



# Natural Help for...

## Pet Immune System



### What is the Immune System?

Just like the human [immune system](#), the animal immune system is an amazingly intricate and **complex system that keeps animals healthy** and protects them against all sorts of invaders including viruses, bacteria, microbes, parasites and toxins. The subject of 'immunity' and the '[immune system](#)' is one that regularly crops up in conversation, in the newspaper and in magazines – not to mention the vast number of adverts promoting products aimed at working with this system.

If the **immune system is weakened**, every body system in the animal body is at risk. In order to understand the true importance of the immune system, we firstly need to understand a little bit about how the [immune system](#) works.

#### *How does the animal Immune System Work?*

The animal [immune system](#) **has many different components** both inside and outside the animal body. If we start from the outside we will see that an animal's body has many different barriers that form part of his or her [immune system](#).

While an animal's **skin is obviously a physical barrier** to many germs and toxins, it also contains special immune cells that act as warning bells to alert the [immune system](#) to any foreign material, while also regulating the immune response to this material – this is evident in the skin of an animal reacting to fleas or certain plants.

The **skin also secretes antibacterial substances** that hinder the growth of excess bacteria on the skin. An animal's eyes, nose and mouth are all possible ports of entry for invading germs but an animal's tears, nasal secretions and saliva all contain enzymes or cells of the [immune system](#) to keep the invaders at bay.

The mucous membrane linings of the respiratory, gastrointestinal, and genitourinary tracts also provide the one of the first lines of **defense against invasion by microbes or parasites**. Internal defense mechanisms for an animal include the Lymphatic system, Thymus gland, bone marrow, spleen, white blood cells and antibodies.

### What Causes Immune System Problems?

The [immune system](#) is **amazingly resilient and powerful system**, protecting an animal daily from a wealth of viruses, bacteria, foreign cells and an animal's own body cells that have "gone bad" such as cancer cells. However, like with most amazing systems, sometimes things go wrong.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Many animals suffer from allergies that are caused by a hypersensitivity reaction of the [immune system](#) to certain allergens in the environment. When these antigens enter the body system, the [immune system](#) tends to over react and **antibodies quickly cause the release of histamine** which results in an allergic reaction.

These reactions differ in severity and may include itchiness, lesions, blocked sinus, Asthma, Eczema and Contact dermatitis. When cells of the immune system are over-produced, they become out of control and the result is [cancer](#) or **auto immune diseases**, for example in humans when the body over produces white blood cells, the result is leukemia.

## Antibiotics and the Immune System

Antibiotics are created for the purpose of treating bacterial infections when an **animal's immune system cannot mount an adequate response**. So does it not stand to reason that if an animal's [immune system](#) were strong enough it would not need the antibiotics? Antibiotics are specific chemicals aimed at killing off the targeted bacteria.

They are not effective against viruses and should not be given to a pet for a viral infection. Unfortunately **antibiotics have been excessively and improperly used** -The more you give your animals antibiotics, the more you depress their immune systems - and the more depressed their immune systems are, the more likely they are to get another infection and if they get another infection they are given another antibiotic and so the vicious cycle continues!

## Natural herbal remedies

Herbs have been used to treat animals effectively for thousands of years – long before anyone knew anything about **viruses, bacteria, enzymes and chemical structures**. What they did know was that certain herbs helped for specific conditions or were able to strengthen and protect livestock from illness.

While there is no doubt that modern medicine has made huge strides and advances in health care, it is only recently that scientists have stopped their singular search for chemicals that kill bacteria and viruses and are starting to realize that **boosting the immune system** can allow the animal body to naturally fight off infectious agents - without the drawbacks of antibiotic therapy.

Many herbs have proven results with respect to the [immune system](#). Taraxacum officinalis (Dandelion) is a rich source of vitamins and minerals, including Vitamin A, D, C, various B Vitamins, iron, lecithin, silicon, potassium, magnesium, zinc and manganese. Echinacea purpurea is well known for its excellent **benefits for immune functioning** and for its antifungal, antiviral and antibacterial properties.

