.

Sheila K.: I can ...

--- Caller: I want to do everything I can possibly before I make that decision.

Sheila K.: Oh yes, absolutely. I'm with you and that's what I did. I can remember my brother saying, "Why don't you put that dog down?" of my Lira dog which was ... it was probably a month before she died and I said, "because she's not ready and because she's not in pain."

--- Caller: Um-hmm.

Sheila K.: You know, um, and I'm just keeping her close to me right now because that keeps us both happy. You know.

--- Caller: Yep.

Sheila K.: And I don't see, I'm not going to put her to sleep because it's convenient.

--- Caller: Um-hmm.

Sheila K.: She's just simply not in my way. You know.

--- Caller: This dog's our foreign child, just about. You know what I'm saying?

Sheila K.: Oh yes, I do. They are members of our family.

--- Caller: Um-hmm.

Sheila K.: I mean, why would we have animals if we didn't adore them?

--- Caller: That's right.

Ted Schneck: And of course, the flip side is that sometimes we keep them alive for us and not for them and so it's best if we can retain that distance so that we can keep an eye and decide what truly is the best thing for them. They give us signals

Sheila K.: Or have somebody else who helps us. You know and I asked, I have a very wonderful house call vet who also communicates with animals. I had asked her years ago how she could deal with euthanasia and she said it's because I never do it until the animal asks me. And I had her come to my house twice happily paying her because I wanted to make sure I wasn't in the way....

--- Caller: Um-hmm.

Sheila K.: And that I wasn't, because I loved her so much, trying to keep her with me in that selfish way that we do or we can, and she checked in and said, "no, she's not ready yet." But sometimes you need to have somebody else help you get a clear picture because we are, you know, it's very hard to distance yourself when you adore a person or an animal.

--- Caller: That's true.

Sheila K.: You know and of course, we don't want them, we want to let them go if that what's for their highest good. And we don't want to if it isn't.

--- Caller: Yep.

Ted Schneck: Sheila, I know that you do actually a whole bunch of wonderful things with dogs. I've heard some stories from some mutual friends about some of the work that you do. Would you mind sharing some of the other stuff that you do that may not be specifically Reiki oriented?

Sheila K.: With animals?

Ted Schneck: With animals, sure.

Sheila K.: Well, I work with animals, but my, aside from my own animals and my friends' animals that work is confined to different healing modalities though I have, you know, I speak in various places about different kinds of healing for animals and I can remember one time a gal came into, it was a crowded talk that I was giving at a whole life conference, or body, mind spirit and this gal came in with a service dog. You know and of course, there aren't any dogs other than service dogs allowed in those places, and I said, "would you mind, since your dog is the only animal here, would you mind me demonstrating on her?" and the gal said, "no, that's actually why I brought her." And so, as I was demonstrating on this dog and I nothing about what was going on for her, I didn't ask. When I do re-connective healing, I don't ask what's wrong. I do the work. We talk about it later. So, as I began to work with her, this dog, in harness and they are very highly trained, they rarely leave their human's side, this dog went over and started licking a man and the owner looked so startled, just shocked and afterwards, she said, "you know, part of the problem my dogs been having is socialization and she just doesn't like men." So, in the process of this healing, she got over and walked over and licked a man and checking back with her later she said that dog had never had another problem with men after that. She'd been, so sometimes it is something totally other than physical healing that happens.

Ted Schneck: So you don't necessarily know if sometimes some additional benefits might come that you may not even be expecting.

Sheila K.: That's right. Well, that's right. I never know, I tell people to be in a state of expectancy but not to expect a certain outcome because what happens is for the higher good and we don't know what that is. You know we don't know what that is even for us.

--- Caller: I hate to ... but I'm going to have to bow out right now as I have to take my son to work, but I have appreciated this hour so much and Ted will send me all the

information also about how to get to your website and all that, I would greatly appreciate it.

Sheila K.: Sure.

--- Caller: And thank you so much. Ted, thank you. And I will keep you all posted.

Ted Schneck: Thank you so much.

Sheila K.: Bye bye.

Ted Schneck: Before we start the close out, Sheila -- let me find out if anybody else has any questions that they want to ask.

Sheila K.: OK, that's fine.

Ted Schneck: And then I think we're going to start closing out and then we'll get everybody your information. But first is there anybody else who has any questions who is online who would like to ask Sheila something?

Ted Schneck: Why don't we start closing out Sheila. Let's share with the listeners how anybody might be able to get in touch with you, for instance. Do you actually, are you taking on clients so if somebody is in the area and wants to do treatments?

Sheila K.: If someone's in the Portland, Oregon, Vancouver, Washington area, general area, yes, I do take private clients. I'm always happy to work with animals. It makes my heart sing.

Ted Schneck: Sure, what is the best way for them to get in touch with you?

Sheila K.: Either to phone me or ...

Ted Schneck: Should they go to the website or should they email you or call?

Sheila K.: They can email me. That's probably one of the easiest ways and the easiest email reconnect333@aol.com.

Ted Schneck: Reconnect333@aol.com.

Sheila K.: Uh-huh. And they can do www.reconnect333.com to get to my website. Or they can just call me.

Ted Schneck: And is your number on the website?

Sheila K.: Yes, it is. It is on the website.

Ted Schneck: Good. Good. So, and then anybody who is not in the Portland area, as Sheila recommended, if you are interested and like I said, we've had some wonderful affects with Marty using Reiki and some of the energy healing techniques that Sheila

was talking about. So does anybody out there is looking for that, you can contact me, but the best bet is to discover a local person in your own community who either teaches Reiki or can do Reiki for your dog and the best way to do that, Sheila, as you said, is I guess through some of the local alternative newspapers and magazines that are out there.

Sheila K.: Yes, and the internet.

Ted Schneck: And the internet. OK. I just want to thank you so much, Sheila, for taking the time and helping to teach everybody about Reiki and what it is and how it can help. And I strongly recommend that people, that you know, that #1 it's going to make your dog feel a lot better than they do and #2, it will actually have a very powerful affect in helping them heal. How long did you say your dog, Sheila, lived after you started?

Sheila K.: She lived about 2 ½ years after the vet thought she might die. So, she finished off her life and she was 14 ½ when she died. She was a 60-pound dog and that's not an unreasonable age.

Ted Schneck: Absolutely. So hopefully, everybody on the call will be able to get similar results with their dog as well. I want to thank you one last time Sheila. It was actually wonderful the information that you shared.

Sheila K.: Well, it was a lot of fun doing it and I wish everyone well with their animals.

Ted Schneck: Thank you and thank you everybody who's been listening and we wish you all the best and always, always please let me know if there is anything Marty and I can do to help on any information about Sheila or about anything else regarding your dog's care. Thank you everybody and have a wonderful night. Good night.

- End of Interview -

FIGHTING CANINE CANCER: LIVE EXPERT INTERVIEW #3

J.J. Purcell ON CANCER FIGHTING HERBS AND SUPPLEMENTS

Ted Schneck: So, I want to welcome everybody to “Fighting Canine Cancer” live expert interview #4. This week is a very special week for me. We’ve got one of my favorite guests. Her name is J.J. Purcell and she owns the herb shop in Portland, Oregon. She’s an expert on herbs, supplements and natural healing. Now J.J. is definitely one of the most informed and helpful people that I’ve ever met on the topic of treating cancer in both dogs and in people. When I first started treating Marty’s cancer, one of the cancer fighting mentors that I met gave me some of the best advice she could have possibly given me and that was you need to talk to J.J. because she’ll be able to tell you what to do. So, I rushed right over to J.J.’s shop and sure enough, she filled me with tons of information about supplements and treatments that I needed to start Marty on right away in order to slow the cancer and get him back on his feet. Without J.J.’s advice and guidance, I really don’t know whether Marty would have made it through those first couple of months when things were the toughest until we were able to find some of the other treatments that ultimately turned the cancer around and saved his life. So, if you want to know what you can do to strengthen and support your dog with herbs and supplements that can slow or even reverse the cancer’s growth, then you definitely should be looking forward to this particular call. So, I just want to say thank you so much for joining us, J.J. and welcome to the call.

J.J. Purcell: Thank you. I’m glad to be here.

Ted Schneck: Excellent. One thing before we do dive in, I also want to put out -- every week I put on a very quick disclaimer, which is simply to say that neither J.J. nor I are veterinarians, or licensed medical practitioners. J.J. might actually be. So, nothing that we say, you need to take everything as we say as for information purposes only and we strongly, strongly encourage you that you should be working closely with your dog’s vet about anything and everything that you do. In particular, we recommend natural homeopathic holistic vets because they often do treatments very much in alignment with the type of stuff that J.J. and I will be talking about tonight. But please make sure that you consult with your vet about any of the information that we discuss about. So, with the technicalities out of the way -- why don’t we take a couple of minutes, J.J., and if you don’t mind, I’d like to have you introduce yourself and give everybody a little bit of a background about your training and about what it is that you do with your shop and places like that.

J.J. Purcell: Sure, sure. My name is J.J. Purcell. Thank you everyone for being part of this call tonight and I hopefully can provide you all with good information and feel free if

there's further questions that you have to contact myself or Ted afterwards I would be happy to answer any questions that you have. So, my background started as a child. I was raised on a flower farm in Nebraska and received a lot of information from my father and that's where my education began. It continued on in Washington, up in Bellingham, Washington where I worked on a flower farm for four years as well as managing an herbal apothecary up there and having a wonderful mentor up there. Upon wanting more information, I decided to come to Portland, Oregon where I pursued my doctorate in naturopathic medicine and my masters in Chinese medicine and acupuncture upon which I'm graduating in four weeks, so that's very exciting.

Ted Schneck: Woo Hoo.

J.J. Purcell: Laughter. So, when I prescribe herbs and herbal tonics, I'm often asked how they work and whether there are any scientific studies about their affects. The answer is though there may not be a lot of studies out there; there are definitely certain herbs and certain herbal remedies that have historically been proven curative on certain diseases. Not just once, not twice, but hundreds of times and thousands of cases. So, a lot of this knowledge is definitely tried and tested and proved and also with saying that, a lot of what I prescribe or what I recommend, instead of trying to kill the cancer or take the bad cells out of the body, I think it's more important to work on a nourishing standpoint and that means that nourishing from the inward out; supporting the body so the body can revitalize itself and fight the disease that has overtaken its terrain.

Ted Schneck: And that's true for cancer or for any other diseases out there. Or it may be even more true for that, I would imagine?

J.J. Purcell: Definitely, definitely. So many treatments focus on chemo or radiation or certain, you know, detoxing or trying to eliminate what is bad or what is "bad" in the body whether it be cancer or anything else. Instead, you should really focus on why the body would allow that to happen. What was weak in the body? What system was weak in the body that needs to be strengthened so it can overcome pathology?

Ted Schneck: The first time that I ever met you, I walked into a very lovely shop that you have and we'll give everybody the address later on. It's called the Herb Shop and it's in Portland, Oregon as you said and I literally came in, I don't know if you remember, it's about 14 ½, I actually wrote down the other day, it's 14, 1 year, 2 months, 14 days, 11 hours, 36 minutes and 22 seconds and counting. But that was after, but when I first walked in to you, I didn't think I had anywhere near that much time available. I had just gotten off the phone with the vet and the vet basically said to me, "your dog has 6 months tops. There's nothing we can really do. We're going to recommend that we put him on some radiation and we try to make him feel better for a little while, but 6 months from now, he's gone. There's no way." Like I said, I went into a mutual friend of ours and I, who I knew, knew some stuff about cancer and she said, "one of the things that you need to do is go talk to J.J. because J.J. is

going to kind of point.” So I don’t know if you remember how much of a panic, which I’m sure, I was in that first day when I walked into your shop.

J.J. Purcell: Well, it’s definitely a moment when you’re concerned and scared as anyone is about losing a friend. So, you were searching out different alternatives to help Marty out and I just happened to have a lot of information.

Ted Schneck: Yes, you were wonderful. What I kind of would really like to do is almost walk them through, not the exact statements that you made to me, but walk them through, you know, the type of advice you would give to anybody who came in like I did and said, “oh my God, my dog just got prescribed with cancer. What can I possibly do to help him?” So if you don’t mind, I kind of would like to dive in and almost start off with that question and have you kind of walk me through and walk everyone else through the answer that you would give them if they came in and said that to you.

J.J. Purcell: Sure, sure. With that being said, of course, there are several different types of cancer. Each one has a little bit of unique flavors as far as treating it. So, a lot of the things I’m going to mention here are very generalized approaches and things that are good for anyone with cancer or any pet with cancer, but again, if there’s a specific type whether it’s like Marty’s case which was more of a mouth lesion, um, there’s specific things that would be done. So, with that being said, one of the first things that is of really positive addition to any regime is modified citrus pectin. Now, we talked about this, but I’m not sure if you actually ended up doing it, but one of the things that modified citrus pectin is, is a specially prepared complex carbohydrate fiber. So, take kind of the science out of it, what it is basically any kind of foreign cells in the body, it tends to bind to and when this binding occurs then those cells cannot adhere themselves to any part of the body, so they just kind of circulate around the blood stream and eventually either die or they get washed out through natural waste processes. So, the modified citrus pectins are really good thing to eliminate any kind of metastasis, any kind of growth and that’s just a really good place to start.

Ted Schneck: Let me jump in if you don’t mind. I’m going to jump in and you can hit the mute button on me if you need to. Laughter. Let me jump in real quick because I’ve done a little bit of research recently and I know that one of the companies that used to make and distribute modified citrus pectin is no longer doing so, it seems.

J.J. Purcell: Um-hmm.

Ted Schneck: So, I’m wondering what sources or do you actually sell that in your shop or what sources can people use to find this?

J.J. Purcell: I can’t, I don’t actually sell it in the shop but I do get it for people specifically through the natural health centers, which is the college health medicinary that I go to. So, it’s the First Avenue Natural Health Center and its modified citrus pectin.

Ted Schneck: And that’s part of the, is that the National College of Natural Medicine in Portland?

J.J. Purcell: Yes. Correct.

Ted Schneck: And they do have it available in their medicinalary?

J.J. Purcell: They do.

Ted Schneck: And you're not aware of other locations, other shops around the country so that at least we know that it is available some place and if anybody is looking for it, they can contact me and I will do my best to point them to places near to where they are so they can get that.

J.J. Purcell: Definitely.

Ted Schneck: I'm sorry. I didn't mean to interrupt. So you were saying modified citrus pectins was a great place to start.

J.J. Purcell: Oh it's fine, please, interrupt any time.

Ted Schneck: What kind of other things would you recommend to get them on quickly?

J.J. Purcell: The other things that I would recommend would be vitamin C. Vitamin C is a very well known and studied supplement and vitamin to be on and, let me just pull this up here. So, one thing to recommend that vitamin C, you want to make sure that you have the ascorbic vitamin C. That's very important. It's got a whole mixture of different flavanoids, but the ascorbic type is non-acidic which is really important because it's better assimilated which means that the body can actually break it down and utilize it a lot quicker than any other form and it doesn't cause gastric acidity which is really important with any animal. Their stomach is often very upset when they have cancer and so, as you know, food gets -- feeding them becomes very difficult but also you don't want to give them anything else that is potentially going to cause upset for their belly. So, vitamin C is really, really important. It, of course, increases immunity and makes the immune system lots stronger. It blocks conversions that often happen with cells coming from a regular cell to a dysplastic or cancerous cell. It blocks that from actually happening and it actually is very, very protective to most of the cells in the body. So vitamin C is one of those supplements, vitamins that literally everyone should take. You can't store vitamin C. That's why it is very important that you have it on a daily basis whether it's in food or in a supplement. That's definitely one thing you want to start increasing right away.

The other thing that you want to really get off on are herbs and you want to work on inflammation. Cancer causes a lot of inflammation and discomfort in the body, as well as kind of work on, if you actually have a mass in the body, you want to work on starting to break that down. Some of the better herbs for that are in a combination that Ted's well aware of, which is called tissue tone. Now tissue tone was created by my mentor up in Bellingham, Washington and it was actually created for a human, for her brother, who was a commercial fisherman. He had been a

fisherman his whole life. It was how he supported himself and his family and he had very bad arthritis in his shoulder, arm and wrist and it was basically threatening him from losing his job. He was starting to get some unusual pains which was starting to cause a lot of the concern, so my mentor worked for several years on creating this formula and basically after about 2 months, a little over 2 months of taking it everyday, he was in complete recovery. So, the next thing we did was, we started to test it on golden retrievers. Golden retrievers have a very high, a high percentage of them have a lot of arthritis problems and get arthritic hips and joints as they get older. They have a really hard time going from a lying down to a standing position. So, we started incorporating this into their daily diet and within about 2 weeks, they're running around like 5 years were off their lives. This started us testing it on other things, one being cancer and tumor nodules. What we found was, through the use of it was that it started to actually reduce nodule size and masses, basically by disintegrating and breaking down those accumulations. So, tissue tone is a very, a great additive. It is a powder form. You can add it right to wet food. It is basically one tablespoon for 50 pounds for your dog. You can make it proportionate to that.

Some of the herbs that are in it are basically Burdock. Burdock is a tried and tested herb that has a lot of anti-tumor activity. It's basically ...

Ted Schneck: Is Burdock also in Essiac? Is that what Burdock ... Burdock and some other treatment that are very popular for cancer?

J.J. Purcell: Yes, Burdock is a liver herb. So what it does is that it supports the liver in eliminating toxins in the body. So, basically, anytime you're under any kind of attack physically, your body, particularly your liver, is working double time. It's trying to clear away those cells and clear away the toxins that are produced by those cells. And so the liver is under a lot of stress. The Burdock really helps to process and eliminate those toxins a lot quicker. So, that's a really good herb to be included.

Another one, talking about the liver, would be milk thistle. Now milk thistle doesn't aid in the function of the liver, but what it does is it helps protect the liver when it's working so hard. So, a lot of the cells can become damaged in the liver when it is trying to process so much, so you need to protect it and nourish it and you can do that by taking milk thistle tablets.

Another really important herb is nettle. It's important for two things. The nettle for themselves are just an important herb in helping to reduce actual, it's been studied to help them reduce tumor size, but also the great thing about nettles is that it is packed with minerals. This goes along with that whole theory of really wanting to support the terrain and support the body to get stronger so that it can fight stronger. Nettles have tons of B vitamins and tons of trace minerals -- just packed in there. By supplementing the food with nettles, you're just supporting the body on many, many levels.

