

Annapolis Veterinary Holistic Healthcare

Dr. Francine K. Rattner

**at South Arundel Veterinary Hospital
85 West Central Ave., Edgewater, MD 21037
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**Introductory Package
Please read and complete forms before your first visit.**

Homeopathy

Standard Process Supplements

Holistic Nutrition

Environmental Awareness

Flower Essences

Essential Oils

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Thank you for your interest in veterinary holistic medicine.

This packet has been prepared to give you an introduction to the goals of holistic medicine and the holistic modalities offered by Dr. Rattner. Holistic medical treatment involves teamwork and your participation and understanding can greatly aid the healing process for your pet and make the most efficient use of our time together so that we can focus on what needs to be done in person. Please plan at least 1 hour for your first visit. Unless you are a veteran of the holistic world, there is usually an adjustment period involved in understanding the holistic life style and model of healing. While we do not expect you to memorize the technical details, by preparing for the first visit as outlined in the box below, you will have a much better idea of what is needed and why and what you can do to help.

Preparing for the first visit: Please

1. Read this information package before your first visit
2. Fill out and return the Patient History, Client Information, and Consent Forms.
3. Bring copies of recent lab work and reports from veterinary specialists.
4. Please bring or mail a copy of your pet's records.
5. Bring X-rays if relevant. Your regular veterinarian will have release forms for this. X-ray will be viewed and returned to you to return to your regular veterinarian.
6. Please bring a pen and note pad to take notes.

Contents of Package:

- Our Holistic Doctor
- The Goal of Holistic Medicine
- What Can Holistic Medicine Treat
- What Is Holistic Medicine
- The Holistic Model Of Healing
- Your Part In The Healing Process
- Possible Complications From Vaccines And Pharmaceuticals
- Journaling And The Importance Of A Healthy Diet
- Holistic Modalities Used By Annapolis Veterinary Holistic Healthcare
- Cost And Fees
- Current Status Of Holistic Medicine In The Conventional Medical Community
- Consent Form For Billing and Disclosure Form
- Authorization For Examination And Medical Treatment
- Patient History Form, Client Information Sheet

"The germ is nothing, the soil is everything." Louis Pasteur

Annapolis Veterinary Holistic Healthcare

Our Holistic Doctor

Francine K. Rattner, V.M.D.

Dr. Rattner graduated from the University of Pennsylvania School of Veterinary Medicine in 1986 and has been with South Arundel ever since. Over the years, she has developed an interest in Holistic medicine as an adjunct or alternative to conventional treatment. She attended an extensive yearlong training course in Veterinary Homeopathic Medicine under Dr. Richard Pitcairn in 1995/1996 and became certified by the Academy of Veterinary Homeopathy. Regular continuing education conferences are necessary to maintain certification by the strict standards of membership in the academy. Providing optimal health for your pets through nutrition counseling is a large part of the holistic aspect of her practice. Dr. Rattner has also studied the use of Bach flower essences and often finds them effective in the treatment of emotional imbalances. She is also available for conventional medicine, dentistry and surgery if the need arises.

Holistic Healthcare

The goal of holistic medicine

is to help the body heal itself and restore complete physical and emotional health. Methods used usually involve natural substances and techniques, which have minimal to no side effects. When cure is not possible, harmony in living with the disease is the goal. Patients frequently are able to continue to enjoy life rather than suffering the slow decline into death and side effects that is typical of many animals who rely on conventional medications to control their symptoms of disease.

What Can Holistic Medicine Treat? Holistic medicine can be used to treat most of the same problems that conventional medicine treats, but the goal and method of trying to heal the patient are quite different. In traditional medicine, we treat the disease or the symptoms the body is manifesting. In holistic medicine we treat the individual, thereby attempting to correct the imbalance that allowed the disease to occur. There are times when traditional medicine has nothing to offer and holistic medicine may be able to heal. Conventional medicine has advantages in acute trauma and emergency medicine. In many other areas, holistic medicine has advantages.

What is Holistic Medicine?

