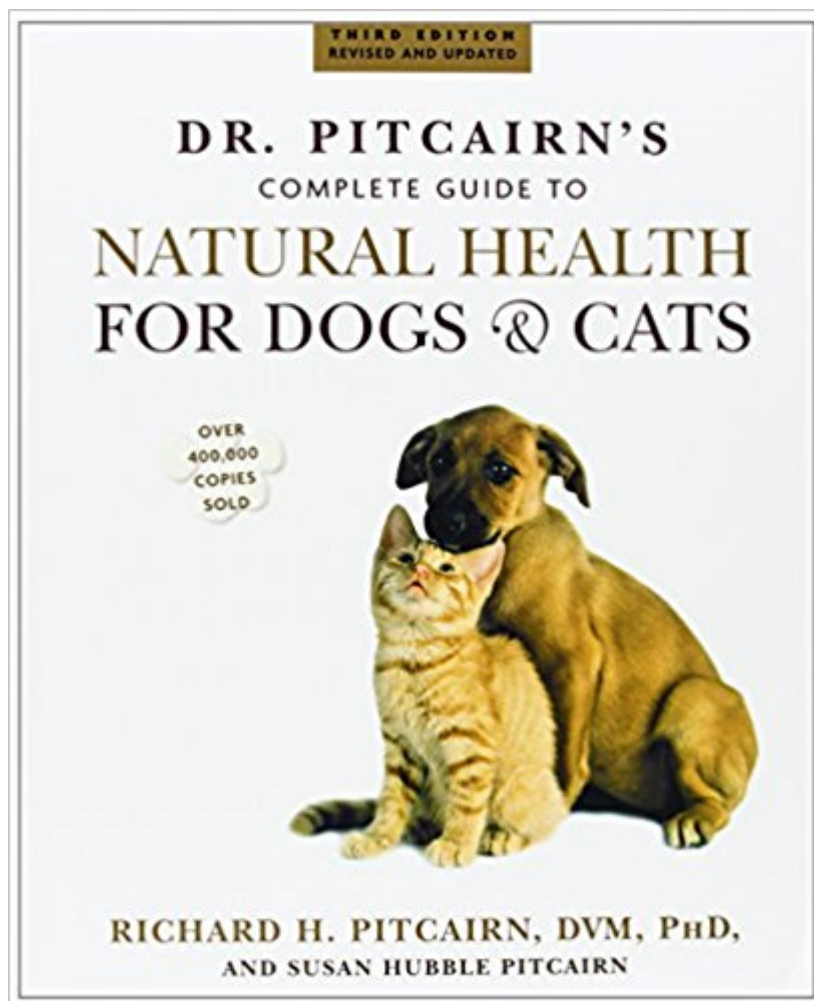




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# Dr. Pitcairn's Complete Guide To Natural Health For Dogs & Cats



## Synopsis

Over 400,000 copies of Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats have been sold since its original publication more than 20 years ago. The book that is the definitive guide to a natural lifestyle for dogs and cats is now completely updated and revised--for the first time in 9 years. Writing with the warmth and compassion that have won them a national following, veterinarian Richard H. Pitcairn and his wife Susan Hubble Pitcairn, noted specialists in chemical-free nutrition and natural healing for pets, show dog and cat owners how to provide the very best in companionship and lifelong care. They now cover environmental matters, including pollutants both inside the home and out, as well as recent hot-button topics, such as Mad Cow disease, Lyme disease, and the West Nile virus. They've updated dozens of recipes for delicious and healthful pet food and treats. With a guide to handling emergencies and an in-depth "Quick Reference" section, they give specific instructions for preventing, diagnosing, and treating a wide range of animal diseases and disorders--with special attention to homeopathic, herbal, and nutritional remedies.

## Book Information

Paperback: 466 pages

Publisher: Rodale Press; 3rd edition (August 11, 2005)

Language: English

ISBN-10: 157954973X

ISBN-13: 978-1579549732

Product Dimensions: 7.5 x 1.2 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 592 customer reviews

Best Sellers Rank: #33,242 in Books (See Top 100 in Books) #4 in [Books > Medical Books > Veterinary Medicine > Small Animal Medicine](#) #39 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Cats](#) #100 in [Books > Crafts, Hobbies & Home > Pets & Animal Care > Dogs](#)

## Customer Reviews

“A must-have for pet owners interested in a natural lifestyle for their pets.”

