

Announcements

Deaths

CROOKS, Thomas - Passed away at Community Nursing Home, Port Hope on Wednesday January 6, 2010. Tom Crooks in his 93rd year was the beloved husband of the late Shaenea (Jane) Russell. A wonderful and loving father of Russ and Scott and their wives Pat and Jennifer. Grandfather to Sean, Ashley, Tania and Michael. Brother of the late Mary Waite. a Memorial Funeral Service will be held at the **ALLISON FUNERAL HOME**, 103 Mill Street North, Port Hope, on Saturday January 23, 2010 at 1 p.m. If desired, memorial contributions may be made by cheque to the Salvation Army or charity of choice. www.allisonfuneralhome.com

11789929

HULL, Nola - Peacefully at the Brockville General Hospital on Wednesday January 6th, 2010 in her 72nd year. Beloved wife of the late Donald Hull. Loving mother of Donald Hull Jr. (Brunna), Darlene Black (Jim Dummond), Ann Joyce (Gary) and the late David & Darrell. Dear grandmother of Shane, Eric, Johnathan, Kelly, Amanda, Danielle and great grandmother of Emily, Moira, Hanna and Makiela. Friends are invited to call at the **MacCOUBREY FUNERAL HOME**, 11 King St., W., Colborne on Monday January 11th from 12 noon - 2 pm., followed by a funeral service at 2 pm. Interment in the spring in Maple Grove Cemetery, Havelock. If desired donations may be made to the Canadian Cancer Society. Condolences received at www.MacCoubrey.com

11789930

Entertainment

Jeanne Beneteau
News Editor

jbeneteau@northumberlandnews.com
northumberlandnews.com

LITERATURE

Grafton writer's book address holistic pet health

Author examines the way stress affects pets

BY JENNIFER O'MEARA
jomeara@northumberlandnews.com

GRAFTON -- When a Northumberland writer's veterinarian asked her to help write a book on holistic animal health care, it was a perfect storm of her interests - animals and holistic health care.

"(Vet Paul McCutcheon) phoned me up and told me he was ready to put his thinking into a book," said author Susan Weinstein. "He's not a writer. He's a vet. His philosophy is rooted in his practice. It's based on his life's work, which is how stress affects the health of dogs and cats."

Since its release in late-November, Ms. Weinstein's first book 'The New Holistic Way for Dogs and Cats', has introduced a new health care philosophy to animal lovers.

"The most important thing is that we need to have empathy for our pets. We need to really make a commitment, appreciate - and learning even more to appreciate - what their experience must be like," said Ms. Weinstein.

She said because humans have all the power over their animals,



SUBMITTED PHOTO

GRAFTON -- Susan Weinstein, co-author of 'The New Holistic Way for Dogs and Cats: The Stress-Health Connection', and her dog, Baron.

it's up to us to make adjustments to give them better lives.

"One of the worst, most serious forms of stress for dogs and cats is loneliness," said Ms. Weinstein. "A lot of people don't have a lot of choice. They have to go out all day and work."

There are ways to mitigate the negative effects of all that alone time, whether it's having someone visit the pet during the day, or taking the time to play with the animal after work.

When taking the dog for a walk,

leave the cell phone at home and really interact with your pet, Ms. Weinstein advised. Even cats need to be played with. A laser light or cat toy can do the trick.

Readers aren't the only ones to benefit from the book. Ms. Weinstein's way of caring for her own pets has also been impacted by her immersion in the holistic health.

The whimsical Grafton house is home to two cats, one was curious enough to come out to greet visitors, and one large dog,

a 12-year-old grey Bouvier des Flandres appropriately named 'Baron.'

"This guy," she said, gesturing at Baron lying on the rug, "gets seasonal allergies. It's about boosting the immune system rather than dealing with allergies. I thought, 'Let's put this guy through Dr. McCutcheon's program.'"

Ms. Weinstein has been a client of Dr. McCutcheon's for years and she has used some holistic practices, such as feeding pets real food, for a long time now. In the

book the pair advise feeding real food to cats and dogs.

"We're much more similar than different. What's good for us is good for them. If someone were to tell you, 'You need to eat processed food 365 days a year,' you'd think they were nuts."

For optimal health, pets, like people, need to be eating a diet of mostly fresh whole foods.

"When they get switched to whole real foods, you see the difference in the animal very quickly. The quality of the coat. The brightness of the eyes. I would never go back."

Ms. Weinstein grew up in Toronto and moved to Northumberland in 1993. She studied creative writing and journalism at York University, while majoring in sociology and women's studies.

A lifelong writer, she has contributed to many publications, including 'The Whole Dog Journal' and 'Dogs! Dogs! Dogs!'

The New Holistic Way for Dogs and Cats is Ms. Weinstein's first book and already seems to be doing well, which has her considering topics for her next book.

"The year I was writing this book, in terms of my work life, was the happiest I've been," said Ms. Weinstein.

"I have so many ideas, now that I'm in such a good position."

For more information visit www.newholisticway.com.