Holistic medicine is any therapy that treats the entire individual and encourages the body to heal itself. Herbology, homeopathy, nutrition, food therapy, flower essences and essential oils are each holistic modalities when used to balance the *whole* animal so that it can heal itself, and maintain quality life. If these are not being used to balance the whole body, they are alternative, not holistic, and usually less effective in aiding healing. One should always consider the effect on the *whole* body.

The Holistic Model of Healing

Each holistic system has variations to the holistic model of healing, but the basic concept is the same. Understanding the model will make it easier to understand what is needed to help your pet.

The body has the innate ability to heal. When the life force is strong and balance and harmony are present in the body, the being has a natural ability to heal itself quickly and maintain health when challenges occur. Numerous factors such as genetics, environment, nutrition, vaccines, toxins, infectious organisms, emotional stress, and accidents can obstruct the life force's healing ability, and these periodically challenge most living beings. When balance is not reestablished after a challenge, or balance was never present to start with, future challenges will further obstruct the flow of life force and compromise the health of the animal. Eventually disease occurs.

Disease is a result of a system out of balance, unable to correct itself.

Symptoms of illness are not the disease itself; they are the body's response to an overwhelming challenge. The holistic practitioner's job is to assess the symptoms and determine the physical, emotional, and mental pattern a patient demonstrates. Once the pattern of imbalance is determined, and all information both conventional and holistic evaluated, a holistic treatment plan can be initiated. You can greatly aid this process by providing the complete history and the other information that is requested in Preparing For The First Visit on page 2. Dr. Rattner needs to know past illnesses and problems, as well as current. Even if past problems have resolved, they are still part of the pattern.

Once the pattern of imbalance is determined, the goal of holistic health care practitioners is to determine the holistic treatment needed to stimulate the body to remove the obstructions that are preventing the life force from healing the body.

Holistic treatment is individualized to the whole patient, not to the disease. By observing the patient's physical, emotional, and mental patterns, holistic practitioners throughout history have learned the importance of treating the whole being and not just the symptoms. If the symptoms associated with a disease are eliminated from an animal without correcting the deeper imbalance, the same problem continues to return or new and often predictable problems developed. Or worse, sometimes no new physical signs appear but the animal does not thrive emotionally and with time a much deeper serious problem surfaces. When an imbalance is improved, the guardian usually notices the pet seems to be happier and acts younger.

Dr. Hahneman discovered that when true healing is occurring, the body heals from the inside out, and the head down. This is much easier to observe in homeopathy than most systems as homeopathy relies totally on stimulating the body to heal itself by like treating like. With true healing, the mental and emotional level improves first, or at the same time as the physical. Depression and lack of vitality are signs of obstructions, even if no other signs are present. Because the body must heal from the inside out in clearing obstructions the skin and ears are frequently difficult to heal, as they are one of the last levels imbalances must clear. The skin is also the largest excretory organ of the body. It releases the toxic products. Is it any wonder it is difficult to heal the skin? It is usually healthier to have an imbalance on the surface than deep in the body.

In the process of healing, there may be a temporary return of old problems, or other physical symptoms called clearings or even a healing crisis. It is important not to suppress these symptoms

with conventional drugs if possible, or the imbalances will be pushed back into the body, and the vital force may not be able to push them out a second time. It can be difficult, but once the obstructions are cleared, the body can heal much faster in the future. Not all symptoms are clearings, so it is advised to consult with your holistic practitioner if in doubt. Sometimes symptoms are complications or actual new problems, and the treatment needs to be altered or supplemented. Holistic health is not easy, it takes work, but the results are usually worth it in improved quality of life, especially emotionally.

True healing takes time and patience.

Acute problems frequently respond more quickly to holistic techniques than pharmaceutical drugs, but chronic disease requires time to heal as the imbalances are much deeper and resolution occurs in stages.

With chronic conditions, resolution usually requires a series of homeopathic remedies and herbs over several months and occasionally years. When complete healing is not possible, the goal becomes quality of life. The holistic system utilized will depend on your pet's situation, your life style and preference, and the practitioner's experience.

Natural does not mean safe.

Natural products can be as powerful as synthetic drugs. To be safe and effective the practitioner must have the proper training and respect for the techniques and substances that are used.

