



1ST QUARTER 2010 NEWSFLASH!













Equine and Small Animal Veterinary Specialty Practice
A new paradigm veterinary practice!
Dr. Suzan Seelye, DVM, CVT, CVA
info@quantumvet.com
Cell: 360-348-0285 www.quantumvet.com

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"A path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you. Look at every path closely and deliberately. Try it as many times as you think necessary. Then ask yourself alone, one question. Does this path have a heart? If it does, the path is good; if it doesn't it is of no use."

Carlos Castaneda, from The Teachings of Don Juan

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Welcome 2010 and greetings to all!!



Three years ago I moved away from my home and practice of 25 years. I moved to follow a dream, a vision. Bringing my 3 horses along, I made a 7 hour trek with my belongings in my horse trailer. I promised my cats when I found a new home I would return for them asking them to be patient, as I found our future. I figured that I should have a new home within no longer than a year. In December 2009, I finally moved myself, horses and cats (which I returned to get; they had waited so patiently) to our new home and the site of my Healing Center. It was a long focus but sometimes one has to trust, be patient and just hold the focus as creation is molded in the quantum field. I am profoundly grateful to Chris Alderman, who puts this newsflash together, for spending 3 days of non-stop moving furniture, boxes, building fence and moving horses. Without her boundless energy keeping me going I know I would have faded half way through.

My new home is a beautiful site for healing: great pasture for the horses to be free and run in, a small wood, beautiful view of the mighty Mount Rainier. The house sits on a small hill looking over a large pond filled with ducks and geese. One can hear the singing of many different species of birds from before dawn to dusk. There is a small orchard with what once was a garden that I will resurrect this spring so I can once again grow my own food to nourish my body. It is the perfect place to live in peace with nature and life.

I am grateful every moment to once again have my 3 equine teachers living with me. They have heard me say so often over these past 3 years, "It won't be much longer!" It is such a joy to be able to say good morning to them each day and give them a good night kiss.



Most of the boxes are now unpacked and my companion animal treatment **office will officially open Feb 1st**, although renovations will be in the work for a few more months. I will continue to do house calls for those that prefer.

Teaching will be my focus this year – to empower people through knowledge, although I will continue to treat individual horses and companion animals. My teachings will start off with a 2 day series "Death by Diet" on companion animals that will educate people on how to feed a diet that will maximize their pet's genetic potential and minimize their vet bills. An evolutionary diet that I have experienced can make miraculous cures to many health conditions.

Part 1 will be Saturday, February 6th from 2 to 4 pm.

Part 2 will be Sunday, February 14th also 2 to 4pm.

Cost is \$35 per class with a 15% discount if you sign up and pay for both in advance.

Call me for registration and more information: 360-348-0285.

Additional companion animal sessions will be offered throughout the year at the Healing Heart House of Healing. In the works for those of you with Equines is the start of my **Quantum Bodywork School**. This will start in May – stay tuned for additional information. My classes are designed to be small, 4 to 8, with lots of one on one.

My Newsflash distribution will change to quarterly this year and will feature not only companion and equine health topics but also human health topics. Since laughter is the best medicine, I will also provide something to make you smile – be sure and make it to the Parting Thought section in this issue!



Stress reduction technique of the day: I was ambling down to the mailbox to pick up the mail the other day. I was so filled with the wonder and joy of the moment that I broke into an energetic skip down my lane. I thought to myself, "Somebody should market this!" What a wonderful stress reducer. Have you ever seen anybody skipping without a smile on their face? It's impossible! So the next time things are weighing a little too heavy on your shoulders, go outside and skip around the block. Not a lack luster, "Why I am doing this type of skip?" mind you, but a full on high bounding, arms swinging skip. Not only will you get a rush of happy neurochemicals flooding your body, just look at the faces on the people you pass!

Wishing you all fabulous adventures in 2010,
Dr. Suzan



My Radiant Dream

This powerful and moving poem is kindly provided with the permission of the artist and author, Kim McElroy.



Link to Kim McElroy's artwork:

http://www.spiritofhorse.com/store/store/comersus_viewitem.asp?idproduct=248

Visit Kim's website www.spiritofhorse.com for more inspirational art, gifts, links, etc.

The radiant sun of a blessed new day
Lights the horizon's beckoning call
The gift of wisdom guides my way
I fill my heart with resolve.

Hope is there for those who seek
Questions and answers too
Life's blessings are given to the meek
Each day we begin anew.

With a thankful heart we forward go
Into the adventures of a New Year
Trust and remember to stay in the flow
Facing obstacles without fear.

