

## What is Acupuncture?

Acupuncture is part of an ancient Chinese method of diagnosis and treatment called Traditional Chinese Medicine (TCM). TCM is a comprehensive approach to health which views the patient as an organism with interrelated energetic parts, rather than breaking the individual down into separate systems and symptoms.

## What is Homeopathy?

Homeopathy is based on the belief that the body can heal itself if only it is gently nudged in the right direction by gentle substances (remedies), which stimulate the immune system in the direction of self-cure.

\*\* Services for Homeopathy are offered by Dr. Cynthia Easton only.



Holistic Medicine involves the use of acupuncture and homeopathy, as well as eastern and western herbal therapy, to correct imbalances in the body and allow a patient to heal.

**"Holistic medicine and conventional medicine complement each other very well. It's the best of both worlds."**

– Kirsten Williams, DVM  
Certified Veterinary Acupuncturist



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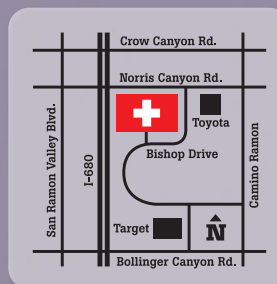
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## Holistic Veterinary Care

ACUPUNCTURE • HOMEOPATHY • TRADITIONAL CHINESE MEDICINE

## What is Holistic Medicine?

Holistic medicine considers each patient to be the sum of its parts and treats the whole animal, rather than conceptually breaking down the body into component systems. Acupuncture and Homeopathy are the most widely practiced methods of Holistic Medicine.



## How do Acupuncture and Homeopathy work?

Acupuncture works by correcting imbalances in the flow of Qi (sometimes translated as "vital energy") within the body. The Qi moves throughout the body via a system of channels called meridians, which are connected to internal organs. The Qi can be accessed by points along the meridians into which needles are inserted. Sometimes these points are stimulated by the use of mild electric current, warmed with herbs (moxa) or stimulated by application of a low intensity laser.

Homeopathic remedies are high dilutions of plant, mineral or animal substances. One benefit of homeopathic remedies is that the substances are so highly diluted that they are entirely non-toxic. With the correctly chosen remedy, a trigger effect will ensue, whereby the body is able to return to balance and heal itself.

## When is Holistic Medicine an appropriate treatment?

Both acupuncture and homeopathy can have effects on all major physiological systems. While not appropriate for major emergencies like broken bones or overwhelming infections, holistic medicine can be a wonderful alternative to western medicine for certain diseases and conditions for which the conventional treatments have unwanted side effects or for cases which are not responding as expected to conventional medicine. Conditions addressed using homeopathy or acupuncture include:

- Pain
- Arthritis
- Spinal disease
- Muscle spasms
- Epilepsy
- Allergies
- Autoimmune disorders
- Incontinence
- Chronic infections
- Diabetes
- Hyperthyroidism
- Behavioral disorders
- Kidney failure
- Chronic gastrointestinal disturbances

## What can I expect from the treatment sessions?



Acupuncture needles are inserted into specific points and left in for 10-20 minutes. Most animals react very little to the placement of the needles and many get relaxed or even fall asleep during the treatments. If acupuncture is going to help a patient, it can take up to eight treatments before results are seen. Most patients respond within the first four visits, so pet owners should commit to at least four treatments initially.

It is normal for some patients to be sleepy for several hours after a treatment. With most patients, herbs, supplements, vitamins or dietary changes are discussed.

For Homeopathy, a detailed history and analysis of past and present problems will be done on the initial visit. A homeopathic remedy will then be prescribed to be given at home. For chronic conditions, there will be only 1-3 doses of medicine required.

## Meet Our Holistic Team



### Dr. Kirsten Williams DVM

Dr. Williams graduated from the Veterinary School at the University of California, Davis in 1992. In 1998, Dr. Williams became certified in veterinary acupuncture by the International Veterinary Acupuncture Society, and completed the IVAS herbal course in 2003. With training in both conventional western medicine and Traditional Chinese Medicine, Dr. Williams is able to integrate multiple treatment modalities for her patients.

### Dr. Cynthia Easton DVM

Dr. Easton graduated from the Veterinary School at the University of California, Davis in 1989. Dr. Easton then did a one-year rotating internship in medicine and surgery at the Veterinary Hospital of the University of Pennsylvania. She practiced for 15 years in San Francisco while gradually pursuing an interest in holistic medicine, including homeopathy, acupuncture and herbs.

### Qualifications

Both Dr. Kirsten Williams and Dr. Cynthia Easton have been certified by the International Veterinary Acupuncture Society (IVAS) and are members of the American Holistic Veterinary Medical Association.



To schedule an appointment for your pet, call  
**(925) 866-8387**. For more information, visit us  
on-line at **www.webvets.com**.