Your Part in the Healing Process

Always keep your holistic practitioner advised of any vaccines, medications, supplements and holistic treatment your pet is or will be receiving. Some holistic and conventional modalities are incompatible with others. We try to avoid using homeopathy with herbs or with camphor or tea tree like essential oils. Excess supplements can cause imbalances, and some supplements can neutralize the anti-cancer effects of some herbal therapies. We usually avoid homeopathy and acupuncture at the same time.

If the need for conventional drugs or vaccines occurs, please try to consult with your holistic veterinarian first to determine a way for these to have the least impact on the holistic healing process. Pharmaceutical medications often cause obstructions when they eliminate symptoms by pushing imbalances deeper. Using cortisone after homeopathy should be avoided unless life is at risk. Each patient's situation must be evaluated individually. We do not want to cause serious problems by stopping medications before it is safe, or not using them when there is no alternative. *If your pet is already on pharmaceutical medications, do not discontinue any medications without the supervision and approval of a veterinarian.*

If an emergency occurs and your holistic veterinarian is unavailable, do what is needed to protect your pet's life. However, please be aware that using a conventional drug for a minor problem simply because it is more convenient may seem insignificant at the time, but could cause imbalances that take months to heal in some pets, or make healing impossible from the holistic model. Remember, elimination of signs does not equal healing. Suppressing symptoms creates obstructions which impair the body's ability to heal and makes the pet more susceptible to illness in the long run.

Vaccines should be evaluated on an individual basis, for both the pet and each part of the vaccine. Rabies vaccines are legally required in most states unless a medical exemption is obtained. A blood test can be done to see if previous Distemper and Parvovirus vaccines are still working in dogs and similar in cats. The need for other vaccines should be carefully evaluated.

Neither vaccines nor the disease they protect against should be taken lightly. It all depends on the situation. Problems such as arthritis, skin allergies, IBD, autoimmune disease, hypothyroidism, hormone or behavior changes, frequently start or worsen 3 to 4 weeks post vaccine.

Keeping a Journal

The way your pet responds to treatment, and new patterns that may manifest in the weeks following treatment, may be critical to letting the holistic practitioner know what happened internally and what is needed next. As previously mentioned, in the process of correcting imbalances in the body, it is not uncommon to have some signs of shifting and clearing after a treatment as the obstructions to the life force clear the body. This could include the return of old symptoms for a short time or an aggravation of current problems. Your observations and notes will help the practitioner determine if the signs are part of a healing cycle, a poor response to treatment, or a new issue. When progress is being made your pet will usually feel better emotionally even if the physical signs seem worse for a while. Routinely observing for subtle signs will help you recognize signs of imbalance before serious disease has a chance establish itself.

A simple way to journal is to make a chart that includes the date and symptoms that are significant holistically. Rate the symptoms 1-10 each day. The **Healthy Animal's Journal** by Dr. Christina Chambreau is an excellent reference for journaling and subtle symptoms that indicate imbalances.

The food your pet eats provides building blocks for health.

If a Commercial Pet Food is considered a "good pet food", it is most likely only good in comparison to the other brands on the market. Most pet foods are in the same category as fast foods are for humans, that is to say poor quality ingredients by comparison to a balanced homemade diet. For health, one should feed one of the brands suggested in the homemade diet handout given at the first visit or similar, or preferably prepare a balanced homemade diet. Many problems resolve by simply changing to a *balanced* homemade diet.

The holistic modalities offered at AVHH

Homeopathy

Standard Process Supplements

Holistic Nutrition

Environmental Awareness

Essential Oils

WHAT is HOMEOPATHY?

Homeopathy is a holistic approach to treating human and animal disease. Treating a patient holistically refers to evaluating the whole patient, both the physical and emotional aspects. Therefore in holistic healing, there is not one medicine that will work effectively on all animals having the same disease. The best medicine has to be selected based on all of the symptoms being displayed as well as various behavioral and emotional components of the pet's personality. The thousands of homeopathic remedies that are available are made from natural sources, derived from plants, minerals or animal tissues.

