

The Animal Communication Newsletter



# What's Up With Animals?™

"Believe, Be Open, Be Willing to be Surprised!"

April  
2010



## Greetings!



Are you feeling stressed out? If so, your animal companions might be feeling that way, too. If you've moved, changed jobs, changed partners, or experienced an upheaval, the animals around you are trying to adjust to it, too. When they can't, problems can crop up, sometimes in subtle ways, but sometimes in the guise of full-blown diseases.

This month's "**Conversations with Animal Authors**" guest, [Dr. Paul McCutcheon](#), author of [The New Holistic Way for Dogs & Cats: The Stress-Health Connection](#), will discuss the insidious ways that stress can stigmatize our animals' systems, and what we can do to prevent it from spiraling out of control. It's a not-to-be-missed opportunity to talk with a veterinarian who has pioneered a holistic approach to preserving and enhancing animal wellness, and brought health and happiness to animals for whom conventional medicine had no answers. I hope you'll join me, and Dr. McCutcheon on **Wednesday evening, April 28th at 8:00pm** (EDT) for this special teleconference. Just call **712-432-0180** and enter **PIN #1063739**.

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Stress has also been taking a toll on the 1900 wild horses who were rounded up from Nevada's Calico Mountain Complex by the BLM. At least 90 of them have died as a direct result of the roundup, and countless foals have been miscarried or lost. **Dr. Bruce Nock** has just released an important study entitled, ["Wild Horses: The Stress of Captivity,"](#) which confirms our worst fears about what confinement and the captive wild horses' inability to flee from perceived dangers are doing to their bodies and their minds. You can read more about it [here](#).

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The next meeting of my monthly [Animal Loss and Support](#) group, for anyone who has recently lost a beloved animal companion, will be held on **Wednesday, May 12th**, at the [Integrative Animal Health Center](#) in Bolton at 7:30pm. Participation is free, and anyone who wants to attend is warmly welcome. If you know someone for whom it would be helpful, please tell him or her about it. Future meetings will be held on the second Wednesday of each month, at the same location.

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It is with great sadness that I honor the deaths of two canine clients who died within the last several days. These sweet, sweet souls brought incredible joy to their human and animal companions, who are mourning the loss of their soulful faces and soft touches.

**Dawson**, the beautiful black lab, had been bravely battling cancer for several months before it claimed his life on April 20th. My heart goes out to his "Mom," Barbara.

And I send a heartfelt hug to Marissa, whose steadfast golden retriever, 17-year-old **Makala**, had been gradually declining before her spirit was released on April 26th. Each one of these incredible dogs was a gift of love, and though their bodies are gone, that gift remains.

From my heart to yours,

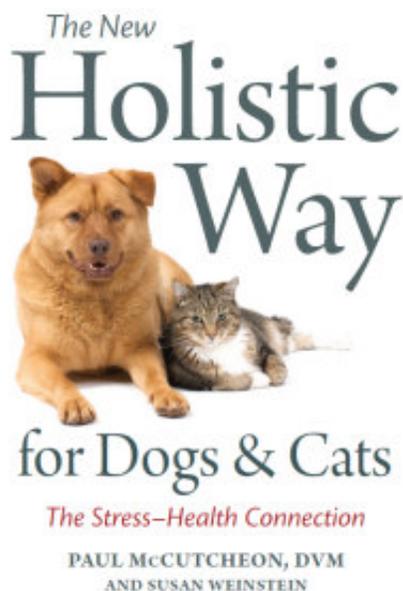
**Maureen**



## Book Review

The New Holistic Way for Dogs & Cats:  
The Stress-Health Connection

by Paul McCutcheon, DVM & Susan Weinstein



**Dr. Paul McCutcheon** sees things differently. When a client makes an appointment for him to treat a dog because the dog is compulsively licking and chewing his skin, for example, the Ontario-based veterinarian doesn't immediately reach for a shot of prednisone. Instead, he starts asking questions.

After more than 35 years as a holistic small animal practitioner, his focus is to identify the early signs of "unwellness" before they explode into full-blown disease. And, as he explains in his important book, [The New Holistic Way for Dogs & Cats: The Stress-Health Connection](#), "there are important differences between the way mainstream medicine and the holistic way attempt to find out what's wrong when a pet is not well."

Rather than rushing to eradicate the symptoms of an animal's illness, Dr. McCutcheon becomes a detective, seeking to identify what external forces may have tipped the balance in an animal's equilibrium and garbled the energy flowing through his "living terrain," compromising his immune system in the process. In this respect, he differs sharply from conventional veterinarians who reach for a quick fix--that shot of prednisone--to quell an animal's pain and discomfort, without worrying too much about how a steroid injection may simply further impair the animal's ability to heal.

