

Energy Healing for Pets

Self-Help Guide to Solving Health & Behavior Problems
with Homeopathy & Whole Body Vibration



Becky Chambers, BS, MEd

Energy Healing for Pets is an absolutely lovely book that manages to convey the complexity and boundless potential of homeopathy in a clear and engaging way. It is not easy to strike that balance between safe and practical advice on one side and poignant, even poetic, insights on the other.

Through utterly relatable stories Becky Chambers turns profound insights into a book that's a joy to read. This is a treat of a book, and it deserves to be read by anyone who cares for an animal or anyone interested in health.

Lise Hansen, DVM, MRCVS

Veterinary surgeon, Classical Homeopath, and author of *The Complete Book of Cat and Dog Health*

website www.alternative-vet.co.uk

Energy Healing for Pets is a groundbreaking guide that beautifully blends science, compassion, and personal experience. Becky Chambers, a globally recognized expert in whole body vibration and homeopathy, shares her decades of expertise with heartwarming stories and practical techniques that can transform your pet's health and well-being.

Drawing from her personal journey of healing both herself and her beloved pets, Panda Bear and Maple Sugar, Becky Chambers provides a compassionate, evidence-based roadmap for pet owners. Her innovative approach integrates whole body vibration, homeopathy, and intuitive guidance to address common health, behavioral, and emotional challenges in animals.

Whether your pet is battling chronic health issues, experiencing emotional trauma, or simply needs better support for a joyful life, this book offers actionable strategies that work. *Energy Healing for Pets* is more than a guide; it's a lifeline for anyone seeking natural, effective ways to restore vitality and harmony in their pet's life.

This essential resource will open your mind and heart to the transformative power of energy medicine—a must-read for pet lovers, holistic health practitioners, and animal advocates alike.

—Cie Allman-Scott, PhD
Medical Conference Lecturer, Biohacking
Expert, and Bestselling Author

I have used Whole Body Vibration (Equivibe & Vibe Plate) since 2009 on my personal horses and on our customers' horses. Our Rehabilitation & Conditioning Center also uses it with livestock and small animals; and our staff loves it.

Whole Body Vibration (WBV) creates blood flow; with increased blood, there is less soreness, inflammation, and chance of injury. The WBV also creates quicker healing rates, enhances bone density, and strengthens voluntary and involuntary muscles.

WBV is a therapy product our ranch uses daily. As an animal chiropractor, I encourage our clients to purchase these products for continued use.

—Sherry Ann Sunden
Animal Chiropractor
2High Dollar Ranch
Rehabilitation & Conditioning Center

“Great News! We have another wonderful book from Becky Chambers. Our beloved pets deserve a life of health and happiness—and Becky’s books can guide everyone in the use of homeopathy and natural approaches. “

—ROGER MORRISON, MD
author of *Desktop Guide to Keynotes*
and *Confirmatory Symptoms*

Energy Healing For Pets covers a practice, Whole Body Vibration, that I hold near and dear because I have seen its positive effects on my equine athletes. Whole Body Vibration has brought my greatest horse, Malachi, back from devastating bone spurs in his hocks. Becky Chambers has done a fantastic job explaining the benefits of WBV in this book. I am excited to support this book and her efforts to bring this technology to a broader audience, as Whole Body Vibration can help so many people who love their animals as much as I do!

—Shawn Coleman
2005 IPRA World Champion Tie Down Roper

This superb book serves not only as a practical guide to homeopathy for animals but also helps the reader to "think like a homeopath" by looking at the big picture. Why does the animal behave in this way? Why are they expressing symptoms in this particular way? For each diagnosis—whether physical injury or emotional trauma—there are many possible remedies; the remedy that matches the animal on all levels will be the curative remedy. And yes, in homeopathy, we aim to cure. There is none of this "You (or your animal) will be on this drug for the rest of your life" approach that we get from the pharmaceutical industry.

Becky Chambers shows great sensitivity to the emotional life of animals and beautifully describes the personality of each remedy, giving readers new insights into their animals. Many people turn to homeopathy for their animals after having success with their family members. Readers of this book could just as well find success with their animals and then apply their knowledge to their kids. The remedy "pictures" (physical symptoms plus personality) are described so well that it's easy to apply them to humans as well.

This book will be a major breakthrough in the humane treatment of animals and in spreading a deep understanding of homeopathy as a potent and compassionate healing modality

—**Begabati Lennihan, RN, CCH**
(Certified Classical Homeopath)

*Author of *Your Natural Medicine Cabinet*,*
winner of three national book awards

Former director, Teleosis School of Homeopathy

www.greenhealing.life

Also by Becky Chambers

Whole Body Vibration: The Future of Good Health

Whole Body Vibration for Calming Inflammation

*Whole Body Vibration for Mental Health:
Natural Methods for Finding Peace Amid Chaos*

Whole Body Vibration for Seniors

*Homeopathy Plus Whole Body Vibration:
Combining Two Energy Medicines Ignites Healing*

Energy Healing for Pets

Self-Help Guide to Solving Behavior & Health
Problems with Homeopathy & Whole Body Vibration

Becky Chambers, BS, MEd



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Cover design by Darryl Khalil

Transformations, Lexington, MA, USA

If you are unable to order this book from your local bookseller, you may order directly from the author at her website: www.bcvibranthealth.com.