HOMEOPATHIC HISTORY

In the early 1800's, a physician and pharmacist named Samuel Hahneman developed and clinically proved the formal practice of homeopathy. Homeopathy is based on the principle that a substance that will cause a certain set of symptoms when given to a healthy individual will help the body cure those same symptoms in a sick. Individual.

For example, Ipecac is derived from a South American plant , Ipecacuanha. If a child ingests a poison, your pediatrician may have you induce vomiting by giving your child Syrup of Ipecac. Alternatively, the homeopathic form of Ipecac may be prescribed to treat a vomiting patient. Homeopathic remedies are prepared according to guidelines approved by the FDA. The pure substance is diluted and mixed repeatedly to develop various potencies.

THE ART OF HOMEOPATHY

The art of homeopathic prescribing not only deals with selecting the proper remedy for a particular patient but also choice of the correct potency based on the patient's age, vitality and severity of disease. The frequency of administering the remedies will depend on which potency was given and the body's response to it. A worsening of symptoms or even a new symptom appearing after a remedy is given may be good news, showing the body is going through a healing crisis. It is very important that you keep track of any changes that occur. Often, as in conventional medicine, the remedy may not produce the desired results and a re-evaluation is done to find a better match. The goal of homeopathic medicine is to help the body heal itself and restore complete physical mental, and emotional health rather than merely removing the symptoms. When health is present, the body is better able to protect itself from disease and future problems.

It is not the germ that causes disease, but the body's inability to defend itself and establish balance.

Homeopathy is still very much appreciated in much of Europe where it was originally developed. It is the primary form of medicine for the Queen of England. The UK even offers homeopathic hospitals. Homeopathy has extensive documentation on the testing done to develop the system, case histories, and population studies. The mortality rate was much lower when patients were treated with homeopathy in the flu and typhoid epidemics of the past than when treated with conventional medicine or no treatment. Despite the fact the remedies were approved by FDA, homeopathy was suppressed in the United States when the AMA was formed due to pharmaceutical companies influence on medical doctors who lacked an understanding of the methods homeopathy used to diagnose and heal.

Flower Essences

Bach Flowers were developed early 1930's, about the same time penicillin was discovered. Penicillin is credited as the dawn of modern medicine. Dr. Bach was a gifted healer, physician and homeopath who gave up his traditional practice after a near death experience to develop a natural method of healing called flower essences. The system is similar to homeopathy, but designed to focus more on the mental and emotional aspects of the being as a path to health. It also has the benefit of rarely having aggravations, and working well with conventional medications when needed. We have found them very useful for many emotional issues with cats and dogs, as well as boosting the immune system when used correctly.

Nutritional Supplements

We primarily use Standard Process Supplements. These are made from whole foods under high quality conditions. The company has been in business since the 1930's and reliability is well established. We also prescribe antioxidants, vitamins, and a few western herbs and other supplements.

Essential Oils

Essential oils work on the olfactory part of the brain, the primitive brain, and can aid emotional and/or physical problems. They can be safe and beneficial when used correctly. One should thoroughly research the topic before using and observe carefully. The essential oils should be diluted with almond oil or similar before using on pets to prevent burning the skin. There are some essential oils that can be unhealthy for pets, and because the pet's olfactory system is so highly developed, even small amounts of oil can be overwhelming to them if not used properly.

Western Herbs

Most Western herbalism is designed to treat symptoms or precisely defined disease processes such as diarrhea, vomiting, liver disease, bladder infection, etc. This is using natural substances to treat conventionally, rather than holistically. While it can be a good adjunct to health, and is safer than most allopathic medications when used properly, it is very different than Chinese Herbology. Also, the effect of the individual herbs in a Chinese herbal formula used alone is not necessarily the same as the overall effect of a Chinese herbal formula where the herbs are balanced. We utilize a few common western herbs, but do not utilize this system extensively.

Explanation of Charges

Holistic medicine is a very time intensive process. The doctor will spend time gathering information from you during the consultations and from physical examinations and necessary laboratory tests. There is often a considerable amount of time spent evaluating the information received, followed by researching the various homeopathic references or herbal materia medica to determine the best remedy or herb to prescribe. You will be charged for the time the veterinarian spends speaking with you, examining your pet and reviewing the history, and working on your pet's case after you leave, as well as time spent in phone consults or e-mails with you.