Ted Schneck: I'm sorry; you were talking about some of the different herbs that were in the tissue tone. Are those in tissue tone or?

J.J. Purcell: Uh-huh.

Ted Schneck: So the burdock is, milk thistle and nettles as well are both in there as well?

J.J. Purcell: Yes. Um-hmm. Yep. The other great thing about nettles is also it's really good for the lymphatic system. It's another one that's not often used or studied or talked about much for the lymphatic system, but it actually really helps that and as we know the lymphatic system is kind of like the garbage man of the body. It goes through and picks up all the trash and eliminates it. And so you really want to support that system when you are fighting any disease. Nettles increases that.

Dandelion is another good one. Another great one for the liver, but it also has a ton of chlorophyll, which is blue-green algae. And again, this is a great food for the body. It's supporting the body in all sorts of reactions that are positive and helping the liver eliminate, um, again the toxins that might be in there. The other thing too, we also use the dandelion leaves not just the root and the leaf really help with the waterways and the passage ways of the body, so there is edema or swelling anywhere, this really helps to eliminate that swelling, but it saves the potassium in the body. Anyone who has ever taken a diuretic prescribed by their doctor often, it leaches potassium from the body and you can become potassium deficient. Well, dandelion is great in the sense that it does not leach the potassium, but still moves away the swelling.

Ted Schneck: And just to put in my own personal recommendation. Marty has literally, I just said, 1 year 2 months, 14 days, etc., etc., every single one of those days, Marty has had tissue tone. From the day that I walked into J.J.'s office, that is actually the base core of the mix that we use for Marty. You mentioned another one in your description; you mentioned chlorophyll and the blue-green algae and if I remember correctly, that is one of the other ones that you had us pick up immediately to get Marty started on.

J.J. Purcell: Yes.

Ted Schneck: What's the ... If I remember correctly, we started off with a product called chlor-oxygen. Does that ring a bell?

J.J. Purcell: Um-hmm.

Ted Schneck: And if I remember correctly, the idea was something about the cancer not being able to survive in an oxygenated bloodstream?

J.J. Purcell: Correct.

Ted Schneck: I'm sorry, I'm sort of fishing here because I know that you know the ... OK. Yes, so explain to everybody or maybe, I just have, the benefits of blue-green algae.

J.J. Purcell: That's about it. Um-hmm. That's basically it right there. What happens a lot of times and that's why a lot of people do oxygen tanks or they take liquid oxygen and so on and so forth is that things are not being oxygenated within the body so by taking the blue-green algae, that's just one aspect of what it does. The cancer cannot survive in a healthy state. If a train is healthy and balanced, cancer really has no interest in hanging out there. It's really only when the body is in dis-balance or disharmony, it takes its advantage and decides it wants to live there. So that's one of the great things about blue-green algae is that creates a very healthy oxygenal tissue train.

Ted Schneck: And I know J.J., that I've talked about this on some of the other calls and in the book that I wrote, the "Fighting Canine Cancer" book, but what we're basically describing here and what we're doing is the shotgun method. Try to hit it with a bunch of different herbs and a bunch of different supplements that are all going to have a little bit different affect, but together are hopefully going to pack enough of a punch that we can actually knock out the cancer. Is that?

J.J. Purcell: Right. But again, you're coming from the standpoint of supporting the body versus knocking out the cancer. You're coming from the perspective of strengthening the system, so it can actually fight it's way back to health versus just trying to just kill the cancer.

Ted Schneck: Right and that's a great clarification because really, in my mind and I'm sure in yours, there's nothing that you or I personally can do to knock out Marty's cancer. The only person, the only being that's ever going to be able to get rid of it is him, himself and the only way that's ever going to happen is if we can help him be strong enough that his body will be able to do it.

J.J. Purcell: Correct.

Ted Schneck: Yes and the great news is that I write all over the place, I don't know whether you told me but I know some other mentors told me, that dogs are among the most amazing self healers on the planet.

J.J. Purcell: They are.

Ted Schneck: So if you can strengthen them and if you can give them enough support using the types of things that J.J. and I are talking about now, you can literally get them strong enough that they can themselves eliminate the cancer. I've watched Marty go from literally death's doorstep to, you know, literally 2 days ago outside running around outside playing Frisbee with me and it's simple, its .. I've done a lot to help keep him strong throughout the entire process, but it's nothing that I've done; it's everything that he's done through the process. I'm just here to help.

J.J. Purcell: That's great. That's a great way to put it.

Ted Schneck: Anything else that you would recommend for sort of initial mix, you know, any other biggies that they should dive in on?

J.J. Purcell: The other biggie is the essential fatty acids. I'm pretty sure we talked about that right away. Using something like the omega 3's, the omega 9's -- basically essential fatty acids are, they're just very important for so many different levels. A deficiency of the essential fatty acids in a bodily system can lead to a variety of illnesses including cancer. Essential fatty acids are essential like their name implies. Just like vitamins and minerals, you can really only obtain them by a supplement or by the diet. So, there's two groups of essential fatty acids. There's omega 6's and there's omega 3's. Basically, you really want to support the body through these different omega 3's and what these do is they reduce inflammation again as well as keeps dogs very healthy. So basically in the body, you have all of these different actions going on and I kind of like to do it like an equation so you have $A + B = C$ and A is your diet and what you eat on a day to day basis. B is what is pulled from that diet to equal C. Well, a lot of times what you eat doesn't necessarily give you B and so B is kind of missing and that's where the supplement picture comes in. By taking the vitamin C, by taking the blue green algae, by taking the essential fatty acids, you can actually cause the positive transactions or positive chemical reactions in the body to happen, so you can stay healthy. So, essential fatty acids are very important for cellular membranes, for cell detoxification, to eliminate waste, they're also really, really good for helping to eliminate chemo-therapeutic drugs or radiation. Now, with that being said, I think it's really important to note that if you choose to do chemo or to do radiation with your pet, detoxification should not happen for a good 2 to 3 months afterward. Now I say that because it is very toxic. If that's the path that you choose, then that's the path that you choose and you need to believe that path and by starting to detoxify anytime sooner than that, you're going to take away the mode of action that you've chosen to help heal your pet.

Ted Schneck: So let me, let me go down that path. It's quite possible that some of these people who are listening to this call have already started down that path or are actually in the process of making that decision and again we want to honor and respect everybody and whatever decisions, you know, they either have made or they are going to make going forward, you know, I have my own preferences the way I've taken Marty and I've been very fortunate with it, but everybody has to decide for themselves what's best. But for somebody who, lets say, already has begun chemotherapy; I know that I've read in a lot of books and a lot of other people who have done so, that a lot of times people will still do supplements. They may not do the detoxifying supplements, but they'll do a bunch of other supplements to keep their dogs really strong during the chemo because the chemo is so, you know, draining on the system - so poisonous to the system.

J.J. Purcell: Right.

Ted Schneck: So, of the ones that we've already discussed, you know, which ones, you know, should they actually have their dogs on and which ones should they avoid in your opinion?

J.J. Purcell: Well, there's some that I haven't mentioned that would be specific so let me just go through. For chemotherapy, there's certain supplements that you should have your pet on and one of them would be vitamin E and about 400 I.U.'s a day and vitamin just really enhances the t-cells in the body and also works on the inflammation process that chemotherapy can often induce that causes a little bit of discomfort. So vitamin E is very important.

The other one that is really important is vitamin C as we've already talked about. As well as Quercetin. Quercetin is a bio-flavanoid and the reason that it's really important to take is that chemo is very, can have very harmful affects to the heart and you really want to make sure that you keep the heart healthy and strong and Quercetin is specific for the heart muscle and the cells that produce the muscle of the heart. Quercetin about 600-1000 milligrams per day just keeps that heart protected.

Same with Co-Q-10 about 100-400 for the same reason, 100-400 milligrams. Another one you can add is bromelain if they're having a lot of pain or discomfort, again that's another anti-inflammatory and that would be about 500-1000 milligrams a day.

Ted Schneck: That, of course, varies with the size of the dog, right J.J.? So somebody ...

J.J. Purcell: That's a pretty standard, yes, it's a pretty standard, of course on the smaller end if it's a smaller dog, go higher end if it's a ...

Ted Schneck: I've got Chihuahua and Mastiffs on the call right now, so, laughter.

J.J. Purcell: It's the 600 end for the Chihuahuas and on the 1000 end for the Mastiffs.

Ted Schneck: Fair enough, laughter.

J.J. Purcell: Laughter. The other one that ...

Ted Schneck: Another thing just to sort of ... let me jump in for one more second J.J., another thing to follow along those lines is dosages is a very big issue with dogs because of such variations in size, so its really important if you are going to use a lot of these, you know, a lot of these herbs and supplements that you find somebody who's an expert to try to help guide you and I wrote in my book and in a couple of the guides that I've written that, you know, if you can't do that then what I usually do is I try, I just sort of take a human or an adult portion and kind of divide by how much weight Marty is. Marty only weighs 30 pounds so I do like a fifth of an adult or I do kind of a small child dose, figuring ...

J.J. Purcell: That would be the appropriate thing to do a child's dose if possible. So anything that you find for a child would be much more in line for your pet.

Ted Schneck: And again, that might differ if you had a, one woman I'm working with has a 230 pound Mastiff, you know, so that's, you know, obviously the dosage would be different for that than, you know, than for Marty who weighs a whole 30 pounds and get blown over by the wind on occasion.

J.J. Purcell: Exactly. And again, that's where the stress is that you definitely need to find someone that is educated, that you trust, that you respect, that can work with you and guide you on the correct treatment because as Ted and I have often discussed is that you definitely want to get ahead of the game when you're dealing with this kind of situation to get things under control, but anything that you put into your pet's system, they're going to have to break down and they're going to have to eliminate and go through that whole process which, in its own right, can be stress on the body even if it's good. So, you know, more is not necessarily better in any picture, whether you're an animal or a human. It's about finding the right combination of things that really work for each individual creature. So, you really want to take that into count, that whatever you give your pet is that they're still going to, their body is still under some stress to break that down and process it.

Ted Schneck: And I'm a big fan because, like I said, and I think you'll stick with me on this one J.J., but I'm not sure. Um, you know, I'm a big believer on the shotgun approach so I'm a big believer in kind of a lot, but not too much. You know, I want to make sure that I'm not under doing anything and I know J.J. has kind of tempered me a little bit because I, you know, my natural instinct is just add everything that I possibly can to the mix, but you definitely want to add a lot to the mix because there's really a lot of support that your dog needs at this time and to just add one or two things and say I don't want to overdo it is probably erring on the side of too little, I would imagine.

J.J. Purcell: And I would agree with that. I think that, I think with, as with anything if you're going through this kind of process, this becomes a full-time job. It's not just one time a day, twice a day when you're feeding them. Herbs, it's been studied and proven that herbs do better doing several doses, several smaller doses throughout the day so it's more about the repetitive introduction of the herbs into the body versus all at once or all twice, so that's important. So, again, I think it's important to hit it from different angles and cover your bases, but I definitely don't think you need to do all of the herbs that are cancer fighting or all of the supplements that are cancer fighting because, again, I think you're going to tax the system and you're going to fatigue your friend.

Ted Schneck: Right, so what I recommend, you know, the best thing to do is find somebody who's an expert like J.J. or who's an expert like a holistic veterinarian who can really help you figure out what the best combinations are for your dog, but otherwise a lot of what we do is really trusting your own instincts and um, a lot of times I just have to make a decision and I go, no, that one doesn't feel like it belongs, but this other one does feel like I should add it and then you just do the best you can basically. Everything that we're talking about is very supportive and very helpful so you pretty

much, you know, it's hard to go wrong with a lot of the stuff that we're talking about. Like, what J.J. said, none of it is this destructive, you know, kill the cancer type thing like the chemo or radiation, it's all about nurturing and supporting your dog's own natural health healing and immune system.

J.J. Purcell: Um-hmm.

Ted Schneck: So that's ..

--- Caller: Can I jump in?

Ted Schneck: Please jump in.

--- Caller: I'm giving my dog previcox and I asked the vet if there was anything like over the counter that would be kind of similar to it because it's like \$90 for a two-week supply. Does that sound about right?

J.J. Purcell: I'm not familiar with previcox, can you tell me what it is?

--- Caller: It's an anti-inflammatory. It's a non-steroidal anti-inflammatory.

J.J. Purcell: Uh huh. Well, if you want to go the herbal route, there's tons of things that you could use. Tissue tone would be one of them. And it's nowhere near \$90. Laughter. Maybe I should start charging \$90. Laughter.

Ted Schneck: No, no, no. Don't bankrupt me, J.J.. Laughter. Keep it where it is, it's OK. Laughter.

J.J. Purcell: Is this a product that your veterinarian carries?

--- Caller: Yes.

J.J. Purcell: Have you done research on what's in it?

--- Caller: Um, you know, not really because I kind of, I'm trying to deal with all of this so I mean, I've done a lot of initial research. Not so much as to what's in the medicine I'm giving him, such as tramadol for the pain and previcox for the swelling. Just things like what can I do, you know, his diet, things to look for, things like that.

J.J. Purcell: Uh-huh.

--- Caller: You know, chances for survival with surgery and chemo or without surgery and just chemo and just, um, you know, nothing looks very promising past a year.

J.J. Purcell: Uh-hmm.

--- Caller: So, ...

J.J. Purcell: Well, again, I would start to just do a lot of things that we talked about. A lot of things are going to support, I mean, it sounds like you have a lot of things that are

eliminating the symptoms. You're eliminating his inflammation, you're eliminating his pain, but you're not really doing anything to strengthen his body as a whole, you know, to make him more healthy so he can have a better fighting chance. There's a reason, you know, like he's got, you know, I don't know what he has, umm.

--- Caller: He has sarcoma.

J.J. Purcell: So, he has sarcoma, his body's trying to fight that off, but it sounds like his reserves are a little low. By supporting him and supporting, building up his reserves, he'll have less inflammation and you can still do those things in conjunction with, but if you start to support him now from a foundational nutritional place, then the likelihood of things improving, at least from what I've seen are high.

--- Caller: OK. What was that, what would you recommend right, say tomorrow, I want to go to an herbal store and get um, I don't know if I need something for the pain because I've got plenty of pain medication for him, but I don't even think he's really in pain.

J.J. Purcell: Um-hmm.

--- Caller: At least that I know of. It may just be because of the medications, but I don't think so. I really don't think he's in that much pain.

J.J. Purcell: OK.

--- Caller: Um, so like if I went to an herbal store tomorrow, like off the top of your head, what would you name to immediately start him on? To, you know ...

J.J. Purcell: I'd start him on something green, so if they have some kelp or some spirulina or some blue green algae or something that's, or whatever, or any kind of green food. I'd start adding that to his food. Um, I would start him on an essential fatty acid. I think that's really important for the inflammation.

Ted Schneck: J.J., for the essential fatty acids, is that what we get from the cod liver oil that I use?

J.J. Purcell: That's great. That's great.

Ted Schneck: Cod liver oil is an excellent source for essential fatty acids. Some dogs love it. My dog happens to hate the taste of it, but I figure out a way to get it to him.

--- Caller: Right.

J.J. Purcell: The better way to find the cod liver oil is to find it natural. Don't find it flavored. A lot of them have a lemon flavor because they're for human consumption because people don't like the flavor of fish. Dogs and cats love that.

Ted Schneck: It's highly recommended to me, in particular, I don't know if it was by you or somebody, but that Carlson was an excellent brand for it. So, Marty gets it.

J.J. Purcell: Carlson is an excellent brand as well as Nordic Naturals is another great brand.

Ted Schneck: OK. Great.

J.J. Purcell: Both of them are from non-mercerized fish so you're getting a much safer product.

Ted Schneck: And then, I'm sorry, what is your name who's asking the questions?

--- Caller: This is Brad.

Ted Schneck: Hi Brad. So, first, let me congratulate you because the level of the things that you're doing for your dog just is amazing. So first let me just say that. Um, second, I don't know if you've read or seen, you know, the special report that I wrote and the book that I had, um, but a lot of what we talk about in there is exactly the same type of stuff that, you know, you should be looking for. Same type things that J.J. is saying, you know to strengthen the system and really put your dog on that, on the natural healing path. In addition to whatever other stuff is going on. So, um...

--- Caller: Does it, by putting him on these things, I mean, do you guys have any kind of like, I guess data, if you will that says yes, this could extend his life expectancy by a couple months or something to that affect because ...

J.J. Purcell: You know, I don't have anything specific on that, but I have a book that I could refer you to that has tons of research.

--- Caller: OK. What is it?

J.J. Purcell: It's called "A Clinical Guide to Blending Liquid Herbs" and it's by Kerry Bone. Kerry Bone is an English herbalist and he's very well researched worldwide.

Ted Schneck: How do you spell his last, Bowen or something else?

J.J. Purcell: Nope, B-O-N-E.

Ted Schneck: Bone. Kerry Bone.

J.J. Purcell: Uh-huh. Yep. And he's a great resource. This book in particular has tons of research and it's all, it's all cited, so it can lead you in a whole world of more research. Another good place to look is the American Herbalist Guild. They have tons of good resources. As well as the American Botanical Council, which is, I believe, it's based in Texas.

Ted Schneck: And then unfortunately, a lot of the evidence of the success of things like this comes from, you know, just talking to people and hearing of their experiences. So, I'm sure J.J., that I'm not the only one. I'm sure that you've heard of many experiences of people using these natural herbs and supplements and getting, like I said, Marty was supposed to live 6 months according to the vet, he's well into month 14 now.

--- Caller: Really?

Ted Schneck: Yes, so the real test, you know, even I have doctors who I work with who, you know, have all sorts of amazing energy medicines that they can use to heal. I don't know if you've listened to any of the other recordings that we've done, but even they can't do anything about some pets. You know, there's never any guarantees with any of this stuff. It's just sort of logical that the more you support your dog and the more you work to maintain his or her strength, the better chance he or she's going to have to fight off what's going on. You know, to live longer and, you know, like I've said, I've just seen it happen over and over again. Not with every dog, but with, you know, I keep saying, you know that their each little miracles, but I'm getting so used to seeing these miracles happen over and over again with a lot of different dogs. And that's really all we can hope for.