Library of Congress Control Number: 2025900429

ISBN 979-8-9890679-6-1

Printed in the United States

To all my animal friends

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Foreword

Jan Scholten on Homeopathy

Energy Healing for Pets is an inspiring book full of stories of healing using natural methods. Animal owners can learn about alternatives to regular medicine for their pets, especially the use of whole body vibration and homeopathy. The author, Becky Chambers, demonstrates for the reader the possibilities of helping our pets with alternative methods from conventional allopathic (Western) veterinary medicine—a system that relies primarily on drugs and surgery.

There is more to the world of healing than regular Western medicine (for people) and regular veterinary medicine. Human medicine and veterinary medicine are very alike, just as the bodies of animals and humans are very alike, especially with mammals. But there is more to life than just physical bodies—even more essential are emotions, thoughts, and goals.

Animals also have very similar emotions to humans, albeit they cannot think like humans can. However, through emotions, pets and other animals can connect deeply with humans and give and receive love.

They can even take on stress and disease from their owner. When animals do this, it is a sign of their love for their owner. This energy reflection becomes a form of the homeopathic principle “Like cures like,” which can be very healing in and of itself, as many owners can tell you. Thus, pets can be a kind of energy therapy, especially helping owners with loneliness. Pets are reliable sources of love, joy, peace, and

companionship. In our world full of challenges and stress, pets have become more important to us than ever.

Pets and animals also need our help, though, and owners can do that with the methods that Chambers describes. She does this in a very natural way by describing how she helped her own dogs. She shows the reader a way of thinking that can help owners develop a healthy and joyful life with their pets. Of course, veterinary doctors are also important, especially when they understand and use homeopathy.

Pet owners who understand homeopathy can often effectively help their pets by themselves. Alternative healing methods can be used at different levels of intervention. The first level is that of just everyday people who are interested in understanding the cause of disease in their pets. When an animal's health becomes more problematic, a consultation with a veterinary doctor or homeopath can be needed. But often, the owner can do an excellent job for their pet on their own—Chambers shows you how to do this in her book.

Natural health and energy medicine methods have developed enormously in recent years. There has been a renaissance in the use of natural health and energy medicine methods—and they work not only for humans but also for animals and pets. Just like people, our animals deal with stubborn physical health issues, emotional issues such as anxiety and fear, aggression, and behavioral problems. The energy healing methods in this book can bring peace and healing. Chambers shows that diseases and homeopathic remedies not only have a physical quality, but they also have a kind of personality. Homeopathic remedies are “personality remedies,” and owners, with their intimate and extensive experience with their pets, are often the best people to recognize the “personality” of their pets.

Becky Chambers has created an altar to alternative ways of healing—one that is accessible to everyone—pet owners as well as professionals. She has done this simply and powerfully—by sharing her experiences with her pets. This book is recommend for anyone who wants to have a healthy connection with their pet.

Jan Scholten, MD

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Awards: Knight of the Dutch Order (2023)—for advances in the field of homeopathy

Foreword

Scott Reiners on Whole Body Vibration for Animals

Horses, dogs, cats—they are all athletic creatures by design. They are designed, and have evolved, to run and jump—but modern domestic life often does not provide the movement required for their optimal health. Whole Body Vibration may be able to provide this much needed stimulation, especially for animals whose movement is restricted for injury rehabilitation or other reasons.

Horses are grazing animals that need to spend most of each day moving freely and eating. A healthy and well-conditioned horse can travel up to twenty to thirty miles efficiently in one day in nature; an excellent example in domesticated life is endurance horses covering one hundred miles in twenty-four hours!

Some wild horses will travel fifteen to twenty miles daily in search of food and water. The horse requires movement to keep their massively muscular body in proper condition. A horse's body is approximately 40-50% muscle, 11% bone, and 10% fat—this varies significantly across breeds and types but is a general middle ground. There are also approximately 205 bones and 18 different types of synovial joints in a horse's body. Movement helps keep these bones and joints functional—barring any pathological events. In short, horses need to move!

The domestication of horses by humans has caused limitations in their natural need to move; senior horses or horses with injuries are also limited in how much they can move. We keep horses in small

spaces—stalls, pens, paddocks—and provide food, meaning they no longer have to travel to forage. Some competition horses are stalled for twenty-three hours a day! Additionally, some injured horses, who may typically have more room to move, find themselves confined to stalls to heal and reduce the chance of reinjury during the convalescence period. Lack of appropriate movement decreases muscular health and strength, joint health, and mental health.

Throughout my life, I have always been a strong advocate for movement for horses—even during convalescence and rehabilitation periods. I have been associated with horses in some form or another for 56 years and for 29 years as an equine veterinarian. I utilize many different methods and devices to keep horses active and engaged both physically and mentally. Whole body vibration (WBV) plates are an excellent tool. Currently, there is limited research on the use of WBV plates in equine practice, and much of it can be conflicting.

Horse owners around the world use WBV plates to keep their horses comfortable, “warm them up” for exercise, and relieve stress. I utilize it mostly for horses at the hospital in a rehabilitation setting. Some of the advantages users report from using WBV are muscle strengthening and relaxation, hoof growth, increased blood and lymphatic flow, increased balance, decreased cortisol levels, and a pre-workout muscle warm-up.