The initial interview, examination, and analysis are often the longest. If you are organized and have reviewed the client information packet, filled out the necessary paperwork ahead of time, and we stay on task, we can utilize our time together to cover things that need to be done in person. If the history is very complicated please send Dr. Rattner a copy of the medical history and intake forms before your scheduled appointment, and keep a copy for yourself to bring with you, as items may be lost in the mail.

All fees are to be paid at the time of the office visit, or by credit card when the consultation takes place by telephone or email, or prescriptions are mailed to you. Receipts will be mailed to you as charges are made to your account. If you do not want to use a credit card, phone or e-mail consultations and prescriptions must be prepaid for in another manner.

Fee Schedule

A \$50 deposit is due at the time of scheduling your first holistic appointment. This deposit will be applied toward your appointment. This deposit is non-refundable if we do not receive 24 hours notice of cancellation of your appointment.

- Initial Consultation \$180 (allow at least 1 hour for this visit plus time to fill out forms)
- E-mail or phone consults for established clients \$45 per 15 minutes, minimum \$30 if less than 15 minutes.
- Time is also charged for herbal or homeopathic analysis or work ups.
- Follow-up holistic office call averages \$90 - \$120 for 30 minutes – 45 minutes.
- You will not be charged for time that is covered by a fee for a separate procedure such as X-rays or taking blood for a lab test.
- Estimates for possible additional fees at a recheck are:

Homeopathic Case Study and Research \$45-\$90
Bach Flower Remedy Work Up \$30

- Other fees may be involved for nutritional supplements, homeopathic remedies or special diets.

Please note we are not able to offer phone consultations for new patients.

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at South Arundel Veterinary Hospital
85 West Central Ave. Edgewater, MD 21037

Billing Consent and Disclosure Form

Dear Client,

We offer treatment for your pet that will usually consist of one or more of the following: homeopathic remedies and nutritional therapy (in the form of fresh food diets and nutritional supplements.) It is our opinion that these forms of therapy can be used to treat many if not most of the problems that are treated conventionally with pharmaceutical drugs and some surgeries. However, despite our best efforts, our treatment plan may fail, particularly in chronic disease that has already been treated conventionally for a long period of time. This is not to discourage you, but rather to honestly communicate our goal and also our limitations.

If your pet should have a medical emergency and holistic care is unavailable at that time, please have your pet treated by another general practice veterinarian or at a veterinary emergency clinic close to you. ***If at all possible, due to the interference with homeopathic treatment, injectable or oral cortisone type medications should be avoided when using homeopathic treatment.*** Please forward to us any copies of medical records so that we will be able to continue with follow-up care.

Due to the amount of time set aside for a new patient appointment, if you fail to call to cancel a scheduled appointment at least 24 hours in advance, you will be charged a non-refundable missed appointment fee of \$50. This fee, as well as any phone or e-mail consultations and mailed prescriptions will be charged to your credit card.

If you understand what has been presented to you here and in the information packet and find it acceptable, please complete and return this page to our office along with the requested patient forms and client information sheet.

Keep one copy of this form for yourself.

I have read the information package and the above explanation regarding treatment and policies at Annapolis Veterinary Holistic Healthcare and understand the basic principle of holistic medicine as presented in the information package. I agree that this is what I desire for my pet.

Name _____ Date: _____

Signature: _____

Phone: (H) _____ (W) _____ E-mail _____

Billing Address _____

Please return this form by mail or fax it to us at 410-956-3755. Once received, we will call you to set up an appointment. If you do not want to use a credit card, please send a \$50 deposit that will be applied to your first visit. This deposit is non-refundable without 24 hours cancellation notice on your first appointment. Check refunds are not available until 4 weeks after deposit.

**ANNAPOLIS VETERINARY HOLISTIC HEALTHCARE
At South Arundel Veterinary Hospital**

**AUTHORIZATION FOR EXAMINATION AND MEDICAL TREATMENT
(Alternative or Conventional)**

FINANCIAL RESPONSIBILITY

I am the owner or agent of the described animal(s) below and have the authority to execute this consent.