--- Caller: Well, that gives me hope because they told me I had about 3 months and that was about a little over a month ago, about a month ago.

Ted Schneck: Let me share a secret with you which was the secret that one of my mentors shared with me the first time I met her, it wasn't J.J., it was another friend, and I walked in and I said the vet said 6 months and the first thing she said was to ignore everything that the vet told you because they know absolutely nothing. She said over and over and over again, we hear stories of people who come in, the vet has said 3 months and they're alive 2 years later. So, do not take what the vet said as the law because the vet has no idea how long your dog is going to make it. Marty is total proof of that. Vet said no why he'd make it more than 6 months, we're approaching month 15 almost now.

--- Caller: Wow. That's very refreshing because you know; I've always lived and died by what they've said. You know he's been to this vet for all his life and I just, you know, they've always helped him out pretty well, but I kind of wondered because he seems, I mean, he still plays you know, they told me not to let him play too much because his leg is weakened, but I still, you know, he still gets like he's not feeling bad like he's not feeling sick. I guess I was just kind of wondering is this going to start hitting all of a sudden one day or you know, with talking with you and giving him some of this stuff if he could go on and seemingly normal for a long time.

Ted Schneck: Right, the flip side is that you need to treat cancer as a crisis mode. You need to act very quickly because if you don't, the miracles are always possible. I mean, I've actually heard stories of dogs and cats who were literally, they were drawing the euthanasia into the syringe and getting ready to put them to sleep and then they lived another 4 years. So, I've heard miracle stories, but your odds of those stories happening get less and less and less the more advanced the cancer gets. So you really want to jump on this as quickly as possible. Get as many of the herbs and get as much information and as much as you can do for your dog going as quickly as possible because if you just sit back and say well, he looks like he's in pretty good shape, you know, he's still fairly active, then it's going to catch up to you. You need

to really start acting now in full on crisis mode in order to get, you know, not panic mode, but you know, taking it with all of the seriousness that it deserves because cancer is a deadly, deadly disease and deserves to be treated seriously. Has to be if you're going to have a chance.

--- Caller: Yes.

Ted Schneck: Are you with me on that J.J.?

J.J. Purcell: I completely agree. Like I said, I think it's a, if you dedicate yourself and, I mean, the friend you've had for a long time and again it's, I think often when vets say you have 3 months or 6 months or whatever it is that it is, I think that's if you do nothing. There's so much that you can do to support your friend and to support your pet and um, by doing a lot of these things that we talked about, I think it's possible to raise their vitality and you know, whether they live a long life or whether they live, you know, just past whatever they say, they'll be a lot healthier and they'll be a lot healthier in the meantime.

Ted Schneck: Yes, and if you would like ...

--- Caller: I could not believe that there was nothing besides surgery and chemo that could be done or at least, you know, like you guys are talking about, you know, try to further along the diagnosis and when they say like you know, he'll start going in decline. I just couldn't believe it, but then again, after it all hit me and I had to kind of step back and take a breather and really try to figure out what I was really going to do about this.

Ted Schneck: Right. You were right the first time. Don't believe it. They're wrong. There's a ton of stuff that you can do. I can't tell you how long your dog is going to live, but there's a ton of stuff that you can do that will definitely have the affect of helping him. At a minimum feel better, more likely, hopefully, live much longer than they believe possible. So, if you would like, feel free, go ahead and send me an email. My email address is ted@fighting-canine-cancer.com. Send me an email and I'll try to send you whatever additional information that I can to get you up and running on that and that goes for anybody else on the call as well.

--- Caller: OK. I actually have info@curing-canine-cancer.com. Is that the same one?

Ted Schneck: That one will get to me too, but Ted is just the easier one to do. Both of them will work though.

--- Caller: OK. So Ted@ and take out the info?

Ted Schneck: Um, yes. ted@fighting-canine-cancer.com.

--- Caller: OK. I will actually email you first thing in the morning.

Ted Schneck: OK. That's great.

--- Caller: And that of course, will be way earlier than you. I'm clear in Ohio, so I mean.

Ted Schneck: No problem at all. So, did that help you, J.J.'s answer?

--- Caller: Uh, yes it did and um, I actually, I thought there was something I could do besides sit back and basically wait like they said. I had a feeling like you know, I just, like I said, I had to take a breather before I dug in and really faced it again, if you will. You know?

Ted Schneck: Yep. Well, good.

J.J. Purcell: And on that note, you can feel free to email me as well. It's The Herb Shoppe, which is theherbshoppe@gmail.com. I'd be happy to answer any questions that you have and if you can't find a good herb shop over there in Ohio, I can send you anything that you need.

Ted Schneck: You might want to consider the tissue tone that J.J. was talking about. She can ship that as well. And anything else that you need that you can't find out there, she may very well be able to ship you from her shop.

--- Caller: Yes and actually that probably wouldn't be a bad idea because I don't know of any herb shops anywhere. So, um, I don't know if like um, what I'll do is I'll probably email you both. You know Ted for any additional info that you have and J.J. for maybe for maybe a list of things, like I said, that I can go out tomorrow and at least get him started to start to turn this thing around a little bit.

Ted Schneck: Absolutely.

J.J. Purcell: Yes, that's a really good plan.

Ted Schneck: Yes, and if you remind me as well, I have a list of things that I also recommend as sort of a quick start guide, so if you remind me, I will send that to you as well. It's usually included as one of the attachments to the book, but remind me and I'll just get it right to you.

--- Caller: OK. That would be appreciated from both of you.

Ted Schneck: You're very welcome.

J.J. Purcell: You bet.

Ted Schneck: J.J., should we open it up for some other questions and see if anybody else? Or was there something else that you wanted to talk about before we get?

J.J. Purcell: No, no. I just have a couple of more minutes. I'd be happy to answer any questions. I do want to just close by saying that one of the most important things that you can do is just to continue to touch your animal as much as possible. Putting your hands

on your dog or on your cat and just really sending them good energy and loving them is one of the best human techniques out there so I think that's really important.

Ted Schneck: I have a section in the book as well about positive visualization that another Portland healer actually gave to me about how to literally send them the best possible energy and promote their healing in that way as well. So, let me, oh, J.J., was it you, I think it was you who told me when I first went in, we actually did something with baby booties with Marty. Was that you?

J.J. Purcell: Oh, we talked about hydrotherapy.

Ted Schneck: Hydrotherapy. Should we share that with people in case anybody else wants to try that?

J.J. Purcell: Sure. Hydrotherapy is an old traditional natural healing modality and basically what it does is it uses the properties of hot and cold water to increase circulation, increase lymphatic system, increase elimination of toxins by raising the body's temperature and then lowering the body's temperature so you're basically creating a dilation as well as followed by a constriction in the circulatory system. One way that you can do that with your pet, if they'll let you, some will, some won't, is that you can get a couple pairs of baby socks. You need to get one pair of cotton and one pair of something thicker like fleece or wool. Get them wet, wring them out, get the cotton ones wet, wring them out and then put them on your dog's feet and then put the dry ones, the dry wool or heavier ones or fleece ones over it. In about 2 hours, they'll have dried the socks and basically is what it's doing is their bodies had to raise its own temperature which again creates almost like a fever in the body and that burns away pathology and burns away toxins in the system.

Ted Schneck: Yes, and like J.J. said, kind of, if you can get your dog to let you do it, it would take me, Marty hated when I did it for him, but you can see almost instantly, once finally got all the socks on him and kind of watched him stumble around the room trying to figure out how to get them off, you could see he would lay down and go into this incredibly deep healing space. For the next 2 hours, he was just out of it almost because you could just feel all the toxins in his body getting pulled and pulled. And even though it can be a little bit painful to watch your dog have to go through this, you can really actually just see how powerful this is for them. During the times when Marty was at his worst, I would do this pretty much everyday for Marty and you know, I believe that that helped get him back over the hump and get him back to feeling better as well. So why don't we open it up before we close out and get you J.J.'s more contact information and things like that. Why don't we open it up and just see if anybody else on the line has any questions that they want to ask J.J. about anything that they're doing for their dogs.

J.J. Purcell: Sure.

--- Caller: Well, I have a question if nobody else does.

J.J./Ted Schneck: Laughter.

Ted Schneck: By all means, go ahead.

--- Caller: OK, his cancer is in his ***undecipherable *** and it's actually, from the X-ray you can see where it's chipped off a small piece of his bone. Now, it's like I guess, its trying to build new bone his immune system, but they said its not the kind that you want so even if, you know, he would live longer than 3 or 6 months or whatever, it may get to the point that his leg's so bad because of the cancer in his bones that it may have weakened so much that it may just break and I would have to get him put down anyways. So, I mean, is there, I don't know if you know of any surgery options to at least maybe repair the bone or try to get him on the herbs and such and make him live longer, but with the healthy leg. Do you see what I mean?

J.J. Purcell: You know, I really think that if you start providing him with a lot of minerals in the body that healthy bone will actually start to regenerate on its own. I just believe that. I believe that by taking the things like the minerals and um, cell salts which is not something we talked about but I'm pretty sure that Ted's familiar with are trace minerals and giving your dog those trace minerals in moderate dosage just really provides the body with you know, new cell growth, new bone growth, new fur growth, I mean everything and so it's like the minerals really have a powerful affect on the body. That's what I believe. I believe that if you gave him a lot of minerals, he'd be doing all right.

Ted Schneck: And you mentioned something earlier, you started talking about diet and I know that a mutual friend of ours we had on a phone call about 2 weeks ago talking about raw foods for dogs and how that's an excellent, excellent way of getting them the nutrition that they need especially when they're dealing with cancer. So, everything that we're doing is we're trying to get your dog back the balance that the cancer is trying to take away from them and so ...

--- Caller: What do you mean by raw foods?

Ted Schneck: Um, literally raw meats. When you send me the note, I'll make sure to get you a copy of that audio file as well so you can listen to it, but literally, we want our dogs to be on a raw meat diet because the raw meats give them a lot of the nutrition that gets kind of drained out in a lot of the processed foods that we feed them and they were basically meant to eat raw meat and so by giving them raw meat mixed with some other nutrients in there. You can't just give them meat and nothing else, but mixed with the right nutrients, it provides them a very good strengthening for their system.

--- Caller: OK.

Ted Schneck: A lot of the nutrients, in addition, the supplements are meant to supplement the proper diet and the raw meat is the proper diet that you then build upon with all of the herbs and supplements that J.J.'s been talking about.

--- Caller: OK.

Ted Schneck: If anybody else has any questions, push the button 6. That should un-mute you in case you are muted.

--- Caller: Hello?

Ted Schneck: Yes, hello.

--- Caller: Ted.

Ted Schneck: Hold on a minute. The woman who said hello first. Let's start with her and then J.J., do you have a few more minutes or do you have to rush right off?

J.J. Purcell: I just have a couple minutes.

Ted Schneck: OK. Let's see if we can get.

J.J. Purcell: If anybody has any questions that don't get answered, I will ...

--- Caller: I was wanting to know if J.J. knew about the canine immunity that you and I have talked about and the canine transfer factor?

Ted Schneck: Do you know anything about those two J.J.? They both come highly recommended from me. I don't know whether I actually have spoken directly with J.J. about those. Have you heard of either of those?

J.J. Purcell: No.

Ted Schneck: Do you know about ...

--- Caller: I'm the one who's got the Mastiff that got her on that.

Ted Schneck: That's right. Transfer factor is basically cholesterol.

J.J. Purcell: Oh, uh-huh.

Ted Schneck: And it's again, J.J. we all deal with a little bit different types of herbs and supplements and so, you know, I think my, I got most of that from my holistic vet who recommended that, but it's important to try to get as much information from as many different sources as possible because no one person is going to have the magic bullet.

--- Caller: I was just trying to find out that tissue tone, if I could add that to it. I guess that's what I was trying to find out.

Ted Schneck: If you will, let's see.

--- Caller: I'll just email you Ted.

Ted Schneck: Yes, email me and I'll forward it to J.J. and we'll make sure that the tissue tone fits well with that.

--- Caller: I want to get everything I can for Suzy and get her going because that cancer in her wrist, we've got to get rid of it.

Ted Schneck: Absolutely. I'm with you.

--- Caller: What about renal failure?

J.J. Purcell: What about renal failure?

--- Caller: What can you do, what kind of herbs can you give for chronic renal failure or heart murmur?

J.J. Purcell: Well, again, some of the best supplements are going to be your Co-Q-10.

--- Caller: Co-Q-10.

J.J. Purcell: Co-Q-10 and your Quercetin. Those are going to be 2 of the best for the heart.

Ted Schneck: How do you spell Co-Q-10, J.J.?

J.J. Purcell: It's just Co-Q-10.

--- Caller: OK.

J.J. Purcell: You know, renal failure, I have a whole hand out about it at the shop. One of my mentors will be happy to forward that to you if you want to email me.

--- Caller: OK. Could I get that email address again?

J.J. Purcell: Um-hmm. It's theherbshoppe@gmail.com.

Ted Schneck: And while we're talking about it J.J., why don't we give them your website.

J.J. Purcell: Sure, the website is theherbshoppe and shop is spelled s-h-o-p-p-e dot net. And that will lead you right to my email there too, so if they didn't catch it, it's on that.

Ted Schneck: And for anybody who lives in the Portland area, Portland or Vancouver, Washington or something, where is your store located in case they want to come down and shop directly in your store?

J.J. Purcell: My shop is located at 2410 East Burnside, so it's on the south side of the street four blocks down from 28th and Burnside.

Ted Schneck: Great and that's on the east side of town, which I got lost the first couple of times. East Burnside. Great, why don't we see if there's maybe one or two more real quick questions before we run off. Will that work J.J.?

--- Caller: Hello?

J.J. Purcell: Hello.

--- Caller: I have a golden retriever who has abdominal ascites.

J.J. Purcell: Um-hmm.

--- Caller: And she was put on diuretics. I was wondering about besides the potassium, what other supplements can I give him to help decrease the edema in his abdomen?

J.J. Purcell: Dandelion leaf would be a really good one.

--- Caller: Dandelion?

J.J. Purcell: Dandelion leaf, not the root. I mean, the root would be good too, but you want to make sure that you give him the leaf.

--- Caller: And anything to help his congestive heart failure?

J.J. Purcell: Again, you can do the coQ10 is really important and the Quercetin and anything for the heart. Any dog that's ever had heartworm, any kind of heart failure, any kind of radiation or chemo, you really want to make sure that you're supporting the heart and coQ10 and Quercetin are two of the best as far as to do that as far as herbs, you really want to strengthen the cardiovascular function by doing things like cactus and hawthorns are 2 very good herbs for that.

--- Caller: Thank you.

J.J. Purcell: You're welcome.

Ted Schneck: And um, somebody else was trying to jump in with a quick question before we have to let J.J. go, unfortunately?

--- Caller: Hello?

Ted/J.J. Purcell: Hello, yes.

--- Caller: Hello. I have a dog that has an oral melanoma.

J.J. Purcell: Uh-huh.

--- Caller: And he was diagnosed in April and I've gone to my holistic vet and he is on several supplements right now. The cancer has advanced, it's in his upper jaw and in his, it's now into his pallet area and I guess my question is, at this point, we've had X-rays, what should I go to next?

J.J. Purcell: Well, without knowing the list of things that you're on currently, it would be hard for me to make that determination, but this is something that you definitely are

going to want to talk to Ted about because this sounds very similar to Marty's condition.

Ted Schneck: It does actually and let me ask you really quickly, because I know we only got a few minutes left, have you tried, does your holistic vet do any homeopathy, homeopathic medicines?

--- Caller: I believe so. Can you explain what you ...?

Ted Schneck: Homeopathics are energetic medicines that are designed to affect the energy in the body. And probably what's best and that is what often shows the most promise turn around something when nothing else is really working. So, what I would do, if you would send me an email to ted@fighting-canine-cancer.com, I will go ahead and send you information about homeopathy and have you look into that in addition to, what, like I said, we're trying to come at this from many different angles until we figure out what really will work and until then, we're just trying to keep extending the time, extending the time, extending the time, so it sounds like you've done great so far.

--- Caller: We've done a few treatments in her office.

Ted Schneck: Sure.

--- Caller: And there's one that I have to repeat in a month. Everything else, you now, I'm on coQ10 and I'm on IP6 and I'm on wolf enzyme, I mean you name it, and I don't, the tissue tone sounds excellent and I don't know, again, I'd have to detail what he's on and see if this sounds like, if I can get it, um, from your store and that might jump start something.

J.J. Purcell: Well, again, it would be very helpful if you want to email me the list of everything that you're on. That way I can just review it and make sure that there's not any um,

--- Caller: Right.

J.J. Purcell: Conflicts.

Ted Schneck: Great.

--- Caller: I'll do that later tonight or tomorrow. I'm in Ohio also, so um, it's refreshing to hear that this from you.

J.J. Purcell: Oh good.

--- Caller: Because we don't hear it. You know, I went to an oncologist this week and there's really nothing he can offer.

Caller2: Yes, I'm glad you said that because I considered going to an oncologist and you just answered my question.

--- Caller: It's very depressing.

J.J. Purcell: Well, you know with oncology, it's a very specific science and it's not that they don't have anything to offer; it's just that what they have to offer is very limited. And it's just that I happen to be, I happened to have chosen a different type of medicine, so you know, I have different tools in my toolbox.

--- Caller: Right, right. Well, I appreciate it, thank you.

J.J. Purcell: You're very welcome.

Ted Schneck: Can we try for one more question, J.J., or do you have to run off?

J.J. Purcell: One more.

Ted Schneck: Does anybody have one last question before we give our great thanks to J.J. for this evening?

Going once, going twice ...

--- Caller: Ted, I've got one thing.

Ted Schneck: Go for it.

--- Caller: I just wanted to tell J.J. that I'm going to email her and you both, but on Tuesday my Mastiff, she's got Osteosarcoma in her wrist, J.J..

J.J. Purcell: Uh-huh.

--- Caller: I've tried to come to talk to the oncologist too, but I didn't get anywhere. They're wanting to do radiation and chemotherapy, but I think ***undecipherable due to ding noise in background*** that, with what you and Ted have just said tonight.

J.J. Purcell: Uh-huh, uh-huh.

Ted Schneck: And I want to ... I'm sorry, go ahead J.J..

J.J. Purcell: That's all I was going to say.

Ted Schneck: I want to see a picture of Suzy. Suzy sounds like a great dog.