Many people are utilizing WBV not only for their horses and pets—but also for themselves. In this book, the author has articulated the benefits and usage of WBV for all to read. With so little written on this subject in companion animals, it is eye-opening to read how the author has utilized her knowledge of WBV use in humans and transitioned it to companion animals. The reader will find this knowledge in concise and well-written chapters, with insight into both homeopathic treatments and WBV. Anyone looking to use whole body

vibration and homeopathy for their companion animals should read this book. There is no other book that so clearly and helpfully conveys this ground-breaking and important information.

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Preface

I believe that my beloved dog, Panda Bear, came to me for a reason, with a perfect alignment of his needs and purpose with mine. In many important ways, he and I are like two peas in a pod. We are both very sensitive beings who have struggled to balance our lives and health in the face of painful experiences. And we both need love, stability, and good times full of joy and fun.

Over a period of many years, I learned to heal my own issues of childhood depression, hypersensitivity to substances, rampant allergies, and many others. I tried every possible healing modality to get well, and in the end found that *energy medicine* would save me; and the most effective healing modalities for me and my dog were homeopathy and whole body vibration.

When little puppy Panda Bear came into my life, just like me, he had some hypersensitivities and reactive behaviors, which I recognized came from a combination of his clearly sensitive nature and trauma from his early life before we met.

I had noticed and seen that homeopathy can heal animals as well as people, so I set about developing a homeopathic regimen for successfully treating Panda Bear. With great success, I employed the use of a pet intuitive to assist in his healing journey, and used my extensive experience in the use of homeopathy, which had helped heal myself and hundreds of clients, to assist Panda Bear to overcome his multiple and extensive issues.

Another of my dogs, Maple Sugar, became severely ill and nearly died from bacterial meningitis when she was just five years old. Out of the hospital, she faced a shortened and circumscribed life of brain damage, disability, and dependence on powerful drugs with damaging side effects. With her, I used whole body vibration and homeopathy to bring her back to a life of joyful energy. For seven more wonderful years, she was leaping and chasing balls and sticks, drug free and adored by all who met her.

This book is full of the knowledge I have gained healing Panda and Sugar, as well as many other dogs, cats, and other animals whose owners have sought my counsel. I pray it will also help your beloved companion.

I love all animals, but dogs have always had a special place in my heart. In times of trouble they have been a lifeline for me, and during good times, companions in adventure and joy. I feel very grateful and lucky that my life is now as wonderful and rewarding as it is, but there was an ocean of trouble to overcome to get to this place of calm and peace. The methods in this book changed the course of my life, and they work well with animals because we share many important physiological characteristics with them, including salient aspects of our brains and minds.

Chronic health issues are skyrocketing in pets as well as people. For example, obesity rates in dogs have increased 74 percent since 2007.¹ Many other health issues are also increasing, including allergies, anxiety and depression, arthritis and other musculoskeletal issues, cancer, diabetes, and various gut health issues.

The good news is that *you* can help your beloved friend. The same natural approaches that help people can also help our pets. Nearly fifty years ago I began my search for health and happiness and found the life-changing energy healing methods of whole body vibration and

homeopathy. Along with intuitive guidance, this book will help you know exactly what your pet is feeling and trying to tell you, as well as his needs and what will help him. I hope my hard-earned knowledge and experience saves you and your companion animal time, money, and pain, and restores blissful harmony to you and your pet.

I have come to see over time that Panda Bear and I are a perfect match in our healing journeys. Panda Bear has healed me in the many ways that pets can heal their owners. And in return, I had the knowledge to heal him. He was meant for me and I for him, and together we are meant to bring hope and knowledge to the many suffering animals and people who need energy healing. My experiences and my work with Panda Bear and Maple Sugar have given me a golden opportunity to share the extraordinary healing systems that saved me, Panda, and Sugar.

Introduction

In a world full of challenge and stress, our pets have become more important to us than ever. In this fast-paced and often overwhelming environment, they are reliable sources of love, joy, peace, and companionship. But our beloved animals need our help. Whether your companion is dealing with stubborn physical health issues, emotional issues such as anxiety, fear, or aggression, or behavioral problems, the energy healing methods in this book can bring peace and healing. There has been a renaissance in the use of natural health and energy medicine methods in recent years, and the same revolutionary methods of healing that have boomed in popularity with people can also help your animal companion.

You and Your Pet Are More Similar Than You Realize

There is a new wave of understanding in science and veterinary care that many animals, especially pack and herd animals such as dogs and horses, are more similar than you might think to humans.

In their physical bodies, psychology, and emotions, there are profound similarities between animals and humans that lead to the same approaches—the same therapies, drugs, energy medicine, and even just straight out love and understanding—that work for people.

As a recent *National Geographic* article noted, “New research reveals that people aren’t just imagining it—dogs and their owners share striking similarities, from matching hairstyles to mirrored tem-

peraments.”²² We don’t just look like our furry friends, but our personalities, psychology, and emotions dovetail too, and this effect grows over time. In fact, the DNA of dogs is 94 percent the same as a human being, and cats have 90 percent of their DNA in common with people.

Scientists have also found that the part of the brain that handles emotions is virtually identical between animals and humans.

While animals’ minds are not as complex as humans and do not have as powerful higher-level mental functions such as logic, memory, and deductive reasoning, when it comes to emotions and psychology, they are very similar.

This similarity in structure and function is reflected in modern veterinarian practices, with the use of drugs that help people with depression and anxiety, such as Prozac and Wellbutrin, also now being used with animals for the same issues. Also, like people, animals with painful events in their past can have stored mental trauma, which can lead to difficult behavior problems and affect their physical health.

