HOLISTIC VETERINARY EDUCATION

EMPOWERING VETERINARIANS WITH INTEGRATIVE MEDICINE

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Integrating Alternative Medicine in a Conventional Practice
written for the AVMA

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Alternative medicine can also be referred to as complementary, unorthodox, unproven, outside of mainstream, not widely taught in schools of medicine. It is often called CAM (complementary and alternative), and in veterinary medicine, CAVM. CAVM encompasses acupuncture, chiropractic, homeopathy, nutritional therapies, nutraceuticals, Eastern and Western herbs, flower essences, massage, Reiki, NAET, kinesiology, among others.

There is growing demand from our clients for more natural therapeutic options. Close to 50% of Americans have already used one or more CAM modalities with themselves; 80% of the rest of the world uses botanical medicines. Certain CAVM modalities may lack current scientific studies, but as many as one third of them have been safely and successfully used in animals and/or people for generations. The National Institute of Health (NIH) spends over US$230 million dollars annually on this research, and many therapies are actively being tested. Alternative medicine is no panacea, but it affords help in countless cases. Unlike modern medicine, which has seemingly become impersonal, often involving expensive tests, CAM practitioners spend more time on physical exam and anamnesis, engaging the client/patient in a more thorough and direct way.

The industry of CAM /CAVM is growing exponentially and over 20 billion dollars are spent annually in CAM and supplements. Responding to this market demand and incorporating certain practices in your veterinary clinic will demonstrate to your client that you have an open mind, an inquisitive yet accepting attitude, and support the client’s desire to leave no stone unturned in their quest to improve their animal’s health. And it may direct the client away from a treatment that, just because it is ‘natural’, may not be safe or even indicated. The internet is always there to fill in the gap, and extrapolation of uses and doses serves no one – least, the pet.

Practicing holistic medicine mostly means one will look beyond the medical diagnosis of a disease and their traditional treatment. (There’s nothing ‘holy’ in holistic: the word comes from ‘whole’ and should therefore be spelled wholistic.) It means the environment and husbandry are considered, the diet is carefully
examined; source of water, type of bowls, exercise routines, training, previous history, tendencies of the individual pet. These all are important pieces of the puzzle which constitutes the whole picture of this one particular animal and its world. A holistic vet will choose the least invasive or toxic therapy that is effective. He or she will also refrain from unnecessary standard practices such as revaccinations when there is already protection or when those aren’t needed, effective or safe; pesticides, when those aren’t critical. The goal is to optimize health and strengthen the body, thereby preventing disease and decreasing chances of a recurrence of the problem.

There are many instances where conventional medicine can benefit from an integrative health approach. There are refractory diseases, chronic diseases that can at best be managed and palliated, diseases where there are no known therapies, cases where the therapy is too toxic to a sensitive patient, and many other cases where an adjunct therapy would be extremely helpful to the patient and highly desirable to the client. CAVM greatly expands the veterinarian’s role and heightens the trust between the practitioner and the client (clients often don’t tell their vets about things they may be doing ‘on the side’, for fear of their judgment). It can also be financially rewarding to the practice. Please note, it is critical to charge for your consultation time, in addition to services provided. Practicing high quality, ‘stay well’ medicine, is in tune with the old Greek school of thought, when you would pay your doctor as long as you’re well. If you became ill, no more payments – until you regained your health!

There are several small animal clinics that have elected to transform themselves into exclusive naturopathic clinics; but a larger number have started incorporating holistic techniques into their conventional protocols. As the practicing veterinarians become more familiar and better versed in CAVM, these clinics may be best described as integrative animal medical facilities. Such a place is MercyVet. Here, we keep current with the latest in vet medicine, practice surgery and run diagnostics, refer clients to the area specialists (and receive referrals from them), but are also continually searching for effective, nontoxic alternatives to offer clients. Most of the time, we have client waiting lists as we cannot fully respond to the public’s demand for these services and approach!

