

A Holistic Approach for our Animal Friends®
Complementary Alternative Medicine (CAM)
Holistic Therapies and Natural Remedies



The Holistic Animal Association
www.holisticanimalassociation.com

'Dedicated to Natural, Safe and Effective Forms of Healing'

What is Complementary and Alternative Medicine, also known as: (CAM)?

The term CAM refers to the numerous different therapies that are often referred to as natural or holistic in their application/uses/theory. Complementary applies to those therapies that are used in conjunction with other therapies/medicine, such as aromatherapy used together with sleep disorder management program. Alternative refers to using a particular therapy/medicine in place of another as an 'alternative', such as acupuncture for pain relief/management. Alternative also applies to those alternative medicines that represent a 'whole medical system' outside of the conventional allopathic/Western medicine, such as: Traditional Chinese Medicine, Ayurvedic Medicine, Naturopathy and Homeopathy.

Who can benefit from CAM? Complementary and Alternative Medicine can be beneficial for both people and animals. As with all types of medicine, therapies and remedies there are contraindications for specific use, such as certain health care issues and concerns, known allergies, age and more. It is important when seeking any type of health care therapies to check with the practitioner about their professional qualifications, experience and knowledge in their particular profession. You will want to find a qualified practitioner that is available to answer your questions, and who is open to communication with your veterinarian in regards to any concerns and contraindications that may apply to your animal companion's overall well-being.

Scope of Practice: is a description of a professional practice that defines its procedures, actions, applications, and limitations. It is written, administered and enforced by governing, licensing or certification boards, and law/regulation enforcement bodies at the State or National level.



Acupressure: Chinese bodywork therapy which includes ‘accurate-pressure’ applied to acu-points located on the body’s meridian pathways to bring balance to “Qi” (pronounced “Chi”) energy flow. This type of therapy is beneficial for many issues and is especially useful for athletes for pre and post workouts/events, pain syndromes and injury rehabilitation, as well as for those interested in acupuncture without needles.

Acupuncture: Acupuncture will treat well over 200 disorders, and is a wonderful preventative healing system. Acupuncture is used to treat a full range of diseases, infections, immune system disorders, acute and chronic pain syndromes, hormonal imbalances, digestive disorders and much more.

Acupuncture needles are very fine filaments that are pre-sterilized and disposable. Each needle is used only once and discarded through medical waste system. The treatments are very safe and comfortable. Acupuncturist may also use electrical current stimulation of needles, moxa, cupping, herbal preparations/compresses, oriental body work therapies and Qigong energy therapy.

Aromatherapy: Clinical Holistic Aromatherapy is the use of high quality pure essential oils for a specific outcome. Essential oils are chosen based on the client’s health history and health goals. Massage with essential oils can be very beneficial for stress, tension, chronic pain syndromes, immune and respiratory support and much more. A professional aromatherapist that also works with animals will have additional advanced training and education in the safe use of essential oils and contraindications for use with animals. Avoid unsafe techniques such as RDT (Raindrop Therapy), or any type of application that includes excessive neat use (undiluted) of essential oils, internal use and anything out of scope of practice.

Applied Kinesiology: a holistic and gentle therapy that uses muscle testing based on the body’s innate ability to know and heal itself to determine if there is an imbalance or blockage within one or more of the body systems. Muscle testing is most often used by Chiropractors and other Holistic Health Practitioners as an adjunct tool within their practice. Touch for Health therapy uses muscle testing based on the body’s acu-points and meridian theory. Muscle testing may also be applied for use with animals via the use of a surrogate for testing.

Chakra Therapy: Chakra Therapy, also known as Chakra balancing, can include a wide-range of different applications and tools useful to help balance the body’s chakra systems. Chakras are also known as ‘spinning wheels’ or ‘energy centers’ located on and within the energy field of the body. Practitioners may incorporate energy work such as Qigong or Reiki and use natural healing tools: crystals, essential oils, flower essences, herbs and botanicals and sound healing tools: crystal and metal sounding bowls, tuning forks, chimes and drumming as part of a Chakra Therapy session. Acupuncturists will also work with acupuncture, herbs, moxa and Qigong Therapy and Qigong Movement Forms to help balance the chakras and meridian channels of the body.