I have been using the energy healing methods of homeopathy and whole body vibration (WBV) with people and animals for over twenty years. And they work equally as effectively with animals as with people. In fact, I have found that it’s often easier to help animals than people because animals are less complicated. Whether your pet is battling illness, or driving you nuts with anxiety, fear, or aggression and behavior issues, energy healing can help.

In their physical bodies, psychology, and emotions, there are profound similarities between animals and humans that lead to the same approaches—the same therapies, drugs, energy medicine, and even just straight out love and understanding—that work for people.

Homeopathy

For many people in the USA, homeopathy is an undiscovered jewel of energy medicine, but it actually has a long history of success. Today, it's the most used medicine of the Royal Family in United Kingdom and widely popular in many countries around the world including Germany, France, India, Switzerland, Mexico, and others. Originally developed two centuries ago, homeopathy was once so popular in the United States that there were twenty homeopathic medical schools. Eleven American presidents are known to have used it, and in the year 1900, a statue of its founder, Dr. Samuel Hahnemann, was erected in our nation's capital on National Park Service land, where it still stands. There are thousands of books on homeopathy and millions of articles. Resurging over the last five decades as a powerful energy healing system without the use of chemicals and drugs, homeopathy is used by people around the world for its proven ability to aid in healing and strengthening the body and mind.³

With recognition growing in this country of the limitations of Western medicine, homeopathy is regaining popularity as a system of healing that can address illness and imbalance in the mind and body.

There is an epidemic of chronic illness in this country, for both animals and people, that Western medicine cannot cure.

There is an epidemic of chronic illness in this country, for both animals and people, that Western medicine cannot cure.

Allopathic (drug-oriented) medicine still dominates medical care for humans and standard veterinarian care, but was developed with a lack of understanding of the interconnectivity of the body and mind as a whole organism. Instead, the allopathic approach treats body

parts as if they were separate and unrelated. Western medicine relies on drugs that treat symptoms without addressing root causes in a band-aid approach; and to make it worse, these drugs have powerful side effects on the rest of the body.

Homeopathy and whole body vibration are growing in popularity because they address the body as one contiguous system, heal the source of disease, and restore balance to the body and mind. And just as allopathic medicine can and is used with animals, so to can these powerful and safe natural methods.

Part 1 of this book will show you how homeopathy can be an invaluable aid in addressing common and often chronic afflictions animals can suffer from such as allergies, ear infections, digestive ills, weight gain, and Lyme disease. At the same time, because homeopathy is truly holistic and addresses an animal's mind and the body at the same time, common behavioral issues driven by emotional issues, such as overeating, territorial behaviors, and phobias, can also be resolved.

Homeopathy and whole body vibration are growing in popularity because they address the body as one contiguous system, heal the source of disease, and restore balance to the body and mind.

Whole Body Vibration

Whole body vibration is a workout and therapeutic system exploding in popularity worldwide because of its remarkable capacity to enhance health and well-being. WBV is a body, mind, and spirit system that has dramatic benefits for bone, muscle, and joint health. In fact, it's currently regularly being used in the competitive world of

horses racing, jumping, and other events, where it's valued for its remarkable physical therapy benefits for healing injuries, and for the competitive edge it provides for athletic performance.

It can do the same for your canine companion!

WBV is best known as a workout system where the user exercises or stretches while on a vibrating plate. However, it also has dramatic benefits even if you or your animal just stand on the gently vibrating plate.

Just ten minutes daily on a whole body vibration machine will provide increased muscle strength, bone density, flexibility, coordination, and balance; promote weight loss; and lower inflammation and pain.

Even when just standing on the vibrating plate, every muscle fiber and neuron in the body is automatically activated at 20-50 times per second, providing a gentle workout and stimulation effect that can provide many of the benefits of a more traditional workout. Movement is what all animals are designed for. It's the true fountain of youth for animals as well as people. Sadly, for both pets and their human owners, physical activity is often missing from our sedentary modern lifestyles. WBV can help offset that lack of movement without leaving your home, and in just ten minutes.

These benefits and the ease of use alone are enough to drive WBV's popularity, but in fact, they are only the tip of the iceberg when it comes to its total effect on health and well-being. Part 2 explores these benefits and how this revolutionary system can best be used with your animal companion.

Just ten minutes daily on a whole body vibration machine will provide increased muscle strength, bone density, flexibility, coordination, and balance; promote weight loss; and lower inflammation and pain.

Using Intuitive Insight

Animals and people have innate intuitive abilities that can allow us to understand each other and communicate in a manner that is beyond the spoken word or even any of our standard five senses. While this ability seems to be naturally stronger in some people, research supports the existence of this innate ability.⁴ It's thought that we all have this ability and can develop it with practice. Intuition can come in very handy when you're trying to figure out what's wrong with your animal and what he needs to feel better. Chapter 9 will explore the science and possibilities of this remarkable communication system, tailor-made for you and your animal.

Stories of Healing

You will meet my dog, Panda Bear, whose baby picture is on the cover. Panda experienced loss and trauma early in his life, before I got him, and as a result faced a series of common chronic health issues (allergies, ear infections, digestive ills, and Lyme disease) that required expensive drugs and treatments for life, along with a debilitating fear of cars that would keep him house bound. Homeopathy and intuitive guidance saved us both from a lifetime of dealing with those physical issues and freed him from the grip of his overwhelming fear. He is now my gorgeous poster boy of energy healing. He's drug-free and available for interviews anywhere within driving distance.