~ Kim McElroy



Today

Quantum physics, often times called the "New Physics", shows us that we create reality by what we focus upon. Neurogenesis (growing new neurons in your brain) happens when you have new thoughts or start learning something new. It then takes 21-29 days from the conception of a new thought to "hardwire" that program (make it a reality) into your computer brain. Here are some words worth hardwiring! Enjoy...

<http://www.youtube.com/watch?v=Xx5Z2I2o514>



The Dalai Lama's Amazing Proclamation to Women!

By Ariane de Bonvoisin, Founder and CEO of The First 30 Days

As reported by the Huffington Post social news online site.

http://www.huffingtonpost.com/ariane-de-bonvoisin/the-dalai-lamas-amazing-p_b_324760.html



His Holiness the Dalai Lama made a proclamation that stunned the crowd at the recent Peace Summit in Vancouver: "The world will be saved by the western woman." And at Maria Shriver's Women's Conference where I will be speaking again this year, they sold an astounding 14,000 tickets in the first 20 minutes after registration opened. The theme is "Women, the Architects of Change." Something big is stirring among women. And if you're a guy reading this right now, keep reading! We need you, too, and you all have women you work with or are connected to in some fashion.

Most people I meet have a new fear--the fear of not being relevant, the fear of not making a difference, the fear of working on things that don't really matter in the important times of transition we live in. We're hungry to be part of making things better. We want to create, we want to do what we love again and find our voice. We sense intuitively that we have a critical role to play in shaping the future of our world. And yet, so many of us give in to excuses of not being good enough, young enough, smart enough, wealthy enough, creative enough. We still play small, still give in to the "victim" archetype. We still buy into what society's beliefs are and put them right above our own.

But we don't really have time for these fears. If I could create a vaccine, instead of the flu one, I'd create one against fear. It's what holds us back, every one of us, in every area of our life. And, while we're holding back, time just moves on faster than ever. We are at a critical time in the evolution of our planet, a time where each one of us is waking up. We feel it. Our intuition is growing more acute. Our inner microphone, as I like to call it, is getting harder and harder to turn off, so that we can't just go along with our normal day. There's a rise in consciousness where we feel more connected to

others, a part of something bigger going on, where we each have a role to play. The most important thing isn't to get the promotion, or stay in the marriage, or lose those 10 pounds. The most important thing is for us to remember who we are--why we are here--to do the inner work and find what are our "spiritual" reasons for being on the planet. Yes we do have something great to accomplish. Now. At any age. Wherever we are.

I am passionate about having us all take back our power, whether it be from our spouses, our jobs, our kids, our parents, our weight, whatever or whomever we lent it to. Ask yourself: To whom have I given my power?



Worm Control

This article is reprinted with permission from the January 2010 issue of *Worm Control News (WCNews)*, a monthly e-newsletter from Horsemen's Laboratory. H-Lab is dedicated to helping horse owners develop successful worm control strategies through mail-order fecal egg count testing, targeted use of dewormers, and effective pasture and herd management practices. To learn more or read other issues of *WCNews*, visit www.horsemenlab.com.

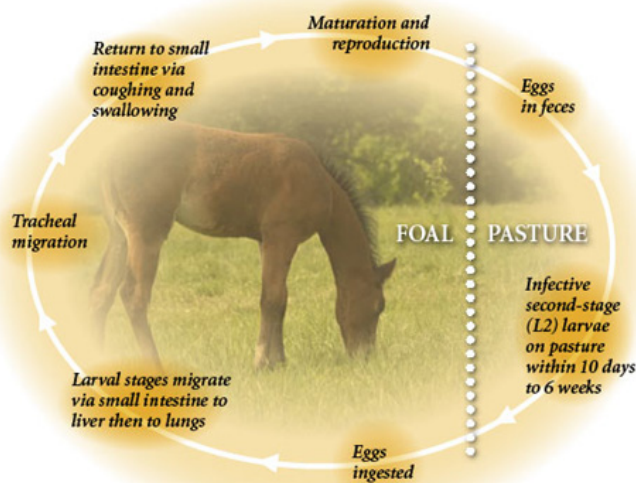
Worm of the Month: Ascarids

Ascarids, or roundworms, are typically only a problem for foals and young horses, since equids generally develop a form of immunity around the age of two. However, they're still a significant health hazard and care must be taken in their control to avoid an infestation that could prove deadly.

Ascarid (*Parascaris equorum*) eggs have a sticky protein coating and thick shell, so not only are they hardy (remaining viable for up to a decade), they stick to just about anything, from the walls of a stall to the dam's hair coat. Disinfectants and even steam-cleaning have been shown ineffective in killing ascarid eggs; the best defense is to remove manure frequently, before eggs incubate and become infective.