Chiropractic: focuses on the musculoskeletal system and the nervous system of the body. Chiropractors use manipulation techniques for treatment of the spinal and joint misalignments by a method known as ‘chiropractic adjustment’. There are many different styles of chiropractic, depending on the type of chiropractic training/school the practitioner has trained in. Some will use hands-on techniques and tools such as an activator, cranial-sacral movements, sacral-occipital technique and SOT blocks, manual traction and stretching, applied kinesiology and nutritional and lifestyle consultation.

Color Therapy: includes the use of a rainbow range of colors to assist the body-mind-spirit in the healing process and for overall well-being. Color Therapists will often use material swatches of color, colored lighting, crystal and gemstones, essential oils, and sound therapy as part of a color therapy session.

Cranial-Sacral Therapy: A gentle hands-on method that focuses on alleviating restrictions of the cranial-sacral rhythm, and help to restore balance to the central nervous system. This technique taught to licensed health care professionals, including: Chiropractors, Massage Therapists and Physical Therapists.

Crystal Therapy: The use of crystal and gemstones to harmonize the body’s energy fields and restore balance and overall well-being. Stones may be placed on or around the body, energy centers (chakras), to specific areas, and used to balance and protect an environment. Crystals are often used with other therapies, such as: Chakra and Color Therapy.

Energy & Vibrational Therapies: Qigong and Reiki are two of the more well-known forms of ‘Energy Therapies’ offered for both people and animals. Both work with the universal energy flow. Qigong Therapy also incorporates: breathing techniques and sacred healing chants, and exercise movements when learning a specific Qigong Form. Flower Essences are also considered ‘vibrational essences’.

Essential Oil Therapy: Also known as Aromatherapy. Essential Oil Therapy includes the use of in-depth consultation/evaluation for the purpose of incorporating essential oils and aromatherapy for a healthy lifestyle. Aromatherapy consultations teach an individual about the many uses of essential oils, and how they can be used for preventative care and overall well-being. Massage, inhalation, diffusing, topical compresses, healing baths and hydrotherapies are the many different ways that essential oils can be used. (See aromatherapy description for more information).

Flower Essence Therapy: the use of flower essences to help restore emotional balance and overall well-being on a subtle energetic level. Flower Essences are vibrational essences also known as Flower Remedies that are derived from flower and plant material that is infused into water with the use of either sun or moon light to capture the vibration of each flower/plant. There are many different types of flower essences, and the most well-known are the Bach Flower Remedies created by founder: Dr. Edward Bach in the 1930’s. Flower Essence Practitioners that work with animals will have additional training and education in the use of flower essences for application with animals.

Herbal & Botanical Medicine: includes the use of herbs, phytotherapy, and natural botanicals that can be taken internally in pill and powder form, or made into a tea or infusion or tincture, and applied topically and used to make balms, ointments, salves, compresses and steams. Herbalism is studied by many different practitioners: Herbalist, Acupuncturists, Naturopaths and Holistic Veterinarians. Most people are aware of the many benefits that nature has to offer by way of herbs, foods and natural supplements, but did you know that some animals can also benefit greatly from the use of herbal medicine too? Seek a qualified practitioner/herbalist with additional training in safe use of herbs and botanicals for use with animals.

Homeopathy: homeopathy includes the use of homeopathic remedies that are prepared from highly diluted ingredients through succussion (a specific form of vigorous shaking), to produce specific remedy potencies, i.e.: 3x, 30c, 100c, 200c and 1m etc. Homeopathy is based on the theory of 'likes cures likes', and dates back to the time of Hippocrates (460-377BC). Homeopaths go through advanced training and education. Many holistic practitioners will include homeopathy as part of their practice.