--- Caller: OK.

Ted Schneck: Suzy weighs 230 pounds.

J.J. Purcell: Wow.

--- Caller: She's due to turn 4 Sunday and I've had her since she was 6 weeks old and it's kind of hard to even take this cancer.

J.J. Purcell: Oh.

--- Caller: Especially when it's in her wrist, you know?

J.J. Purcell: Right.

Ted Schneck: Cancer having, now that I've lived through it for 14 months, it's hard to deal with. The good news, the flip side of it, in my experience is that the moments that you get, and there's definitely been these amazing moments where just these sort of little miracles sort of happened and Marty has all of a sudden gone from where I thought we were going to do the good-bye tour and taken him around to all the people who know and love him and say good-bye and then the next thing you know, we're out playing Frisbee and those moments when things do work out are 100 times sweeter than almost any other moments that you'll ever have. So, I really do hope that everybody listening to this gets to have those moments because they are some pretty incredible moments in your life. And hopefully the types of things that J.J. is discussing and that I discuss in the book are the types of things that will really bring those moments to you because like I said, we can't guarantee any results, you know, nobody knows what's going to happen to your dog, how long she's going to live, how short she's going to live, but if you do the right things, you give her that much better chance of having those miracles occur. That's what J.J. and I are trying to do with this. We're trying, you know, get a few more or better still, many more miracles out there and to give hope to people who otherwise will just have to accept, oh well, there's nothing I can do. It's like there's a lot of things that you can do. You just have to figure out what they are and take action to do that.

So, um, with that I want to say thank you J.J., so very much for taking the time tonight.

J.J. Purcell: Oh, it was my pleasure. I had a great time.

Ted Schneck: You have given out just wonderful, wonderful information and is there anything final that you'd like to say before we close out and say goodnight?

J.J. Purcell: No, I mean, if anyone has any questions, don't hesitate to email me or you can call the shop as well. We can do our best to answer any questions or give you whatever you need and ...

--- Caller: What's your shop number?

J.J. Purcell: The shop number is 503-234-7801.

--- Caller: Thank you.

J.J. Purcell: I wish you all the best and you know, I will be happy to answer of your questions. Anything that you need or if I can provide you with any resources or information, I'll be happy to do so.

--- Caller: Thank you both for sharing.

J.J. Purcell: Thank you guys.

Ted Schneck: Thank you J.J. and thank you everybody who's been listening tonight because we appreciate all that you're doing for your dog, same way as I've done for Marty and the same way that J.J.'s done for all the people that she's been able to help through her shop. So thank you to everybody and I wish you all a wonderful and happy and healthy goodnight.

- End of Interview -

FIGHTING CANINE CANCER: LIVE EXPERT INTERVIEW #5

MARTY MEYER ON TELEPATHIC ANIMAL COMMUNICATION

Ted Schneck: So first thing I want to do is I just want thank everybody for being on the call and welcome you to the most recent call, I think it's number 5 of the *Fighting Canine Cancer* live expert interview series and the goal of this series is to get a bunch of experts together, people who have experience either dealing with cancer directly or a lot of experience working with dogs. Just so that owners who are going through this situation with their dogs will be able to ask questions and get some really useful information that will help them care for their dog's cancer. Tonight before I begin, I always like to begin with a disclaimer and that is basically that neither my guest tonight nor myself are a veterinarian so please take everything that we say as just our opinion because neither one of us is licensed to treat or diagnose any dogs out there. We both very strongly encourage you that anything we say you should confirm with your vet and that certainly any treatment decisions that you make you should go through a licensed veterinarian in order to do so. If you need help finding veterinarians who can help you with some of the alternative stuff that we may discuss in this phone call, I work with a bunch of veterinarians who are licensed and could give you professional advice with that. But please do not take anything we say this evening as a diagnosis or as any sort of medical advice. This is just our opinion and our own experience.

With that I would like to welcome you very much. My guest tonight is Marty Meyer and Marty is a telepathic animal communicator. To give you a quick background from what I've gotten of her website, Marty was an animal lover all her life. She has a degree in marine biology and 14 years experience working as a marine biologist. In 1991 Marty became fascinated with animal communication and to further develop her natural ability she attended classes and seminars taught by several prominent animal communicators. After years of study and practice began her own consulting professionally in 1996. Marty offers both private consultations and workshops and her work has been recognized and she has been interviewed on television programs such as "Out of the Blue" and "Animal Planet."

I first met Marty probably about a year ago at the recommendation of a friend of mine when we needed some information about my dog whose name also happens to be Marty, at the start of his care. And Marty the animal communicator who you will hear from tonight, did an absolutely wonderful job connecting with my dog and sharing with some things that were very critical to help guide me through the early portions of his care. I want to really thank you Marty for taking the time to share

with us and tell us a little bit about what you do and help everybody learn a little bit more about what's going with their dog. Welcome to the call Marty.

Marty Meyer: Oh thank you very much.

Ted Schneck: Why don't we begin, I usually begin by asking my guests to talk about themselves but I think in this case we might want to jump a little bit and talk a little bit about what it is that you do. Because I have a feeling that a lot of people who are listening to this call are not really necessarily be familiar with or not really understand what exactly is telepathic animal communication. So would you mind taking a few minutes and just sharing with us you know, what it is?

Marty M.: Sure I'd be happy to. I guess the easiest way to start would just be to simply explain what telepathy is. Telepathy is a word, which has two parts, "tele" which means over distance and in telephone, telegraph, and television. It means something's going over a distance. And then the root of the word, "pathy" means feeling as in sympathy, empathy, so the root of the word "pathy" is feelings so literally the word telepathy means feeling over a distance. And that's basically what the communication is. It is a non-verbal communication.

It's similar to the feeling that you get when an angry person walks into the room. They may not say, "I'm angry" but nonetheless you get a feeling about that person.

So with my work with animals it's a feeling based communication and there is a lot of research and evidence of telepathy in many cultures. The aborigines were one and so there really is a lot of evidence of this phenomenon and most people have experienced themselves some telepathy. It might be as simple as getting a sense that you need to call someone or you may receive a real message from someone who is in the spirit world or something like that. But most people throughout their lives have had some practical experience with telepathy whether it is a very simple kind of a feeling, like a sense that someone's angry, a sense that someone needs help, a sense that maybe you shouldn't work with this particular person, or something as dramatic as truly a communication from a very profound place.

So it can start there and I do believe that the more you work with this that it is something that everyone has the ability to do. And the more you work with it and are open to it the more of those types of experiences anyone can have in their lives.

Ted Schneck: So basically I mean I guess everybody has some level of it. Do some people have more telepathic abilities than others in terms of that connection or is it?

Marty M.: Yes. I do, I think that there's a certain amount of should we say, knack or talent involved in anything. For example, say we both wanted to learn the saxophone. We could both take lessons and we would probably progress at different rates depending on who has more musical talent. But nonetheless if we both stuck with it and did the practicing and attended the lessons, at the end of the day you know most probably both of us could play the saxophone. But again, the talent part of it

does play a role. And it is interesting when I give workshops I've come to determine that about one out of six people just you know scares me they're so good. I'm like they should be doing this instead of me. And then everyone usually picks up something or has some experience but for some reason about one out of six really just takes to it like a fish to water. And that's from my experience of giving workshops, which I've done for about eight years now.

Ted Schneck: Wow. And how about you, did you always have some natural telepathic ability or did you kind of discover that and grow it over time?

Marty M.: You know I think that as far as with animals I definitely didn't have the "psychic" childhood, I really don't remember you know, seeing ghosts or anything like that. I did have a real affinity for animals. I remember my first, the dog I kind of grew up with that my father got like two days after I was born and I didn't call it telepathic communication because I'd really never heard of that, but when I heard about this phenomenon I can recall some experience of you know, of communication that I really didn't recognize as such.

So again, being an animal lover and living with animals really closely and that's what I find most of my clients have had some sort of you know experience of their own where they really do realize that their animal is communicating to them. Otherwise they wouldn't be calling me you know. So they've had that sense, that glimmer of you know I really think that my animal is having these thoughts and feelings. What's interesting too and I find when I do a communication session for someone and for me not being involved with the person and the animal is helpful because I can objectively tune in with my senses and see what I can pick up from the animal in a very objective way.

Unlike the person who's sitting at home with their animal they might be worried about their animal because it's sick or something like that. But nonetheless generally when I share my feelings and my impressions about the animal the person will say, oh that's what I've been sensing or, oh that's what I'm feeling too or it will resonate with the person. So I always tell them, well you're getting it too you're just doubting yourself. So I really feel my role is more of a facilitator and mostly I just awaken to people what they already have felt in their hearts to be true.

Ted Schneck: And help them to then be confident and take action on what they're recognizing?

Marty M.: Exactly.

Ted Schneck: So when did you first hear of you know effectively what you do now, the telepathic animal communication? When was the first time that you kind of came across it?

Marty M.: The actual term itself, well this is an interesting story. I was referred by a veterinarian to an animal communicator, this was, well gosh this would have been in about 1990-1991. My horse just started kind of slowing down, he was a 7-year-old Arabian horse that I'd had for about a year who just sort of seemed to be fizzling out

a little bit energetically and I just had a sense, gee I think there's something he needs or there's something I should be doing. I had never had a horse I wasn't raised with horses. So I had a veterinarian examine him and I was quite surprised when he suggested that I call an animal communicator because he couldn't, it was kind of on the, you know he examined him but the exam was inconclusive and he couldn't really pinpoint anything. So he suggested I call an animal communicator and I have to say I was surprised but then I thought, wow that sounds cool. You know I've always been real open to having experiences so I couldn't wait to call the animal communicator. And when I did it was quite amazing because she really pinpointed some things about him that made me feel that she really had connected with him in a very unique way. And she gave me some useful information of things that I could do to help him get his energy back.

And when I hung up the phone I said to myself, well if it's possible for someone to communicate with animals then I'm going to learn and I'm going to do it. And I went on a quest to learn about the phenomenon. And so that's how I feel comfortable in my role as teacher because I truly feel like I learned it and so I feel that I can help others learn it too. It really is more of a discovery or an opening up than a learning. It's more about you know learning to work with your mind in this very special way. So yeah that is how I kind of stumbled into this field and it has been an incredible rewarding path to follow.

Ted Schneck: Tell us a little bit about your current practice. I mean do you do this every day do you do this you know a couple times?

Marty M.: Yeah I do it almost every day.

Ted Schneck: Wow.

Marty M.: Yeah I really do, I find that you know it's kind of a hard thing to schedule. In other words, you know I kind of sometimes I want to put myself on schedule but then I'll get a call from someone who needs something you know more soon so I try to accommodate. And I find that when I am in the mode of doing it, it flows easier for me. Of course I take vacations and time off and things like that and then I kind of find I have to kind of get back into it. You know that first session after I've had a week off sometimes I have to kind of, it's like anything else you know the more you do it the better you are and I have found...

I had a gal call me who was one of my very first clients from gosh what's that like nine years ago now because I started professionally in '90, yeah 10 years ago. And I had done readings for her periodically over the years and I just did, she has at the time now four animals, and I just did a session for her recently and I was quite flattered because after the session she said, you know you just keep getting better at this. And I thought, well I should be because ever year I talk to X amount more animals and I feel like my skills develop a little bit more as time goes on. So it truly is something that you know when you apply it then you start to see what happens.

And when I teach the workshops I always tell people you know, practice, practice, practice and of course they never, no one likes hearing that. Everyone wants to just kind of stumble into something and be great at it right away and no, you know to put actual time and effort into anything requires time and effort, which of course we're all short on that. But when you apply yourself and you take the time to really open your heart to an animal. I always say, talk to an animal every day and just pretend they're saying something back to you and all the sudden you'll start getting things that really make sense.

Ted Schneck: So share with me a little bit about what it is that you're doing when you're communicating, when you're doing the telepathic communication. So if I remember correctly and I'm sort of blending two questions here, but we'll separate them out; when I had you do the reading for Marty you basically said to me, great I'm going to connect up with him later this evening or early in the morning if I remember correctly and then I'll give you a call back tomorrow and tell you the results of my connection with him.

And let's just go to sort of the second part first because I'm going to have you later on share how you work your appointments and things like that. But let's jump right into the, so during the time when you were connecting with my dog, Marty or when you're connecting with somebody else's dog, what do you actually see and feel and do? How does that sort of process work for you?

Marty M.: Okay sure. I'm happy to try to explain. The first thing I really go into with in my workshops is the levels of the mind and I think it's really important that we understand that our mind works at different levels. And the mindset or the state of mind that we're in now is a Beta state of mind where our brain is cycling at 14 or more cycles per second. And that's you know the every day mode, the mode that we're in when we're doing laundry or something like that, you know that day to day active mode.

And a step below that is the Alpha state. Now that is that state I'm sure you've all experienced where you can be driving down the freeway and all the sudden you passed three exits and you don't remember what they were. You know that kind of day dreaming state or that kind of zoned out state. And that is a state where you may suddenly remember something that you've been trying to remember. Or you may suddenly get an intuition about oh I left my stove on at home. You know that's the state you're in when you're getting those intuitions. That is a state that we can pick up intuitive thoughts about the animal.

And then below that is the Theta state which is actually a state of mind, I try to quiet my mind, ease my mind into going and that's the state that you go into right before you fall asleep and it's very receptive. And a lot of my clients tell me that a lot of clients of mine who have had an animal pass on, they will tell me I was just about to fall asleep and I had this impression, I had this feeling that my animal was with me. And what I tell them is, it's not that's the only time your animal is with you

when you're about to fall asleep but I tell them that is when you're receptive enough to get that sense that your animal is with you.

So that is a very intuitive state and interestingly enough these states of the mind have all been studied. I have a book by William Hewitt who wrote a book about Psychic Development and what he did was study these levels of the mind with an electroencephalograph machine, which is the machine that they use for lie detector tests. It measures the electronic impulses of the brain. And interestingly enough when they connect animals to these machines animals are often in this Theta state very much of their time is spent in this receptive mode.

So anyway what I do is I always just simply say I quiet my mind and I really encourage people to do that. I don't like to use the word meditation because so many of us have tried to meditate with very little success, myself included. But nonetheless if we simplify that to quieting the mind it's really the critical first step, which is really common sense. If you're speaking, say you want to have a conversation with someone. Well in order to hear what they're saying you have to stop talking right? I mean that's common sense.

So if you want to have a telepathic conversation with someone the first step is to quiet your own mind. In other words, you have to stop thinking about all the things that you still have on your desk at work or all the things you need to get at the grocery store. You really have to quiet that internal chatter and that's really critical. And I think that is the reason why some people have better success with it than others. I have found that people such as myself who have sought a lot of quietness in their lives, have never had television, I live a very quiet life, I think that kind of set me up to help me on this path. And I find that other people who kind of cultivate quiet in their life sometimes can pick it up a little bit easier. Although it's everyone's freedom to turn off the T.V. and attempt to you know live in a more quiet state also. But that I think is the critical first step.

And that's what I like to do, you know when the person, I like to get off the phone and really be able to get into a very quiet state of mind. That's the reason I don't like to talk to the animal you know when the person is on the phone, I find that distracting.

Ted Schneck: Sure. And then when you're actually talking to the animals I mean, you're not seeing words, are you seeing pictures or are you just sort of getting sensations?

Marty M.: You know it can come in a number of ways and really it's, animal communication is just a youth of the psychic senses, right? And there are a number of psychic senses I'm sure you're heard of some of them such as clairvoyance. That literally means clear seeing and what can some when I attempt to tune into an animal, and by tuning in I have to say I have to be a little bit ambiguous about that but if you can understand that each person has a unique energy and it's just like a fingerprint, no two are the same and so truly when we tune into an animal we are able to pick up

on that frequency. It's very similar to tuning in your dial on a radio. If you want rock n' roll you turn to that station and you don't hear jazz.

There's a wonderful book I always recommend called, *Mental Radio* and this book was written back in the 1930's by a famous sociologist named Upton Sinclair, you've probably heard of him. Well his wife was a telepath and back in the 30's they did these wonderful experiments and he published them in his book where you know, his wife would draw pictures that he was drawing in another room or another town. And their success rate was quite remarkable. Interestingly enough this book was prefaced by Albert Einstein who was a full believer in telepathy. And so I find it interesting that still today these things aren't fully accepted in our society but nonetheless they've been around for a very, very long time and have been promoted by some really great minds.

And so again tuning into the animal and then when the information comes in it can come in a variety of forms. The pictures, again the clairvoyance, often I will get its like a mental picture. Often I work with lost animals and they will send me, I'll get like you know a visual impression like of a yellow house or a red car or you know a, one time I had a cat trapped in a garage and the cat showed me this blue car, it was looking at a blue car and it hadn't crossed any streets so the person was able to find the cat because there was only blue car parked in the driveway on her street. And so it can come in a visual form and interestingly enough some people think animals don't see color but I am of the opinion that they do, although it could be that they're just showing you. It's almost like a fax machine they're transmitting a picture of what they're seeing, they very probably see those colors differently than we might.

Ted Schneck: They might process it differently.

Marty M.: Exactly. And I think people might see differently. I mean you know we all learn colors by what the Kindergarten teacher holds up the postcard and says, this is blue, this is yellow and I think we all probably see those colors a little differently. That would explain why we all have different favorite colors. You know I think we're seeing some different. So it's like a vibration. There's clairaudience, which is a word, like a hearing, hearing a word. That I have experienced a few times, I have received the names of people in the animal's lives occasionally. I don't get a lot of things clairvoyantly.

Most of it comes as a feeling a lot of it comes as a feeling. That's what's critical when you're working with a sick animal. You'll get a sense you know that the animal has a numb foot or a lump in their throat or an ear, a pain way down in their ear. You know it comes as a feeling and that's true to me that is the absolute truest form of telepathy because that really follows the absolute definition of the word. And I always stress with people get feelings. A lot of times people, they want to get pictures they want to get names. And all that's fine but I always say if you can really sense how an animal is feeling that's just the finest work you can do.

I have occasionally gotten smells. It was really interesting one time I was doing a reading for a woman and I got a smell of popcorn and I was like smelling it and then the dog sent me the impression, I love popcorn. So I told the woman well your dog says he loves popcorn and she says, oh he has his own bowl we each have our own bowl every night. They love popcorn. But that was the first time I had actually received an odor, which I found fascinating but nonetheless there's a lot of anecdotal evidence from people who's loved ones has passed on, like the husband who's been widowed and he'll be in the bathroom and he will get the scent of his wife's perfume. There's lots of that happening and so that is yet another impression or another thing or another way it comes in.