The story of Patch, a cat, shows how widely applicable and useful these methods can be for dealing with problems that many of us can relate to these days—depression, anxiety, and weight gain. Chapter 6 reveals how Patch overcame his challenges and won back his place as benevolent king of the household.

Maple Sugar came down with bacterial meningitis, nearly died, and suffered debilitating brain damage, with a prognosis of permanent disability and steroids with powerful side-effects for life. With the help of homeopathy and whole body vibration, she made a dramatic recovery and went on to enjoy seven more years of chasing balls and sticks, drug-free and full of joy.

Homeopathy and whole body vibration are for everyone. These are methods that you can use for your beloved animals and yourself. The aim of this book is to inspire you and provide you with the information you need to get started on a healing journey with your animal.

Warning

Homeopathy and whole body vibration are powerful healing systems, and like any powerful tools, if they are used improperly, they can cause problems.

Please consult with a trained and professional animal homeopath if you want to go beyond the guidelines in this book for using homeopathy on your own animal.

While WBV is often found in professional settings, it is designed and perfectly compatible with using it on your own. But be sure to check the contraindications for WBV in Appendix 1 before using WBV.

Further, the information in this book is not intended to be a substitute for professional veterinary advice, diagnosis, or treatment. Always seek the advice of your veterinarian if your animal companion has a medical condition or you have questions regarding a medical condition or medical symptoms.



Part 1

HOMEOPATHY FOR DOGS,
CATS & OTHER ANIMALS

Chapter 1

Ear Infections & Inflammation

Introduction

Panda Bear, my sheepadoodle who is on the cover of this book, came to me as an adorable young puppy, just the lively bundle of joy and love I needed. But within a few days, he began to develop the first of a series of chronic health issues. These chronic conditions would not only affect the quality of his life but would likely shorten it. First and foremost, Panda had a serious emotional trauma-related phobia of cars. That would mean that I could not take him anywhere beyond walking distance. No trips to dog parks. No car rides to the vet or groomer. No hiking trips. No trips to the beach. And no trips to my relatives' kids, who love Panda and whom Panda would enjoy playing with.

The veterinarian recommended drugs and expensive special care and treatments for life.

But I was not going to accept this fate without a fight, and jumped into action.

With the power of energy medicine, I healed his car phobia and helped my sweet puppy grow up to be the heathy, happy, confident, and fearless boy he was meant to be.

To address Panda's emotional and physical health issues, I began a program of homeopathy and intuitive animal communication. I also used traditional Western veterinary care and positive reinforcement behavior training. I did not end up using whole body vibration with Panda Bear, as he was not comfortable with the vibration, and his physical issues were not ones that required whole body vibration.

Whole body vibration is particularly known for its benefits for the musculoskeletal system, including physical therapy benefits. There are other benefits as well, but animals with joint, muscle, bone, and nerve issues will especially benefit from whole body vibration. Panda Bear was young and had no musculoskeletal issues. The root of his health issues were trauma and deep-seated fears; to address and release his emotional trauma I needed to use homeopathy. Chapters 10-13 will discuss the benefits of WBV and how to use it with horses, dogs and cats.

Many of the chronic health conditions and behavioral issues Panda Bear developed are problems that you may be dealing with yourself with your pet. With Panda Bear as an example, I will show you how to use homeopathy so that you and your animal can also enjoy a long, happy, and drug-free life together.

With the power of energy medicine, I healed Panda Bear's car phobia and helped my sweet puppy grow up to be the heathy, happy, confident, and fearless boy he was meant to be.

I will show you how to use homeopathy so that you and your animal can also enjoy a long, happy, and drug-free life together.

The idea is to match the physical and mental state of your animal to the homeopathic remedy that best describes and matches your pet. When the match is correct, and the energy of the homeopathic remedy truly resonates with your pet, then the remedy can trigger healing.

Remember that while any particular physical symptom can have several or even many possible homeopathic remedies, *only one will work*. You need to choose the right remedy for your pet. It's a bit like a jigsaw puzzle: you need to find the right piece, and then it fits and builds the whole.

If you don't see a matching remedy in Panda Bear's story, check the end of this chapter for other common homeopathic remedies for ear infections/inflammation. Chapter 7 gives you a practical guide for how to use homeopathy with your animal.

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Caution

It's important, especially with the very young or elderly animals, acute illness, or just a sensitive and delicate animal, to *start gently with low potency homeopathic remedies*.ⁱ

You will see that I did this with Panda Bear. Low potency remedies are very safe, so you can also try them on your own with your pet, and

i Remedies have numbers and letters after the name that denote the potency. Low potency remedies are all "X" remedies and all 30 and below "C" remedies. 200C and all "M" remedies are high potency and should not be used unless you have professional guidance from an experienced homeopath. (See also Appendix 4: Understanding Potency Levels)

it may turn out that low potency remedies are all that is ever needed. One can also always stop at any point with homeopathy, because your pet is always getting stronger and rising to a higher level, both physically and mentally.

Over time, if the trauma was deep, higher potency remedies may be needed to fully release embedded negative energy. But *do not* use high potency remedies (anything above 30C) on your own. Please consult with a professional, experienced animal homeopath for further treatment. See the Resources section at the end of this book.