Pets name	_____	_____	_____
Species & Breed	_____	_____	_____
Birthdate	_____	_____	_____
Color	_____	_____	_____

I request that Annapolis Veterinary Holistic Healthcare perform the services which are necessary to the examination and medical treatment of the animals presented by me. I understand that Dr. Rattner of Annapolis Veterinary Homeopathy is using primarily alternative methods of treatment (HOMEOPATHY, NUTRITIONAL SUPPLEMENTS, DIETARY THERAPY, etc.), some of which may not be accepted as standard methods of treatment by the AVMA (American Veterinary Medical Association) and the traditional/mainstream veterinary medical community. The nature and purpose of the procedures and alternative methods of treatment, the risks involved, and the possibility of complications have been fully explained to me. I acknowledge that no guarantee or assurance has been made as to the results that may be obtained.

I understand that the treatment of the patient will be conducted with due loving care and in accordance with the prevailing standards of competency of veterinary holistic care recognized by the American Holistic Veterinary Medical Association. I also understand that Dr. Rattner practices conventional, as well as holistic, medicine and is a very experienced surgeon.

I assume financial responsibility for all charges incurred for services rendered and understand that full payment is required upon discharge. Accounts over 30 days past due shall be charged a 1.5% interest per month, with a minimum of \$6.80. I agree to pay all litigation costs incurred in the collection of past due accounts.

I understand that a written estimate of charges is available upon request.

This agreement shall remain in effect until such time as a new agreement is executed.

SIGNATURE OF OWNER OR RESPONSIBLE AGENT

DATE

SIGNATURE OF WITNESS

DATE

Annapolis Veterinary Holistic Healthcare

Name: _____ Pet's Name: _____

Address: _____ Home Phone: _____

City: _____ Work Phone: _____

State: _____ Zip: _____ Cell Phone: _____

Spouse/Co-Owner: _____ Spouse/Co-Owner Phone: _____

Email Address: _____@_____

Breed _____ Birthdate: _____ Color: _____

Male/Female _____ Neutered Y/N _____

Any previous illness or surgeries: _____

Treating for fleas/ticks? Y/N With what? _____

Using heartworm prevention? Y/N Brand: _____

Previous or Primary Veterinarian: _____

Primary concerns and reason for your visit:

Do you currently use holistic medicine for yourself or family? Yes No

Do you currently use holistic medicine for your pet(s)? Yes No

Please indicate if your pet has *ever* had problems with any of the following:

- | | |
|---|---|
| <input type="checkbox"/> skin | <input type="checkbox"/> eyes |
| <input type="checkbox"/> teeth | <input type="checkbox"/> digestion |
| <input type="checkbox"/> heart or lungs | <input type="checkbox"/> kidneys or bladder |
| <input type="checkbox"/> back, joint or arthritis | <input type="checkbox"/> nervous system |
| <input type="checkbox"/> behavior | <input type="checkbox"/> hormones, diabetes, Cushing's, thyroid |
| <input type="checkbox"/> cancer | <input type="checkbox"/> other _____ |

Please indicate if any of the following describe your pet:

- Prefers warm environment (may prefer couch)
- Prefers cool environment (may prefer uncarpeted floors)
- Fears of storms or loud noises
- Fear of strangers
- Other types of fear _____
- Friendly with people, children, other animals
- Seeks to be center of attention
- Independent (okay alone or with people)
- Wants to be in charge
- Aggressive Never Occasionally Usually If scared
- Desires company
- Clingy, needs to be with someone all the time
- Likes to be petted
- Does not like to be petted or touched
- Wants to be held
- Wakes up during night
- Sleeps most of the day
- Seldom drinks and not much when does
- Drinks small amounts frequently
- Drinks infrequently, but in large amounts
- Appetite Ravenous Lives to eat Eats well Poor

Is your pet receiving routine vaccinations? Yes No

Does your pet have allergies to vaccinations, medication or foods? Yes No

Is there anything special or unusual about your pet's eating habits?

Please list any medications or supplements currently in use, as well as the dose and how often given:

Please list all commercial and homemade food you are currently feeding your pet. Indicate the approximate amount of each and ingredients, if homemade.