So if we think of our five senses, each one of those has a psychic component, which would be like the vision you know we see with our eyes, but then we also have our mental vision or our inner vision and that's the way in which these impressions come about. And I always say, well just be open to receiving in any way that the information can come across. I feel that depending on how the animal is, their style, depending on the animal's personality they express themselves in different ways and so it's always interesting. Animals that live with people can be quite human like and they can be quite verbal they can have quite you do almost get like words or a sense that they really understand you know, words. It just seems to be very real sometimes. Sometimes it's more like pictures, like a cat whose kind of feral or something it might be more like pictures. So I think a lot of that depends on the animal who's sending the information and then on the person who's picking it up.

And I always tell people, I'm sure the animal's putting out much more than I'm actually getting, I never claim to be getting all of it so you know, I think they're probably putting much more out there and I may be getting a portion of what they're really expressing. So I'm always open to the fact that they're probably doing all kinds of interesting things and we don't pick up on everything.

Ted Schneck: Oh I'm certain that they're actually very, very complex in terms of what's going on. I have some friends who believe in sort of the evolutionary chain of the spiritual chain that they may be higher than we are because if you look at them they are all of the things that we aspire to. You know their unconditional love, they are in this quiet like you said Theta state, you know it's like whose to say that they're not the ones getting it right instead of us.

Marty M.: Oh absolutely and I'm very open to you know, just because I communicate with an animal and I get some impressions and I share them, it doesn't mean I really have gotten to the core. I mean that animal could have so much more going on. And occasionally someone will say, will did they say anything about this? And then I'll say, well I didn't pick up on that but that doesn't mean they didn't say it, I always say, I may have missed it and I often feel that they are probably putting out a lot and I'm just kind of grabbing and getting bits and pieces. It's just like if you talk to, even in conversation you know how things can get twisted around, you can think you said this and then someone else is claiming that you said that. Or you can speak

with someone who's you know, you really feel like you're not even really grasping the meaning of 100% about what they're saying so I'm always telling people that you know, this really is a multifaceted communication and I just do my best to pick up.

Oh one thing I really didn't mention is before I begin a session before I even, as I begin to quiet my mind I always set my intention to receive helpful information and I focus on the person and the animal because it really is kind of a it's really about the person and the animal, not about me. I'm just kind of the vessel or the channel for the information. So I really focus on the person and the animal and ask that the information that needs to come through comes through to help this animal or help the person, because sometimes really it's the person whose calling me up with all the problems. The animal a lot of times is doing just fine.

So I always set that as my intention and that sort of guides me as far as I want to get kind of useful information, not just you know talk about the leaves on the trees or whatever because I find that I really am kind of practical by nature and I like to kind of gear my communication towards the solution of problems or finding an answer. You know but it can be a lovely thing just to sit and commune with a being you know, but I find myself gearing more towards the practical so that's just kind of how I set my intentions.

Ted Schneck: So let's touch base a little bit. Let's talk a little bit about some of the experiences that you had and I've spoken with some of the people who are on the call and some of the other people who were interested in hearing what you had to say and basically what I said to them was, you know that you wouldn't be able to give them direct, you wouldn't be able to communicate with their dog right in this particular instance but that they could certainly do that after the fact. But that you've certainly had plenty of experience communicating with other dogs out there you know, who are probably going through similar things to what their dogs are going through. So let's talk a little bit about some of the things that you've learned over the years from communicating with the dogs and in particular I want to kind of bring it to the dogs who are going through what our dogs are going through, dogs who have acquired cancer at some period of time. So is it correct to assume that you've had plenty of experience talking with people whose dogs, or talking with dogs and cats and other animals who are currently fighting cancer?

Marty M.: Well yes you know unfortunately cancer is so prevalent in our pets today and I have had lots of you know sessions dealing with the issues that arise when an animal has cancer.

Ted Schneck: And usually when people come up to you for that I mean are they looking for advice about what to do, answers about questions that they have, what do they tend to be seeking out?

Marty M.: Sure you know I'm always very clear that I'm not a vet, similar to what you said at the beginning at the call, that I'm not a vet and I can't diagnose anything. What I can do is the animal can tell me how they're feeling. It's just like a person can say, you know my knee hurts, you know sometimes you can kind of pinpoint that it hurts in this particular area, it feels like this, it feels burning, it feels you know, but as far as I'm not going to get from an animal oh it's a partially torn cruciate ligament. You know they're not going to say that I'm not going to get that. But they can tell me it hurts toward the inside, towards the top, it's burning, it's on the left, you know they can explain how they're feeling.

And with cancer what I find most people are concerned about is the quality of life of their animal you know, how is their animal doing. How are they emotionally how do they feel about the treatments that they're getting. And so that is something I feel very comfortable dealing with because an animal can say, you know I'm fine with these treatments, I'm fairing up well, I still feel I have a quality of life, or they can say, I'm overwhelmed, this is too much for me, I'd rather back off.

As far as giving advice, I do give advice I can't help myself. I have some knowledge about you know different holistic types of remedies but I always say, because not everyone, you know some people, a lot of people you know right now, are say they're doing the standard Western protocol, then I certainly have some things that I can recommend holistic type things, supplemental type things. If the person is already seeing you know a holistic type of veterinarian then I just tell them that person's going to have a lot more information than me.

But I do get calls from, you know here we are out in California or the West Coast I think sometimes there's more of the holistic, but I do get calls from all other the country and in some places there really isn't much known about some of the different like anti-cancer supplemental type things that are out there, so I do pass that along. But I'm really you know not an expert. My expertise is the communication, I'm happy to share and like I say and sometimes they are just strictly doing the drugs or the standard things and I feel like gee I could really make some recommendations of just supplemental things they can give that might help and certainly is not going to hurt, so that's my take on that.

Ted Schneck: Yeah and that's exactly what I try to do in my book as well. Basically my book is all about different supplements and exactly the same type of stuff that you're sort of steering them to so it's great that you go in that direction with it.

Marty M.: Yeah and I really try to help I mean on any level that I feel like I can be of assistance. And so like I say, there are some well known homeopathic holistic type you know doctors out there and if they're working with somebody like that I'm going to keep my mouth shut. But if they are calling from the Midwest and they are just doing the standard stuff then I feel like I do have some things to offer. But what I, again I stay within the realm of my area which is answering the questions put to the animal and it's, and the best kinds of questions are you know, how are they feeling, how do

they feel about these certain things, any kind of impression sometimes they need a certain area to be cooled off or something, and something might feel really hot or something might feel a certain way that the person can take care of their animal better in the you know, during the treatments. I would never say don't treat and I always tell people too, you have to realize this is a communication so it's just like a kid saying I want to have hot fudge sundaes every night for dinner.

They did communicate that and you heard that but that might not be the best thing to do right? So if an animal, so you have to weigh out their communication with what you feel as their parent or guardian or best friend or however you feel your relationship is with your animal. So again what it is, is the tool and some of these questions you know can be very hard for the animal to answer too. Do they want to continue a treatment? Well that can be a hard thing for them to say too. So what it is is to get things from the animal's point of view and then hopefully you know, kind of take it from there on things.

Ted Schneck: Sure. Let me jump into a couple of questions that I always have and that I'm kind of curious to know if there is sort of a general pattern that happens. I mean do the animals that you communicate with, do they get scared about the cancer, do they get scared about the disease, you know does it upset them or are they just sort of kind of going with the flow?

Marty M.: Well you know that is an interesting question. I have to say in my years of doing this work there are a variety of ways an animal can respond, I mean I can never say, oh they always say this or they always feel like this. I mean because I have seen animals grieve for their best friend for six months, I've had animals lose their best friend and say, you know I understand they had to go to spirit and I'm fine with it and not show a single emotion. So you know there's such a huge gradience. They can be fearful. I think animals, I mean in my experience you know very typically you know people say animals are in the moment and stuff and that is true. I think they often handle things better than people do. Nonetheless they can be dramatic, you know they can be emotionally dramatic too. So that's why I think communication is so effective because it's truly a one on one thing. It's not, oh black labs always say this, it's truly each, and it's a one on one thing and from that comes a reward because you really get a sense of this individual of that one perfect snowflake that happens to be your very own dog. You know and it's the only one like that and so his responses really are going to be unique. Generally speaking animals I think, they do fear death less than people.

Ted Schneck: Less than people do?

Marty M.: Yes.

Ted Schneck: Do they worry for us, for their owners their friends?

Marty M.: Often, often they worry, yes.

Ted Schneck: And do they try to send you kind of calming messages for us?

Marty M.: Well you know one story I feel compelled to share, although it is a little bit far out but I had a client who had a dog that had the bone cancer you know and she, well she wanted to cure it holistically. And it was interesting because the dog was, there had been some talk of an amputation but she was completely against, no we're not doing that.

Ted Schneck: The owner was against?

Marty M.: The owner was very yeah we're not doing that. But interestingly enough when I communicated with the dog he wanted to express that he was fine with an amputation and he sent me this image and it was so clear it was of a it looked like a civil war soldier guy that had his leg cut off. And I felt like that he had had this experience before and I had a feeling in my heart that she was going to end up having to do the amputation but I didn't say that, but I just said, well he wants you to know he's aware of this possibility and that he's fine with it and he sent me this image and I felt it was like him in a past life that he had actually been this person.

So it was quite interesting and I know a lot of people you know, they may not believe in past lives or they may not believe that a person would be a dog or whatever, but nonetheless it was quite interesting to me. And then what happened like just a couple of weeks after the session, the dog did have his leg amputated it got to where it needed to have that happen. The holistic treatment unfortunately didn't solve the problem and he did really great with the amputation, I mean he was a trooper, he was a great big dog and he had a lot of quality time after that. A very clear image and you know, again he wanted to soothe the person because she was just, it was interesting when I mentioned well he's aware that he may have to have it amputated and he says he's okay with it. She was like, oh no that's not going to happen we're not doing that.

She was very against it but I think when it came time that she actually had to do that procedure and had to make that decision I felt like his communication made it easier for her to move forward with it and then he did have definitely quality time after that which was quite meaningful. So and that was his trying to soothe her. I felt like that was all about him because she didn't even, wasn't even asking him about that but he, because he's with the doctor and he's with the vets and stuff and so he was aware that this was a possibility and he wanted to soothe her and say, this is something I can handle and he did really well with it.

Ted And do they understand, are they generally appreciative, do they get a sense of you know, what we're doing for them?

Marty M.: You know often they do, occasionally you know an animal can come to teach their person about nature or you know, some animals are not open to being patients and it really depends on the relationship of the person with the animal. Often animals are kind of like our children in a way and they really do grade at us you know, caring

for them and nurturing them, they really are very willing to kind of take that in. Often they tell me that they know that the person is trying to help them. Sometimes they will express more of a sense of you know my person needs to understand about nature, you know my body is giving out, I don't want all this stuff, you need to just let me go through my natural progression. So often I find that the person does resonate with the animal and so by and large they understand the intent behind what we're doing for them.

Ted Schneck: And you mentioned a little bit about sort of end of life stuff. Do you well in your experience the dogs that sort of have been coming to the end, are they also, are they all over the board or do they tend to sort of you know, understand what's happening and get it and accept it or are they, is it like everything else where they're just all over the place with that?

Marty M.: Well you know generally speaking animals can sense energy much better than people. You know there are people that can sense energy; people who read auras you know you've heard of an aura, that's just the energy field that's around everybody. Some people can see it though you know. And again just like I was talking about that fingerprint where each fingerprint is unique, so is each person's energy and that's what I really tune into when I do telepathy.

Well what I find, what seems to happen most of the time with the animals is because most animals can sense energy really, really well that's why a dog will know immediately if they like someone. You know, if someone comes in they know right away if they like that person, they don't have to like date the guy for six months. They just know whom they like and whom they don't. Dogs are famous for that, most of them and it's because they sense the energy around the person. They don't have to get to know them and go through all the rigmarole that we have to, to get to know a person. They sense that core essence or that energy of a person so with themselves, they have a better sense of their own energy. You know obviously we have our own life force around us, our own aura and most of us are oblivious to it, but a dog has a sense of its life energy.

So what I find happens most of the time is an animal will sometimes say when it comes near the end and the person maybe wants to know is it the end, the animal will say well my life energy is just about gone, or they sense their vital forces just dwindling, they have a real like feeling for that. And they kind of, they do have a pretty good sense of that, does that make sense?

Ted Schneck: Sure.

Marty M.: So they can turn on themselves as well as they can read that person, that stranger coming up the walk they can also read themselves. Does that make sense?

Ted Schneck: Sure. And then as they are sort of passing on I mean do they usually have kind of messages for us or do they usually want to sort of ease our participation in that or is that again all over the board?

Marty M.: Oh you mean, as they're about to make their transition?

Ted Schneck: Yeah I mean what's been your experience with, I'm assuming you've also had experience with that because that's another fairly common time for people to seek out animal communication?

Marty M.: Yeah absolutely and yeah, you know they mostly want their person to know that they love them and that they're going to, and that that connection will go, that they will go into the spirit world, I'm a firm believer of that I've lost three animals of my own and I really had a sense of that spirit. Something leaves when that animal is dead and that spirit does continue on so they want their person to really know that you know that they still will have that bond, that their animal will be with them in spirit and I've had a lot of people get an impression of you know, the spirit of their animal and I think it's just a wonderful thing and I truly believe in the everlasting spirit and I feel like I've really experienced that through the animal.

So it truly is a transition and we have to, I think that's one of the things our animals teach us because they don't live as long as we do and throughout our life if we're an animal person we'll have several animals that we get attached to and then have to experience their departure and I think that they teach us that there is a spirit world and that we need to look at it as a transition.

Ted Schneck: Very nice thank you. Well let's see if there's anybody on the line who has any questions and wants to jump in then I'm more than happy to do so. I'm going to continue with Marty a little bit longer on some of these discussions but by all means if you have any questions feel free to jump in at any time. Let me continue with you Marty and sort of have you share a little bit about when somebody does call us and somebody like myself, and I actually am going to have a conversation with you because for example, my dog Marty has been doing a few interesting things lately.

He's been sort of rushing out to the car every single time I go out and then he sits in the back seat and when I come home he just refuses to come out of the back seat. He's actually sitting in the back seat of the car right now while we're having this conversation. So I just leave him there for an hour or two and then I go back out and get him and he's happy to come in. But some questions are coming up for me and so I was actually planning on, I was hoping to do it before the call but we'll just have to do it afterwards, of getting in touch with you and having you do a session with my dog so find out you know what's going on and you know if there is anything I can be doing to help there.

But give some sort of advice about when people might want to consider consulting with you and when the services that you provide might be particularly useful to people who are dealing with cancer and these types of situations? I think it may be obvious but.

Marty M.: Yeah sure. Yeah you know as far as why call an animal communicator, I know we're specifically kind of focusing on animals that do have cancer and that would be to my

mind mostly finding out you know, how is your animal feeling. To get those physical impressions like you'd be able to say, you know I feel a tingling in my left leg or something. That's the kind of thing they can tell an animal communicator. Also kind of where they stand with it so if you're wondering you know, how is my animal doing? Is he still happy does he still want to be here, so I need to be doing something more for him? I've cut back on his activities should I continue with his activities? You know these types of things.

The number one reason why people call me is behavioral issues. I did a survey probably about five years ago now and the number one reason, about 70% of the calls I get are for behavioral issues, in other words cats not using the litterbox, dogs maybe being aggressive or fighting among each other. You know cats scratching their person, you know those types of behavioral issues is the number one reason why people call me. And when I work with those I tune into the animal I get a sense of why are they doing this and what are they getting out of it and then I try to negotiate with them to get you know, see if they might shift that behavior. I am amazed at how often they are willing to shift their behavior.

I can't guarantee it I have not control over them and I don't have a magic wand either. But animals are amazingly cooperative and I find that you know they seem to be more open to it than people so it's worth a try and then you can always, if you have to do more training or something. But when it works it's quite easy because if the communication session works you know, then you don't have to go to a lot of effort of training and all that, that can be...

Ted Schneck: So the communication goes both ways you can give them images and you can give them sort of instructions as well?

Marty M.: Yeah this was an interesting one I did recently. It was so funny to me and it concerned a pot-bellied pig that somebody had. Of course I never really know the outcome from a session I usually feel quite positive at the end. You know most animals are really receptive and I, it's a positive feeling thing for me. But I never really know the outcome until someone lets me know. Often people are really kind and they really appreciate it and let me know with great feedback. But nonetheless in this situation this particular pot-bellied pig had taken to pooping on his person's deck.

Ted Schneck: On the deck?

Marty M.: On the deck right and so the person wanted to know why is he going on my deck and the person wasn't too happy about that because the pig use to go somewhere out in the yard. Well when I communicated with the pig he, what the impression, he sent me this picture of the cat. He said he use to have this place in the yard where he went and the cat from next door had started urinating on it so it smelled really bad in his usual spot so he just found a new spot and that spot happened to be the deck. And so I just sent him an image back could he find a different spot. And his

response it was so funny to me because his response was sure, you know like sure I could do that.

And it was so funny to me because in that moment I really felt in my heart that this pig was not going to poop on the deck anymore. I really, because it just seemed like he really got it, you know that there was really no big, he wasn't trying to leave a message for anybody, he had simply found a different spot and once he realized that the spot wasn't making his person happy he thought that he could easily find a different spot out in the yard. And that is exactly what happened, the pig never pooped on the deck again, he found a different spot in the yard and it was a complete end of the problem.

And I loved it because it was so simple and there was no emotional uproar going on, nobody was upset or anything it was just a simple communication. And that to me just illustrates how you know, how effective the work can truly be. And so of course if there had been you know, other circumstances, if the pig really was upset because the person was working so much or something, then you try to seek a compromise. Maybe the person needs to promise to spend more time with him and blah, blah, blah but nonetheless it can be just that simple and that is what I find to be really beautiful about the work is that you can just get those impressions in some cases so clearly.