In the exam room, there is little difference between the regular vet and the holistic one: they both will SOAP their patients. But the Sss – subjective findings – are expanded. The client’s observations are valuable, as they not only provide insight into the animal’s medical issues, but into the client’s perspectives, worries and desires for this particular case. Past problems are important as they can be linked to
this current issue, directly (side effect of drugs, end of remission periods, seasonal recurrences) or indirectly (denoting a particular weakness of one of more of the body’s systems or organs, or even client inability to medicate). The physical exam and laboratory/imaging data (Objective findings) and the Assessment may be very similar to the ones produced by a traditional vet, yet again the Plan will be broader, including other techniques and products in addition to the established, indicated therapeutic options. Most importantly, each case is seen in its own individuality. Even when the disease is the same, the pet is a different one, and their humans may have different expectations and abilities which may dictate a different approach. Ultimately, it is the client who elects the route of therapy taken with their animal.

Practicing holistically also enables one to more easily adapt to economic realities. For example, vaccine revenue has declined significantly, as it has become established that immunity from good quality viral vaccines lasts way more than a year. Titer testing (in house or from your local lab) is a responsible alternative to booster immunizations and compensates for revenue loss. In another example, anesthesia free dental prophylaxis, if done under your roof, dramatically increases compliance with recommendations, improves general oral health in your practice, raises the respect your clients have for your acceptance of this alternative to the full anesthesia procedure, and increases the client’s understanding of the difference in pricing. At MercyVet, twice a month excellent dental technicians perform this procedure under our indirect supervision. Any findings – or the inability to do a full cleaning due to level of disease or temperament – are brought to the vet’s attention in the presence of the owner, who then immediately recognizes the need for further intervention – much like in the human world of dentistry. Anesthesia free dentistry will rarely be detrimental to a pet’s health, or a practice’s finances, as long as it’s not pushed out of the vet clinic, where there’s less or no supervision and follow ups.

Finally, the importance of a healthy, species appropriate diet cannot be overstated. No amount of supplements and medicines can substitute for balanced, fresh nutrition. In this practitioner’s experience, countless cases improve once the diet is corrected, and necessitate no further intervention. A poor diet can easily become an obstacle to curing and aiding our pets in their journey toward health – as is paralleled in human medicine.

* Used with permission from Dr. Jacqueline Sehn, DVM
College of Animal Homeopathic Medicine

Teaching

Complementary Veterinary Medicine and the integration within your practice
Fall 2014
Consulting and Course Outline

The world Health Organization lists Homeopathy as the fastest growing medical modality in the world. Julie Anne Lee DCH RcsHOM has been the owner and practitioner of some of the busiest and long standing holistic Veterinary Hospitals and Clinics in North America, instructor at the College of Animal Homeopathic Medicine, lecturer for the American Homeopathic Veterinary Association, British Homeopathic Veterinary Surgeons Association and many more over the last 20 years.

When speaking to Veterinarians at conferences and gatherings the number one concern I hear is that “they feel they do not have the tools to easily integrate holistic modalities into their practise.” or “have not achieved the success they had hoped for.” I have designed a course and consulting service not only for the new and aspiring Veterinarians but for those that have already the passion and the training yet are having difficulty practically prescribing or finding their way. This course and service focuses not only on holistic medicine but how it fits your individual needs and goals within each practice.

This program not only trains the Veterinarians but includes the entire support staff of technicians, receptionists, assistance and managers all detailed to their scope of practice and duties.

