

Glacier Peak Holistics News

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Making Miracles Happen... Naturally!



Message from the Pack Leader:

Oh how I love the smell of fall in the air up here in the northern Rockies! September has arrived with cooler temperatures and it's a nice little break from the late summer heat. The nearby forest fires have finally calmed down, allowing much of the previously smoke-filled air in our beautiful valley to clear out.

Our pets are sure enjoying the cooler weather. Just a reminder that the season change is the best time to ramp up your pet's immune system. It's time to supercharge it with [Peak Immune](#). We recommend using the [Peak Immune](#) four times per year and if you use the natural season changes on your calendar, it's much easier to remember.

The fall equinox brings a time when the days and nights are almost equal in length. Birds and butterflies begin their southern migration, fur bearing mammals begin to grow thicker coats and trees and plants prepare by giving us a last burst of glorious color. What a wonderful time to be healthy and alive!

September is also Senior Pet Health month so we are featuring a great article written by guest contributor, Leith Henry. This article is focused on keeping your aging pets healthy and happy through proper nutrition. Leith has a great philosophy: "Preparing a Healthy Future For Your Pet" and believes nutrition is vital in achieving that goal. We have worked with Leith for many years and trust her sage advice. We hope you enjoy the article.

Senior pets often suffer the effects of aging by slowing down and showing the inevitable signs of stiffness and/or arthritis. Our [Inflapotion](#) has been very successful in alleviating the inflammation and pain that accompanies arthritis and affects their mobility. Most seniors are able to "get their puppy on" once more and enjoy their senior years.

We are featuring three of our tincture formulas as the specials for September. They include [Inflapotion](#), [Herbal Aspirin](#) and [Peak Immune](#) all in 2 ounce bottles with eyedropper lids for ease of use. They are perfect for small dogs and cats (no Herbal Aspirin for the kitties) or if you are traveling. The tinctures also work a little faster as they are able to enter the bloodstream with ease due to their liquid form. They will be on sale for 25% off through the end of the month!

Ellia and I are celebrating our first anniversary this month and I can't tell you what a joy she has been in my life! I am looking forward to cherishing her for many more years.

Deb



Jane Lange and Miss Lilly - Wisconsin

We were blessed the day a scared five-year-old rescued Golden Retriever came to live with us. Miss Lilly was slow to get up, had a difficult time climbing stairs and wasn't much interested in taking walks. X-Rays taken showed hip dysplasia in her left hip and arthritis in her right hip. There were also signs of arthritis at the base of her tail. Our vet recommended Rimadyl to help manage Lilly's pain, but after losing a Golden Retriever because of compromised kidneys due to the same medicine, we looked in vain for a natural remedy.

We found [Inflapotion](#). We don't think of it as a remedy, but more of a miracle! We liked its all-natural ingredients and Lilly liked the taste. It says that it takes about 48 hours for the benefits to kick in. It took only 36 hours when we saw something truly amazing: Lilly's face without pain!

Fast-forward a few years and Lilly, at age nine, is on maintenance dose of [Inflapotion](#). When she has an especially busy day of chasing geese, swimming in the lake and playing with her buddies, we add [Herbal Aspirin](#) to her dinner. Combined with [Inflapotion](#), it keeps her resting comfortably throughout the night. And, her tail wagging during the day.

We also started Ransom, our five-year-old Golden, on [Inflapotion](#) to help keep him mobile. And, they're both on [Daily Defense](#) because, well, they're dogs and it helps keep their immune systems strong.

We are grateful to Glacier Peak Holistics! Miss Lilly had a hard start to life and we know that with the entire product line offered, the rest of her life will continue to be a joyful one.



Miss Lilly and Ransom



25% off our best selling Tinctures!



