

Most Important Aspect of Animal Health



**WHAT THEY NEED MOST
FROM YOU**

Judy Jasek, DVM



- Colorado State University, 1988
- <https://ahavet.com/about/>
- *Health is the natural state of the body.*
- *It is not created by pharmaceutical interventions*



How do we get here?



How do we get here?



- I believe that the answer is actually quite *simple*
- The solution, however, may not be so *easy*
- More on this later....
- For now, more on how we got to our current state of animal health

Advances in Veterinary Medicine



- **Imaging**

Ultrasound

Echocardiography

CT scans

MRI

- **Surgery**

Advances in Veterinary Medicine



- **Testing**

More detailed testing of blood components

Allergies

DNA

Genetic

- **Pharmaceuticals**

Medications

Vaccinations

How are things looking?



- **Observed increases in:**

Itchy skin

Gastrointestinal disorders

Chronic inflammation/auto-immune

Organ dysfunction

Cancer

Dramatic increase at younger ages

How are things looking?



- Not exactly our vision of health
- **Why is veterinary medicine not creating optimal health for our animals?**
- *What is the missing piece?*

Veterinary school



Veterinary students start out very well intentioned



Veterinary school



- Taught that health is created with vaccinations, de-wormers, insecticides and antibiotics



- Trained to be pawns of the pharmaceutical and pet food industry

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- *Health is the natural state of the body.*
- *It is not created by pharmaceutical interventions*



Veterinary school



- *One may ask, is this:*
- Education or indoctrination?
- Medical training or pharmaceutical marketing?
- Who funds the vet schools?

Veterinary school



- Need for emergency stabilization
- Surgical interventions
- Learning proper anatomy



Post-grad 'education'



- Sponsored by....
 - Pharmaceutical companies
 - Food companies
 - Laboratories
 - Equipment manufacturers
-
- Is this education, or marketing??



Practice management

- Vets are taught how to profit by selling the goods of the pharmaceutical and food companies



- A good deal of income is generated using auto-reminders for ongoing 'preventative care'

Practice management



- Practice ‘success’ is determined by the number of clients seen, how much product sold and how much revenue is generated.



Are we getting here?



Back in the clinic



- Lest the veterinarian forget what was learned at the conference.....
- Enter the pharmaceutical rep
- Sales pitches for drugs, vaccines and food products
- How to sell based on fear
- How to create the best profit



My wake-up call



- I began asking questions:

Why am I allowing pharma to make my treatment choices for me?

Why are my patients getting sicker rather than healthier?

Where has the art of healing gone???

My wake-up call



- I began to see how many long-term pharmaceutical interventions and preventatives were making pets sicker
- I started investigating more natural means to care for animals
- There just *had* to be a better way....