• practical homeopathy
• protocols for your busy practice
• philosophy and how it is seen in the veterinary patient
• obstacles to cure and how to work with them
• looking at treating through pathophysiology
• nutrition
• nutraceuticals
• functional medicine
• vaccines: up to date research, titre testing and what it really means
• diagnostics a holistic approach, what kind and why: by increasing the use of non-invasive diagnostics for an overall picture may lead to the decrease need of drugs and surgery by digging deeper into cases, hence happier clients and patients
• family dynamics
• protecting your staff and clinic legally with record keeping and holistic forms
• marketing your practice

Angel before and after:
**BIO**

**Julie Anne Lee, DCH, RCSHom**

Growing up offering helping hands in her mother’s animal rescue shelter planted seeds early on of what would grow rapidly and passionately into Julie Anne Lee’s life’s purpose. A deep caring and protection for animals and their health while educating the public and Veterinarians at large to empower them to make the best choices for ethical treatment and naturally holistic approach to their health.

With her mentor, veterinary surgeon Dr. Susan Armstrong, a faculty member of the British Homeopathic Physicians Teaching Group, Lee has studied with some of the most renowned international homeopaths including Dr. George Vithoulkas in Greece, Dr. Rajan Sankaran in India, and Dr. Mark Elliott DVM and John Saxon DVM, Peter Gregory DVM in England.

**EDUCATION**

- Graduated as a veterinary technician and was part of a team with a mixed practice veterinary hospital in the surgical department, postmortem and lab

- Completed the Equine Science Program, Humber College special interest in fertility ultra sounds

- Graduated from a four year Human Homeopathic Medicine Program earning her DCH in 97 and qualified for her RcsHom in 2002

- Completed three year Sit Practice with Dr Sue Armstrong DVM, British Homeopathic Veterinary Surgeons Program, Leeds UK
LECTURING and TEACHING

Lee is an Associate Member of the British Association of Homeopathic Veterinary Surgeons in which she was a guest lecturer at their 2002 conference.

- Taught Introduction to Holistic Veterinary Medicine to 4th year foreign Veterinary students at Sprott College, BC
- Developed and taught a three year post graduate program for Veterinarians DVM’s and Homeopaths DCH’s at the College of Animal Homeopathic Medicine
- Lectured for American Homeopathic Veterinary Conferences on Homeopathy and Functional Pathology in Sante Fe 2009 and Portland 2012
- Lectured for Dr. Don Hamilton DVM on Advanced Training in Veterinary Homeopathy in Taos, New Mexico 2007
- Lectured for the Canadian Society of Homeopaths on clinical comparisons of the treatment of human to animals
- Lectured for the Canadian Association of Professional Pet Dog Trainers CAPPDT on Canine Vaccine Research

Lee regularly lectures at Veterinarian Conferences, Conducts Homeopathic Small Animal, Livestock and Equine Workshops, along with private and public seminars throughout North America.

PROPRIETOR

- Owner and practitioner of Adored Beast Veterinary Clinic, the first licensed strictly holistic Veterinary clinic in Canada
- Owner and practitioner, Vancouver Animal Wellness Hospital
- Owner and practitioner, Healing Place Veterinary Clinic
- Director of Holistic Wing, Animal Care Clinic with 10 veterinarians and a support staff of 25
PRODUCT DEVELOPMENT

• Developed the recipe for Amore Raw dog and cat food the first commercially prepared retail raw food in 1997

• Product and development consultant for Red Dog Deli Raw Food 2008 to 2013

• About to launch Veterinary Homeopathic Line exclusive to Veterinarians and a public line for pet stores

RECOGNITION

• Press features include Enroute Magazine, Equine Wellness Magazine and Vancouver Sun

• Awarded Best Veterinary Hospital by Georgia Straight for 2 consecutive years

• Interviewed on CBC in 2000

• Was a weekly columnist in Vancouver Sun for Holistic Veterinary Care 2008

• Awarded Educator Challenge Cup from the British Homeopathic Veterinary Surgeons in 2011


• Was published in the American Veterinary Homeopathic Journal 2013

• Featured on TV show North of 49
**PRO BONO**

- Practitioner for and is on the board of VOKRA (Vancouver Orphan Kitten Rescue Association) with a total rescue of more than 1,800 kittens per year.