Other times of course the animal doesn't have that kind of control. Some animals, they may be fearful or scared or you know sometimes a feral cat will be afraid to go out or something and so they'll find, you know they may be going in a dark corner or something and it may be hard for them. They want, they are seeking that dark corner because they are fearful and that of course is a much more difficult and much more complex situation. But nonetheless in a case like that I might advise the person to maybe put a litter box in a dark corner or something like that. Usually there is something that can be usually through the information you can pick up something that can be worked with.

Ted Schneck: Somebody once said to me, gave me an example of when they use an animal communicator and I guess there animal had to go in for some surgery and was sort of seemingly very fearful about it and so they had the communicator call you know, the communicator connect and sort of talk the dog through what was going to happen in the process.

Marty M.: Sure I've had a lot of you know people calling wanting...

Ted Schneck: When people go away and stuff like that?

Marty M.: Sure. A lot of times I will get a call from someone going on vacation because they want to explain to the animal you know, how long they're going to be gone and what's going to be going on and when that happens I explain to the animal in day and night periods. So I've had a lot of feedback where the same animal that usually gets very upset being in a kennel, once you do the communication and you explain

how many day and nights the person is going to be gone. Because that's always the issue is when is my person coming back? That's the big question from the animal's point of view and once you explain it and I've found that showing them how many you know day and night periods is a way that they can understand. So I have had a lot of feedback that animals that used to get upset in the kennel did quite well after a session when they really had that information about when the person was coming back.

Ted Schneck: And then do you get a lot of calls from people whose sort of dogs are in their last days to get sort of a last connection?

Marty M.: Yeah you know I do and that's always hard and I always tell people, you have to follow your heart. What I do in that, in a situation like that I'll ask the animal about their body, about what they're exhibiting and I try to kind of get a real sense of where this animal is at as far as suffering goes. Because to me you know suffering isn't something we want to let our animals do but it's a very individual thing. A condition that might make one animal feel like they're suffering another animal might be doing quite well with. So yeah what I do in a situation like that is I always tell people, well I'll see what my impressions are and give you guidance. To be that's a very personal decision and too you know, everyone has their own intuition and that makes my job so much easier.

That's why I teach and I really encourage people to you know follow your own heart, use your own intuition. Interestingly enough you know when I tell someone your animal wants to keep going they say that's what I thought. And when I say you know I think, it seems like your animal has had enough they say that's what I thought.

When I do lost animals too which can be quite heartbreaking and of course I never really know until I do the communication whether I get the sense if the animal is alive or not and if I get the sense that they're not alive of course I really don't like, I hate to have to call the person back and tell them that. It's quite it's just hard I mean, who wants to do that right? But nonetheless I feel like I have to share my impressions honestly. So if I do get that impression and I call them back and I say well I hope I'm wrong but I feel like your animal has passed on and 95% of the time they'll come back and say they had that thought, they had that feeling. So what this, everyone has intuition and so really what I find myself doing is you know just kind of helping people trust their own intuition.

Or it's always, you know if you're really wondering about something it's always good to have like a second opinion. It's no different than when your animal comes down with cancer and you're trying to figure out what to do. You don't just often take the first vet you may get a second opinion or a third opinion. So that's a lot of times how I feel about what I do too, is to kind of give the person the courage to follow their own heart. Because like I say, that to me, that decision to help your animal leave is just an excruciating one and truly one of the hardest things you ever

have to do as an animal lover. So you know I'm happy to give guidance but I always tell people you know, you need to do what resonates with you and you need to follow your heart. You know your animal and I really like to empower people because we all have the gift of intuition and it's out there and it's free to all and the more you use it the more you'll start to trust it. So it's a wonderful thing.

Ted Schneck: And I like what you're saying because you as you said, whenever you say you know it feels like your dog is saying that it's time to go, how often they say to you yeah I got that sense. I think you are right. I think that people, especially an owner of a dog knows their dog better than anybody and probably is picking up on the signals. And so if they're willing to allow themselves to listen then they'll get a pretty clear signal I think intuitively about you know when the time is right to keep fighting and when the time is right to say, yeah you know we need to let go.

Marty M.: Yeah absolutely.

Ted Schneck: Before we head out let's share with people because, like I said you came extremely highly recommended to me from a good friend of mine who had some friends who had used you in the past and I extremely, extremely, highly recommend you to anybody who might be listening to this conversation. That if you do want somebody who is a wonderful expert and wonderfully loving and caring and connecting that Marty is the perfect person to call.

And so why don't we give people a little bit of information about how they can connect with you if they would like to have you do a session and maybe share a little bit about exactly how you do that process?

Marty M.: Oh sure. Well I work over the phone I don't need to see the animal and sometimes that's a little bit hard for people to accept but my explanation is you know when I look at an animal I use my, I find that I kind of go into that judgmental mode of oh that's a cute dog or oh that dog looks smart or whatever. So what I find now that when I look at an animal it really isn't, I go in more of that mental mode that we all go into and we're just appreciating the body of the animal. This is a different thing. This is truly a mind-to-mind connection and I do like to be a little removed from the animal when I do that.

Ted Schneck: So it's actually better to do it by the phone in some ways?

Marty M.: Oh for me it is and that again is a personal preference. There are animal communicators that work in a number of ways. Some of them want to look at the animal but I find when I look at the animal I tend to just be you know, I was trained in science so I tend to analyze the animal. Or if it's a sick animal I would think gee it looks sick it's not about that, this is a different kind of work.

Ted Schneck: Because we want to know what the animal is thinking as opposed to what the animal looks like.

Marty M.: What's the animal thinking? He may look terrible but he may be happy, you see what I'm saying? And I find it's really critical that I kind of have that little bit of separation and so I do work over the phone. It's also a much more you know economical way for me to do work. Not traveling around just to sit and look at somebody's animal. So I do work over the phone. I ask that someone give me the name and a brief description as well as the location of the animal and then we set up a time I can call them back and let them know what my impressions were.

Then I get into my quiet mode and tune in and just take note of all the impressions that I get. I also like to have questions because then I have something to focus on. It's just like with a human conversation you, if I want to know about your vacation I need to ask you about that otherwise you may talk about the latest basketball game or something. I don't care about that see what I mean? So that's to kind of direct the communication of course I'm always open to whatever you know, they want to express.

Ted Schneck: Right. But it's best if somebody's calling you to do this that they have some questions that they'd like to have answered?

Marty M.: It's for me absolutely because I find that's how my communication works, it's question based. I do put a question like if it's a cancer situation certainly the questions usually are you know, how are you feeling, where do you hurt, do you feel pain, are you comfortable and then of course you know, how you feel about you know your treatments or something like that, how's your quality of life? You know that kind of thing and then of course anything they want to express, you know of course.

But I find especially like with behavioral problems you know like for example a dog digging holes, they don't see that as a problem they're just out digging holes. That's natural dog behavior so it's a problem from the person's perspective and you may have to ask the dog about that because a dog doesn't find that unusual. Of course they dig holes that's nothing to talk about that's nothing unusual it's just what I do.

So again it is good to focus on the answer that we're looking for. So I do, you know take any concerns and then when I call the person back I let them know what my impressions were and it's just fun to get the feedback and to kind of sometimes you might get a little bit of an image that you're not sure why but it might be something like a toy you know, you just, it's quite fun sometimes to see.

So I work with the person I don't claim to be who's going to divine all of the answers from, it really is a conversation between, beginning conversations myself with the person then myself with the animal and then the final really wrap up thing is when I share with the person what I could get, the impressions I could get from the animal and that's when the real healing takes place because it's really not about me it's about the person understanding the animal more. And it's often after that third session of when I relate to the person what I could sense from their animal that the

real kind of shifting happens. Because the animal is often very, you know they're often very grateful or happy that their person wanted to get to know them a little bit better or just get a sense of who they are at a deeper level. They're very flattered by that and I have people tell me all the time just that their animal seems happy or just kind of seems stoked about their life with their person. So that's a wonderful thing and it really, it is a feel good thing you know. And often it will make the animal feel a little bit better. So it is a three-step process.

Ted Schneck: Step one is your conversation with the person about what they're looking for?

Marty M.: Right my initial conversation with the person to get the information that I need and then the second part is my communication with the animal and then the third part is my communication again with the person...

Ted Schneck: Following up and giving the answers to the questions?

Marty M.: That I was able to pick up. So that's kind of how it works and that's all done over the phone except for my connection with the animal which I prefer to just not be on the phone you know, I find that a little distracting when someone's just kind of waiting you know on the other line. So that's how I do it and some animal communicators do work differently. Some go to the house and look at the animal, some of them do it just live on the phone with the person, which does work it just kind of, I have a sense of someone kind of waiting for an answer and that always kind of distracts me. So that's really more my thing than anything. And some people like photos so you know really there's a number of different ways, whatever helps, you know a person connect is a good thing.

Ted Schneck: And if somebody would want to hire you to do this. Give me a sense, just sort of a ballpark sense about how much do you usually charge for a service like this or does that vary?

Marty M.: Oh sure. I charge \$45 for a session.

Ted Schneck: Okay. And just anybody who is listening to that, that is as of June 2007 so depending on when you hear this that number may have changed or it may be exactly the same. But as of right now it's about \$45 per session.

Marty M.: Yeah right. And I don't really do you know, time, it's just kind of a timeless mode I go into when I communicate with the animal so I've just found that to charge by the session just you know seems to kind of work because I don't really want to keep track of how many minutes I did this, you know it just seems to be a fair charge for someone to get the information that you need without sort of a minute-by-minute kind of thing.

Ted Schneck: No. And actually my experience with you was, you know we had, when we started doing it, it was because I was doing homeopathy for Marty, my dog and we had a bunch of questions that the doctor needed in order to determine what was the right

remedy to use and I didn't just hit you with three or four questions, I hit you with a good dozen or two and you were extremely patient and extremely wonderful and helpful in sort of working with me through all the, you know through answers to all the questions that I had. So very much appreciated.

Marty M.: Oh good. Yeah like I say, I find that you know some people have a lot of questions some don't have many questions but their animal may have a lot to express so it just kind of works out fine. And yeah so it's pretty easy, you know it's just a phone call and it usually takes me a day or two to get back to someone and yeah like I say, I really see it as a tool. I mean it's not going to cure the cancer, it's not going to mean you don't have to go to the vet anymore, it's not going to mean that you might not have to do some training classes with your animal.

Ted Schneck: But it may put you on the right track for finding a cure or for knowing the right direction to go.

Marty M.: Yeah I can say, that's why I do this work is I have to say myself I was amazed at how effective it is. So you know I'm a believer and I always say, well I can truly say try it because often times, in fact I am amazed how often you know, it really helps with a number of different problems and at the very least usually someone gets a little insight or something into a situation that is beneficial. And like I say, you can always then go to get the second vet or holistic vet or a behaviorist or something.

But I find that communication is often kind of a good way to kind of figure out what path to take and I'm always very clear that it's not the answer to everything. You know it is interesting, sometimes people think well if the dog communicate then you could just tell it what to do and yeah you can tell it what do and often it will do that. But nonetheless they have their own instincts and their own agendas and it's just like a teenager, you tell the teenager to take out the trash and it's probably not going to do that.

So I always say you know, I find animals are often more receptive to it than humans are but you have to realize that there are things like habits and you know other issues going on with the animal's instincts and their own nature that can make it hard for them to live with humans. But I do find that more often than not that they really are willing to try and it's very touching to see. Because this work is from the heart and when an animal you know, responds to it they're coming from the heart too and it's just beautiful to see how often they really can kind of, even sometimes set their own nature aside when they really feel their person's communicating with them and they do respond.

Ted Schneck: Sure. And share with everybody because we haven't given it to them yet; share with everybody your phone number and the best way for them to contact you.

Marty M.: Yeah the best way is by phone and my phone number is 760-878-2394 and I also have a website for more information and that website is www.TalkToAnimals.com.

Ted Schneck: Great and then is there an email address as well if anybody wants to sort of ask you any questions?

Marty M.: Yeah sure that's martymeyer@hotmail.com. Both my email and you know phone and all that is on the website.

Ted Schneck: Great. So if anybody does want to follow up and actually I do highly recommend it, especially if you have some questions about what's going on or what your dog is feeling or maybe trying to pick the right direction for something, I definitely would recommend that you get in touch with Marty, set up a session and like she just said, you know at a minimum you'll get some really nice insight into your dog and I think you'll be pretty shocked and surprised at how you know, spot on she is in terms of the stuff that she will share with you about your dog. That you'll go, wow I'm really happy to know that.

So I do want to thank you very, very much tonight Marty for taking the time to share with us and I really appreciate it and I'm sure that the people who listen to this really appreciate it as well. And is there anything else that you would like to share before we close out for tonight?

Marty M.: Well, just my sympathy for everyone who's undergoing the cancer with their animal and I know I had my first animal that passed on had cancer. So it's great that you're doing this work and that you're trying to help people and let them know what their options are and I think its great that you know, people be informed about all the different ways that they can really heal their pets.

- End of Interview -

FIGHTING CANINE CANCER: LIVE EXPERT INTERVIEW #6

MORGINE JURDAN ON POSITIVE ATTITUDES AND VISUALIZATION TECHNIQUES

Ted Schneck: Welcome everybody, to the sixth Fighting Canine Cancer Live Expert teleconference. The purpose of this teleconference series is to get a whole bunch of different experts out there in various elements of taking care of dogs with cancer and give you a real good global view of things that you can do and a whole bunch of advice and allow you to ask a bunch of the questions that you might have about what to do.

Tonight we've got a very special guest, her name is Morgine Jurdan and I realized afterwards or actually Morgine pointed out to me afterwards, that I misspelled her name on the e-mail. It's J-U-R-D-A-N if anybody's looking for her. And Morgine is a wonderful animal communicator and an expert on the subject of positive visualizations and their importance for health and healing. And as I described in the book, *Fighting Canine Cancer*, one of the key factors to healing your dog is the power of positive thinking. Not only is this positive attitude critical for maintaining your own sanity, but because our dogs are so connected to us, they literally pick up our energy and they feel its effects. So our negative fears and emotions can actually inhibit their healing process, while our positive energy can help them feel better and stronger and healthier.

Now Morgine was actually very instrumental to me in helping me understand the importance of a positive attitude in the fight against cancer and she actually was generous enough to let me use a bonus, as a bonus to the book, a section that she had written on visualizations for animal health and healing. Morgine's teachings have helped me stay focused on positive healing possibilities, no matter how difficult the situation may seem at any given moment. So if you're struggling with keeping focused on healing and want support to make sure that you can support your dog in the strongest possible manner, then you're in for a treat with this call and I would like to welcome Morgine on the call and thank you very much for joining us tonight.

Morgine J.: I am happy to be here.

Ted Schneck: Great. Before we get started, Morgine, I always put out a disclaimer at the beginning of each phone call, just to make sure that everybody understands that neither Morgine, nor I, are licensed vets or otherwise medical practitioners, so please take everything that we say as simply our opinions and simply our own personal experience and I know for myself and I'm sure for Morgine, as well, that I

can say, that we strongly encourage you to get professional medical advice on anything related to the care of your dog. So please, do not consider anything that we're saying to be any sort of a diagnosis or treatment recommendation—just take in whatever we say and apply whatever feels right to you and please, do follow up with a professional vet or other professionals out there. Do you agree with me on this Morgine?

Morgine J.: Yes, you know many of the clients that I deal with are actually, you know, under a vet's care whether it's holistic or otherwise and I just, what I recommend to teach is to do in addition to whatever you're doing whether you're seeing a standard veterinarian or whether you're seeing a holistic one, because in the long run I think its similar--its what you believe in. If you have faith in a standard doctor I tell people to go see them.

I don't recommend someone see an alternative doctor if they don't believe in it. So every thing I do has a lot to do with the power of your beliefs and how you focus, though I definitely think what I do helps whatever method you're using.

Ted Schneck: Now tell us a little bit about yourself—how long have you been involved in telepathic communications with animals and in dealing with pets and their care?

Morgine J.: Well I grew up pets with around. When I was born, we had, my parents had two mallard ducks and a little pond my dad had built for them. And as I grew up we had a couple of cats and then I had a mouse and a rat and I actually had two little chameleons at one time with a terrarium and I'd take them to school. I made little leashes and they actually rode on my shoulder and I would take food with me. And I had a rat growing up. My dad got me a myna bird which weren't even available in stores back then. He had a friend who knew somebody who could get one from somewhere else. And so I grew up all the time with animals. My children had animals when we were in Iowa. People laugh because we had two ponies, two horses, two milking goats that my children, they milked the goats, and bunnies that people didn't want and . . .

Ted Schneck: (laughs), You were on your way to Noah's Ark, huh?

Morgine J.: Yeah! They had gerbils, fish, birds. We were called "The Menagerie on the Hill" and the kids took care of all their animals. So I've been surrounded by animals and talking to them, but not, you know, hearing what they say. They were a very important part of my life as was being out in nature. And then about 15 years ago I was having trouble with two dogs. My daughter had moved away from home she got this job on a ranch at a YMCA camp so she came and got her old dog to be with her and she also later on that summer got a young puppy and we had no more animals except one cat so we went to the shelter and adopted a dog. Well, as life would have it, she had to move back to town later and brought the old dog back here. And he thought this was his home because he lived here for 12 years and the

new dog, having seen no dog before, thought this was his home. So I had a dilemma and sort of a serious problem.

So I was trying everything I knew and I read a book called, *Animal Talk*, by Penelope Smith and that changed my life. I didn't have success at first but there was a workshop five hours away so I went to take the work shop. And the only purpose was to try to resolve this big problem I had of them fighting. And I did. I changed, I came home, I used the tools I did and that was it, I thought it was a done deal. About a month later, I got a call and I never, people asked me, I never asked this lady where she got my name. But Penelope, who was my teacher, was getting fifty calls a week and there was nobody but her and Beatrice Sidedecker doing this, there wasn't anybody teaching it. And her guides and angels told her she had to stop and start teaching. And so this lady called and she was crying on the phone and wanted help with her cat. And I said, "Well I've never done any phone work, I took one work shop!" And she said, "Well Penelope said she can't do it and I don't know anybody else." So I sort of said, "Okay call me back in an hour." And I literally sat with a piece of paper and tried to connect with her cat and do my best because she was crying and she called back in an hour. So six months later, I was doing five or six calls a month.