My wake-up call



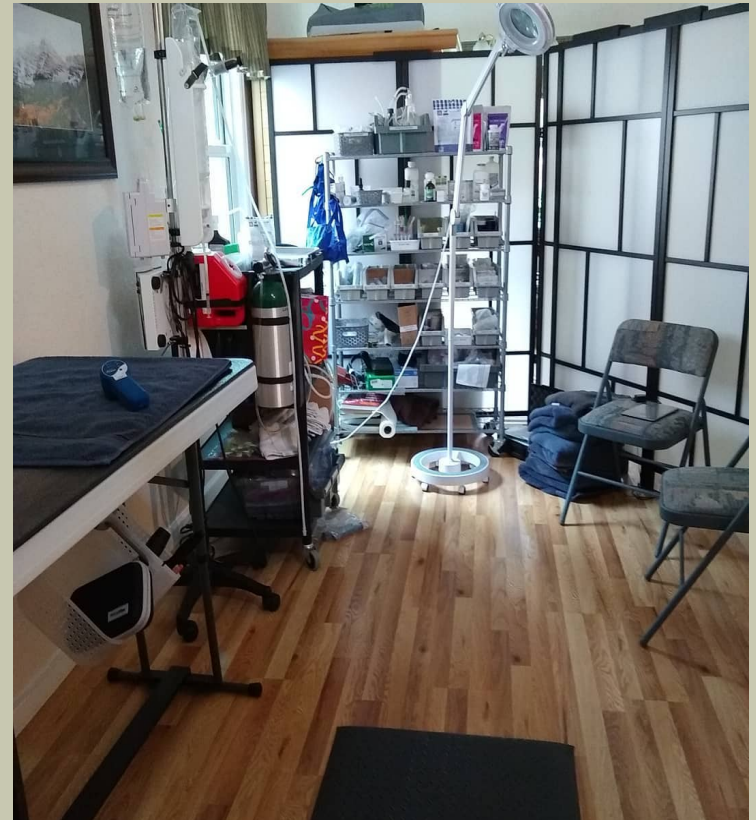
- Herbs and homeopathy



My wake-up call



- Ozone and Mistletoe therapy



My wake-up call



- Feeding species-appropriate nutrition



My wake-up call



- I started to see many of my patients getting healthier
- Clients were very pleased with the results
- *Yet some still did not respond as I had hoped.....*

The *real* wake up call



- I changed my perspective dramatically as information came out during and after the COVID experience
- *I learned just how much more of what I was led to believe as a veterinarian was false*
- Hard pill to swallow....

The *real* wake up call



- I was already doing the ‘natural’ stuff, and minimizing pharmaceuticals

- But now there were many more questions:
Do viruses exist?

Are bacteria there to help or harm?

Are parasites a sign of disease or a symptom of imbalance?

The *real* wake up call



- *It appeared that there were still missing pieces in my approach to animal health....*
- I began to see that even some of the more ‘*natural*’ approaches were using the same paradigm as conventional treatments
- The products were different, and natural was clearly less harmful....

The *real* wake up call



The *real* wake up call



- But my mindset had not changed....
- This was still the ‘*attack the invader*’, ‘*health must be created*’ approach
- Not the more supportive, ‘*health is the natural state*’ approach

The *real* wake up call



- **Did we perhaps need less intervention?**

- And more attention to what the body needs to stay naturally healthy?



- Now that is something not taught in veterinary school!

The *real* wake up call



- True health is not about more pills, supplements, herbs, etc....
- **The foundation of health is conscientious, species-appropriate management**
- That, my friends is the most important part, and indeed, the missing piece in many management programs.

What is health?



- Remember that:

Health is the natural state of the body

- **Our bodies, and our animals' bodies are perfect by design**

Health is not created with pharmaceuticals, it simply needs to be supported through natural means

What is health?



- Very different from what your typical veterinarian would like you to believe
- **Veterinary practices are built on the premise that they(the vets) are necessary to create a healthy animal**

What is health?



- What is needed is a HUGE paradigm shift and progressive action on the part of the animal guardian
- *Your animals need YOU to advocate for them!*

Is less actually more?



- My observation has been that overall animals are healthier with fewer interventions from conventional veterinary medicine
- This begs the question....
- *Is the veterinarian really necessary for the general health and well-being of our animals?*

Making common sense more common



- Does a baby animal really need vaccinations and vitamin injections to get off to a healthy start in life?
- Doesn't it really just need natural care from a healthy Momma?



- *Hasn't it been done this way for centuries prior to the advent of modern veterinary medicine?*

What happened??



- Why have so many animal guardians become convinced that healthy animals are only created by the veterinarian?



- *When what they really need is your own loving and conscientious care....*

Simple, NOT Easy



- *The answer is simple
-though the solution may not be so easy to achieve-*
- **What is the stumbling block?**

Simple, NOT Easy



- The solution requires a paradigm shift that starts with the question:
- *Who are you allowing to make the decisions when it comes to the care of your animals?*
- Dr. Google?
- Your vet?
- Social media?
- AI/ChatGBT

Simple, NOT Easy



- *Who is your go-to expert in animal health?*
- *Who really knows your animals better than anyone?*
- **It is, of course, You, the guardian!**
- *Should it not, then be YOU who decides on their care?*
- *This is the important shift that needs to happen....*

The answer is simple....