Withania somnifera (Ashwagandha) and Silybum marianum (Milk Thistle) are also beneficial, with Milk Thistle regarded as one of the most important **herbal liver tonics and restoratives** with the medical use of Milk Thistle traced back more than 2000 years!

Scientific analysis of Milk Thistle shows that it contains a flavonoid complex called silymarin, which is a powerful anti-oxidant - largely responsible for the medical



### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies for both people and pets. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

benefits of this herb. These herbs work as a **tonic for the immune system** and are often recommended to prevent and assist recovery from illness or infection.

## Tips on how to help keep your pet's immune system healthy

There is a lot that can be done naturally to help boost your pet's immune system. A strong, healthy immune system is the best 'armor' you can give your animal. Here are some of the lifestyle factors that you can employ with your pet's to keep their immune systems in peak condition and able to ward off recurrent infections:

- Make sure that your pet gets un-interrupted sleep – remember the saying: “Let sleeping dog's lie?” Sleep is one of the most important factors in maintaining a strong and healthy immune system!
- Ensure that your pet has a wholesome, nutritious diet rich in fresh veg (preferably organic high quality pet food), whole-grains for fiber, and naturally reared proteins.
- Exercise and keeping active is not only good for your pet's body and mind but also helps to optimize immune functioning. In addition regular moderate exercise in the fresh air and sunshine will help to relax your pet and encourage healthy sleep.
- Help your pet to maintain a healthy weight. Being too thin or overweight can both depress the immune system
- Stress is also bad for the immune system. While small amounts of stress are natural for animals, prolonged stress depresses the immune system. If your pet is showing signs of stress or anxiety it is important to treat it as both anxiety and depression can also compromise the immune system.
- Play – the chemicals produced in an animal brain when they are at play are similar to the 'feel good' chemicals we experience when we laugh - so happy minds can make happy, healthy cells!
- Keep your pets away from cigarette and tobacco smoke (as you would with children). The chemicals contained in even second hand smoke all depress the immune system and have a negative impact on its functioning
- Reduce exposure to germs. Keep your pet's toys and eating bowls clean. Always give your pet fresh water. While walking your pet, try to limit their contact with other animal waste. Although it is virtually impossible, try as hard as you can to limit your pet's contact with strays, as they may be carriers of germs and disease.
- Avoid the wicked antibiotic cycle. While antibiotics may be necessary in some cases, they are generally over-prescribed by vets. Try exploring natural health options as there are many herbs with a long history of use that are well known to strengthen different parts of the immune system.
- Don't ignore severe menstrual symptoms as normal or “part of life”. The symptoms of Immune System can be debilitating and negatively affect your whole life, even your emotional wellbeing. Left untreated Immune System may also worsen and lead to complications.
- Take regular exercise - apart from all the other health benefits, exercise will strengthen your liver as well as keep oestrogen levels balanced.
- Avoid prescription drugs especially hormonal medications, pain killers and NSAID's.
- Eat a healthy, balanced diet based mainly on organic, whole food with lots of fruit and vegetables. Avoid refined and processed foods as well as caffeine-containing food and drinks as these may contribute to higher levels of estrogen and thus worsening the symptoms of Immune System.
- When buying meat or fish, try and buy from organic sources known to come from farms which follow organic farming methods, without the use of

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Natural Pet Health Blog](#)

[Natural Holistic Health Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4...Free Natural Health Ebooks](#)

antibiotics, growth hormones and artificial pesticides. Make sure that eggs and poultry come from farms which feed whole grain to their birds and no animal derived food.

