

Sierra Animal Wellness Center

Specializing in Holistic, Integrative Veterinary
Medicine



March, 2016



Clinic Hours

Monday, Thursday and Friday
from 9:00 to 6:00

Tuesday from 9:00 to 3:00

Wednesday from 12:00 to 6:00

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Quick Links

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[Toy Poodles Bred by Bev Enoch, RVT](#)
[Pembroke Welsh Corgis Bred by Peggy Roberts, DVM](#)

Medicinal Mushrooms

The medicinal use of mushrooms in people, dogs and other animals has its origins in Traditional Chinese Medicine (TCM), and is known to date back to at least 100AD.

The mushroom is a complex organism that contains several thousand enzymes, nutrients, and proteins in a ratio that offers nutritional benefits. Mushrooms are a fungus that forms a fleshy, above-ground reproductive structure called the "mushroom fruit body." However, the "mushroom fruit body" or the part that you can see - the stem and cap - is less than 10 percent of a mushroom's total biomass. The mycelium is the part of the mushroom



Turkey Tail (*Trametes versicolor*)
One of the most researched

you don't see or typically eat. It's the part that lies beneath the surface of the soil. And it's the part that may hold the most important nutritional benefits of mushrooms. Mycelium cells are constantly battling a hostile environment and to help their survival, have developed highly efficient and proactive immune systems. Many scientists believe the mycelia's highly adept immune system is exactly what makes mushrooms so valuable.



Shiitake (*Lentinula Edodes*) An excellent culinary mushroom with therapeutic properties that include liver, cardiovascular and immune support. The National Institute of Health has recently supported a grant to the City of Hope for an epidemiological study.

Mushrooms are truly one of the great untapped resources in botanical medicine.

Research on the use of mushrooms in medicine has been ongoing in both humans and animals. As a holistic veterinarian, I believe mushrooms hold important potential value for cats' and dogs' health in the areas of immune and digestive health, normal cell growth, promoting the normal detoxification process, helping to protect against environmental stressors, and even joint and respiratory health. Using organic blends I have seen improvement in a number of patients.

How safe are medicinal mushrooms? In both people and pets they appear to be extremely safe. What makes them so unique in supporting health is their ability to support optimal immune function without over-stimulation. But use caution. According to the ASPCA Poison Control Center "99% of mushrooms have little or no toxicity. The 1% that are highly toxic can cause life-threatening problems in pets." We strongly urge you to discourage foraging by your pets and instead rely on extracts from a reputable source. Always seek the guidance of Dr. Peggy or a veterinarian experienced in using mushrooms and other nutraceuticals before dosing your pet. We prefer extracts produced from an organic source here in California and Dr. Peggy can make specific recommendations.



King Trumpet (*Pleurotus eryngii*) Contains high levels of an important antioxidant and has been researched for its positive effects on cholesterol management and bone health.



I came across this very interesting article on Dr. Jean Dodds' Health Resource blog and I wanted to share it with all of you. It discusses the need for protein for senior dogs. Many people mistakenly believe that protein requirements decrease in older dogs, when in fact the opposite is true. To read this informative article, [click here](#).

If you have a senior that is starting to experience some of the aches and pains associated with aging, please remember that there are many options available to keep your pet healthy and feeling well. Acupuncture, cold laser treatments and various supplements are reasonably priced and can make a world of difference in your senior's quality of life.

Good News on the Dental Front

As with humans, we have come to know good dental health is critical to overall health, organ function and longevity. In the past we have offered a dental special two times a year.

Over time we found this led to the clinic being extremely busy during those times, with some critters not able to get an appointment, and others having to wait months for the special even though their oral health needed attention NOW!



Because of this we have made a change and are no longer offering the twice annual special. Instead, **we now offer 20% off needed dental services all year round if the service is performed within 30 days of Dr. Peggy's recommendation.** We hope this will help everyone to provide care to their furry friends when needed while making dental treatments more affordable.

Has it been awhile since we've taken a look at your pet's teeth and mouth? If so, give us a call at (530) 346-6611 and let's set an appointment.

Just for Fun...

This baby defines "Joy!"



Baby Elephant Navann's First Outing

In Closing

We appreciate you taking the time to read this edition of our e-newsletter and hope you've found it informative. Please let us know what you think. Your comments and suggestions are always welcomed.

If you have any questions or concerns about your animal's health, don't hesitate to call or email us.

Best always,

Dr. Peggy, Bev and All the Staff
Sierra Animal Wellness Center

