

HEALING EPISODES

Brought to you by
William Pollak, DVM
Fairfield Animal Hospital
1115 E. Madison Ave
Fairfield, IA 52556

"Holistic & traditional approaches to support the best of animal health."

Available online at
<http://www.healthyvet.com>

Last updated on 12/7/2003

HEALING EPISODES

Most of us understand temporary restrictions to freedom of physical movement or clarity of thinking or feeling as disease symptoms. These periods of dullness, with or without some abnormal physiological function (i.e. diarrhea, skin sores, muscle or abdominal pain) are interruptions to what we are accustomed to in life, for ourselves, or for our pets. Times like this require more rest and an easier, less stressful style of functioning, for only a few hours, a day or even longer. These periods are usually not disease at all: the body needs chunks of time during which special cleaning can take place. This occurs from taking care of and improving the daily business of life and improving quality of functioning. What is in fact usually happening is not that disease is rearing its ugly head, but that the body needs quality rest time, to push out some weakness; reorganize and restructure to a level of higher quality.

Telling the difference between times of needed rest that form the basis of greater vitality (healing episodes) from times of further breakdown (advancement of disease) is the basis for maintaining a holistic appreciation throughout the whole process. This is the key for understanding and acting from a holistic perspective. In being aware of the localized and non localized conditions simultaneously we can then proceed with loving certainty what is best to do and not do during these times.

Appreciating what is going on and responding clearly and accurately as a result of using this understanding, will alone bring great comfort to all concerned, not only by procuring the best outcome possible, but also being in the best place, as it unfolds. Knowing more fully what is going on, will make it easier for you to chose what is best for you and your pet, whether it's trying to go it at home or going to the veterinarian. In either case, being more aware of what is going on from this holistic perspective will make the experience more rewarding, regardless of the outcome.

These periods of healing and "filling up the tank" that wants to hold more, demands increased rest. As a result there can be a decreased outward expression of life, short deep periods of rest or some temporary crude functioning. During these times of deep rest, with or without some abnormal functioning, some latent fears on our part may be brought up, along with some misunderstandings that we have about disease. If it is our fears alone that drive us to act, then the possible benefits we can derive from the experience are greatly reduced no matter the outcome. Episodes of temporary restriction, with understandings of healing episodes in our loved ones, including our pets, can be an opportunity to more rapidly imbibe greater sensitivity and appreciation for the nature of health and beauty that surround us.

Healing episodes manifest as localized symptoms while your pet is energetically normal or has even more energy than what is accustomed. The temporary symptoms of healing episodes can mimic any disease. The severity and duration of these signs are very moderate and abbreviated, from hours to a day or two. The important point is that life for your pet remains full and happy with clarity and normalcy while these signs are evident.

However, if your pet is not energetic, is dull, not clear in the eyes, not eating for more than 48 hours or appears in any general way to be unwell, a trip to the veterinarian is in order. Your pet is sick and should be looked at by a professional. This change in your pet's system is such that clarity of mental functioning and sensitivity to the environment is severely compromised, and serious enough, that minimum normal functioning is no longer possible. This is a sign of serious instability that often times reflect a profound deficiency in minimal acceptable functioning, something is missing or is in excess beyond the animal's system to rebalance. This can be either a chemical, electrical or structural abnormality. Again this is serious and requires whatever is necessary to help get through the situation. It is during these times that a veterinarian's efforts are most appropriate in helping your pet get over some weakness. Any treatment at this time is most appropriate whether it be natural or chemical.

Healing Episodes in our pets are usually seen in the skin as excessive flaking or a transient return of old sores. Or it can be seen in the haircoat as hair loss, thinning or just poor, dull looking. Healing episodes can manifest as an unsettled digestive system; seen as soft bowels and or diarrhea, with or without mucous or blood. These transient periods can last hours, a day or two at most. They can simulate any previous disease; oftentimes they do. As long as your pet is bright eyed and bushy tailed with good energy through the day and good appetite, these short periods will go away by themselves, they will pass on their own, and rarely is any medical intervention of any kind necessary. In fact unnecessary intervention can reduce your pet's ability to maximally shed old disease predisposition.

Providing fresh pure water or diluted chicken broth will help you and your pet get through this transient episode most easily. Feeding half rations for a day or two after these episodes will also help bring back health most clearly and uneventfully.