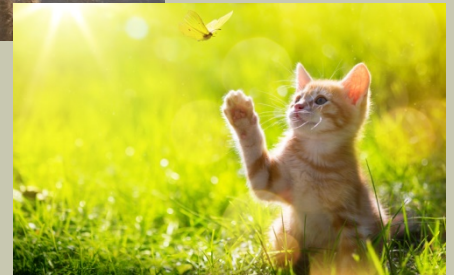


- Stop outsourcing the care of your animals to veterinary professionals:
 - *Learn what your animals need for a healthy foundation
 - *Learn to treat simple ailments at home
 - *Know when it is time to seek professional medical care.

What do animals really need?



- Proper nutrition and environmental management that honors the true nature of each species



- They need YOU to take command of their care

What do animals really need?



- *Animal health is about honoring the true nature of the species and creating an environment that allows full natural expression*
- Creating sound, stress-reducing species-appropriate management

Species appropriate management



- *Dogs are hunters and pack animals*



- *Cats are hunters and obligate carnivores*



- Neither are meant to eat highly processed carbohydrate-based diets

Species appropriate management



- *Cows, sheep, and horses are grazing herbivores*
- Require appropriate forage
- The actual act of grazing



Species appropriate management



- *Chickens are omnivores*
- Need space to scratch and peck for bugs, worms, and seeds
- Sunshine and fresh air



Species appropriate management



- *Pigs are omnivores*
- Eat just about anything
- Natural rooters and love to use their noses



Species appropriate management



- Confinement in small or crowded spaces, especially indoors, is not natural for *any* animal



- Stress is one of the leading causes of disease in our animals just as it is in humans

Are we getting here?



Species appropriate management



- All animals need fresh air, sunshine and a diet suited to their digestion.



What do animals really need?



- Has the veterinary industry convinced animal guardians that the vets are the only solution to animal health?
- Many large companies use creative marketing to do just this

What do animals really need?



- It is time now to become empowered to care for your own animals, and STOP calling the vet for every little thing...
- But please DO call the vet if:
 - *There is a life-threatening emergency**
 - *Surgical intervention is necessary**

Making the shift



- You intuitively know your animal better than anyone
- You watch the daily routine and behavior
- You pick up on subtle changes earlier



- *You will also know in many cases what your animal needs to regain health*

Making the shift



- Start reading the signs differently

What is your animal's body telling you?

Are the symptoms signs of disease or signs of the body trying to heal?

Reading the signs



- Here are some common scenarios:
- **Fever**
- Conventional read: sign of disease, and must be suppressed
- Alternative read: elevated body temperature activates enzymatic pathways necessary for healing

Reading the signs



- **Loss of appetite**
 - Conventional read: always a sign of disease, must be stimulated
 - Alternative read: the body needs to use the energy necessary for digestion to help with healing
- Fasting encourages autophagy

Treatment Options



- **Fever**
- Conventional approach:
Steroids to suppress fever response
Antibiotics 'just in case'
- Alternative approach:
Allow fever to run its course if it is below 105 degrees F
Keep hydrated

Treatment Options



- **Loss of appetite**
- Conventional approach:
Appetite stimulants(tremors, vomiting, agitation)
- Alternative approach:
Allow fast up to 72 hours if no vomiting
Keep hydrated

Making the shift



- Become educated
- Find support
- Learn from each other
- Stay out of fear
- Stabilize and wait

Educational resources



- World council for veterinary health
Dr. Roger Meacock <https://naturalhealingsolutions.co.uk/>
- Livestock management
Joel Salatin
- Booth
- https://ahavet.com/wp-content/uploads/2025/07/HomeTreatments_20250625.pdf