



# BrightHaven Menu for Healing

*Please consult your vet before making any changes to your animal's healthcare regimen.*

BrightHaven is unique for the work we do and the results we get. Our Menu for Healing, which is the foundation of our work, focuses on the best quality of life at all stages. The goal is to achieve optimal balance of body, mind and spirit.

## **BrightHaven recipe for balance of body, mind and spirit from youth through the autumn years:**

- ✦ Love
- ✦ Diet — raw meat based, fully supplemented
- ✦ Diagnostics
- ✦ Classical veterinary homeopathy for care at all life stages
- ✦ Alternative vaccination protocol / titers
- ✦ Immune and organ support, Reiki and other complementary therapies
- ✦ Intuition
- ✦ Natural path to death
- ✦ Love

## **BrightHaven recipe for balance of body, mind and spirit during holistic hospice care:**

- ✦ Love
- ✦ A changing diet, depending on what animal will eat
- ✦ Diagnostics – likely not needed
- ✦ Classical veterinary homeopathy for care at all life stages
- ✦ No vaccines or titers needed
- ✦ Immune and organ support (gradually phasing out)
- ✦ Reiki and other complementary therapies
- ✦ Intuition
- ✦ Natural path to death
- ✦ Love

## **Love**

Our Menu for Healing is also affectionately known as “The Love Sandwich” because, as you can see, our list begins and ends with love. Its tremendous healing power can never be overstated!

At BrightHaven, we believe love to be such an essential, transformative and powerful healing force that we celebrate it each and every day! The unquestionable understanding of the importance of love to living a full life is but one example of the deep wisdom shared with us by our beloved animal teachers over the years.



*Beauregard cuddling Joey*

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## Diet — raw meat based, fully supplemented

Feeding an appropriate diet is one of the best ways to maximize an animal's health and wellbeing, as food provides the body with its primary energy and nutritional source.

Every single feline and canine resident at BrightHaven, regardless of age or physical condition, is fed a raw meat based and supplemented diet. We've seen that even the oldest animals show a remarkable improvement when switched from a conventional method of feeding to our natural menu.



*It's feeding time!*

You can learn more about our approach to nutrition and download a copy of the BrightHaven diet by visiting <https://www.brighthaven.org/holistic-healthcare/nutrition/>.

**Another important consideration:** Older or sick animals must transition very slowly to any new diet and also elders or those closer to the end of life may need some treat food to help them get to know and eat their new food.

**During holistic hospice care:** Diet may change, depending on what the animal will eat. It's normal for appetites to wax and wane, changing from one meal to the next.

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## Diagnostics

We run routine blood panels – probably more often than most as we endeavor to check homeopathic remedy responses and progress. We also perform very regular urinalyses for our paraplegic animals. Other diagnostic work includes the occasional fecal check or tissue analysis.

Due to the fragility of our hospice patients, we rarely run more detailed diagnostics that would involve taking them away from their home, preferring to make contact with mobile veterinarians who are able to come to the patient if necessary to perhaps perform an ultrasound.



*Lily getting her glucose level checked*

**During holistic hospice care:** Diagnostics are likely not needed as focus is on comfort care, not cure.

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## Classical veterinary homeopathy for care at all life stages

BrightHaven has seen astonishing results in our animals over the years and when one looks at our track record of animals' health and longevity, one may wish to remain open to this method of care.



*Sweet Rosie*

### Meaning of Holistic vs. Homeopathy

Before talking more about this fascinating subject, it's important to understand that homeopathy is a holistic modality. Oftentimes people get confused between the two words, thinking they mean exactly the same thing.

Holistic medicine treats the entire being: body, mind, emotions and spirit. "Dis-ease" denotes an "out of ease" or unbalanced state. Often, holistic approaches can detect problems at the dis-ease state and correct the imbalance before serious illness sets in.

### What is Homeopathy?

Basically, homeopathy is a form of holistic medicine used by over 200 million people worldwide to treat both acute and chronic conditions. It is based on the principle of "like cures like." In other words, a substance taken in small amounts will cure the same symptoms it causes if that same substance was taken in large amounts.

Homeopathy is a complete system of medicine that involves treating the individual, animal or human, with highly diluted substances, given either in tablet or liquid form, with the aim of triggering the body's natural system of healing. Based on each patient's very specific symptoms as well as health history, a homeopath will match the most appropriate medicine for balancing body, mind, emotions and spirit.

**During holistic hospice care:** Homeopathy can be used at all life stages.

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## Alternative vaccination protocol / titers

Vaccinations have been linked to many side effects including lower energy, dull fur and eyes, dirty ears, thirst and appetite changes as well as some emotional issues. They can also result in higher kidney and liver values, tumors, asthma, skin and ear problems as well as frequent upper respiratory illness.

A titer test is a measure of antibodies in the blood, providing a check of dis-ease immunity, rather than relying solely on a predetermined schedule to determine if a particular vaccination is required or not.



*Hope in bed with a feline friend*

**During holistic hospice care:** No vaccines or titers needed. In fact, vaccines may stress an already compromised immune system.

