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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Easy Tips for Healthy Pets**

**By Dr George W Graham**

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Easy Tips for Healthy Pets  
(c) 2005 Dr GW Graham

Do you want a long and healthy life for your pets?

There are things in our pets' environments that can rob them of precious health and long life. I'm not talking about cars accidents and mean kids in the neighborhood. I'm talking about things inside the home. Things like:

1) Food

Food is meant to be good tasting and good for you. The same applies to our pets. Unfortunately, both people food and pet food are full of stuff. And most of this stuff isn't found growing naturally.

Manufacturers have taken the place of growers and cooks. To make foods taste better things are added.

To make foods last forever on the store shelf, things are added. For example, tomatoes are now designed to look good after a long trip to the store. They are not grown to be nutritious and safe.

On TV we see reports about how additives, preservatives and stuff are making our children unhealthy. The same thing applies to our pets' food.

Preservatives keep food fresh by altering the DNA of the creatures living on the food. What do these preservatives do to the DNA of the child or pet eating them?

See where I'm going?

Altered hormones, cell mutations (cancer), sickness !!!

The only way to minimize this stuff in our pet's food is to make the food ourselves. There are recipes all over the web for the kitchen literate.

<http://www.simplypets.com>  
<http://www.bullwrinkle.com>

Most people don't have the time to make their pet's food and treats. There are places where good wholesome pet foods can be purchased.

<http://www.waggintails.com>  
<http://www.healthypetnet.com>  
<http://GrandPaGraham.com>

### 2) Chemicals in the home

What do you use to clean your counter tops? Where do you store it? Can your pet get to it? Can your kids get to it?

A large number of children and pets are poisoned each year because household products are very attractive to inquisitive minds. There are a lot of products on the market that won't harm anyone if swallowed.

We had one 6 month old child find and swallow a cleanser. The parents didn't think he was old enough to get to the open bottle.

<http://www.aspca.org/site/PageServer?pagename=apcc>  
<http://www.aapcc.org/>

### 3) Mold in the home

## Easy Tips for Healthy Pets

Most people consider mold in the home an unattractive nuisance. But it can cause allergic reactions in children AND pets.

One house we investigated had two sick, allergic, asthmatic kids. But they called us in when the dog started sneezing.

Does your pet sleep in the laundry room? Lots of mold there too.

Mold can cause:

- \* Allergies,
- \* sinus problems,
  
- \* itching,
- \* stomach problems,
- \* hyperactivity,
- \* skin and hair problems.

This list applies both to kids and pets.

But be careful about what you use to clean away the mold. Bleach doesn't kill mold but does burn sensitive lungs.

Don't use any product that your store owner or pest control person won't drink in front of you.

For more info on mold and what it can do to you and your pet, go to:

<http://www.themoldlab.com>

Remember – if you use this article as your guide, your pups and cats will love you for a long, long time.

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Dr Graham graduated from the University of Tennessee Medical Units at Memphis Tennessee. During a tour in the Army he helped develop many of the concepts dealing with Sick Building Syndrome. He currently is the CEO of Tennessee Mold and chief researcher for Mold Lab Int'l. He has linked moldy homes to ADHD, Lupus, CFS and several other inflammatory diseases. He is currently doing research

into mold and Alzheimer's, arthritis and MS.

## **Get To Know A Veterinarian**

**By Analeese Burnabaker**

If you are a pet owner, it is time that you got to know a veterinarian. Why? Because, quite simply, a veterinarian is like a doctor for your pets. If you enjoy pets enough to own one or many, then you should take the time, energy and money to properly take care of those beloved pets.

Some pet owners believe that a visit to a veterinarian is only necessary when a pet is suffering or ill. And while you definitely want to visit a veterinarian when your pets become ill or start to show abnormal symptoms, you should also schedule routine appointments for your pets just like you schedule regular appointments for you and your family to visit a physician. There is no good reason not to give your pets the best care that you possibly can. Many simple problems and sicknesses can be prevented or solved easily by early detection, even in pets, so make it a priority to see your veterinarian regularly.

New pet owners should make appointments immediately to see a veterinarian and get a full health check for your new friend. Let your veterinarian teach you all about your new pet. Learn about the best ways to care for your pet, the best food to feed it, the best ways to bathe it, and the levels of activity that are necessary for keeping your pet healthy. You may be surprised how much there is to learn about each variety of different pets. Whether you have a dog, a cat, a bird or a horse, I guarantee you that a veterinarian will teach you helpful tips that you didn't already know.

If you are currently a pet owner and have never taken the time to schedule an appointment for your pets, do so now. Talk to your other pet-owning friends to see what veterinarians are respected in your area. Flipping through your phonebook or doing a simple internet search can also help you explore options for finding the right veterinarian in your area. Some vets specialize in certain animals, so be sure that you schedule a visit with a veterinarian that has vast experience with your particular pets.

If you think that making appointments for your pets to see a veterinarian is silly, then I wonder whether or not you are suited to be a pet owner. You must consider your lifestyle and your ability to provide the right level of care for pets. Be honest with yourself and know that it is much better to give up a pet you already own than to keep that pet and not care for it properly.

Pet lover Analeese Burnabaker is committed to ensuring that pet owners are doing their job. She thinks that seeing a veterinarian regularly is essential for all pets. Check out

for more.



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