Ear Infections

Pulsatilla – the Feminine Aspect

Panda Bear came to me when he was eleven weeks old, a toddler in people years. Almost immediately, he was vomiting and had diarrhea. He had been driven in a car from North Carolina to my home in Massachusetts, and he had lost his birth family and home in the process.

As I knew Panda Bear's circumstances, I gave him a homeopathic remedy called *Pulsatilla*, a classic remedy for young children or animals who feel abandoned and forsaken. *Pulsatilla* is an energy known for its soft, timid, easily influenced, and dependent state. This is a natural state that most young animals will be in at some point, and it's a strongly feminine energy. *Pulsatilla* can also be associated with diarrhea, vomiting, and ear infections. This last issue (ear infections) soon developed into a chronic problem for Panda. I gave Panda a total of two doses (two days apart) of low potency (30C) *Pulsatilla*.ⁱⁱ

The vomiting and diarrhea stopped almost immediately after his first dose, and it helped him to shift out of his emotional state of fear and abandonment.

ii **Note:** Do not try to use higher potency homeopathic remedies (anything past 30C) on your own. These higher potency remedies are very powerful and should only be used with the help of a professional and experienced homeopath. Used improperly these remedies can result in a worsening of symptoms instead of an improvement. See Chapter 7 for more on how to use homeopathy for your pet yourself.

Sulfur – Strong & Sturdy, Boisterous & Friendly

A week later, Panda Bear was an active, robust puppy, exuding strength, energy, and sturdiness, except that he had developed an ear inflammation with brownish, smelly gunk in his ears. I gave Panda a few doses of Sulfur, which is known for a “extroverted, boisterous and friendly”⁵ strong personality, and can also be associated with ear infections. I also took Panda to the vet, and they gave me an antibiotic and antifungal ointment for his ears.

The vet told me that Panda’s floppy ears and long fur create a warm and moist environment that’s prone to ear infections. He will likely need a regular program of ear cleaning and preventative treatments all his life, and he is likely to get infections and need treatment despite all that. Western veterinary medicine is much like Western medicine for people. It can often quickly and powerfully alleviate symptoms, and they may find a physical cause, but unlike homeopathy, Western medicine will not address the energetic root cause of a problem.

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Calcarea phosphoricum – Home Oriented; also Lively, Happy, Playful

After the vet's drug treatments for Panda's ear infection, combined with the homeopathic *Sulfur* remedy, Panda Bear was doing well. He was full of energy, loads of fun, and very lively, and his ears were good. We were mostly staying at home as he had not yet gotten certain vaccinations, making it risky for him to be around other dogs, but he was having a great time playing in my house and yard.

He still, however, was terrified to ride in a car. I was trying to introduce him to cars, as I wanted him to be able to go everywhere with me. This is standard desensitization therapy for phobias. I carried him in the beginning, because he was so little and snuggly, but then he developed car sickness and would vomit in the car.

For his car sickness I used a homeopathic remedy that combines the characteristics of two remedies, *Calcarea carbonica* and *Phosphorus*. *Calcarea phosphoricum* is for animals who are home oriented, but also lively happy playful dogs. He was also now eating dirt along with getting car sick, which also matched this remedy. I gave Panda Bear a dose of *Calc phos 30C*, and he stopped eating dirt almost immediately. His car sickness also improved, though he was still afraid of being in the car.

Panda Bear would need several more remedies to fully kick his ear infections. Sometimes only one or two remedies are needed to fully resolve a physical issue. In other cases, such as with Panda, deep trauma can lead to multiple layers of negative energy that need to be released.

What Is Negative & Positive Energy

The acclaimed psychiatrist Elisabeth Kübler-Ross said that there are essentially only two (human) emotions, love and fear. Positive emotions arise from love, and negative emotions arise from fear. Positive energy is love and all the actions and emotions that flow from

love. This energy involves growth and expansion, and is critical for good health. Negative energy involves emotions that come from fear, such as anxiety, anger, grief, sadness or depression, guilt, and jealousy. Negative energy involves repulsion, retraction, implosion, retreat, and all the actions and emotions that come from fear which are negative actions.