We've always offered a capsule version of our powder formulas and now we've made it even easier for you to give your pets their supplements with our tincture formulas of [Inflapotion™](#), [Herbal Aspirin](#), and [Peak Immune](#). These are ideal for pets that turn their noses up at any addition to their food bowls, or for sick or elderly pets that already have reduced appetites. The tincture formulas of [Inflapotion™](#) and [Peak Immune](#) are perfect for our feline customers, as they can easily be given in drops on a small amount of food. **Remember, [Herbal Aspirin](#) is not suitable for cats.**

The tinctures contain the same herbs as our powder formulas, but are distilled using pure grain alcohol. If you would like to eliminate the alcohol, just put the measured dose in a small heat resistant glass and add a little boiling water (a tablespoon or less). Let it sit for a minute or two and add to your pet's food. The alcohol will have dissipated.

They all come in a 2 oz. bottle with a dropper. Give one full squeeze of the dropper (the vial will fill about half way) per 25 pounds. For cats and dogs under 25 pounds, give just one drop per pound.

You will likely find that the tincture formulas work more quickly than the powder or capsules. This is due to the fact that the tinctures are immediately absorbed by the mucus membranes. We often hear from customers who have pets with acute conditions and they're anxious to help them as quickly as possible. If that sounds like you, the tincture formulas are definitely the way to go.

Regular price = \$49.95 on sale for \$37.50!

You save \$12.45!

25% off through September 30, 2015.

Leith Henry of [Kona's Kitchen](#) is a trusted animal wellness advisor, author, and educator in all things “hippy voodoo magic”. Inspired by a life-long love for animals, along with the strong understanding of the link between good food and good health, she is fully dedicated to healing in partnership with Nature, set in the context of respect and compassion for all living creatures. Leith belongs to Kona, a 14-year-old pit bull mix otherwise known as The Boss, and Hana Manu, a 7-year-old bluenose pit bull and snuggling champion of the World.



Ageism

By Leith Henry

Ageism. It isn't just for humans anymore. Those of us who have ever had the good fortune of sharing a home with a geriatric dog know all about ageism. Kona, my best friend and beloved Pit Bull/Lab mix, is nearing her 14th birthday, and still the perfect specimen of grace, strength, and canine charisma. Yet, she's different in some ways too. Age seemingly snuck up on her. Maybe this will happen to me too, if I'm lucky. Maybe it already has. But what human has the genes, the poise, and the sheer zest for Life necessary to disguise the years as well as our canine companions do? Whether it's a graying muzzle, noticeable limp, lumps and bumps, clouds gathering in the depths of her irises, or all of this and more, folks just seem to treat an older dog differently than they do a younger one.

Sadly, even dog people often fail to understand unless they are one day faced with the challenge (and privilege) of caring for their cherished canine companions in their “golden years.” Add to that the fact that there is an ongoing cultural lack of appreciation and acceptance surrounding the aging process, and fear of dying often tags along for the ride. If this weren't true, cosmetic surgeons would not be fully booked months in advance, wrinkle cream and Botox commercials would not air during prime time television, and Big Pharma's superstars Viagra, Cialis, Lipitor and Avandia would not reign supreme.

Unlike their humans, our beloved fur children do not obsess about growing old. Yes, they experience all the same challenges of aging, but they have the coveted advantage of an innate ability to accept the process and live in the moment. Just because a dog is a little less quick on the draw doesn't mean game over. And it doesn't necessarily mean an animal is suffering in the true sense of the word. Even the savviest pet parent is guilty of humanizing her animal at one time or another, which can be a very dangerous thing. And even the most sensitive of dogs are still dogs, who deserve to be honored as such. We are their voice and the makers of decisions both big and small, so we must strive to keep this in mind as if their lives depend on it, which may one day prove true.

Many dedicated pet owners reach out to me in the hopes of implementing a more holistic approach to providing longer, healthier lives for their aging canine companions. With a myriad of age-related body conditions and symptoms of dis-ease, ranging from cancer, Kidney insufficiency or urinary tract disease, diabetes, and Heart disease, to Liver disease, joint or bone disease, and symptoms of senility, where to begin can sometimes seem a daunting task. In a profession where the unique, individual needs of each animal are respected, there are a few considerations for older pets that can be of great benefit, regardless of diagnosis or actual age, and deserve to be a part of the discussion:

1. Dietary Needs

Let me make one thing very clear... food DOES matter. Quality of ingredients, biological appropriateness, and proper food combining become even more important as our furry friends lean into the aging process. With the approval of your trusted holistic veterinarian, you may find tweaking your dog's diet to be of great benefit, making special considerations for her current body condition and any underlying states of dis-ease. Dogs thrive on whole, unprocessed, moisture-rich, and preferably raw or gently home-cooked foods. Eliminating antibiotics, hormones, pesticides, herbicides, fungicides, and genetically modified ingredients from the bowl is crucial for maintaining proper organ function and overall immune health. Targeted, whole food based, organic herbs and supplements make a wonderful compliment to any balanced diet.