Ascarids Life Cycle –10 to 12 weeks



Once eggs are passed with manure into the environment, it only takes a few weeks for larvae to incubate inside the shell; once the larvae are formed, the eggs are infective and once ingested by the grazing foal or young horse, continue on their lifecycle. Hatching in the small intestine, the parasites travel through a horse's liver, bloodstream, and lungs, eventually returning to the small intestine where they mature and begin to produce eggs. A single female ascarid can lay hundreds of thousands of eggs each day.

While roundworms aren't a serious issue for adult horses, they can still be problematic in foals, weanlings, and yearlings. Signs of an ascarid infestation include malnutrition despite a good diet, and signs of respiratory disease (including coughing, nasal discharge, and fever).

Severe colic might also occur, from a mass of tangled ascarids blocking the small intestine. This is especially a concern following anthelmintic deworming for ascarids, because the dead worms can collect in the intestine and become impassable; it's important to watch foals for any sign of colic within the first 24-48 hours after deworming and to act quickly if symptoms arise.

While it's difficult if not impossible to detect immature *P. equorum* passing through a horse, a fecal egg count is able to detect infestations of adult, egg-laying ascarids. However, your best management for ascarids lies in taking steps to prevent infestation:



- Remove the manure of foals and young horses frequently, and strip foaling stall bedding often.
- Use non-porous interior materials in stalls where foals and young horses will be, and clean them as thoroughly as possible in between horses.
- Feed foals and youngsters in containers, not directly on the ground.
- Begin ascarid deworming at about two months of age, so that foals don't build up an infestation that could be difficult, or life-threatening, to get rid of.



Buy Six, Get One Free – Bonus Offer For Newsflash Readers!

As a bonus for readers of *Newsflash*, we've arranged a special deal with Horsemen's Laboratory: When you pre-pay on 6 sample fecal collection kits by March 15, 2010, you'll get one free! For additional details, contact H-Lab via email at hlab@horsemenslab.com or by phone at **800-544-0599**; be sure to mention the '*Newsflash special!*'



Monsanto's GMO Corn Linked To Organ Failure, Study Reveals

As reported by the Huffington Post social news online site.

http://www.huffingtonpost.com/2010/01/12/monsantos-gmo-corn-linked_n_420365.html

And thankfully brought to our attention by:

Florence Vincent

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In a study released by the International Journal of Biological Sciences, analyzing the effects of genetically modified foods on mammalian health, researchers found that agricultural giant Monsanto's GM corn is linked to organ damage in rats.

According to the study, which was summarized by Adam Shake at Twilight Earth, "Three varieties of Monsanto's GM corn - Mon 863, insecticide-producing Mon 810, and Roundup® herbicide-absorbing NK 603 - were approved for consumption by US, European and several other national food safety authorities."

Monsanto gathered its own crude statistical data after conducting a 90- day study, even though chronic problems can rarely be found after 90 days, and concluded that the corn was safe for consumption. The stamp of approval may have been premature, however.

In the conclusion of the IJBS study, researchers wrote:

"Effects were mostly concentrated in kidney and liver function, the two major diet detoxification organs, but in detail differed with each GM type. In addition, some effects on heart, adrenal, spleen and blood cells were also frequently noted. As there normally exists sex differences in liver and kidney metabolism, the highly statistically significant disturbances in the function of these organs, seen between male and female rats, cannot be dismissed as biologically insignificant as has been proposed by others. We therefore conclude that our data strongly suggests that these GM maize varieties induce a state of hepatorenal toxicity....These substances have never before been an integral part of the human or animal diet and therefore their health consequences for those who consume them, especially over long time

periods are currently unknown."

Monsanto has immediately responded to the study, stating that the research is "based on faulty analytical methods and reasoning and do not call into question the safety findings for these products."

The IJBS study's author Gilles-Eric S eralini responded to the Monsanto statement on the blog, Food Freedom, "Our study contradicts Monsanto conclusions because Monsanto systematically neglects significant health effects in mammals that are different in males and females eating GMOs, or not proportional to the dose. This is a very serious mistake, dramatic for public health. This is the major conclusion revealed by our work, the only careful reanalysis of Monsanto crude statistical data."



Herbs and Natural Foods Maintain Optimum Brain Function

By Melanie Grimes, citizen journalist

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(NaturalNews) Many foods and nutrients are known to improve brain function. Fish has long been known as "brain food" because of the omega 3 fatty acids, but many other foods can improve and maintain healthy mental function and improve memory.

