Introduction to Biohacking for Pet Health

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, Doctor Greg Eckel. And my guest today is Doctor Siegel. And we're going to be talking about biohacking for pet health.

She has been a veterinarian for nearly 40 years. And with the last 20 plus years practicing integrative medicine, she's an international speaker and an innovator in integrative veterinary medicine.

Her practice, Pasco Veterinary Medical Center in Leeds, Florida, offers the widest array of alternative therapies and detoxification services in the country.

She developed her own raw pet food company and supplements, Evo Love raw.com. She's passionate about education, which you're going to see today. She has put, online programs for pet parents and veterinarians to teach integrative medicine.

You can find her at Transforming Vet medicine.com. Doctor Seagull, welcome aboard. Oh, thank you so much, doc. It's great to be here. I'm excited to share all this information with your audience.

I am so excited for this one. Biohacking for health. You know, we've been talking bioenergetics on the summit, and it's really a pleasure to bring in you your love for animals, veterinary care and our our love, the, you know, lovey furry friends and what we can do for them as well.

You know, it is a component. You know, more and more people. I think some of the stats are we spend more money on our animals than we do our families.

Right. And we don't quite you know, the way that I grew up was you just get the dog food off the, you know, off the shelf and feed that to Rover. And then you learn that may not be the best thing to do for my dog, right?

Well, we grew up on fast food. Yeah. You know, now we know better. Yeah. It's so true. And many other things, to say the least. So what does when we're thinking about our pets and our loved ones like that, what is the foundation to a true health program?

Well, just like in the US, it's nutrition and the minimization of toxins, you know, and that goes for planet Earth. In fact, it's not unique, right? If you don't feed the trees, if the soil isn't healthy, if there's a lot of toxins, your soil is going to die.

The microbes are going to die. You're not going to be able to grow anything. And the same thing happens with us.

Nutrition and Toxin Reduction as the Foundation

We're just another part of that ecosystem. So when we feed toxic foods, which are processed foods full of chemicals and hormones, and they're in some magically dead, it's dead food, then how do you expect a species to thrive on that?

Now, what's interesting, and why most people are not really paying attention is because we are. We and our pets are designed to survive, and it's that survival mechanism that allows us to keep going, even in the in light of the fact that we're missing vital nutrients and that we are getting a lot of toxins, but we're still breathing, we're still walking, we're still able to move around and think.

And so it has this illusion that you're healthy just simply because you're on the right side of the roots. But in actuality, things are falling apart faster and faster.

So we need to really help people become aware of the fact that fast, cheap and convenient, what we've been sold for many, many years now is not health.

It's really the answer to broken care. And that's what we're used to in our country is broke care. So we're reactive to situations after we already see the symptoms.

But what I try to teach pet parents to do is how do we keep them healthy, what is true health care. And that's a preventative program. That's where we do what biologically speaks to the body as appropriate, so the body can do its job.

And we quit doing the things that are causing the damage and getting in the way of the innate intelligence of these amazing machines, called our bodies and our pet bodies.

I love that, I love that, and I love that you brought up the innate intelligence as well, because that one that's truly coming through on the summit, and I couldn't agree more.

So what what's the in the foundational component when we're talking about our our furry friends and not so furry friends? I'm, I'm so you brought up diet and proper supplementation.

So how does that play a role in in that preventative component. And then really meeting them where they're at and then developing plans and programs for them. Fantastic question.

So let's break it down into what I call species appropriate use appropriate is what nature designed that particular animal to eat if man didn't get in the way.

So cats are what we call obligate carnivores, and an obligate carnivore has no dietary requirement for carbohydrates. Isn't that interesting? Wow. Well, bugs are a little bit more adapted because they've lived next to man for many more years and they kind of fed off of our garbage.

And so they have a little bit more adaptation, and they can tolerate a few more carbohydrates than a cat can. But when you look at processed animal diets these days, the kibble in the canned, they are 40 to 60% sugar.

So let me say that again, because this is huge and most people don't know that it doesn't list sugar on the label. It literally lists everything except the carbohydrate.

So you'd have to do the math 100 minus your protein, your fat, your water and all that. And and then you can figure out what your carbohydrates are. And this is irrelevant to the money that you pay for that food.

So it could be some of the most expensive food. It could be the prescription diets which are typically loaded with a corn base, which is all genetically modified.

And I would think that your audience certainly knows that genetically modified foods wreak havoc on the gut. Horrible, horrible. So we got all this carbohydrate, we have all this gluten, we have all of these toxins and chemicals and hormones and preservatives.