This is higher purification in action, let it unfold most naturally. The newly energized immune system is now more capable of relieving itself of unwanted influences. Certain weaknesses must be shed in this way by the body for its complete elimination. Interference at this time with chemicals or even natural remedies can in fact reduce the likelihood of long term cure. Treatment of the localized condition, and not taking into account the strength of the animal's general well being can cause us to lose sight of the overall (holistic) situation. Failure to notice the strength and vitality of your pet in general will oftentimes result in overmedication for the purpose of relieving ourselves

of our own unsubstantiated fears. Even this approach, from a holistic perspective is also OK; if our fear is too uncomfortable to bear without action, then treatment of your pet of any kind is in order, to help us feel better.

Do not fret, but know that with natural approaches to living, your pet will get stronger and more vital. With each passing month on raw foods, regular exercise, fresh air and natural husbandry, the need for medical intervention will go down, and the reassurances of more vibrant living that your pet is showing you will give you the strength to more actively pursue what your intuition is telling you.

There is a common sense approach to life that guides us through it all, listening to this inner knowing serves us most beneficially, using the services of our society is a blessing as well, and not something to fight against. We take advantage of what is available; what angers us or reminds us of our fear is when we do not have the fortitude to go with our gut feeling and put it in action. We expect another; whether it is a professional or lay friend to make things right for us in a particular way. In doing this, our fear can deny us of our own well being by making ourselves feel powerless, a most uncomfortable situation. The professional in this instance, can be our own reminder of something we wish will go away.

Successfully going through a healing episode with our pet is a wonderful experience. It brings reassurance and strength to an emotional functioning that is rarely called upon in a society that is quick to blame others for our trouble, while we frantically look for the silver bullet for all our pain and suffering. Blaming others only delays and exacerbates an uncomfortable situation; our attention from this angle only serves to drive our own dis-ease even deeper.

Seeing health return to our pet quickly and by itself after a healing episode, is an encounter of great blessing and comfort. This art of self heal is an unmistakable reminder of the inner strength and vitality of a biological system working as it was designed to do; not only to maintain itself through daily repairs, but improve in style of functioning with increased life experience.

This is growing older gracefully, a sense of knowing of expanse while still in the world, with a memory and backlog of much experience, that only time can give us. If these experiences are assimilated with a quiet knowing of life, from a truly holistic perspective, then it is as if the entire physiology is blessed with a deep sharing of the knowing that all is well. This is unconditional Wellness. This aura of peace and quiet comfort can be seen most fully in mature people (though not very commonly), and in most animals. This is active, vibrant health, no matter what the age; ripened and matured gracefully with the wisdom that only life experience can bring. This knowing and seeing brings much comfort and strength to our inner functioning. It is the main way our pets can offer us the silent secrets of natural living.

This experience of seeing what we intuitively know to be true will serve us well in being able to see the healing episodes in ourselves, and to help us extricate ourselves from the fear of our own understanding of disease. Disease is just what the word means, dis-ease, and it has its role in life; it helps make it all seem more real. But it is our FEAR of disease that takes us over and amplifies our discomfort; how else can we know it needs to be released? For our fear is part of our own healing, an emotional signal to us that we are putting our attention on what we don't want any longer.

Disease is nothing but the mind/body's desire to shed what it no longer wants. It is through this understanding that the fear of disease is loosened, physically, mentally and emotionally, and the free spirit of life is given permission to grow and expand to where it takes a more active role in everyday decision making. The spirit knows only playfulness and love; and this is the message of our pets to those of us who can hear it. This is why our beautiful pets are here with us; to remind us that all is well in the scheme of each moment, and that the joys and pains of life will continue to pass through the cycles of birth and death. Their non-verbal reassurance that unconditional love reigns supreme through it all, in spite of our myopic view of the situation is a precious gift for us. This message is not just when things are going well, but when we are overcome with our own grief, fear and pain, and lose sight of our own eternal spirit of light and love.

Rising health is more freedom, growth and joy in the boundaries of physical life, an unmistakable knowing that this is in the reach of our mind, heart, senses and extremities. Our pets of unconditional love bind with us, and help us remember our glorious mutual heritage. Understanding the difference between healing episodes and disease, by being aware of what rising health is, will be of immense value, not only for our pets, but for us as well, in our journey through time. This appreciation of extended knowing, both inner and outer, will help us move more quickly to growing vibrancy and love each day; without strain, not only for us; but for all those who we should encounter.