

# Healthy Pet Network



## Monthly Newsletter

# Healthy Pet Digest

Welcome!

My name is Dr. Al Plechner and it is my pleasure to invite you to join the **Healthy Pet Network** family and to receive the *Healthy Pet Digest*, HPN's Newsletter. We have designed it to help you and your pet with any health care issues you may encounter. You will find that we deal *directly* with causes and solutions as opposed to merely *treating the effects*.

I have spent more than 43 years of my life trying to make a difference through my research and practice and I have been successful in identifying the sources and recommending treatment for numerous allergies, autoimmune diseases and even various types of cancer in dogs, cats, horses and humans.

My research has also led me to formulate specific foods and supplements which help to alleviate the effects of our chemically altered sub-standard environments. These foods and supplements have set new, higher standards for the nutritional trends of the future.

In many ways the negative changes in our environment, our animals and ourselves have outpaced the development of curriculum and enhancement of standard studies of most medical schools, both human and veterinary. The animal/human medical industry can barely maintain the status quo which is just not good enough!

The *Healthy Pet Digest*, is designed to bridge that gap and will provide new and ground breaking answers which have already been time tested and successful in meeting these new health care demands. We welcome your questions and input, and challenge you to help us make a difference! It is going to take a united cooperative effort for us all to survive in our depleted and altered environment.

The **Healthy Pet Network** also offers access to a early detection blood test which will reveal possible weaknesses in your pets' Endocrine/Immune systems which could lead to catastrophic diseases. Early detection means successful treatment by helping you reestablish their inherent controls thereby restoring their natural defense against catastrophic diseases.

Many natural controls were once innately present in the soils of the earth. These natural controls have been processed out of our soils just as natural vitamins and minerals have been processed out of our foods.

The **Healthy Pet Network**, will be formulating fresh organic supplements and designing and publishing new diets to reestablish these natural controls back into your pet's Endocrine/Immune systems. Exciting complete, natural supplements that have never before been offered commercially.

With access to our early detection blood test and the potential to reestablish the missing controls The **Healthy Pet Network** can help you prevent the possibility of catastrophic disease in your pets and possibly yourselves.

Two very good reasons for you to become part of the **HPN** Family. It's FREE, simple and the only place that offers these life saving benefits! Join us today!

Yours in Health,

Dr Al Plechner

## The top ten reasons why your dog is a great workout partner:

- 1) He or she is never late for a workout session. Chances are good that your dog lives with you and has a reasonable clear schedule. He will be ready to go at the drop of a hat (or the clip of a leash).
- 2) Your dog will never try to weasel out of exercising. How many workout partners have you had who actually want to go for a run in a blizzard?
- 3) Your dog doesn't care what you're wearing or how much tuna salad or garlic you just ate. You can exercise and have fun with your dog without ever feeling self-conscious.
- 4) The enthusiasm of your dog is contagious. If you've ever watched your dog run full tilt around a field with wild eyes, tongue flapping around and a look of unbridled joy on her face, it's time to join her! Your dog will love the company.
- 5) Dogs thrive on exercise, just like people. Regular exercise makes both dogs and people happier, healthier and stronger.
- 6) Dogs don't waste time talking. They don't want to stop and chat in the middle of an exercise session. They don't care who said what to whom. At most, they just want to know who peed on what and when.
- 7) A dog doesn't need to change into its exercise fur. They feature a multipurpose, all-weather coat that doesn't take 20 minutes to change into before they can start.
- 8) Dogs know the value of good, solid relaxation after exercise... and before exercise!
- 9) You don't need to buy the latest in fashionable exercise clothes, shoes, or equipment for your dog.
- 10) Running + dog + sudden rabbit sighting = TURBO BURST

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## Q and A

Dr Plechner,

I have four cats but only one of them (Ginger) seems to have a problem with fleas. Why is Ginger so susceptible when the others don't seem to have a problem?

Harry, Atlanta, GA

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Ginger may be suffering from a hormonal or nutritional imbalance that the fleas (and ear mites) can sense. It is a syndrome I have discovered called Atypical Cortisol Imbalance Syndrome (ACIS) or *Plechner's Syndrome*. You can read more about it in the Healthy Pet Network.org Medical Library. We have articles there that will tell you how to identify and control the syndrome.

Dr Al,

What is a gingival flare, and what does it indicate?