Because pet food typically is sold as complete and balanced, they have to add the required vitamin, mineral and fatty acids. When you do that, in order to make it shelf stable, they use synthetic vitamins, minerals, and then they use fatty acids that as soon as they're exposed to air, is going to start turning rancid.

So we are feeding these animals the worst diet possible. Are we surprised that we're seeing cancers in animals under the age of two? Now? When I started practicing 40 years ago, we saw cancers 1 or 2 times a year.

It was so rare that I never bothered to really understand cancer, cancer mechanisms, cancer therapies, because we just with all the things that we saw on a daily practice, we never saw cancer.

Now I see 10 to 15 cancer cases a week. So it is the number one thing I do in my practice now where we're almost almost exclusively a cancer referral center.

Now, I didn't choose that.

Species-Appropriate Diets and Pet Food Pitfalls

It just kept happening. And because I am passionate about finding solutions and my own journey took me out of the box and said, I'm going to find answers and I'm never going to tell somebody.

There's nothing more that can be done. So a lot of the animals that I see come to me, because they've been told by their veterinarian or a referral center that there's nothing more that can be done, and there's always something that can be done.

Number one is just improving quality of life. So we start with what goes in the mouth. So a species appropriate diet is what an animal would eat in the wild if man didn't intervene.

And if we just follow the principles of biology, it makes the decision making pretty easy, because you can have very eloquent arguments for anything, right?

You could get a really good talker that can convince you to buy your own shirt off your back, but that doesn't mean it's the right thing to do. So we need to step away from all of the sales pitches and all of the marketing, and just look at what nature would do if we didn't intervene.

And I think that might help a lot of viewers who are confused about, well, do I feed grain free? Do I feed kibble, do I feed raw? Do you know what do I do?

And that will help them in all aspects of their pets life to figure out what is the right thing to do? Well, yeah. What mimic nature I love that. So a couple couple questions, you know.

So how did you get unplugged just out of conventional care 20 years ago. So like halfway through your career you got into integrative medicine. Was that from your own health journey or.

Yeah, one of my horses. So my we were all my daughters and I were all into showing horses, and my youngest was ten years old and she was riding in a class.

She was amazing. Her and our horse, Lilly LA crew were almost undefeated in the entire nation. And then there was that one class where something went really wrong and Lilly ended up rearing in the air like just, you know, straight up in the air.

And no one taught my ten year old. If your horse rears just bail off, because the most dangerous thing is the horse rolling over and crushing the rider.

So we had a 50 pound child and a 2,000 pound horse. And so instead of letting go and just bailing off, she was trying not to fall off of her horse during a show.

And so she's dangling from the reins and she literally was pulling the horse over backwards, right on top of her. And the horse had the presence of mind.

I don't know how she did it, but she squatted on one leg and just as hard as she could, try to push herself in the opposite direction of where my daughter was falling.

Wow. Horse hit the ground. You couldn't see space between the two of them, so I just jumped over the rail and I was running to my daughter, really not knowing what I was going to find.

And you just your mind goes blank and you're not breathing. So by the grace of God, I got there and my daughter was fine. The only thing she hurt was her pride.

Lily got up, but she seemed okay. But another incident happened about a month later back at our training barn. And so I had veterinarians come out and look at her, and they didn't know what was wrong with her.

And their answer to me was, she's not safe to ride. You'll never show her again. She was seven years old and she saved my daughter's life. Being told I could put her out to a pasture for the rest of her life, or put her down.

Neither one of those were acceptable, and it just woke up something in me. And that's why I said I vowed at that moment that I would never tell somebody.

There's nothing more that can be done. And we hear that all the time. We hear it in the human side. We hear it in the veterinary side, where when doctors run out of options and they don't know what else to do, then they say to you, I'm sorry, there's nothing more we can offer. They're not being mean.

They're not being bad veterinarians. They just really don't know anything else. And so that because that was unacceptable to me, I started looking for other things.

So I called in my human chiropractor, who was my personal chiropractor, and he had just gotten certified in doing animal chiropractic. So I asked him to teach me what he knew because we were still on the circuit traveling.

And so I was able to adjust Lilly as we were going through the circuit. And I was lasering her and, you know, doing all the things I could do and that I knew at the time.

And then, at the end of that year, five months after being told she would never be shown again or safely ridden, her and my daughter won the United States Youth Reserve National Championship, which is the most prestigious horse show in the entire United States for youth riders.