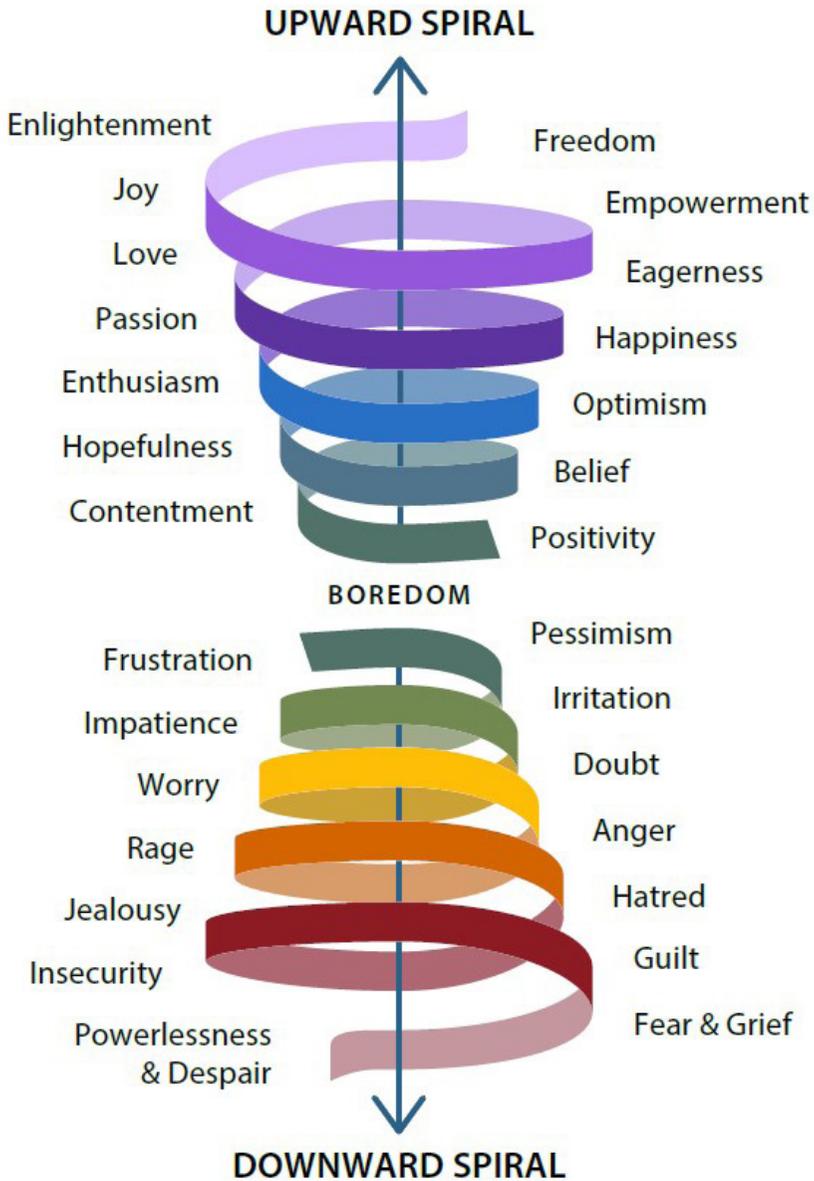
Thus, a traumatic, fear-inducing event in an animal's life (or person's) can lead to many different chronic negative responses, which their owners see as behavioral issues. Because the body and the mind are interconnected, fear can result in a wide range of physical issues also.

Negative energy from trauma in our lives accumulates like the layers of an onion, and Panda Bear is a complicated situation. His deep trauma has led to many layers of energetic disturbances. Just like people, sometimes physical ills in animals can be helped with just a few on-target homeopathic remedies. Panda Bear's story is more complicated, but in his story you can see how to choose and use homeopathic remedies. You may even find just the right remedy for your pet, but if you don't find one that seems just right, there are many more to choose from. At the end of this chapter, I will list other remedies commonly used for ear infections, and Appendix 2 has detailed descriptions of these and other remedies.

As you will see as you read the stories of healing in this book, using homeopathy and whole body vibration, along with intuitive guidance to better understand animals' feelings and needs, I was able to shift animals from fear driven emotions and energetic states, and their associated chronic health issues and behaviors, to healthier, happier energy states.

The spiral diagram below shows the hierarchy of emotions from the lowest vibrational energy emotions of fear, despair, and powerlessness, up to love, joy, and freedom at the top. As one moves up the emotional scale, the emotions become progressively more positive and vibrate at a higher frequency.

Vibration Spiral of Emotions



Mercurius – Extremely Sensitive, Emotionally Intense & Suspicious

A few days later, Panda's ear infection returned, but he was behaving differently from the first time around with this symptom. The same physical symptom can have many different potential remedies—one needs to look at the whole picture and including the mental state. This time, Panda Bear started to act very suspicious and fearful of the car, refusing to go anywhere near it. He also became quite itchy and was scratching.

I gave Panda Bear a dose of *Mercurius*. This energy has an “emotionally intense and suspicious” mental state, and is a highly sensitive animal, like the element mercury, which is used in thermometers because of its extreme sensitivity to temperature. Panda Bear is a very sensitive dog, and *Mercurius* is also known for having many phobias and fears, along with ear infections and being itchy.

I gave Panda a couple of doses of *Mercurius*, and his ear infection quickly disappeared again and his skin calmed down quickly.

Intuitive Guidance

Despite a careful desensitization program and endless treats, Panda Bear was still refusing to get in the car and balked at even being near the car. About a month after he came to me, his fear escalated to where one day he refused to even leave the house, presumably because we might go near the car. This was clearly a deep and serious problem involved here.

I decided to enlist the help of an intuitive counselor to help me get a better understanding of the problem. Intuition is the ability to tune into energy waves directly and utilize information transmitted via energy waves, resulting in a flash of insight. Using this innate ability of

our brains, highly intuitive people can gain information and “communicate” with an animal without the need of our usual five senses (touch, sight, hearing, smell, taste). Animal communicators often do not need to physically meet or see the animal they are communicating with, or be given any information about the animal other than their name and perhaps a photo.

The famous physicist Albert Einstein was a strong believer in intuition and inspiration, famously declaring, as reported in a *New York Times* book review in 1931,⁶ that “imagination is more important than knowledge,” that he believed “in intuition and inspiration,” and stated that, “At times I feel certain I am right without knowing the reason.”

Imagination is how our mind communicates intuition to our conscious mind. Thus, intuitive information can come in any of the forms we are already familiar with, including our five more commonly known senses. We might receive intuition as a sensation, an image, sounds, or even words, a taste, or smell, or just a knowing. More information about intuition and how you can develop your own intuitive abilities is in Chapter 13.