Celeste, Taos, NM

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A gingival flare is a thin red line in the gum tissue near where it joins the enamel. It indicates a deficiency in all antibody production in the mucous membranes throughout the inner body. It may be present in as high as 70% of the cat population and 30% of the dog population. The deficiency may occur in many different places in the body and could cause a number of different chronic medical problems including: dental problems, asthma, chronic runny eyes, irritable bowel syndrome, chronic kidney and bladder disease, chronic dermatitis and other skin lesions, food sensitivities, joint disease, auto-immunity and even cancer. If the tested IgA level is low enough, proper hormone replacement cannot happen due to the inability of the gut (alimentary canal) to absorb the replacement hormone.

Dr Al,

How can I tell if my dog has mange?

Mary C. Atwater, Ohio

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Mary,

There are three different types of Mange; Cheyletiella, Sarcoptic and Demodectic.

Cheyletiella (walking dandruff) is found in puppies. You can recognize it by dandruff like flakes on the puppy's neck, head and back. It is highly contagious but mildly irritating and short lived.

Sarcoptic mange (scabies) mites burrow under the skin and lay their eggs causing intense itching. It can be hard for a Vet to identify and can lead to secondary infections. Watch out for , crusty ear tips and hair loss on ears, legs, face and elbows. It can also occur in cats, pigs, horses, sheep and even be passed on to humans. Wild mammals and rodents can be the source of the infestation with this contagious form of mange

Demodectic Mange is caused by a mite that is so small you need a microscope to see it. All dogs have this mite living in their hair follicles. It is also interesting to note that 30 % of the human population also have these mites living in their nasal follicles. In most dogs, these mites never cause problems. However, if it is due to a compromised or diminished immune system, undernourishment or severe stress it can cause a serious inflammation of the skin and hair loss without itching. In some cases, due to a hormone antibody imbalance {Atypical Cortisol Imbalance.

Check back next month for more great answers to the most pressing healthy pet network questions... to have your questions answered by Dr. Al himself; email your questions to the HPN support system here: [Support@HealthyPetNetwork.org](mailto:Support@HealthyPetNetwork.org)

# Upcoming Events and Happenings

## HPN Updates

The first edition of our monthly newsletter, ***The Healthy Pet News*** will be available the beginning of January 2010. It will keep members aware of upcoming events, product

Specials, allow you to ask Dr AI about your pet's personal health concerns and a whole lot more.

[HPN Newsletter Archive](#)

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## Live Events

HPN is excited to present the Web's new  
"...Pet Friendly answer to MySpace"

**Critter Power.com.** Where pet lovers can post their family's photos, blogs and socialize with other pet people.

You and your pets will be able to move in by the end of December 2009.

[www.CritterPower.com](http://www.CritterPower.com)

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## Pet Nutrition

HPN is currently developing our own line of *Whole Animal Health* products. Until they're ready to go we will be offering the highest quality Supplements, Foods and Supplies that are currently available. They will go on sale in January 2010. Buy with confidence.

Everything we offer meets our highest standards.

[Whole Animal Health](#)

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## Pet Fun

Visit our Photo Gallery as we have some and Check out Anjana the chimp an the funny photo section. We will have a Photo contest in January so start taking YOUR pictures now!

[HPN Photo Gallery](#)

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## HPN Future Events

These are very exciting times and things are really jumping around here. Stay tuned and come back often. Our vision is becoming a reality and we want you all to be a part of it.

The **Healthy Pet Network** is here for you and yours. Contact Us: [Info@HPN.com/](mailto:Info@HPN.com/)

<http://healthypetnetwork.org/>

<http://healthypetnetwork.net/>

<http://twitter.com/healthforpets/>

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## Live Events

Our first LIVE *Webinar* will take place towards the end of January.

It will be an **HPN Open House** where we'll introduce the creators of the **Healthy Pet Network** and give you an idea of what we hope to accomplish in the coming year.

You will have a chance to ask questions about the products and services we already offer and for you to give suggestions about those you may want us to include.

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## HPN Mission Statement

The **Healthy Pet Network** is a character based coalition of forward thinking animal health care professionals and advocates who promote proactive care, preventative practice and innovative techniques in animal health. Our mission is to create a unique online support community. A cutting edge website; which is an interactive network of information, education, products and services that promote and enhance *Whole Animal Health* and promises all the tools needed to create a 'foundation of wellness' that will keep all pets and their human companions safe from catastrophic illness and disease.

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