So when I tell you I got goosebumps again, when I say somebody in the audience needed to hear that, it's so important for us not to be talked into thinking that there is a limited outcome.

There's never a limited outcome, there's never a lack of possibilities. It may not be the one that we're hoping for. Mine turned out to be. In fact, Lilly is still in my backyard.

So here we are 20 plus years later. She's coming near 30 years old, and, and she's still with us, so we don't show anymore. But that's okay. You know, she she had a home for all the trophies that she won for us.

Oh that's phenomenal. Thank you for sharing that. Well, so on this journey you're on, you write, you got turned on to integrative medicine out of your own need.

And that's oftentimes what the what the impetus is. And now you've been helping thousands of patients and their families in really their health journeys talk about detoxification.

And in the veterinarian world. And what does that really mean? That's a great question too. Thank you so much. Because none of this was taught in veterinary school.

None of it. So what I was doing is I was attending every human summit, which at the time, you know, you're going 25 years ago, there was not a whole lot of functional medicine on the human side either.

But I was just sucking up everything I could learn.

How a Horse Injury Led to Integrative Veterinary Medicine

And then as I started understanding the biology, I had the honor of working with Doctor Zach Bush. I had the honor

of still working with Doctor Chris Schade.

And so I started being challenged by these amazing mentors to understand biology, because that's really where the magic is. It's not all the surface stuff.

It's not throwing spaghetti against the wall and seeing what's going to stick. Oh, I heard curcumin is a really great thing. Let me go ahead and do that.

It's understanding these pathophysiological processes. How is the body actually work. And what can we do to assist the turning on or turning off of these metabolic pathways so that we can help the body work the best?

And as I was moving down this path, I started realizing that if we started treating a cancer patient and killing cancer, we were oftentimes making them sicker in the beginning.

And the reason was because their organs of elimination were so clogged up that these toxins had nowhere to go so quickly. I started really understanding the whole process of detoxification and there's six organs of elimination for our audience.

There's the kidneys, the colon, the lungs, the liver, the skin and the lymphatics. Now, as I came through my journey, I came to understand that the liver and the lymphatics are probably the two hardest working organs of elimination.

So I spend the majority of my time on them, though I do address them all. In fact, I'm opening detox centers for pets and their parents because it's not addressed like nobody talks about this.

It's not talked a lot in the human side either. You know, you might get a specialist that does lymphatic therapy, but they kind of forget the liver. They forget that there's lungs there.

So as I started diverging out into understanding the whole body, in total I focus on the liver and the lymphatics, making sure those are working and then address the other organs of elimination and support them as well.

And, the one of the most profound techniques I came across was something called assisted lymphatic therapy. And we have a machine that has two glass probes.

We can adjust the depth and the frequency and the intensity of the heads of these probes, and they produce inert gases and a microcurrent and basically they break up the lymphatics and they open those areas where it drains.

So you have your armpits and you have your clavicle and your groin. And so it opens those up. And then we have ways of congesting the body and then draining and pushing it into those areas.

And again, it has to be done with some mindfulness, because if you overwhelm the body, you can actually make them feel bad. So it's, you know, you have to learn how to do it.

But we find it is one of the most effective therapies that we have. And it's all of our patients. In fact, it's not just for the sick ones. These are things that we do for our healthy animals to keep them healthy because we've just never lived in a toxic world like we live in today.

We are inundated, overwhelmed, and we just have to have help because we don't have the same lifestyle. We're not outside sweating in the sun, we're not doing high intensity exercise.

And our pets, they're lucky to get up from the carpet, walk over to the food bowl, take a walk around the block, right? But most animals are not doing that high intensity.

Again, go back to their natural lifestyle. They lived outside. If they got hungry, it was dawn and dusk, and then they have to work really hard to capture their food.

It didn't just lay there in the bowl so you can sit down there to wrestle it. They had to kill it, then they had to eat it really fast because something was going to eat them.

That hurt all that commotion going on. And so it's a tremendously different lifestyle. So we have to figure out how can we start mimicking that lifestyle.

And, you know, for some of our older pets that have arthritis, maybe we have to modify that a little bit. So I have one of my biohacking machines. It has vibration and frequency.

So the animal just has to stand on the vibration plate. And that helps with their musculoskeletal system. It helps with toning. It helps with bone health.

It helps with lymphatic. And then the frequencies are over 800 different programs in there that can address everything from GI to lungs to cancer to infections.

And, you know, so we have the ways of working around the problems. But what would we rather do is start with a young, healthy animal and encourage people to pick the right pet that they're able to meet that pet's needs.