- Provides treatment for Downtown Eastside Dogs and Hearts on Noses Pig Sanctuary.

- Lee provides educational services through public lectures and Veterinary mentorship programs, Veterinary courses and consulting services that advocate the homeopathic treatment of animals. She works tirelessly to be a voice for those who cannot speak and to make HOLISTIC animal care accessible to every type of animal lover, no matter what socio-economic group they belong. In her life and in her practice, Lee emulates the mantra of Samuel Hahnemann, the founder of homeopathy, who said simply, "above all do no harm." This lesson is the underpinning of her belief around healing and health for animals and all living things.
“I have been a colleague of Julie Anne Lee’s for 15 years and have been fortunate to be a part of the process of her trail blazing holistic veterinary medicine throughout Canada. This includes her courses, lectures, research and in practice.

Her ability to teach comes from years of clinical experience where she has treated a monumental amount animals. All the veterinary clinics and hospitals she has opened, owned or been involved with have flourished and she is well respected within the veterinary community for her talents and knowledge and loved by her long time clients and patients. I would highly recommend her as a consultant, teacher or practitioner.”

_Jacqueline Sehn, DVM, CVH, VetMFHom_

Dr. Sehn is a member of the following associations:

American Veterinary Medical Association (AVMA)

Washington State Veterinary Medical Association (WSVMA)

American Holistic Veterinary Medical Association (AHVMA)

Washington State Holistic Veterinary Medical Association (WSHVMA) (co-founder)

Academy of Veterinary Homeopathy (AVH) - Past President, Certified (CVH)

American Veterinary Chiropractic Association (AVCA) - Certified (CVC)

International Association for Veterinary Homeopathy (IAVH) American representative (2001-2007)
“After taking courses in Veterinary holistic medicine I began to attend lectures given by Julie Anne Lee DCH throughout North America. Because of her unique way of teaching and vast experience I chose to attend her course in Vancouver 2007. Her ability to teach alternative veterinary medicine in a tangible way has proven to benefit my practise and prescribing greatly. Julie is passionate about what she does and has dedicated her life to this work. I would have no hesitation to recommend her in all roles from teaching, consulting or as a on going supervisor for difficult cases.”

*Cynthia Harcourt DVM, Ontario.*

“As a practice manager and Veterinary technician finding someone that could bridge an alternative and complementary veterinary approach with conventional medicine while maintaining the integrity of a well establish practice was no easy task. Julie Anne Lee was not only brilliant at that task but her ability to teach complete novice practitioners and staff came from a place of patience and fun loving energy. Her way of looking at pathology rekindled the excitement in all of us to look at medicine in a fresh new way and our clients are thrilled with our new approach.”

*Andrea Ring, Vancouver, BC.*

“When I first met Julie Anne it was at her first Veterinary clinic in 1999. I owned a doggy day care and dog walking company. My 8 year old Great Pyrenees Sam had just been diagnosed with DM. He was fitted for a cart the day before we saw her, within 4 months Sammy was walking better than he did when he was four years old and continued to do so for 3 more years. My partner and I have followed Julie Anne to all of her hospitals and continued to see her as our primary Veterinary clinic until she left in 2013. She has been a godsend to us and the hundreds of clients I have sent to her through out the years. She will be greatly missed”

*Andrea Simpson Vancouver BC*
“I first met Julie Anne Lee over 10 years ago when I needed assistance with my elderly border collie as she became very debilitated. My dog could not tolerate the conventional medicine that I had chosen to palliate her chronic pain, liver and heart disease. Julie was very supportive, knowledgeable and compassionate. Julie always supported my choices with conventional medicine and recommended homeopathic remedies that complimented concurrent medications. Julie offers her extensive knowledge and experience of homeopathic medicine to complement conventional medicine in a way that provides a comprehensive and holistic approach.”

_Cristi Fedryna DVM_