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## Immune and organ support, Reiki and other complementary therapies

BrightHaven regularly utilizes many different supportive therapies. Here are just a few:

### Immune and Organ Support

Providing our animals with immune and organ support are top priorities for BrightHaven. The immune system, which comprises organs, special cells and substances, helps protect from bacteria, germs, parasites, infections and diseases. It is truly the body's defense force. It keeps track of normal body substances and raises an attack when it encounters an antigen, or anything unknown to it.

Organ support clearly goes hand in hand with immune support and is most important to address in chronic illness.



*Lali lapping up immune support*

**During holistic hospice care:** Gradually phased out as the body no longer needs them.

### Subcutaneous (SubQ) Fluids

Many years ago we learned that dehydration is a common problem in cats or dogs as they grow older, and most especially in cats with chronic kidney disease. To help control dehydration we began treating many of our animals with fluids that we were able to give under the skin with a small needle at home.

We noticed very quickly how beneficial this treatment was for our old timers and how revitalized they felt afterwards and so most were given supportive subcutaneous fluid therapy on a rotating basis, many every day unless our vet found them to have heart problems or a health issue which might preclude fluid administration. **Gradual phasing out of fluids may take place at towards of life depending on your vet's recommendation.**

### Hemp, or Cannabis

Hemp is a recent addition to our Menu for Healing as we've seen many improvements in our animals since they've been trying out various products:

- Lessened joint discomfort associated with normal daily exercise and activity
- Increased energy and a healthy new brightness
- Healthier digestion and stools
- Improved neurological function
- Enhanced immune system support
- Heightened "end of life" comfort and sense of wellbeing

## Feng Shui

Feng shui in Chinese tradition is a system where the practitioner works with the art of placement and balance in the home or office in relation to the flow of life force energy. At BrightHaven, we look to feng shui to help us create a peaceful, energetically balanced environment for our animals and humans.

## Reiki

Since Kathleen Prasad of Animal Reiki Source introduced animal Reiki to BrightHaven in 2005, this gentle, healing practice has become an integral part of our daily life and often plays a critical role in nearly every aspect of our Menu for Healing.

Reiki is essentially meditating with your animals. But in a broader sense, Reiki is a spiritual system cultivating a compassionate intention, which in turn may bring about healing transformation.



*Harley the hog sharing Reiki with Kathleen Prasad of Animal Reiki Source*

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## Intuition

Our animals have taught us to allow intuition to be our guide, whether our own or the intuitive skills of a practitioner, particularly towards the end of life. We rely on symptoms to guide us and homeopathy and supportive therapies to heal. Intuition also enables the animal to impart to us how they feel and what they wish for or what would make them feel better.

We also rely on medical intuition to describe what's happening within the patient, and we often call upon amazing animal intuitive July Berrin, founder of The Temple Cat. She has been of tremendous assistance to us in helping us to better understand what an animal is experiencing. July's email address: [July.contactemail@gmail.com](mailto:July.contactemail@gmail.com).



*Blanca & Tarka sharing a special moment*

We've seen excellent results using gemmotherapy at the direction of July via medical intuition with the animals. Gemmotherapy, or plant stem cell therapy, is a type of herbal treatment where plant buds are liquified to extract their medicinal properties in a mixture of glycerin and alcohol, which is then diluted before given to the patient in the form of drops. Like homeopathy and all holistic medicine, gemmotherapy has the potential to help treat many different issues.



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## Natural path to death

BrightHaven’s Guiding Statement on Animal Hospice & Natural Death:

*When an animal enters hospice care at BrightHaven, our expectation is that the animal will have a painless, loving, peaceful journey followed by a painless, loving, peaceful & natural death.*

*If a place is reached during that journey where the caregiver, the veterinarian and the animal believe that the animal is in need of critical assistance, then euthanasia will be used.*

BrightHaven has supported over 600 animals through the dying process and euthanized only 20 over the years – the last euthanasia was nearly 200 deaths ago, with the exception of Daisy the horse in July 2015.



*Nothing is better than a raw meat snack!*

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## Love

It’s all about love!

“If you knew the secret of life, you too would choose no other companion but love.”

—Rumi



*Pepito grooming Sylvie*

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## Book a Consultation

Have questions about how BrightHaven’s holistic healing or animal hospice care approaches can help your animal? Wish to discuss end-of-life options with someone both experienced and compassionate? Book a consultation with President and Founder Gail Pope by sending an email to [consultations@brighthaven.org](mailto:consultations@brighthaven.org).

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## About BrightHaven

Founded in 1990 by Gail and Richard Pope, BrightHaven (<https://www.brighthaven.org/>) is a renowned animal rescue, hospice and holistic education center. Our primary focus: senior, disabled and chronically ill animals, a vulnerable population that has an overwhelming need to find love and care in our society. BrightHaven is a pioneer and leader in the ever-expanding field of animal hospice and palliative care, and our experience with hospice-supported natural dying is distinct and well known. We are privileged to have provided hospice care for and shared the dying experience with over 600 animals who taught us so much. At BrightHaven, it is all about living well through the last breath!