Hydrotherapy: the use of water therapies to help with pain relief, reduce swelling and inflammation and assist in rehabilitation techniques. Hydrotherapy is often combined with massage techniques by way of hot and cold packs, whirlpool, steam treatments. Watsu is a specialized massage-water therapy that incorporates shiatsu with gentle stretching in warm water temperatures.

Intuitive Communication: Animal Intuitive Communication is a technique used to connect with animals on an intuitive and inner level. Opening a line of communication can help to create a meditative state for another level of awareness into the healing process. Intuitive Communication skills have also been used for accessing information on behavior issues, missing and lost animals, past traumas and more.

Massage Therapy: there are numerous types of massage therapy available. Animal Massage incorporates several different massage techniques such as Acupressure, Aromatherapy, Tuina, Myotherapy, Lymphatic, Swedish, Trigger Point Therapy and more. Animal Massage Therapists have specialized education and training in animal anatomy and physiology, massage techniques, contraindications and animal health issues. Some known name Animal Massage Therapies are: Equine & Canine Massage, Equissage and Pet Massage.

Naturopathy: working with 'the healing power of nature'. A system of alternative and complementary therapies based on natural and preventative medicine. Naturopaths work holistically with the client and take into account the client's diet, lifestyle, health history and emotional well-being.

Physical Therapy: the evaluation and treatment of the musculoskeletal system, physical injuries, impairments and disabilities by way of exercise and movement therapy, and massage and rehabilitation techniques.

Qigong: Energetic healing therapy that works with body's meridian pathways, energy fields and chakra centers to help remove blockages, and allow the body to balance and heal itself. Qigong is an ancient and sacred form of healing that is passed on from Qigong masters to students. Qigong instruction also incorporates: breathing techniques and sacred healing chants, and exercise movements when learning a specific Qigong Form.

Reiki: Japanese for 'universal life force'. Reiki is a Tibetan Buddhist form of hands-on energy therapy. A Reiki Practitioner can channel Reiki by hands-on techniques and distant healing sessions.

Sound Healing: the use of sound to help promote healing and overall well-being. Music, drums, crystal and metal bowls, tuning forks and chimes are some of the tools that may be used in Sound Therapy.

Tapping Therapy: is a form of light tapping with the fingers on specific points located on the body. Points may include acu-points, Jin Shin Do points, Charkas and Meridian Channel areas. The tapping can be useful for releasing stress, anxiety and blockages.

Traditional Chinese Medicine (TCM): Traditional Chinese and Asian Medicine includes many different modalities and natural therapies which include: Acupuncture, Moxibustion, Cupping, Qigong therapy and instruction in Qigong exercise form and breathing techniques, herbal medicine, body therapy work (Acupressure and Tunia), nutrition and lifestyle counseling.

Tunia or Tui Na: Hands-on body treatment that incorporates the use of pressing, rolling, kneading, grabbing of the muscle skin to help remove restrictions, soften scar tissue and adhesions, smooth out Qi energy blockages. Helps to decrease pain, increase flexibility and energy, open the body meridian channels, and help to restore overall well being. Both acute and chronic conditions, sports injuries and muscle flexibility issues respond well to the use of Tuina body work therapy.

Disclaimer: The information contained in this PDF handout, posted on the H.A.A. web-site, included in emails or educational marketing materials is not intended to diagnose or take the place of professional healthcare. Please consult your veterinarian health care practitioner if your animal companion is pregnant, or has been diagnosed with any serious healthcare issues.

If you submit an online inquiry asking for information on any of the holistic therapies for use with your animal friends, we will refer you to the H.A.A. web-site links, and to a professional practitioner. The Holistic Animal Association can not diagnose, or prescribe essential oils, herbs, supplements etc. Please note that any information shared is for educational purposes only, and should you choose to use the information, that you do so at your own risk and without any liability to the author/s or H.A.A.