“Pets have never had it so good!”  
—Michael W. Fox, former vice president of the Humane Society  
“For many of my clients, Dr. Pitcairn's book is their trusted holistic health guide for their canine and feline companions needs, full of practical pointers for the concerned caregiver” a must read for those embarking on the worthwhile journey towards

restoration of their pets' health and happiness. This new edition is a must-have for the pet care library.

David Evans, DVM, CVH, Natural Care Clinic for Pets  
 "Would you like your dog and cat to live a longer healthier life? This easy to use and well researched book is a must for you. Every one of my holistic clients has Dr. Pitcairn's book and many have told me how frequently they read it for treatment of minor problems, nutritional information and how to make lifestyle choices to improve health for themselves, their animals and our planet."

Dr. Christina Chambreau, Homeopathic Veterinarian and author of the Healthy Animal's Journal  
 "The third edition of this "landmark" text is welcome, and will take up space on my bookshelf, as well as the bookshelves of many of my colleagues and clients."

Carvel G. Tiekert, DVM, Founder, American Holistic Veterinary Medical Association  
 "Dr. Richard Pitcairn again demonstrates why he is so respected in his field. This book should be required reading for anyone seeking true, lasting health for their animals and will continue to be a must-read for my clients."

Larry A. Bernstein, VMD  
 "I anticipated that this 3rd edition would be a thorough and thoughtfully-written guide to natural health care for animals, packed full of useful information and practical tips. My expectations were exceeded! Dr. Pitcairn has a wonderful way of making both basic principles and complex topics fresh and reader-friendly, all the while gently raising questions that encourage thinking and re-thinking conventional "wisdom" in companion animal care. Who should read this book? Those just embarking on the path of natural health for their pets, those who have been on this path for years, and every holistically-minded veterinarian who wants to understand root causes of disease and expand his or her repertoire of treatments that truly support and help restore health. Although I have used and recommended the earlier edition of this book in my practice for years, I plan to make this new edition required reading for my clients!"

Lynn S. Peck, DVM, MS Holistic veterinarian and researcher  
 "Once again Dr. Pitcairn has given animal caretakers the definitive how-to for a healthier, more natural and holistic approach to animal health. This up-dated edition, in his easy-to-read, story-telling style, has added information on diet and vaccinations based on recent research. The results achieved in animal well-being by incorporating the dietary, herbal and homeopathic information provided in previous editions have spoken for themselves. The new information contained in this new edition will raise the quality of our companion animal health just that much higher."

Dr. Kimberly Henneman, DVM

Richard H. Pitcairn, DVM, PhD, is a graduate of the University of California, Davis, and Washington State University. Since establishing his private practice in homeopathic veterinary medicine, he

opened a clinic offering only holistic animal care, in Eugene, Oregon. Susan Hubble Pitcairn was the driving force for the completion of the first edition of this book.

According to our vet, my 14 year old terrier mix had a few days to live due to kidney failure. He was so ill he refused to get up or eat food for over a week and couldn't keep anything down the week prior. He started to get those "droopy eyes of death" as I call it, and that's when I knew there wasn't much time left. I tried to talk myself into letting him go, but wanted to try one more last-ditch effort. After consulting with a homeopathic vet, he recommended following the information in this book as well as giving us some homeopathic meds and vitamins to give him. To our surprise today he is eating well, playing and sniffing out the rabbit holes in the back yard like old times:) I am beyond grateful to Dr. Pitcairn, Dr. Dym and herbalist Juliette de Bairacli-Levy. It's a miracle. Even our conventional vet is amazed.

Excellent information! All my pets are young and healthy now, but I sure want to keep them healthy. I couldn't financially afford to feed them all the diets that are recommended, but I can afford the Healthy Powder and use that. Great book to expand your perspective on health care for your 4 legged family members. It is a keeper, and a reference I use.

