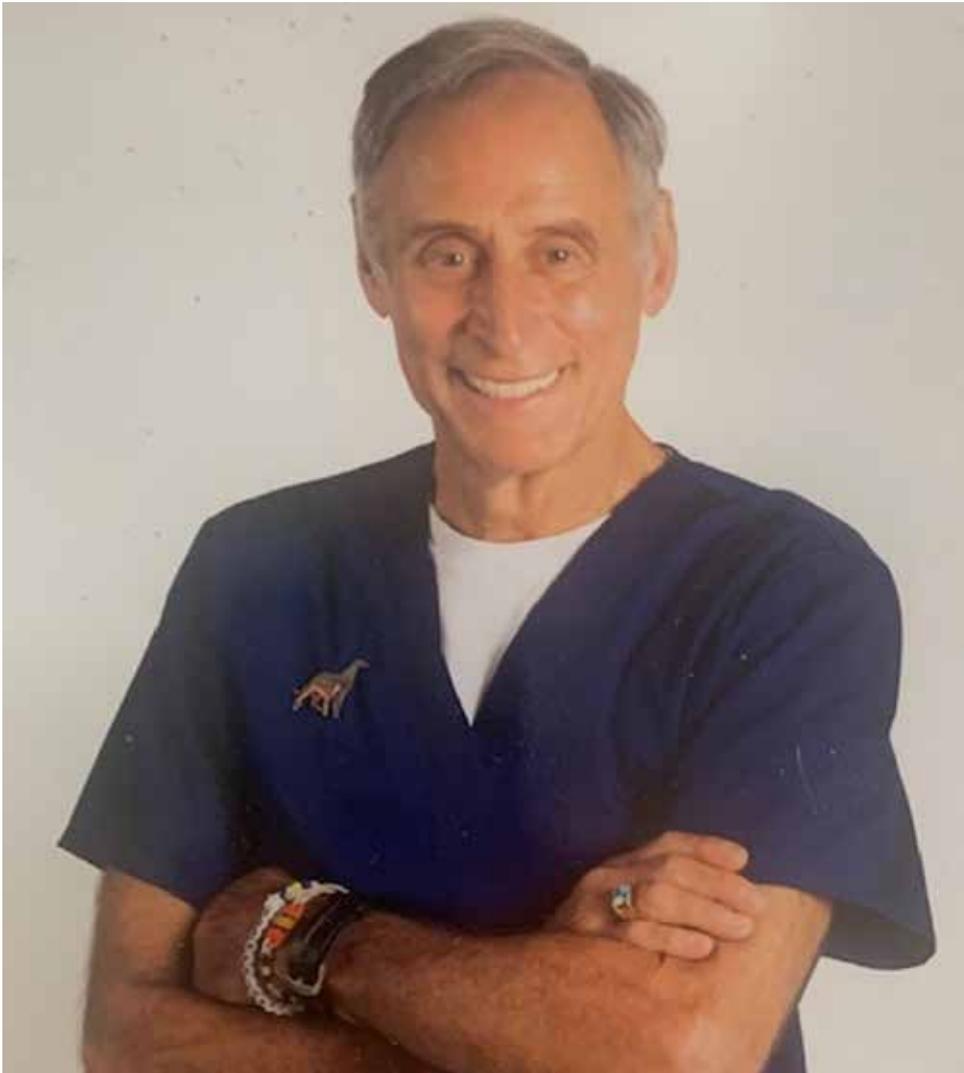


the CANINE CORNER

by Kathleen Crisley, CSMT, CTMT, SCMT

www.balanceddog.co.nz / www.doggymom.com



"Every dog is different," says Dr Marty Goldstein, one of the world's leading integrative veterinarians as I interview him in his Connecticut home (thanks to Zoom). Dr Marty features in the documentary film *The Dog Doc* which is available on Doc Play in New Zealand (see our offer on the next page for more details).

I thoroughly enjoyed watching the Dog Doc because it shows in detail the work of Dr Marty and his team at the Smith Ridge Veterinary Hospital which, since Dr Marty established it in 1984, has become a magnet for pet owners who have been told that there is nothing more to be done to help their pet.

The film was produced by documentary filmmaker Cindy Meehl who first came to Dr Marty 30 years ago when her Shar Pei was suffering from a condition known as Shar Pei Syndrome which manifests as persistent high fevers. "The dog was being given antibiotics and steroids every time it developed a fever. I explained to Cindy that her dog's body was trying to do something and the drugs were

stopping the natural process which it needed to heal." Coco the Shar Pei recovered under Dr Marty's care, and in the process a lifelong friendship was born.

