

Can Traditional Chinese Medicine help my pet?



TCVM can benefit your pet in the following areas:

- Pain relief
- Recovery from injury, illness and surgery
- Promote healthy organ function
- Act as an anti-inflammatory
- Regulate the immune system
- Promote circulation
- Performance enhancement and disease prevention
- Wellness and well-being

Musculoskeletal problems

- Muscle soreness
- Osteoarthritis
- Degenerative joint disease
- Tendon and ligament injury

Neurological problems

- Intervertebral disk disease
- Paralysis and Paresis
- Seizures
- Degenerative myelopathy

Gastrointestinal disorders

- Vomiting
- Diarrhea
- Regulate gastrointestinal motility
- Constipation
- Incontinence
- Gastric ulcers

Other Chronic Conditions

- Asthma
- Skin conditions
- Endocrine disorders
- Phobias
- Behavioral problems
- Infertility
- Organ failure
- Palliative cancer care
- Geriatric weakness

Kristin Gundersen, DVM Certified Veterinary Acupuncturist

Dr. Kristin Gundersen grew up in Sunapee, New Hampshire and attended Washington State University in Pullman, Washington. At Washington State, she earned her Bachelor's Degree in Pre-Veterinary Sciences and was admitted to the Washington State University College of Veterinary Medicine. She was awarded her Doctorate of Veterinary Medicine in 2004.



After graduating from veterinary school, Dr. Gundersen practiced in Edmonton, Alberta, Canada, with a focus on small animal and exotic animal medicine and surgery. Although her interest in Traditional Chinese Veterinary Medicine (including acupuncture, herbal therapies and food therapies) has been long-standing, it was not until she moved to the Capital District of New York that she had the opportunity to pursue her interest in this area of veterinary medicine.

In 2007, Dr. Gundersen attended the Chi Institute of Traditional Chinese Veterinary Medicine in Reddick, Florida, where she completed training to become a Certified Veterinary Acupuncturist. She continued to practice a combination of Western and Chinese medicine until June 2008, when she began specializing exclusively in Chinese medicine.

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Traditional Chinese Veterinary Medicine

Traditional Chinese Veterinary Medicine includes Acupuncture, Herbal Remedies, Food Therapy and environmental modification. The Chinese have treated animals using TCVM principles since 800 B.C. Treatment methods have been developed and refined throughout the past 2800 years. TCVM works well when integrated with Western (conventional) Medicine.

Traditional Chinese Veterinary Medicine follows the 3,000-year-old principles of balancing the body to treat and prevent disease. Treatments work to heal the body by restoring a balance between its Yin, Yang, Qi, and organ systems; imbalances in these systems result in disease and illness. Yin and Yang are found in everything, living or not, on the planet. These terms describe the interdependent relationship of opposing but complementary forces believed to be necessary for a healthy life. Qi is the vital energy which must flow freely through the body for optimal performance; blockages in Qi flow result in pain and organ dysfunction.

Veterinary Food Therapy

“Let food be thy medicine” - Hippocrates

Traditional Chinese Veterinary Medicine uses Food Therapy to help maintain balance and health within the body. Each food has specific healing properties. For example, ginger is a warming food, cucumber is a cooling food, and barley drains dampness and helps with infection.



Principles of Food Therapy can be used to create home-cooked diets tailored to each individual patient’s medical needs, food preferences, and body type. Diets are created to be wholesome and nutritionally complete and balanced for each patient.

Chinese Veterinary Herbal Remedies

Chinese and Western herbal therapy each has its own unique historical development spanning thousands of years. Chinese herbal formulas use synergistic combinations of plant substances. Herbal formulas can be used in place of pharmaceutical drugs or can be used to lower the dosages of pharmaceuticals to reduce negative side effects.



Frequently Asked Questions

How does Acupuncture work?

Acupuncture is a method that encourages natural self-healing in the body and improves overall body function. The acupuncturist strategically inserts tiny needles into specific acupuncture points to stimulate them. All acupuncture points are located in areas of high density nerve endings, blood vessels and signaling cells. Stimulation of the points leads to pain relief and improved organ, muscle and nerve function. Chinese medicine is based on the premise that the body knows how to heal itself; point stimulation simply helps the body regain its natural balance.

Each individual’s system is unique and therefore requires customized treatment. If 10 pets are afflicted with the same disorder, there may be 10 different Chinese treatment protocols based on the Chinese pattern of imbalances.

Does Acupuncture hurt?

No. Most animals are readily accepting of acupuncture, and many even fall asleep during treatment. Acupuncture causes a feeling of heaviness and local muscle contraction and relaxation around the treated acupuncture points.

How long are the treatments? How many treatments will it take to see results?

Each acupuncture session includes a full Traditional Chinese Veterinary Medicine exam and treatment. The acupuncture itself typically lasts 10 to 30 minutes. Mild and short-term problems may be cured with a few weekly sessions, while chronic or severe conditions may necessitate ongoing treatment. Frequency of treatment is dictated by the individual condition. Most patients start with weekly treatments which are then decreased in frequency as the patient begins to heal.