So if you are not an active person, don't get a large dog. You know they need to go out and run, right? So you just again, it's about thinking about what we're doing and being more mindful with the choices that we make.

I love that. Are there certain prescriptions for certain sized animals and for movement and exercise like there are for humans, like we typically have by age and fitness level?

Do you have those kind of guidelines for animals as well? Was probably a little bit more loose than that. You know, we look at the animal's age, its condition does have arthritis.

And we would have to do X-rays to know that. Does it have a heart condition.

Detoxification and Lymphatic Support

So you're looking at the overall general health. We also in my practice I look for deficiencies and toxicities. So my workup goes past the typical CBC blood chemistry thyroid in urinalysis.

That's what everybody does. But what we should be looking for are the deficiencies. Are they vitamin deficient magnesium deficient B12 deficient. Are they showing inflammation in their body.

So we check for C-reactive protein. We have cancer markers that we can look forward to see. Is there any evidence of a cancer or Lyme disease or, you know, even osteoarthritis can trigger some of these markers.

So we're looking beyond. And then we look for heavy metals because it's not only what you're deficient in. We're also looking for what we're toxic in.

And the studies I did with Quicksilver Scientific, we had over 200 animals that we tested. And in those 200 animals we had at least 4 to 6 nutrient deficiencies calcium, copper, selenium, zinc, etc.

and we had 3 to 5 toxic heavy metals in significant quantities. And these were not animals that all had cancer. This was a wide spectrum of young to old, some of them not really having a lot of major illnesses, and yet they were showing up with deficiencies and toxicities.

They just weren't becoming symptomatic yet. Wow. That is incredible. And very ornate. You know, like specific I love hearing that that you're doing that with the animals.

You know, a big buzz term in alternative complementary health communities is mitochondria and mitochondrial health. Now I'm wondering how you address that with the animals.

Oh you got great questions okay. So we start with step number one which I have a six step program. So I'm going to start at the beginning because again it's all built on another layer. So step number one is we have to stop doing the things that are polluting the body.

You can't keep doing the things that are causing a problem and expect to get a different result. Okay. Does that make sense? Yeah. Just when we look at food and water and environment and EMF and even the ants in our human brains, because we have ants that are called automatic negative thoughts.

And of course, those parts are producing negative neurochemicals, which are animals in train to. That's not even woowoo. That's actual physics principle entrainment.

So we help people to address everything on helping to stop the pollution. And then number two, we're looking for all the nutrient deficiencies. What can we make up.

Because just take vitamin D and magnesium for example. Those two are required for the innate immune system to actually function. So we don't think about that.

We don't think that this pathway requires these two little items. But those two little items are super important. So most of the animals that we test, in fact, there were studies done by university that showed that 85% of animals, dogs and cats eating processed cat food kibble can diets were vitamin D deficient because animals carnivores only get vitamin D from their protein source, they don't get it from the sun.

So people are out in the sun going, oh, my dog's getting plenty of vitamin D, we're in the sun all day long because they, as an omnivore, can synthesize vitamin D from the sun and or their diet animals.

Carnivores can only do it from their diet. So if whatever went into that cancer bag never saw daylight. And most of these are feedlot animals that didn't see the light. So.

So if the cows vitamin D deficient, the herbivores only synthesize vitamin D from the sun, so that herbivore never saw the sun, then they're not going to have vitamin D in their muscle.

Then anything eating them is going to be vitamin D deficient. Make sense? Yeah. So number two was number one is reduce the toxins. Number two make sure all the essential nutrients are there.

Number three heal the leaky gut, which as we all know in our world is super important. Number four is the six organs of elimination. How do we do detoxification.

And number five is the mitochondria. So there's a gazillion different ways that we can support the mitochondria. We know that intermittent fasting is a fantastic way.

Anything that we do that's a hermetic stressor. So it could be extremes and temperature. It could be intermittent fasting. It could be high intensity exercise.

All of those are going to aid in helping to turn on the reactive oxygen species ozone. One of the simplest things that we can do is utilize ozone. In fact, we encourage pet parents to get an ozone machine.

So people want to please check with me first because they're not all the same, but just doing rectal ozone. Something so simple on a frequent basis could be 1 or 2 times a week as a preventative healthcare thing is phenomenal.

So ozone is a pro oxidant as depending on the level of vitamin C that we use, that can be also a pro oxidant. And those are all going to be used to help feed the mitochondria and get them stronger and healthier.

And then we have a variety of supplementation that we use. So they're really is a lot that we have control over and that we can institute. We use hyperbaric oxygen.