The intuitive I consulted with, Jeanne Mayell,ⁱⁱⁱ tuned into Panda Bear and said that the first thing she saw was his mother, a kind and stable presence. She also saw other sheepdogs, and maybe sheep too. She thought he was raised on a farm and that he was missing his mother and the other animals. She asked Panda about my car and said that she felt his arms become weak, suggesting he felt things were beyond his control. She said that she felt his very strong anxiety, grief, and fear.

About me, she said that he saw me as strong, like Blondie in the old cartoon. I was carrying the laundry, the trash, and was tall and athletic. My strength was comforting for him, but he missed his own mother. I should give him a sheepskin, she said. His mother was a poodle, which meant she had a similar coat to sheepskin in texture and length:

iii You can find more information about Jeanne Mayell and her work at www.JeanneMayell.com

long, curly, wiry. A sheepskin would help him when he was missing his mother and when he was stressed. She also felt that he associated the car with being taken from his mother and siblings against his will. It was a terrible trauma. He thought if he was back in a car, he'd be taken somewhere else, and he'd lose me too.

Panda's Sheepskin

Panda loves his sheepskin, which I gave him after talking to the intuitive animal communicator. As a puppy, it was his favorite toy, perfect for tug of war, and for chasing and pouncing on. He has also been sleeping with it ever since I gave it to him.



Panda and his sheepskin

Panda's sheepskin is also a handy indicator to me of when he is stressed, because then he rips and shreds his sheepskin wildly, shaking his head and tossing the shredded pieces around in a storm of growling and flying wooliness. Having a barometer of Panda's stress level has been very helpful, as this has helped me to know when his energy has shifted and he needs another homeopathic remedy.



Shredded pieces of sheepskin

Natrum muriaticum – Buried Grief

The next issue that came to the forefront with Panda was grief, from the loss of his mother and family. Panda had started eating dirt and biting again, as well as ripping at his sheepskin, and he was also peeing more often and having accidents, after having none the first three weeks.^{iv} He had also developed an unusual symptom of violent hiccups.

There are many remedies associated with grief. *Natrum muriaticum* is the classic one for a buried, repressed grief. Instead of grief at the surface, there is anger and withdrawal. These animals are very sensitive underneath and they have been hurt in the past. Animals with this energy may be loners and need their space. They are likely to have trouble accepting attention and care, though they need it. Panda was not as snuggly as he had been the beginning. He was now more withdrawn. I gave him a dose of *Nat mur*, and within hours Panda's hiccups disappeared, he stopped eating dirt, didn't need to urinate constantly, and the biting calmed down.

Strange and unusual symptoms, such as the violent hiccups, can be helped by homeopathy, because there are very few other remedies associated with these odd, rare symptoms. In this case, there are only three remedies associated with violent hiccups, and only one of those is also associated with frequent urination and the urge to eat undigestible items—*Natrum muriaticum*.

iv Crate training can be a huge aid in house training. Puppies naturally do not want to eliminate in their sleeping area so they will try hard not to eliminate until you let them out—just be sure to take them directly outside at that point, and don't leave them in a crate more than an hour or two when they are young. When trained properly, most puppies and dogs will quickly be comfortable in their crate—it feels like a safe den to them. See the Resources section at the end of the book for help with training and how to use a crate properly.

A Complicated Situation

Everything was good for about a week, but this was a complicated situation, with many layers of energetic disturbances.

To fully resolve Panda's ear infections, we ended up cycling through the same remedies he had already gotten several times, at stronger and stronger dose levels. This was necessary because fears and energy may be buried deeper in the subconscious than a low potency remedy can reach.

At higher potencies, homeopathic remedies can result in an initial "aggravation" where symptoms initially get worse before getting better. This is one reason you should *not* try to use higher potency remedies on your own. See Chapter 7 for a guide to using homeopathy on your own.

Panda Bear moved through a number of different health issues over the next year, and we resolved them one by one. But his health was always getting stronger, which let me know that I was on the right track.

By the end of Panda's first December, when he was a big and beautiful six months old, three months after I started treating him, all traces of his ear

Everything was good for about a week, but this was a complicated situation, with many layers of energetic disturbances.

By the end of Panda's first December, when he was a big and beautiful six months old, three months after I started treating him, all traces of his ear infections were completely gone, never to return, with no need for any special care or regular treatments.

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Panda Bear, eight months old

Self-Help

The self-help sections at the end of each chapter relate to the issues covered in that chapter and are designed to help you find the right remedy for your animal for their particular version of these health issues.

Below, I list common remedies for that health issue. You can cross reference the remedies in the list below with the remedy descriptions in Appendix 2 for a description of the physical and mental symptoms that go with that energy.

In Appendix 2, Option 2, look for the remedy that best describes your pet—both mentally/emotionally and physically. Your pet must have at least some of the mental characteristics as well as least one of the physical characteristics for the remedy to be correct.

When you have chosen a remedy, go to Chapter 7 for how to use it.

Ear infections/inflammations

Panda's remedies: *Pulsatilla, Sulfur, Calcarea Phosphoricum, Mercurius, & Natrum Muriaticum*

Other common remedies: *Aurum, Belladonna, Calcarea Carb, Chamomilla, Sepia, Silica*