THE SMART PATH TO HEALING FOR YOUR PET

Teamwork for whole-pet health

Seeing Your Vet: The Foundation of Care

Your veterinarian is your pet's primary healthcare provider. Regular check-ups and prompt attention to health concerns are crucial for their well-being.

When to See Your Vet:

- Sudden changes in behavior or appetite.
- Visible signs of pain or discomfort.
- Lumps, bumps, or skin irritations.
- Digestive issues (vomiting, diarrhea).
- Respiratory problems (coughing, sneezing).
- Injuries or accidents.

Pros:

- Accurate diagnosis and treatment.
- Access to prescription medications.
- Surgical expertise.
- Vaccinations and preventative care.

Cons:

- Can be expensive.
- May involve stressful trips for your pet.
- Limited focus on holistic approaches.
- Limited time to listen to you

5 Questions to Help You Decide: Do You Need a Vet or a Pet Health Coach?

Ask yourself:

1. **Is my dog in pain, limping, bleeding, or showing sudden changes (eating, drinking, energy, potty habits)?**
   See your **veterinarian** first for diagnosis and medical care.
2. **Has my vet already diagnosed my dog, but I need help managing symptoms or building daily habits for healing?**
   A **Pet Health Coach** can guide you through supportive nutrition, conditioning, and lifestyle changes.
3. **Do I want to prevent problems, like joint issues or chronic inflammation, before they start?**
   A **Pet Health Coach** can design a preventive wellness plan for your dog's unique body and lifestyle.
4. **Am I confused by online advice and want trustworthy help to understand what my dog really needs?**
   A **coach** helps you make sense of it all and teaches you how to read your dog's physical and emotional cues.

5. **Do I need medical treatment right now, or long-term support and education?**
   A **vet** treats disease.
   A **coach** helps your dog stay strong, comfortable, and confident for life.

The best results come when **your vet and your coach work together,** each focusing on their part of your dog's well-being.

Working with a Certified Holistic Pet Health Coach

A Certified Pet Health Coach complements veterinary care by focusing on nutrition, lifestyle, and environmental factors to support your pet's overall health and well-being. They work *in tandem* with your vet, rather than as a replacement.

When to Call a Coach:

- Seeking holistic support for chronic conditions.
- Improving your pet's diet and nutrition.
- Addressing behavioral issues through lifestyle changes.
- Creating a healthier home environment.
- Looking for natural remedies to support healing.

Pros:

- Personalized support and guidance.
- Focus on preventative care.
- Natural and holistic approach.
- Teamwork with your vet.

Cons:

- Not a substitute for veterinary care.
- Results may take time.
- Requires commitment and lifestyle changes.
- Training of the mindset to preventative fitness

Book a discovery call with me. Jennifer Holmes

'Free Advice' from the Internet or Friends

While well-intentioned, advice from non-professionals can be unreliable and even harmful. Always prioritize expert guidance.

Pros:

- Readily available.
- Free or low cost.
- Can offer moral support.
- Can lead you to a coach or vet

Cons:

- Often inaccurate or outdated.
- May not be appropriate for your pet's specific needs.
- Can delay proper diagnosis and treatment.
- Potential for harmful advice.

Cautionary Advice: Always verify information with a trusted professional. Avoid self-diagnose or administer treatments without consulting your vet or a certified pet health coach.

The PAWer Path: Teamwork for Whole-Dog Health

Optimal pet health is achieved through a collaborative approach. Your veterinarian provides essential medical care, while a certified pet health coach supports overall well-being through preventative fitness and nutritional guidance. Avoid relying solely on unverified online advice.

Key Takeaway: Partner with qualified professionals to ensure your pet receives the best possible care. Prioritize their health and happiness by choosing the *smart* path to healing.

Contact Information

For questions or to book a private consultation, contact me at:

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