There have been numerous

success stories over the years and, in true documentary fashion, Cindy didn't want to cast back into history but rather follow dogs as they presented at the clinic from Day One. With this approach, the film's production took approximately three years.

"Holistic doesn't mean anti-medicine. I graduated from Cornell University College of Veterinary Medicine in 1973, but because of my own health battles, I searched for other options in addition to traditional drugs, vaccines and surgery."

Dr Marty is not an anti-vaxxer – he's anti over-vaccination. "This happens all too often because the veterinary field is heavily influenced by the pharmaceutical industry and true scientific study has not been properly applied."

The Dog Doc has a wonderful scene where Dr Marty explains titre testing to a client. A titre test is a laboratory test on a dog's blood which will show if they have sufficient antibodies and immunity — thus re-vaccination is not necessary simply because of a date in the calendar. (I covered titre testing and its availability in NZ in the March 2014 edition of *NZ Dog World*).

Because every animal is different, the top-notch standard of care is an integrative vet who will look at the dog's weight, blood results, age, medical conditions and think laterally, using food and nutritional supplements as medicine, traditional medicines when warranted, and other

techniques beyond traditional surgery.

The Dog Doc follows two dogs with cancer and the decisions faced by their owners when cryosurgery is recommended. Cryosurgery is a technique perfected by Dr Marty involving the freezing of cancerous tumours. "By freezing, thawing and then re-freezing a tumour, we are able to destroy the cell wall which causes the cancer cells to die." While this technique is not a cure for the cancer, it slows its progress considerably allowing the dogs to experience a longer life with good quality and buys the time needed to work on re-establishing proper functioning of the immune system.

"Drs Google and Facebook are sources of information, but these platforms have also caused mass confusion. It was frustrating for us to see clients come through the door with a pet suffering from cancer and they would proudly show us the box of 30+ supplements they were giving the dog because they read about them online."

Integrative practitioners look at ways of supporting the body to do the right thing so it can heal and then to make the body stronger so that it can fight off recurrence of disease.

"The true definition of a nutraceutical is a concentrated food which makes up for the deficiencies imparted into the food chain over decades of mass production and factory farming. And some



supplements increase metabolic function to further support the ability of the body to process good nutrition."

Nutritional supplements in various forms along with homeopathic remedies are used regularly by integrative vets.

A supporter of raw feeding, Dr Marty again says to remember that every dog is different and recommends that dog owners aim in the direction of the best diet for their pet. His greyhound, for example, has a diet of approximately 40% home-cooked chicken and brown rice and 60% raw and "he's thriving." His other dogs eat a diet comprised of mostly raw meat that has been balanced.

Dr Marty's second book, *The Spirit of Animal Healing*, will be released in February 2021, a full 20+ years since his first book, *The Nature of Animal Healing*. In it, he'll list the 10 levels of food categories available in the United States to help pet parents make informed choices so they can 'aim' with better accuracy and effectiveness.

The book delves further into the mind, body and spirit connection of animals. For example, I asked about the two dogs in the film which are shown wearing prong collars. Dr Marty replied "off camera, we explained to owners why these aversives are not recommended but the entire purpose of a documentary is not to stage-manage what is being filmed. This is how the dogs arrived at our clinic."

"When you impart stress on a dog, such as through the pain of a shock or prong collar, you add to their immune system load and add to the disease rather than the ability of the body to fight the disease. A strong and relaxed mind helps to re-build a strong body."

After 47 years with many 18-hour days, at age 73 Dr Marty no longer practices at Smith Ridge but has handed the practice over to a number of other capable integrative veterinarians. In addition to finishing his book, he has finally lent his name and support to endorse a pet food and supplement range – drmartypets.com and is investing his time in that venture.

"Once I started getting publicity in the 1980s, many companies wanted me to endorse their products. I always said 'no' to maintain my professional reputation as a practising integrative veterinarian."

"I worked with directly, or as a consultant, with over 150,000 animals during my practicing career. I was limited to a dozen or so cases each day. Now I can reach many more through the documentary, my new book, and product line."

It is Dr Marty's hope that *The Dog Doc* will be a timeless film to inspire more veterinarians and pet parents in the years to come. 🐾

Offer Details:

DocPlay is giving all readers of NZ Dog World an exclusive, extended free trial to their amazing catalogue of films.

Simply sign up with this link and you will have access to over 800 documentaries, including these DOGumentaries, FREE for 45 days (as opposed to the normal 30 days)

<https://www.docplay.com/discount/BALANCEDDOG45>

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