

Holistic Healing for Animals

by Jan Allegretti, D.Vet.Hom.

Course Outline

DAY ONE

- I. Holistic Health Care: What does that mean?
 - a. Who's behind those big brown—or green—eyes? Seeing the whole animal, body, mind & spirit—and beyond
 - b. Physical, emotional and environmental aspects of care
 - i. Relationship
 - ii. Lifestyle
 - iii. Nutrition
 - iv. Natural healing remedies and techniques
- II. Lifestyle
 - a. Part of the pack, part of the family
 - b. Minimizing stress
 - c. Play time and a sense of purpose
 - d. A non-toxic environment
- III. Diet
 - a. Fresh food vs. packaged food
 - b. Cooking for your dog: It's easier than you think
 - i. The Fresh & Flexible™ meal plan
 - c. Choosing a packaged food
 - d. Specialty diets: Can dogs or cats be vegan?
- IV. Natural medicines and therapies: What, why and how?
 - a. Food as medicine
 - b. Homeopathy
 - c. Herbs
 - d. Bodywork and energy medicine
 - e. Integrating holistic care with conventional medicine
- V. Integrative Medicine
 - a. Working with your veterinarian
 - b. Conventional medicine vs. alternative therapies: Finding a balance
 - c. Locating holistic practitioners

Holistic Healing for Animals: Course Outline, continued

DAY TWO

- VI. Homeopathy
 - a. How remedies are made
 - b. Acute vs. chronic illness
 - c. Potencies
 - i. What they mean
 - ii. How to choose the right one
 - d. Storing and administering remedies
 - e. Sample cases
- VII. Herbs
 - a. Benefits and risks
 - b. What form will you use?
 - c. Common herbal allies
 - i. Cannabis
- VIII. Your Holistic Medicine Chest
 - a. Keep it simple, start small
 - b. The basic components
- IX. Bodywork and energy medicine
 - a. Massage
 - b. Therapeutic Touch
 - c. Professional practitioners: Options, benefits, and risks
- X. Putting it in perspective
 - a. What really matters
 - b. Healing the healer

Holistic Healing for Animals: Course Outline, continued

ADDITIONAL TOPICS

(may be added to above topics for longer or follow-up workshops; integrated with the above outline for a more condensed overview; or inserted in place of selected topics)

- XI. The Senior Years
 - a. Special needs—and gifts—of elder animals
 - b. Adapting your home and routine
 - c. End-of-life choices
 - d. Making every day a joy

- XII. Letting Go
 - a. Acute care vs. hospice: When is it time to let go?
 - b. Supportive care: Maximizing comfort and joy
 - c. Euthanasia vs. natural death
 - d. Final arrangements
 - e. Time to grieve

- XIII. A Bigger Picture: The Role of Animals in Our World
 - a. The human-nonhuman hierarchy
 - i. Animals as property, resources, commodities—and companions
 - ii. Assumptions that support the hierarchy
 - b. Re-examining assumptions
 - i. Animal intelligence: Not lesser, but different
 - ii. Communication: Are words really necessary?
 - iii. Consciousness and spirituality
 - c. Dismantling the hierarchy
 - i. Why is it so difficult?
 - ii. The impact—on us and on them
 - iii. Changing the world, one paw-, hoof-, fin-, and claw-print at a time

- XIV. A Richer and Happier Life: Simple and Surprising Things You Can Do to Make Your Dog and Cat Smile
 - a. Yummy and healthy—and easy for you
 - b. Her home is her haven; his den is his castle
 - c. All in a day's play
 - d. Sharing your life, sharing your heart

☞ Don't see the topic you'd like to discuss? Please ask. ☞

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