2. Exercise, Socialization and Mental Stimulation

Your dog's aging body will lose muscle tone, balance, and fluidity of movement without ongoing, regular opportunities for exercise. Certainly older dogs can't compete with the same intensity and vigor as the younger set, but they still need regular walks and other age-appropriate physical activity (Kona's personal favorite is swimming, which she is pleading with me to do right now). Passive range of motion exercises, special orientation and movement exercises, and targeted strengthening exercises are highly beneficial, but don't forget to incorporate massage to relieve sore muscles and joints, and other aches and pains. Just as important as physical exercise, mental stimulation is imperative to keeping your pet's brain function in proper working order. There are many ways to mentally stimulate your dog, such as going for walks (especially on a new route), taking a ride in the car, or playtime in the backyard. A brief Internet search produces pages of puzzle toy products designed to aid in cognitive function, and help can arrive at the click of a mouse, or after a quick trip to the nearest pet supply store. And, no matter how old your dog is, she still needs regular social interaction with other pets and people. As is the case with humans as we age, if your four-legged family member doesn't stay active and involved in Life, her world can become a confusing and intimidating place.

3. Environmental Changes

If your canine companion develops trouble with hearing, vision, mobility, or incontinence, making a few adjustments to her environment can help her feel more comfortable, and confident. A few things to consider are: walks instead of jogs, tug games instead of chase games, ramps so your pooch can more easily get into the car, up on the bed, or into her favorite chair, more frequent potty trips outside, guiding your dog with clear cues and easy-to-follow instructions, especially if she's showing signs of mental decline, and using hand signals and eye contact to better communicate with your hard-of-hearing pet. Avoid moving furniture around, keep household walkways clear, and minimize clutter if your dog is losing her vision. Dogs with age-related incontinence can be fitted with doggie bloomers or panties, which contain absorbent pads (alternatively, you can buy human disposable diapers, cutting out a section for the tail). Keep in mind that urine is caustic and should not remain against your pet's skin for long periods of time, so be sure to change them frequently. Your dog's cleanliness AND dignity rely on this measure. If your pooch is incontinent primarily during sleep, you may want to look into pet incontinence beds that work by pulling moisture away from the animal and into a tray.

4. Complementary Alternative Therapies

Anyone who knows me knows I revel in all things “hippy voodoo magic”, but there is no denying that regular veterinary visits are essential for the aging dog in an effort to stay on top of physical and mental changes that may indicate a dis-ease process underway. That being said, I feel there are many complementary natural modalities that can help the senior pet feel more comfortable and stay more mobile throughout the aging process. Depending on your locale, you might find acupuncture, chiropractic care, craniosacral therapy, physical therapy (including hydrotherapy), massage, acupressure, homeopathy, flower essences, herbology, color therapy, aromatherapy, prolotherapy, animal communication, and/or crystal healing to be of great benefit as an adjunct to her veterinary care. I strongly believe that the physical, spiritual, emotional, and environmental aspects of Life are closely interconnected and equally important in bringing a pet’s system into harmony.

Above all else, just Love her. Love her with your whole Heart. Ageism is not a contagious disease, it will happen to us all, and begins the day we are born into this world. Kindness, Compassion and Love are the greatest remedies for any ailment, and bring a type of familiar comfort to any aging pet. Just be with her, and help her get to the end of her Life with Grace and Dignity. Cherish and Thank her for the gift of time, and all the joy that you’ve shared.



Don't forget to check out our blog!

You just never know what you might find inside!

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Check out our [Facebook](#) page - loaded with great pet info and articles from around the web to help you learn more about what your pet needs to regain or maintain their optimum health.



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