So you know yeah there's so many different things. I have one of my favorite is to get vasodilation using infrared sauna. So you get blood supply going.

Release nitric oxide from either our infrared sauna or from our red light lasers. And then we hyper oxygenate the body with our ozone. And then they go into the hyperbaric machine.

So now you're taking all that rich oxygen, increased circulation. You're pushing all of that out into the tissues. It's magnificent. Oh I love that. That's a great bio stack.

So that is phenomenal. Let me give you one more, because not not access to this, but we use an endo laser.

Mitochondrial Health and Advanced Therapies

So this is a special machine of laser lights. And they're they're actual laser lights. They're not LEDs. And they go into an IV catheter. So we place an IV catheter into the patient, and then we give photo activating substances.

And there's a variety of those. It could be vitamin C. It could be yeah yeah yeah. And then after we give the the photo active compound, then we put the laser into the vein and then different colors of laser activate the different photo chemicals so that they become even more active.

So they're turning on more enzymes in the body. And they range anything from antibacterial, antiviral, antifungal, anti-cancer. And the beauty of doing it in the vein is that those low light frequencies, like ultraviolet, blue, yellow and green, they don't penetrate through the melanocytes, through the skin.

Melanocytes actually absorb most of it. So you're not getting anything to really penetrate. But when you do it right into the bloodstream, the red blood cells just pick up those colors and carry them around the body and they do their magic. Wow.

When do you think about utilizing that? Is that in in particular, is that the Webber laser that you all use a different one. Yeah, that we use laser. That is phenomenal.

You know, a lot of the themes on the bioenergetics summit have been around sound and light frequencies and healing. And so I'm just let's dive into that one a little bit more on different light colors for different conditions.

Perhaps, let's say what you're seeing in the in the veterinary world. So we use it for all of our chronic degenerative cases. We see mostly cancer, but it could be osteoarthritis.

It could be autoimmune diseases. It's it's not something that you would put into every single patient because it's a little more expensive. You have to have an eye B catheter in the things that we do topically, we can always use our blue light topically as anything that that light sees.

And the it sees the light is going to be effective. But when you get into the other low light frequencies, then they're not penetrating the skin. So unless the skin is broken like you have an open wound, then you can penetrate better there.

But the endo laser is really used mostly intravenously or intra articular. So when we have cruciate injuries we have two needles that go into like the stifle joint the knee joint.

And then we'll add stem cells and prolia therapy and ozone into the joint. And then we put our endo laser in there. And we activate all those chemicals that we just put in with our endo laser.

So we use all the colors while we're in there. So it's all done under anesthesia. And when they get out these animals are walking. When they leave they come in three legged. They leave walking.

It's really remarkable. We can do it. Intra lesion or we can do it in the abdominal cavity. There really isn't a

limitation. No there is and it's just what is the need.

Wow. Phenomenal phenomenal. Thank you for sharing that. Yeah. So we went we went high tech with lasers IV. Now we're going to talk emotions. So about emotional health how do emotions factor into pet health and recovery from disease.

All dis ease. Repeat all dis ease has an emotional component or more. So it's interesting that the pets that we see in most families today, at least the ones that come to my practice, they're not just pets.

These are social animals. They're not the family pet. They're the person's sole pet. So there's a shift. There's something very different about today's pet relationship that is bringing people to a level of consciousness or awareness.

Now, I personally believe that we're undergoing all of this shift in our hologram. I think I think we're in a hologram. And and I think the purpose of it is so that we can change the frequency.

So emotions are on a spectrum, you know, remember the abacus, the little counting. Yeah. Right. It was like all these dials on the wires. And you have to move them from one side to the other.

So imagine if we had a game called the Emotional abacus game and you had all your low vibrating emotions. I could see my hands on one side. Do you know what the lowest vibrating emotion is? You probably do.

Let's say it would. It would be hate or depression. Shame, shame, shame. Shame and guilt. Sure. Shame. And I know when I used to take my kids when they were little to Busch Gardens, how many times we were adhir parents co shame on you for, you know, and and shame was always, always in the vocabulary when we were growing up.

So shame is your lowest and then there's anger and hatred and bitterness and you know we all know that was okay. And then and actually even when you say those words, you can feel they're heavy and they're dark.

And then as you go across the scale, you get into the high vibrating and the highest vibration emotion. A lot of people will say it's love. It's not, it's gratitude.

And if you notice that in the last at least five years, we hear so much about being in a state of gratitude. I wake up in the morning. What are you grateful for before you go to bed at night? What are you grateful for?