- Make sure your diet includes Omega-3 fatty acids which are found in fish, flax seed, and eggs, and in many available supplements.
- Take the time to relax and de-stress. Stress hormones tend to aggravate the pain associated with menstrual cramps and Immune System so consider exploring some relaxing activities, meditation, yoga or deep breathing exercises

## The Natural Approach

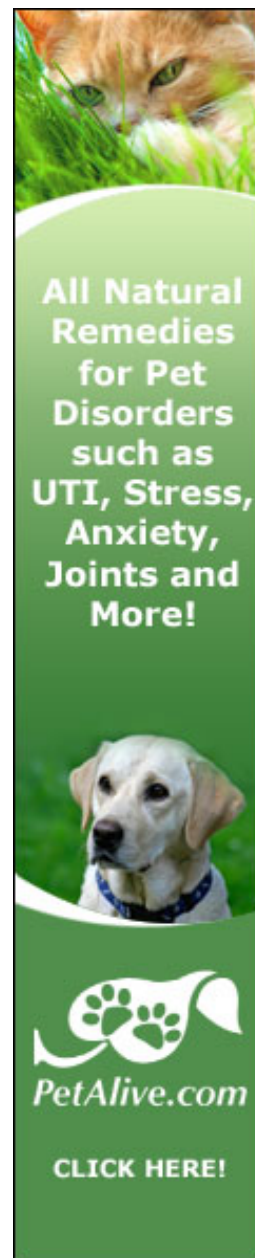
While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors and veterinarians. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors and vets (whether they are allopathic or not) recognize that both have a role to play in the treatment program.


Just like humans, domesticated animals like dogs and cats are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans. In fact, many, if not most pet health concerns can be addressed by helping your pets to live a healthier lifestyle. While it has its place, conventional medicine for animals and 'modern technology' have failed our pets in many ways.

According to pet expert and author CJ Puotinen, most holistic veterinarians and animal health care professions list annual vaccinations and commercial pet foods as the major contributory cause in the rising rates of chronic illness in pets today. Similarly, Juliette de Bairacli Levy, respected author and renowned animal breeder, points out that contrary to the belief that mass vaccination and antibiotic use will contribute to a decrease in disease, the opposite has in fact proved true. Like their human counterparts, today's pets are becoming more and more vulnerable to chronic disease and ill health. This has led many veterinarians to search for alternatives and to espouse more holistic methods of keeping our pets healthy.

"In the wild, animals instinctively seek out healing herbs to help them when they are ill or undernourished. In fact, Asclepius, the ancient Greek god of medicine, respected dogs very highly for their ability to seek out and eat medicinal herbs in the wild. This ability is shared by other animals, including cats. We are coming to realize that nature often has the answers - but animals have always known this! Natural medicine can help your pet just as it can help you. While there is always a place for conventional veterinary medicine, natural medicine can compliment conventional veterinary care and in many cases do just as well. I have applied the



All Natural Remedies for Pet Disorders such as UTI, Stress, Anxiety, Joints and More!



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**Six Good Reasons to choose PetAlive as your trusted suppliers of herbal & homeopathic remedies:**

same care and research that have gone into our Native Remedies range for adults and children to the development of pet-friendly, safe and effective natural remedies for animals. As always, all remedies are formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions for your peace of mind and the well being of your pets. " Michele Carelse, Clinical Psychologist.

"When a veterinary surgeon practices the use of homeopathic medicine and is asked why he does so, he may give one of several answers. The simple answer would be that the results are good, an emphatic answer would be that homeopathic treatment has no unpleasant or dangerous side effects, while still achieving successful results.

The [PetAlive Homeopathic range](#) has been formulated with this knowledge and is specifically designed to treat your pet in a holistic and natural manner."

Dr. Glenn Ferguson  
M-Tech Homeopathy, Doctor of Chinese Medicine

## Related Natural Remedies:

**[Immunity & Liver Support](#)**: Herbal tonic to support healthy immune system and liver functioning

Immunity and Liver Support capsules contain a combination of specially selected herbs known for their ability to **cleanse and purify the system, support immune functioning, and maintain liver health.**

Used as a general tonic, Immunity and Liver Support capsules will help to keep your pet in peak health and are also very effective as a companion remedy along with a range of our other natural remedies

[Learn more about Immunity & Liver Support](#)

Read the testimonials for these quality products [here!](#)

1) All PetAlive products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) PetAlive and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a PetAlive product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your pet's health.

6) We offer an unconditional [One Year Money Back Guarantee](#).





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# HOME STUDY



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## Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,  
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

*Payment plans are available, please [Click Here for More Info](#)*

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.