I'd never told anybody. I was scared to death and they were all on the phone and I wasn't charging anything and my partner said, "Well maybe God's guiding you in a different direction and you need to take more classes." So I went and ended up taking all of Penelope's classes and that's how I started. I didn't start out wanting to be an animal communicator. It was just something that we all have an ability to do. We all really communicate with our animals and I teach people nowadays that I'm really not teaching them to communicate I'm just helping them remember what a natural ability that we all have when we were little. You know, when you grow up your parents are going to tell you, "Don't talk to your dog. Quit talking to your imaginary friends. Grow up. The dog doesn't talk." So then you eventually stop doing that. But really we all connect with everything all the time. That's why the business is called "Communications with Love," because we interact with everything in our environment 24 hours a day, we're just not conscious of it.

Ted Schneck: That's the name of your website, "Communications with Love," right?

Morgine J.: Right, my website is communicationswithlove.com. And that's what the animals have taught me for 15 years: How to come from my heart, how to see everything through the eyes of unconditional love which most of them do unless they've been really mistreated.

Ted Schneck: Now let's talk a little bit, because I want to focus a lot of this conversation on the importance and why it's important for us to be positive and lessons and guidance on how we can stay more positive. When you do the communications with the animals--with the dogs that you see and with all the other animals--can they tell, can they really tell what we're feeling and what's going on inside of us?

Morgine J.: Yeah, to a certain degree. I mean, I do now mostly spiritual coaching. I like to sort of, “life coach” people with animals because they’re unconditionally loving. They live with us 24 hours a day. Even wild dolphins tell us. . .the biggest illusion we humans live with is this idea of “separation” like, “Where do I end and that tree begins out in the front yard?” They’re all made of the same energy and connected to the same source. So they connect with us and they can see many things that we can’t see. On the other hand, it was explained to me years ago by reading, “Seth” who was channeled by Jane Roberts and recently Abraham and other people like that, that animals also when they’re living with us, when we take them out of nature out of their natural surroundings and we domesticate them, that they really get tied up in our emotions and our feelings. So they really care about us. They tell us—sometimes they know a book that we need to read or a class we need to take-- but they also get tied up in our emotions and our worries and our fears and some of them will actually take energy, they take on our illnesses. They’re not consciously doing it, but if they clean our orb field enough times to try to balance us and create balance in the home they can actually get sick. So, yes, they do get emotionally tied to us more than anything else because we are emotional beings and we live with our feelings everyday.

Ted Schneck: I always look at it, I just assume that over time if you’re getting bombarded enough with sort of negativity and fighting around the house or whatever, or emotions of sadness all the time, that it must start to overwhelm them after a while.

Morgine J.: Yeah and each animal . . . I can’t say categorically that’s true, because each animal, like each person is totally different. They each have a totally different personality. However, let’s say you have four cats, just as an example, that sit in your lap and that you have a really bad time at work. You have a job that you don’t like and you hate your boss. So you come home every day. So one cat looks at you, looks at your orb field and out in nature, let me say first of all, animals help create balance in nature just like all of nature does and all the insects. They create balance and so when they clear cut next door to me, the trees grow back and everything. I don’t have to go out and plant trees and bushes and everything. It comes back by itself. So that’s sort of what I mean by creating balance. So when we domesticate them, bring them into our house, they’re still going to create balance, it’s just like breathing to them. So one cat’s going to see you come in that door and they’re going to go, “Gosh, you need to change jobs! You looked horrible when you came home, you look tired. You should see your orb field.” So they’re communicating with you, they’re talking to you. Maybe the next cat is just trying to send you love and that’s the way it works to try to balance your body out. The next cat gets in your lap and cleans the negativity off of you, tries to soothe you. So each animal is going to approach your problem, your stress, the imbalance that they see, in a different way. Does that make sense?

Ted Schneck: Sure, it does to me.

Morgine J.: It depends on who they are and how they do it. So one may develop the illness. Penelope told me and I didn't understand until I had been working several years that we were normally going to communicate more and counsel people because the animals are reflecting, just like our friends, what's going on in our lives. So sometimes while we won't take time to deal with our own health issues or our own stress, we care enough about our animals that we see it in our animals and we'll get help for them. But in actuality they're just reflecting the stress in ourselves.

Ted Schneck: So in some ways, what you do is actually working with the owners, as much as it is or maybe even more so than working with the animals.

Morgine J.: Right, generally that's true. I'd say more than not, when I'm dealing with a health case, the person has to make some changes as well. Not always, but I would say, over half the time that's true.

Ted Schneck: And I wrote a whole section in the Fighting Canine Cancer book about exactly that because I started to realize fairly quickly that Marty, my dog, was reflecting back to me some of the unhealthy habits that I had and in my case, it was staying up till all hours of the morning. I was a real night owl and I would literally see him just come up to me and sort of stare at me and I could read him, I could tell at the time that he was basically saying, "Why are you doing this? Can we just go to bed?" But I kept saying, "Oh, just go lay down. Go lay down." And over time I could see him sort of fighting to stay awake to try to just take care of me.

Morgine J.: Right.

Ted Schneck: So I started to realize when he got sick that a lot of the changes that I needed to make were actually changes in me because if I could clear, if I started healing myself and getting some of those issues out of the way that he would be able to kind of stand down and get back into a more relaxed mode where he could take care of himself.

Morgine J.: Right, because he was worried about you. Like the standard thing when somebody is worried about their animal and they're really stressed out because the animal is sick, the animal is stressed out about them because they're worried. Animals want us to be happy, they want us to be balanced, they want us to be enjoying our lives and when our focus is all on the stress whether it's the stress of our jobs, the stress of them, they're stressed out and that lowers their immune system. And we all know when our immune system is lowered that we're not, you know that, we can't--I don't like the word, "fight"--but we cannot be healthy as easily. You know we can't regain our health when our immune system's depleted.

Ted Schneck: Yeah, and of course, now when you come home, because I remember the day that I spoke to the vet and I heard the diagnosis and the vet said to me, "Oh no, its cancer and its an aggressive type of cancer and there's nothing I can do. He's only got six months to live." I remember—forget about the issues that I had with staying up late or whatever else happened to be going on in my life—that threw me into a tailspin.

And I remember emotionally struggling, really struggling, with that. And now in addition to whatever else might be going on in my life, I'd bring that home to my dog who's just about, or in the middle of, the fight for his life, literally.

Morgine J.: Right.

Ted Schneck: So, I guess one of the first things—because like I said, I'd like to spend as much time as possible on this call kind of coaching people and giving them sort of techniques, advice, things that they can do, because I get e-mails from clients all the time that start the same way: "I'm devastated, my whole world is crushed. I don't know what to do. I just sit here crying all the time. Please, I am so sad because I'm about to lose my best friend." What do you tell people when they come up to you and they're in that kind of space? Do you have any advice and suggestions for them of how they can kind of process through that?

Morgine J.: Okay, well I sometimes—someone once told me worrying is kind of praying for what you don't want. Which I thought was a very articulate statement of what this is all about. Some people who are on the call or will listen to the call who have seen the movie, "The Secret," are with the belief and they understand nowadays that you get what you focus on. And Einstein used to say that a problem is not resolved at the same level that we created it. So if we're just constantly focused on the problem and worried on the problem and sitting there and crying and devastated, usually nothing is going to change and it could possibly get worse. Whereas if we focus on the solution and imagine it already resolved, we can possibly make a difference.

I've had many clients—I don't keep track, I don't keep numbers—but one of my clients had her cat, called who had cancer on his nose and the vet said he couldn't cut the nose off. There was nothing he could do. So I taught her the visualization techniques that you share with people and just because hoping maybe the cat would live a little longer. She called me two months later to say her vet was the only, her vet said she was the only person in his practice who had completely recovered from cancer. So I also know animals make decisions in themselves. When its time to go there's also some things involved. There's nothing that's a hundred percent going to work. I still recommend people get the care they want, but I know that I've had many clients, since then, who have visualized their animals well. So I teach people how to visualize. A lot of people have done visualizations—a lot of my clients, some haven't.

I begin by pointing out to them that the Soviet Union, for years, won against us in the Olympics in gymnastics, especially, and other venues, because they were doing visualizations. They already. . . Visualization was a part of their practice every day. Before they'd go out on the mat they'd visualize their whole routine, that they did it, that they won a gold medal and they were successful.

Back thirty . . . I think over thirty years ago, I read an article in Psychology Today where they took a group of 90 people. And thirty people did nothing; thirty people

threw baskets every day for an hour. And they'd try to practice and get better at throwing and making a basket. . .

Ted Schneck: We're talking basketball?

Morgine J.: Yeah with a basketball. And then thirty people would just visualize that they did it. They spent an hour visualizing; they never spent a moment on the court. And at the end of thirty days, the people who visualized had the same amount of improvement when they got out on the court as the people who had actually practiced every day. So there are many scientific—I just want to start out before I teach this that there are many scientific tests showing that how powerful our visualizations are and as far as I know many of the Olympic teams, many different teams use it. I teach it in my own practice on how to change a behavior, how to help in training an animal, with shyness, in fear, in addition to seeing an animal well.

So in the beginning, I ask people to get quiet. To take a few deep breaths, in and out through your mouth, or nose and really just pay attention to your breathing and imagine growing roots out of your feet as you exhale and release any tension down into the ground through those roots. This helps relax you, helps you get in a meditative state, releases your tensions and also grounds you. You need to be in present moment, here, not just in your head. So when you're imagining you're growing roots out of your feet, you're grounding yourself in the moment, in the present moment. You're thinking about being here and focusing on your body. Then I recommend when you work with animals that you think about something that makes you happy—it could be going on vacation, eating a hot fudge Sunday, playing with your children, it doesn't matter. But you need to raise your vibrations so you feel really happy. So that the animal knows that what you're going to show them makes you happy whether it's changing a behavior or whether it's seeing them well.

Ted Schneck: Morgine let me jump in for a second. Have you ever sort of walked anybody through the process as they do it? Have you ever kind of done almost "guided meditation?" Where you . . . I understand the process only takes a few minutes, right? If you're doing it properly.

Morgine J.: Right.

Ted Schneck: Have you ever kind of just talked any of your clients through the process from start to finish?

Morgine J.: A very few times. Sometimes I send it to them. But I would say most of the time I send it to them and I ask them if they've done visualizations and today I would say 90% of the people I talk to have done meditations or visualizations before and they understand it.

Ted Schneck: Sure and I don't want to put you on the spot, because I know I didn't even mention it, but it just sort of popped into my mind and I don't know whether you'd be willing to try it for a few minutes kind of talking us, everybody who's on the phone listening, through the process kind of in real time so that we could actually experience it.

Morgine J.: Okay well let me finish so that I would prefer to describe the process and then lead you through it.

Ted Schneck: That'd be perfect.

Morgine J.: So the next step is imagining the problem is already resolved. So if I've got my cat, I'd go "Casey you are such a healthy cat. You look so young. You know you look healthier today, every day than you looked yesterday and I am seeing you strong and healthy and well and I want you to see yourself well and healthy and well and happy and feeling as good as you've ever felt." So you visualize that. You don't say, "I don't want to see you sick anymore," you don't use negative verbiage.

Ted Schneck: Again, because whatever you focus on is what's going to stand.

Morgine J.: Right. So like if you were doing a behavior you wouldn't want to say, "Thank you, Jack for not peeing on the carpet," you go, "Thank you, Jack for always using a litter box and keeping the house clean." And you want to say, "I'm so glad you're not sick anymore, I'm so glad that you're not feeling bad." You just want to focus on them being well and healthy. And then, the other part of this is that verbally, during the day, if you see the cat walking by and you go, "Oh Casey, you look so healthy today." So that you're always talking to the animal, and always visualizing the animal with a positive feeling, with a positive vibration as if they were already well. Because, the last thing I'd like to say before I lead you through it is that an animal doesn't see themselves sick. They don't use our dictionary. I had a kitten who's about two and a half years old now, and when I got her she was vaccinated, micro-chipped, de-wormed and spayed at 9 weeks old in one day. So when I brought her home she got a serious upper-respiratory infection and when I would check with her every day because she could hardly breathe, her nose was all clogged up—to her, it was just harder to breathe today than yesterday. She didn't use the words, "Oh god, I'm so miserable. Oh, I'm worried about dying. Oh, I don't feel good." Her terminology was purely physical. "It's a little harder for me to breathe today than yesterday." We focus on all the other stuff and make it worse. So I'll be glad to guide you through this.

Ted Schneck: That'd be great. I think that'd be very helpful to both the people on the call and whoever listens to it on the recording to have kind of an opportunity. I would love to do that.

Morgine J.: Okay. It only takes about 3-4 minutes. I tell people to do it in the morning when they get up. Put a sign by your bed and do it before you go to bed at night, put a sign there. So you sit on the edge of the bed before you lay down on your pillow,

and if you're busy, you have a lot of work to do, then just put a sign in your bathroom. People laugh, but they do it when they're in the bathroom, sitting down and they have nothing better to do. Because it's a very quick process.

Ted Schneck: So leaving the bathroom humor part out of it, do you usually recommend that somebody sort of sits in a comfortable chair or should they be lying down or does it matter?

Morgine J.: No it doesn't matter. I recommend they just sit in a comfortable place.

Ted Schneck: Okay. Even on the floor?

Morgine J.: Yeah, you can sit on the floor or a chair, wherever is comfortable to you.

Ted Schneck: Just however you're comfortable.

Morgine J.: Right, however you're comfortable and you can lay down, it just depends how fast you fall asleep so that's why I would say do it on the edge of the bed before you lay down just in case you fall asleep quickly.

Ted Schneck: Absolutely. So, why don't we take a few minutes, that'd be great and sort of guide us through and I'll probably, I'll sit here and do it myself with visualizing Marty.

Morgine J.: Okay: So, relax and breathe and focus on your breath. And focus on how you breathe. In through your mouth and out through your nose. In and out your nose, in and out your mouth. Deeply, shallowly. Just focus on your breath for a minute and just notice your breath and how you breathe. It's not about changing your breath; it's only about noticing it. Which helps you relax. And imagine with each exhale, you're growing roots out of your feet as you exhale. Down into the ground. And you release any tension down into the ground through these roots. So inhale and then exhale letting out any tension down those roots and each time you exhale they grow a little longer and a little longer. Take a couple more deep breaths in--filling up and then letting go and exhaling down into the ground. Bringing yourself here in this present moment. Now think about something that makes you very happy. Maybe it's eating your favorite food like chocolate truffles; going on vacation; being with friends. So think about something now that just really makes you happy. There's a smile on your face. You feel energy starting to vibrate around and out your body. Perhaps you feel a little more energy in your heart. You don't have to, but you might feel some tingling in your body. It doesn't matter whether you do or not, but you might feel something. This "feeling-happy-emotion" lets your animal know when you visualize next, that they, that you love this vision that you're going to share with them. So I want to imagine in this case that your animal is well. So see your animal friend—your dog, perhaps, or your cat—and imagine them walking around healthy. They're as healthy as they've ever been before. Imagine them when they were younger, vibrant. Playing like a puppy or a kitten. And then say, using their name, like "Casey, you are such a healthy dog. You know, you look healthier today, than you did yesterday. I am so happy at how healthy you

look. I feel so good that you look so healthy today. It makes me so happy to see you well and healthy. And I want you to see yourself healthy and well too, everyday.”

And then after you’re feeling really well, really good then you can come back up into the room, back into the space of our call and open your eyes. Wiggle your toes, if necessary. Stretch and smile. And that’s about as easy as it is. And then during the day, when you see your animal, instead of just saying, “Hi,” you tell them how healthy they look. Because it makes them feel good that you’re seeing them healthy and well—that cheers them up right away because that’s how they’re seeing themselves. They don’t have a concept when you talk to them in the wild, of getting old, they don’t have a fear of dying. They live right in the present moment. So when you’re seeing them that way that really helps them. It helps them whether they’re going to transition if they transition they’re going to transition much easier. It’ll be an easier experience than if you’re worried everyday and struggling and you don’t want them to go and you’re in pain and worry and stressed. It’ll be much easier if you’re seeing them healthy and well. Many times, if an animal is going to die anyway, they’ll live longer. I took my own cat in once; she lived to about 20 years old. She suddenly was drinking lots of water and pain and wanting food a lot and I took her to my Medivan, to a vet who told me that her thyroid was gone and needed radiation and that her kidneys were failing. And my cat didn’t want any treatment at all, so I brought her home. And I did exactly what I had told my clients to do. Every day I told her how healthy and well she looked and she did, she looked like she was 9 or 10 years old and I did that every day and she lived a year and a half before she asked for help passing. So the vet thought she’d live a month. So sometimes it extends their life if they’re going to die and sometimes they completely recover. So each animal is a different experience, but I’ve never found that visualizing has caused any harm it’s always helped and it usually helps the person also who is doing the visualizing because it gives them more hope and it’s relaxing. I think it reminds us to focus like you did. When you started focusing on more positive things in your life, you were getting more sleep, you were paying attention to how you were feeling around the dog, you were paying attention to what he had to tell you. And we shared in our consultation the advice that he had to give you, and so you both benefit from the experience.

Ted Schneck: What impresses me the most about it was as you were doing it, especially as you ended it I was just thinking, “Wow, this is actually just so simple.” It’s just taking a moment to stop and imagine yourself in that sort of, happy space of health and healing and happiness. And it’s extremely simple to do. Sometimes you forget to do it, but I’m sure the practice helps with that as well.

Morgine J.: Well, when I send out my instructions, I always highly recommend people make signs. That’s why I tell people, “Put a sign by your bed: ‘Visualize dog well’” and put a picture of your dog. Put a sign in the bathroom. I really know how easy it is for people to get busy and so I highly encourage it, because I need signs myself. People

come to my workshops that I teach around my house and I have signs all over the place so I highly recommend that people use a sign to remind themselves to do this.

Ted Schneck: Sure.

Morgine J.: And I haven't had health insurance myself for 15 years. Most of the times, the few times I'm sick now, but when I used to get sick before, I'd visualize, I'd take time every day to visualize myself doing what I'd normally be doing if I was well. If I was sneezing and everything else I'm working out in the garden, I'm singing, if I was coughing I'd visualize myself well and usually within 24 to 48 hours I would get well. Now my partner gets sick and he keeps it for 2-3 weeks. I get sicker than he does but I get well really quick and that's my key in maintaining my health is I use visualizations a lot.

Ted Schneck: Now just to share with everybody, the process that Morgine just walked us through is actually one of the bonuses that you'll find at the back of my book, of *Fighting Canine Cancer*. But, even if you don't have the book, Morgine do you have copies of that that you distribute to people?