In a life devoted to animal healing, Dr. McCutcheon has emphasized the power of prevention, and it's here that he empowers animal caretakers by helping us to become mindful of the insidious and often unrecognized sources of stress that affect our animals in ways we never intended or imagined. In Dr. McCutcheon's view, "stress is the sole cause of everything that happens to our pets' health."

It's when stress becomes chronic and unrelenting, and morphs into distress--from the high-pitched noise that never stops, the shock collar, the processed foods, the annual vaccinations, or the exposure to toxic household or lawn chemicals--that problems can ensue:

**"Because it is prolonged and persistent, chronic stress can wear a pet down over time. Its effects manifest differently in each individual. One animal may show it through a behavioral issue; another, through a gastrointestinal disturbance; and a third, through unexplained weight loss. It may also produce problems with organs or glands, such as heart disease or diabetes. . .**

**Chronic stress can also compromise a pet's health indirectly. For example, she may become more susceptible to infections, and eventually to degenerative conditions such as cancer or allergies."**

Dr. McCutcheon challenges his clients, and his readers, to become their animals' stress monitors and to ask themselves how their own habits and lifestyle choices may be putting their animals' health at risk. He urges us to watch for subtle signs of unwellness--such as changes in our animals' behavior, appearance, energy level, habits, appetite, weight, and even smell--and regard them as early warning signals that something may be wrong.

[The New Holistic Way for Dogs & Cats](#) offers a refreshing--and some would say, even radical--approach to protecting, preserving, and enhancing our animals' health. For those whose efforts to "cure" their animals from illness or chronic conditions have dead-ended, it offers options. And for those whose animals are facing daunting diagnoses, it offers hope. I highly recommend it.

## A Word of Thanks From an Appreciative Client



I recently had the pleasure of communicating with a wise Appaloosa gelding named **Buster**, who lives in the Springfield, Massachusetts area.

Buster's "Mom," Brianna, had contacted me because she wanted to make sure that she and Buster were in sync. She asked me to find out if he could tell her how to enhance their partnership.

Buster had many things to share, and when it came to his relationship with Brianna, he specifically mentioned that he was proud of the fact that they trusted one another. So much so, he confided, that Brianna is able to ride him bareback.

I was tickled when Brianna confirmed that in fact, Buster is the only horse she'd been able to ride bareback in a long time. She said, "it makes me feel really good that he recognizes that, and realizes it's a big step for me."

### QUICK LINKS

[Animal Translations](#)

[Animal Translations Blog](#)

[Animal Communication Book Club](#)

[Animal Loss & Support](#)

[Equine Advocacy Examiner](#)

[Fast New England](#)

When she received the transcript of my session with Buster, Brianna wrote:

**"Wow! That's incredible. You were dead on about almost everything."**

**Brianna MacNeil**  
Massachusetts

## The Animal Communication Book Club

Join me for the next "Conversations With Animal Authors"

with **Paul McCutcheon**, author of **The New Holistic Way for Dogs & Cats**  
Wednesday, April 28th, 2010 at 8:00pm (EDT)



I'm so pleased to have **Dr. Paul McCutcheon** as my guest for tonight's "[Conversations with Animal Authors](#)" teleconference, where we will discuss his book, [The New Holistic Way for Dogs & Cats: The Stress-Health Connection](#).

Dr. McCutcheon is the founder of Toronto's [East York Animal Clinic](#) and a former Director of the [American Holistic Veterinary Medical Association](#).

In Dr. McCutcheon's view, stress is the underlying cause of every health problem that affects our animals, initially weakening their immune systems, and, if not alleviated, leading them down the road to "unwellness" and ultimately, to serious disease and chronic health issues. He looks at the underlying roots of an animal's affliction, and unlike mainstream veterinarians, seeks to treat not simply the symptoms but to understand and correct the dis-ease that is compromising the animal's health.

Please join us for a discussion that will change the way you think about your animal's health, by dialing **712-432-0180** and entering **PIN #1063739** at **8:00pm** tonight. If you are not able to participate live, I'll be posting an archived version of the call on [The Animal Communication Book Club](#) within a few days after the event.

### UPCOMING EVENTS

**Conversations with  
Animal Authors:**

**Gary Douglas  
Talk to the Animals**

May 28th, 2010

[Click here to subscribe  
to this newsletter](#)

## What's Up With Your Animals?



There are so many ways to communicate with animals, as these stories attest. Animals are natural telepathic communicators, and it's because they're so good at it that I can "hear" them.

If you think that you and your animal would benefit from a [telepathic consultation](#), please [drop me a note](#) or give me a call.

**Until Next Time!**  
**Maureen Harmonay**



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