And it's because it's such a high vibration. So I think that the game that we're supposed to play is to see the patterns. What is the emotion that you see happening in your life over and over and over again?

Okay, that's your clue. That's what you're supposed to be shifting. And then how can you take that and shift it to it's equal and opposite or higher.

Emotional Health and the Pet-Parent Connection

So that's what I help our parents to do, is identify the emotions that are coming up over their pet, and then realizing that those are emotions that they've been seeing in their life over and over and over again.

It's like it's a recording that just keeps playing, because if you don't change the recording and you just keep hitting the play button, it's going to keep playing it back.

So it's important that we recognize this is a theme that has been going on. And then ask yourself the question, is it serving me a purpose to hang on to this emotion?

And if the answer is yes, my job, keep doing it, no problem. The answer is no. Then that's your opportunity to find a practitioner or a technique that will help you to shift that low vibrating emotion.

Detach from the outcome of it, and go to the other side. And for our pets, they're like our fur messengers, you know, they're the Pony Express and they're going to bring us to a place in our lives where we have to face things that are dark.

And it's not because they're mean or they're loving, it's they're doing this because they volunteered, you know, we're not making them sick. This is an opportunity to create an experience that can serve us in a much higher way.

Because, you know, doc, at the end of the day, none of us are staying here forever. We're all going to leave this planet one way or the other. So it's not a question of will we live forever?

Will we have the quality of life, and will we have the experiences that will help us to create something better than what we came into? Will we be able to clear some of the heaviness, some of the tragedies, some of the things that we need to forgive, whatever that looks like?

Can we experience those in a brand new way? And that's by recognizing it and deciding if we want to delete the old program and put something better in its place.

Oh, I love it. Really well said. And, great reminder. And really, you're dealing with the, the people of the pets on that front, right? And it's interesting because I'll know immediately if an animal is going to have a chance of recovering from their illness because if that pet parent is just engulfed in fear and limitation and guilt and shame, I'm not going to go very far until they're willing to deal with that and get rid of their limitations, shift their belief system, forgive what needed to be forgiven, and move to a new place and I think that's what the game of life really is.

Doctor Seagull, that is so beautiful. Thank you. I it full on agreement. You know, I think you you really summed it up beautifully there. I will also give you the opportunity, if you have anything else that you would love to share with our listeners and viewers of the Bioenergetics Summit. Wow.

We covered a lot of material. I think, you know, step number one is taking ownership. The two reasons that people fail at anything is one is a lack of knowledge.

So kudos to everybody on the summit because you're learning by the summit. Take notes. Keep being open minded to listening to what speaks to you, because what speaks to you is what you need to know right now.

I'm getting a chill again, so I know there's going to be a whole bunch of people that are going to get value out of that.

Education, Implementation, and Taking Ownership

So number one is education, but a lot of times when we're getting all of this massive amount of education, it becomes overwhelming. And then people go into this inability to execute.

And so it's so overwhelming. They do nothing. So number two, after getting educated, is working with somebody who can help you with implementation. So what I do is I have people literally because I have an online program for pet parents. It's three hours.

It is incredibly intense, but it speaks to the layperson and it's really inexpensive and I have them take a piece of paper folded in half, make a column, a column, B column, all the things that you're learning in the course that you should be doing, but you haven't learned to do them yet.

Column B all the things you shouldn't be doing and you still are, right? So you just make the list. It's not judgmental. It's not about being a bad or good parent.

It's just making a list so that you have a roadmap and then I have people just pick one thing from column that you aren't doing that you should be and just start doing it.

Pick one thing from column B that you shouldn't be doing and just start. It's just is that simple. Just stop it. And then when that becomes so easy that it's just who you are, you don't have to think about it.

Then you go back to your list and you take another one and cross it off and take another one from column B and cross it off. And before you know it, you really made some massive headway.

And then if you have more than one person in the household, let them do their list. So now you're going times four times faster and before you know it you've made massive changes.

But it's not just for the pet health. You're going to make massive changes for your own health too, because you have to change some of the environmental things.

And most importantly, we're changing for Mother Earth, because every toxic thing that we're doing, even down to our thoughts and our attitudes, we're destroying our planet.

So we really need to take ownership, educate ourselves, and then have a plan of implementation so that we work in community with our planet and our fellow human beings and our pets.

Beautiful. Thank you so much, the listeners and viewers. Thank you for coming on and sharing your wisdom with us. Thanks, Doctor Siegel, thank you. Bye, everybody.