I got this book for more info on vaccination and diet, but found it useful for other health concerns. The book has been really informative and helpful, but I suggest you consult a vet on nutrition and remedies (particularly for more serious conditions) suggested in the book. DIET -- My vet doesn't think my pup needs all the vitamins recommended by Pitcairn, although I do use the healthy powder and my pup loves it! My vet frowned upon all the grains called for in the recipes -- my pup also frowned upon them and refused to eat them! She will not eat several cups of oats/rice/etc a day that his recipes include (just one meal alone calls for 2 cups of cooked oats). The kibble boosters are the highlight for me as far as the recipes go, because they are quick, easy, grain-free, and add some real food to my pup's diet when I don't have time to prepare her something substantial. TICKS, FLEAS, MANGE, and TAPEWORMS -- Pitcairn recommends the use of garlic for fleas and ticks. I was concerned at first and discussed dosage with my vet (she thought his recommended garlic dose for her weight was too high), but she said I could continue to use garlic if it works. It definitely has helped with the tick situation -- before I was pulling off several ticks a day, but after giving her garlic, I only pull out a couple a week, and I live in a wooded area and so have to check my dog 2x a day. She hasn't had any fleas, but we'll see if the garlic helps when it gets warmer. My pup recently

developed demodectic mange and has a tapeworm, so I am using Pitcairn's recommendation for treating those. I did not realize there were natural remedies for getting rid of tapeworms, my vet just told me to give her some medication to get rid of them. VACCINATION -- As recommended by Pitcairn, I waited over 4 weeks after my pup's final distemper/parvo booster to get her rabies vaccination. I didn't try (or need to try) any of the homeopathic remedies for rabies vaccinations, so I can't say first-hand whether or not they are effective. Pitcairn recommends giving your pup a limited number of vaccines, which I think is wise.

Dr. Pitcairn's New Complete Guide to Natural Health for Dogs & Cats (3rd Ed.) With all the great reviews, I found myself purchasing this book. Even though I need more of these types of books like I need a hole in my head, I was still curious. I actually didn't expect to get much out of this book, but my curiosity was mainly for buying for friends and family "pet parents". The first 6 chapters are based on nutrition and diet mainly. These are pretty good and have generally useful information. Personally, I wasn't too fond of the recipes, since they seem rather dependant on the use of several supplements. I prefer to balance as much as possible through whole foods and supplement only as needed and recommended (by our holistic vet) for my huskies' individual concerns. Otherwise, the recipes provide several variations for the meat, vegetable and grain sources. Some of the ingredients used like corn based foods, soy products and some grains are ones I wouldn't use. Yet, this too could be altered. Many of the recipes (for both dogs and cats) contain less than 50% protein...vegetarian recipes, in particular, but also throughout the book. For many dogs, this should be alright (depending on concerns); yet especially with cats, I'd be leery with serving a diet that low in protein. Some awesome recipes included are for kitten and puppy formulas (comparable to "mother's milk") & these will come in handy for orphaned/rejected kittens & puppies or when "mother" can't produce enough milk. Chapter 6, on helping your pet make the switch, gives some useful tips on the transition as well. The rest of part one (chapters 7-15) and part two (Quick Reference), I found to be the most interesting. In particular, I especially liked the information on natural alternatives for common household cleaning products, natural grooming & creating a healthy environment. --This literally inspired me to go out and buy houseplants. There is also useful information for the new pet owner from choosing the right pet to caring for the sick animal and several things in between. The Quick Reference section includes many common ailments and diseases along with treatment options and tips. Other areas include resources for Emergencies/First Aid, Homeopathic remedies (and schedules), normal vital signs (for both dogs and cats) and some recipes for snacks & treats. This is a good bulky, yet informative reference book, but for the newly

turning holistic and/or new pet owner "who also desire to home-prepare their pets' foods", I'd also recommend a simpler read like Barker's Grub – Barker's Grub : Easy, Wholesome Home-Cooking for Dogs – and/or Raw Dog Food – Raw Dog Food: Make It Easy for You and Your Dog – to go along with it.

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