Morgine J.: Yeah, if people want to e-mail me and just put, "Visualization" in the subject line, you know, "healing"...

Ted Schneck: Why don't we give out your e-mail now, we'll give it out again later on, but just in case somebody wants to...

Morgine J.: Okay, its morgine@tds.net.

Ted Schneck: And so you can always go visit Morgine at that address or on her website at communicationswithlove.com and contact her. Or if you'd like a copy of the visualization exercise, please just send me an e-mail as well at ted@fighting-canine-cancer.com and I can send you a copy of that as well. But if you do have the book you've already got a copy of that. I don't remember what number bonus it is, but its right at the back of the book.

Morgine J.: And like I say, it doesn't matter whether somebody's using chemotherapy or they're not or they're using holistic here—always seeing your animal well helps. And add another reason is that, I had an animal who we visualized him well and Chetlin had been sick many years after I learned this practice. And the vet hadn't been to figure out what was the matter and I was led to a book at a bookstore and my angels tapped me on the shoulder and showed me this book that I needed to buy it and I thought it was for my animal communication practice. It was called *Natural Healing for Dogs and Cats* by Diane Stein and I thought "Whoa, I'm going to buy this for my practice." So I bought the book and a couple of weeks later it was still sitting on the dining room table and I was thumbing through the back of it and I read this one page it was all of Chetlin's symptoms, every symptom, and he had unusual symptoms, so I turned the page back and it said "Aluminum Toxicity." When he was three, my kids didn't drink pop but they went around the streets and collected it.

We lived up in the hills and had bags to take them to school and Chetlin had got into one of the bags and chewed up a couple of cans and we had taken him to the vet and he couldn't find any cuts or anything wrong, but he probably swallowed a pop top or something that might have gotten in the lining of his stomach. So I tell people that visualizing an animal well sometimes extends their life, sometimes, they totally recover, sometimes it'll give you the solution to the problem. You know, you're visualizing, "I want this animal well" so God, divinity, whatever says, "Well, in order to get the animal well here's the problem and here's what you need to do." So in some cases it will actually provide you the answer to what the problem is. So there's many ways that visualizing helps. In that case, it actually brought us the solution. I called my vet and said have you ever checked him for aluminum toxicity? And she said no, so that ended up being the solution and I think that visualizing and seeing him well is what brought the answer.

Ted Schneck: Let me shift gears just a very little bit and one of the issues that I get a lot from people and that I actually deal with sometimes: Marty has been in the cancer battle for almost 17 months now, and that's amazingly wonderful news, except there have been times and we're going through a time right now where we take sort of a massive downturn and all of the sudden he goes from feeling well to struggling mightily. And I'm not sure what the end result is going to be from it, whether he's going to continue or whether it's time for him to pass. And what do you do in those cases when it's really, really hard to sort of imagine that successful outcome? I mean, is there anything or is it just a matter of, you just keep, sort of, forcing yourself to go there, to the positives no matter what?

Morgine J.: Each person's going to be different. Sometimes I can coach people and talk to them personally about what's going on in their life. Some people can use flower essences. There's a variety of flower essences that help people with stress and grief and issues like that. . .

Ted Schneck: Are there any in particular? Is that like Rescue Remedy or. . .

Morgine J.: Rescue Remedy is generalized. Rescue Remedy is the most common one if people can't find any one else. I mean, lot of the stores carry it and it's mainly used for any kind of stress. So it's generalized, like I carry some in my glove box: Somebody's in a car accident or animals hear fire crackers or you have a hard time taking your animal to the vet. It's an all-purpose kind of remedy but there, right now catching me on the call, I can't think of particular ones that are for each individual person. But like Anaflo's, www.anaflo.com, she has flower essences for people and animals, mainly animals and she's been doing it for 30 years and she has formulas for bereavement, losing a pet, grief, transitions. There's certain things, certain formulas that help different people depending on how they're dealing with the situations.

Ted Schneck: I'm sorry, could you repeat that? I was trying to write down but it's just so fast. . .

Morgine J.: Okay its Anaflo.com. And she has formulas that are for animals and people, you can take them together. I can't think of any right off hand because I usually talk to the person and figure out how best I can help them.

Ted Schneck: You called it what, "Rescue what?"

Morgine J.: Rescue Remedy. It's a Bach Fellow flower remedy; B-A-C-H is the brand name. It's so mass produced that some people say that it's not as effective as it used to be.

Ted Schneck: Interesting and you can find Rescue Remedy at most of the natural health food stores. . .

Morgine J.: Yeah, health food stores and some big grocery stores where I am now have them. There's also one of my favorite websites is www.animalsinourhearts.com. It's one of my best friends, Teresa Wagner, and she is one of the top people in helping people with grief over animal loss and she has lots of, she has an amazing tape set dealing with when you've lost your animal and how to deal with grief, how to explain it to children, flower essences to use. She has a great resource pages on dealing with losing animals. So it each depends on each animal. It's hard to lose an animal. If you want me to talk about that?

Ted Schneck: Sure if you'd like. . .

Morgine J.: So, animals generally aren't afraid of dying. You know, we're afraid of losing them, but animals have explained to me for years that our souls are much bigger than we imagine and our souls touch everything. So that the only thing that they leave is their body and most of the time they're not physically attached to what we do with it. It depends on the people. They don't care whether we cremate it or bury it or if people bury it on their property. You know sometimes I tell them to plant a tree, a little bush, a rose plant or something to remember the animal by, but the animals actually still stay with us when we think of them. Like we hold their picture or we're thinking of them or we think of them during the day their spirit is actually can be with us immediately upon thinking of them. I've had many animals pass and one of my animals Casey, the one I mentioned before, has been in two books that are published. And people ask questions of her in the book and she gave answers from spirit and I do those kind of consultations as well. But the animals want us to know that when we think about them they can still be in our life. We can't see love. It's not something we can tangibly, physically, hold and yet we all know that love is real. It exists. We can't see the things that make our cell phones work. There's so many things really in our lives, electricity, things that are real, we know they're real and we use them but they're not physically here. So the animals are asking us to open our hearts to the fact that they can still have a relationship with us if we keep our heart open. We can ask them to help at work, we can ask them to help find a new animal, we can ask them for help, but if we don't believe they're here and they're just a physical body then they can't force themselves to be in our life anymore. We live in a non-invasive kind of way. But sometimes, people will call me and go, "I felt

him! I felt my dog on the bed last night. Was that true?" Or, "He was sitting in the car and telling me what to do at work." So there's more people having those kinds of experiences. When it gets towards the end, I help coach people. I don't charge people for what I call an, "End of Life Call." If somebody's talking to an animal in spirit I can charge them. But if it gets towards the end of life and people want to know "Is the dog in pain? Is he hurting? Does he want to die on his own? Does he want this last surgery to try to save him or is he ready to pass on his own? Does he want assistance?" I don't charge for those End of Life calls. If somebody wants to make a donation that's fine but I don't let money get in the way of people getting help at that time of wanting to know. So does that help?

Ted Schneck: That's beautiful. Yeah, and actually, like I said, it helps me. I've been going through some of my own personal struggles lately, doing my absolute best at every single moment to do exactly what you've taught me which is. . . I always joke that I said to Marty when he first got sick, that you know, no matter what, I was going to be the last person by his side and I was going to be the last person who believed in him and believed in his healing. And I'm doing everything I can to make sure that I stay in exactly that space.

Morgine J.: Well, when you say that I just want to remind you that sometimes animals are going to die and we're not there. And we're not disappointing them. I really need to make that clear because we have what I call a "Movie Picture Mentality." You know, we want the animal to die in our arms. And we feel that if somehow they pass on and we're not there, that we've failed them. And that is not true. You know many times animals prefer not to die with us around. It's just easier without us--our grabbing, holding natural tendency to want to keep them here to the last moment and we can't help it, some people are that way. It's hard for them to let go and cats especially are much more . . . they would prefer just to walk off and die somewhere away from the house, most of the time, so . . .

Ted Schneck: Yeah, no . . .

Morgine J.: I didn't want you to be disappointed if you were at work and he passes on or something. . .

Ted Schneck: Oh no, for me I don't mean it physically at all, I mean it emotionally; I'm going to be there for him.

Morgine J.: Oh, okay.

Ted Schneck: And you know, and I have spoken on some of the other calls and in the book about the fact that I always know about, just from my experience in dealing with people and dealing with the vets that even when things look like it's at the end of their rope that there are always last minute miracles that do occur. Almost like what you were saying about your cat going through the, you know where she was only supposed to have a month and through the visualization, through everything she ended up staying around for a year or more. But I never expect those to happen. You can't

count on them. But that I'm going to just stay. . .continue doing exactly what you're teaching, which is I'm going to continue doing the positive visualizations until it feels to me, until I get the message from him, that it is time to pass and it is time to go. . .

Morgine J.: Right. . .

Ted Schneck: And in that case I just hope for the strength to be able to just let him go exactly the way you're kind of coaching us now on, which is a beautiful thing. . .

Morgine J.: Well the important thing that you brought up is not having an attachment to the outcome. So when I visualized my cat well everyday and told her that I see her so healthy, I also added, you know, "And whatever is the highest and best good for you. You let me know (because I can communicate with her) when its time to go." So I had no attachment to whether that was one day or that was two weeks or two years. You know, I honored that she had her own process just like each person does. And animals, Penelope told us, decide when to go, when it's best for them. Sometimes its two years old, sometimes its ten years old, because they simply don't have an attachment to time. And we need to understand that they love themselves enough to know when it's good for them and they're not doing it to leave us, because they want to get away or they don't love us anymore or anything like that. They're taking care of themselves. So that's important to know because we always go through that kind of stuff: "Did I do the right thing? Did I do the wrong thing?" Or identify every last thing and sometimes an animal just gets really tired of us trying every last thing, especially now since they have all these expensive treatments. I'm just sad, but a lot of people spend \$5000 and the cat lives two weeks more, or their dog.

Ted Schneck: And I get a lot of messages from clients as well, but I'm glad you're saying that. Because I get messages from clients now and then and where they feel sad as though they didn't do something right because, you know, they didn't catch it in time or they didn't take that extra step that they might have taken. So it's good to hear you say that about them deciding when and them not feeling that way.

Morgine J.: Yeah and I try to remind people that out in nature animals would pass on their own. They wouldn't have all this kind of intervention. Some animals when I ask them are totally willing to go along with people's wish for surgery or this or that. Some of them are just . . . they have chosen this way and they just really would like some peace and quiet and they don't want to go and have two more surgeries and transfusions and it's just not their path. So it's important to know and I tell people like you that it's really . . . I think a gift sometimes when an animal gets an illness, because normally we're not paying that close attention to them. We pay much more attention when they are sick and we're worried about them dying, sadly, than in our every day life. And I have clients whose animals get hit by a car and they suddenly or something and they didn't even get to say good bye and I say sometimes having an illness is really a gift in disguise because it makes you more

aware of the animal. It makes you to appreciate your time with them because you don't know how long you do have and trying to listen to what you want to do and spend quality time with the animal. You know, spending quality time is just being quiet with them, not watching TV, doing a hundred other things. You can just be quiet in a quiet meditative space and for five minutes a day and have them think that that's really wonderful because, again, they're not counting the minutes that you spend with them. It's the quality of the time that you spend with them. Oh, the last thing I would say is that when you're animal is really sick, try not to pet them a lot. Because if you're not feeling really well yourself, you don't want somebody massaging you. And it's a human kind of thing sometimes at the end of life when an animal is sick that we're crying and sitting there and petting, petting, petting, them—sometimes that's hard on the animal. It's stressful. Put your hand in just one place and just leave it there if you want to touch them, but sometimes it's hard when we're stroking them a lot.

Ted Schneck: Okay, yeah, so the movement, kind of, and the pressure bothers them. . .

Morgine J.: Yeah, the movement and pressure. If they have cancer, if you talk to a communicator, and you can call other ones besides me. My teacher's website is www.animaltalk.net. But if you're feeling really sick if you have cancer--and you're talking here about cancer--sometimes you don't feel good, sometimes you feel nauseous or you've had chemotherapy or your body's sore and we forget that and we're wanting. . .we're touchy-feely people, so we want to stroke them a lot sometimes it's not something that they're enjoying. Sometimes we look and they're moving away from it and if we just pay attention we can tell that they're not enjoying it right now and we need to stop that.

Ted Schneck: That's the one thing that I always recommend and that people who I've spoken with say: They know exactly what they can and want to take in. So if they get up and move or they kind of shift away from you, that's usually a very strong message that they've had enough. Not that they don't love that you're trying to give them the attention, it's just that physically and emotionally they can't take it in at that moment.

Morgine J.: So do you know if anybody has questions?

Ted Schneck: That's what I was going to say. We've got about ten more minutes or so if that works for you Morgine . . .

Morgine J.: Yes, that's fine.

Ted Schneck: So what I'd like to do is open up the floor and find out if anybody who's on the call, if they've got any questions that they'd like to ask Morgine, I'm sure she'd be very happy to answer them. So just jump on in if you do have any questions. . . I'm hearing no questions. . . Why don't we then just, why don't we start closing out, Morgine, and before we do I always like to, well the first thing I'd like to do is make sure that everybody knows exactly how they can get in touch with you because all

of my experiences with you have been absolutely wonderful and you've come very, very highly recommended to me. You know, you have helped me immeasurably in the care of my dog as well and anybody who is interested in having an experience and having you help them connect with their dogs would be very, very lucky to have you do so. So why don't we share with them how they can get in touch with you in case they have questions or want have you work with them.

Morgine J.: Okay, so they can e-mail me, like I said before at morgine@tds.net. They can visit my website: www.communicationswithlove.com. You can call me: (360) 247-7284. Please note that I live on the West Coast in Washington state above a volcano, Pacific Time zone.

Ted Schneck: No early morning calls . . .

Morgine J.: No. Please don't call me at 8:00 in the morning your time if you live in Florida. And you asked me to mention, I'm going to start a newsletter. If you go to my website you can click on Live as Love.com which has writings from animals and plants and nature and I'm starting a newsletter: "Voices of Nature" which is going to have a simple message from animals to inspire you every week and . . .

Ted Schneck: I was very excited when you told me about that Morgine. That sounds like a wonderful project. If I remember correctly, what you're going to be doing is each day sending out a very short e-mail, just like one paragraph or so with some of the inspirational and the messages that you get from your conversations with the animals that you've communicated with. . .

Morgine J.: Right I'm going to start out sending one message a week and then if people tell me that they're interested then I'll do five messages a week, sort of like, totally unique thoughts. So I'm going to get feed back from people but they're going to be able to have messages from animals and nature or they can submit information from their own, you know, their animals, dogs, or cats, name, address and I can put messages from them also.

Ted Schneck: Right, I definitely want to be a part of that list and so to sign up for that list do I just come to your website, Communications with. . .

Morgine J.: Right and you can go, there's a tab for newsletters and writings or you can just put "Contact" and put "subscribe" in the subject line and send me your. . . you know say "newsletter" and I will sign you up. You know, I don't have an automatic thing yet.

Ted Schneck: If they look for the link on Communications with love.com for newsletters or send you an e-mail then they can get on your list.

Morgine J.: Right.

Ted Schneck: That sounds like a really good list; I'm looking forward to that when that comes out.

Caller: So Morgine that's "Communications" with an "S" "with Love.com?"

Morgine J.: Right.

Caller: And I'm sorry, once again, it was just too fast for me and my poor typing skills. What was your . . . you gave a phone number didn't you?

Morgine J.: Yes: (360) 247-7284.

Ted Schneck: And then is there anything else that you're working on that you'd like to let us know about?

Morgine J.: Oh, I'm writing a book called The Voices of Nature Calling Us Home and it's a book written totally from animal and nature's perspective. They're sharing with us how to live a happy fulfilling life from their point of view. They're sharing through me how they live their life, how they're connected with each other, why when you go out in nature you feel so . . . Studies show now that if you take a walk in nature or take a walk in a gym, when you're walking in nature it's much more effective, it's much more beneficial for you. Well, the plants in nature are loving you unconditionally. They're sending that energy, you're surrounded by the energy and that's why it's more beneficial for you. So when you read the book it's supposed to open your heart and remind you of the divine person you really are and how everything is connected and you're connected to everything. So that's a project I'm working on now and hope to finish in a few months.

Ted Schneck: You've got some wonderful stuff coming out I can't wait to see when it comes out and launches.

Morgine J.: Thank you.

Ted Schneck: Before we close out I always like to give one last opportunity to you, Morgine, about anything else that you'd like to share with the people on the call. The ones who are dealing day-to-day with trying to help their dogs through this process. Is there anything else that you can think of before we close out that you'd like to share or advice or anything like that? Or things that we could do? Any last thoughts?

Morgine J.: Just, I remind people and teach people to really come from your heart and that if when you're doing these visualizations you just sit and connect with your heart to your animal's heart, you'll feel their love at a deeper level. You will sometimes be able to feel the same kind of communication that I'm having. You'll feel their feelings if you come from your heart instead of their mind. And try to remind yourself that we're all terminal to one extent or another. We're all not going to live forever in this plane, supposedly. And that you can appreciate the time that your animal has spent with you and the gifts that they're sharing with you and know that that heart-to-heart connection that you have right now still can exist its just like a cell phone or something else, that their love continues long after their physical body isn't here anymore. So that you're just going to transform your relationship to a

new level to a different one than before. And I encourage people when their animals pass over to hug a pillow or get a stuffed animal and talk to their animal that way just because we like to hold things and touch things sometimes. And I still have relationships with all my animals who've passed when I want to. And they're still very much a part of my life.

Ted Schneck: Thank you so much for taking time tonight, Morgine to help us out with this. You have been absolutely wonderful and I know I can speak for everybody on the call and everybody who gets to hear this down the road that you've helped a lot and we really appreciate you taking the time.

Morgine J.: My pleasure. You're welcome.

Ted Schneck: So with that, I think we're going to close out this Live Expert Teleconference Number 6 and I wish everybody all the best in caring and helping their dog and if anybody has any questions or needs any information about my book or any of the things in that or about this call, feel free to send me an e-mail at ted@fighting-canine-cancer.com. Good night everybody and I wish you all the best.

Morgine J.: Good night.

- End of Interview -