Foods that contain B vitamins help boost brain function. B12 in particular can help mental focus. (http://www.naturalnews.com/026522_vitamin_B12_blood_homocysteine.html)

Vitamin D has been shown to help improve mood. Vitamin D is actually a hormone and has many functions in the body. Calcium deficiency can reduce the absorption of vitamin D, so it is important to take adequate calcium as well. Sesame seeds contain ten times as much calcium as milk, for those who are lactose (milk sugar) or casein (milk protein) intolerant.

Omega 3 fatty acids are known to help mood and even cure depression. Food sources of Omega 2 are in fatty fish, such as salmon, and also in Borage oil, Flax seed oil and Evening Primrose oil.

Detoxifying the brain also helps it to function. Garlic and turmeric (also used as an ingredient in curry) act as anti-inflammatory agents to the blood and brain. Cruciferous vegetables also help with detoxification of the blood. These include cabbage, broccoli, collards, kale, Brussels sprouts, Chinese cabbage, bok choy, arugula, radish, wasabi, watercress, kohlrabi, mustard greens, rutabaga, turnips.

Adaptogens can help with brain function by reducing the cortisone reaction and stress on the adrenal glands. This is the so-called "fight or flight" reaction. Adaptogens include ginseng, rhodalia, and other plants.

Other plants have been shown to have an effect on mood. Studies have shown that St. John's Wort (*Hypericum perforatum*) can work to treat depression as well as the popular antidepressant Zoloft.

Protein foods that contain sulfur aid detoxification and increase glutathione production. Glutathione is needed to transport toxins from the body. Eggs, garlic and onions are all foods that contain sulfur and help with this process. Other detox foods include green tea and garlic.

To improve brain function, avoid foods that contain sugar or high fructose corn syrup. Trans fats are not good for the brain either. Food additives have been shown to increase hyperactivity in children and should be avoided. Processed foods in general, do not help build healthy bodies or brains. Hydration is important for the brain as well, so drink plenty of water each day.

A healthy brain is fed like any other organ of the body with living, vital foods to strengthen and improve function. Mental clarity goes side-by-side with a healthy body.

About the author -

Melanie Grimes is a writer, screenwriter, journal editor, and adjunct faculty member at Bastyr University. She has written an eBook on natural treatments for the flu, available at her blog.

A trained homeopath, she also raises alpacas and is an avid spinner. She is the editor of the homeopathic journal, Simillimum, has been a medical editor for 15 years, won awards as a screenwriter, taught creative writing, founded the first Birkenstock store in the USA (www.mifeet.com) and authored medical textbooks.

Her ebook on Natural Remedies for the Flu is available at:

<http://melanie-grimes.blogspot.com/2009/04/buy-natural-flu-remedy-ebook-here.html>

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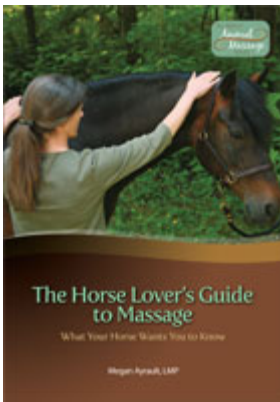
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Book of the Month – The Horse Lover’s Guide to Massage: What Your Horse Wants You to Know

By Megan Ayrault, LMP



Megan Ayrault, LMP, has put together a user friendly, well illustrated book to guide you through some massage techniques that your equine friend would love to have you practice on them. Visit her web site www.AllAboutAnimalmassage.com and check out her new e-book

Megan Ayrault, LMP
Founder, All About Animal Massage
PO Box 56
Kirkland, WA 98083
AllAboutAnimalMassage.com
206.719.5311



Stop Hyperflexion!



On February 9th in Lausanne, Switzerland, the FEI will hold a closed door, no press allowed meeting to discuss roll-kur for the fifth time.

The list of invitees is long but only one man has spoken up loudly against roll-kur again and again and refused to be silenced. That one man, Dr. Heuschmann, will stand quite alone in a room dominated by interests that have nothing to do with the good of the horse. Please show him and the FEI that his fight, our fight, has not been in vain and that there are thousands upon thousands of horse lovers who stand with him.

A petition has gone “live” on Dr. Heuschmann’s publisher’s website.

You can HELP Dr. Heuschmann put an end to roll-kur on February 9th at the next FEI meeting by signing your name to a petition list he will take with him to the meeting. Every voice is needed. It is time to step up

and be counted for the good of our horses. Go to www.wu-wei-verlag.com and click “Officials! Stop Hyperflexion!”.

Together let’s make a difference.



Parting Thought

**STAY
OUT OF
TROUBLE**

