

## Touch for Health for Your Quadrupedal Friends

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The Pet Food Institute estimates in 1982 there were 41.3 to 48.8 million owned dogs, 21.1 to 25.6 million owned cats, and 23 million owned birds in the United States. That is approximately 2.8 owned pets for each person in the United States. The pet food and accessory industry sold over \$1.1 billion worth of pet food and supplies in 1982. Although the defense budget dwarfs that figure, it does represent a respectable expenditure of money. A survey conducted by the Institute for the Study of Animal Problems in 1981 indicated that 87 percent of the pets are considered to be members of the family by their owner.

I hope that this article will provoke the same level and quality of concern about the well being of our quadrupedal "relatives" as you do for your bipedal relatives. We are indeed, commonly, animals. We share physical and non-physical environments, motion, and many bodily processes and are determined by them.

Our concern for and attunement with pets must be more acute than our awareness of children. Children can communicate minor and major ailments to us while pets frequently draw our attention only when dysfunctions are acute. Physical comfort is a prerequisite to any other comfort. Many pets enjoy only an uneasy physical comfort because their foods, supplements, and medications are contaminated by destabilizing chemicals. Although producers of pet food have done a reasonable job of marketing fairly nutritionally-balanced foodstuffs, some are better than others for your pets. The snacks

you offer are frequently the major offenders. Sugar, cheese, and excessive salt are probably more detrimental to your pet's health than for yours.

Touch for Health (TFH) techniques are as useful for pets as they are for people. Nancy Joeckel, others, and I have seen our regular basic techniques work on wild birds of prey, dogs, cats, and even snakes.

People usually are inhibited in using TFH because they do not know the exact location of the meridians, neuro-lymphatics, neuro-vasculars, and acupuncture holding points. Since the skeletal structures of pets is different from humans, the origins and insertions of muscles can be a bit tricky, but the neuro-lymphatics, etc., are really the same for quadrupeds. There are several publications which detail these, but the basic TFH book, confidence, and some practice will yield heartwarming results.

The first thing to understand about quadrupeds is that their "feet" begin at the toes and end at the first joint in the rear legs. The ankles are the first joints of the rear legs. The second joints of the rear legs are the knees. The "hands," similarly, begin with the front toes and end at the first joints of the front legs, which are comparable to the wrists. The second joints are the elbows of the front legs. The fifth toe of quadrupeds, sometimes referred to as the dew claw, is either the big toe (rear) or the thumb (front). If there are no toes, but hooves instead, do not be deterred; work as if toes are there, since vestigially and phylogenetically they are. The 12 pulses found above the wrist of a human can be found above the "wrist" of your pet.

For illustrative purposes use a surrogate as defined in the TFH book and begin with the central and governing meridians since all animals have front and rear center lines. If the muscle tests do not indicate weaknesses, weaken them; then strengthen them by using different treatments, i.e., neuro-vasculars, neuro-lymphatics, acupressure holding points, and meridians. They will work. Next try the anterior tibial or the sacrospinalis on the bladder meridian or the pectoralis major sternal or the rhomboids on the liver meridian.

Now that you have practiced a bit and seen some results, you may balance pets (with the help of a surrogate) the same as you do people.

Experience has shown that the same techniques used by TFH'ers for humans also benefit pets. Foods, medications, immunizations, soaps, chemicals, vitamins, etc., are all testable with very slight adjustments. It is, of course, obvious that your pet will eat the food and not hold it in its mouth while you test. It also will not consume any foodstuff it does not want. In such cases as these you will need to place those on the umbilicus and remember the limitations of testing ingestibles in that location.

Although I have not used the alarm points with pets, I have found that balancing by using the theory of five elements and other techniques described in the TFH book have been effective.