

alternative

THE ART & SCIENCE OF HEALTHY LIVING

medicine

8 ways to
stay young
at any age

supplements

does your body actually absorb them?

CANCER UPDATE

The hidden link to cervical cancer

news flash!

breastfeeding lowers
diabetes risk

MARCH 2006

WWW.ALTERNATIVEMEDICINE.COM

ON SALE THROUGH MARCH 28

\$4.95US \$5.95CAN



plus:

skin care: it's a **MAN'S WORLD** too
HOMEOPATHIC travel kit



creature **COMFORTS**

*Honor every being, for each
is needed to complete the tapestry
of life on earth.*

—PENELOPE SMITH, ANIMAL COMMUNICATOR



COMMUNITY PROFILE

Spoiled Dog Barkery

After learning that her lab, Alexandria, had lymphoma, Amy Lionberger decided to cut out processed treats in favor of organic, home-cooked goodies, giving birth to Spoiled Dog Barkery in Lansing, Kansas. She makes the treats with such health-promoting ingredients as flaxseed, olive oil, and whole grains and offers them up in 12 distinctive flavors. Order a bag—or better yet, sign up for the cookie-of-the-month club—and watch the mouths water. Your dogs won't be the only ones to thank you: Amy donates a portion of all profits to a local animal rescue. www.thespoiledogbarkery.com; 913.250.0068

Flowers and Feathers

If you're pulling out your hair over a bird that's plucking its feathers, try bringing your bird flowers instead—flower essences, that is. Feather plucking is often a manifestation of deep-seated emotional issues, so the trick is to get to the core of what's bothering your feathered friend. Exotic birds like parrots and cockatoos are more prone to nervous plucking than most birds and may respond well to flower essences.

Sandra Snell, DVM, a holistic veterinarian in Sycamore, Ohio, begins by recommending Bach's Rescue Remedy (a mixture of five essences) but she sees better results when she makes up individualized combinations based on the bird's emotional issues. Whatever combination you use, Snell recommends giving four drops four times a day, either directly in the mouth of the bird if it's hand tamed, or in its food or water. Rubbing the essences on the beak or misting the bird will also work.

Other possible remedies, courtesy of Nancy Buono, a Bach Foundation registered practitioner based in Long Island, include those listed below. Flower essences aren't a one-hit solution, but they have helped plenty of bird lovers and their feathered friends get to the root of the plucking problem.

CRAB APPLE, which helps balance obsessive tendencies and over-concern with cleanliness

CHERRY PLUM, which helps the bird regain self-control

AGRIMONY, which restores the flow of energy and may help the bird accept its feelings and heal more quickly

IMPATIENS, which restores a sense of patience that can facilitate healing

WALNUT, which helps calm birds easily affected by their surroundings

—Carolyn Barry

inside

RX: OSTEOARTHRITIS • PET ALLERGIES • ASK DAISY: ADVICE FOR CANINE OBESITY