

# *SMALL ANIMAL & EQUINE NATUROPATHIC ASSOCIATION*

MEMBERS NEWSLETTER QUARTER 2 - 2021



## ***Contents:***

- THE PRESIDENTS  
WORD
- SAENA NEWS
- CONNECTING WITH  
SAENA
- CANINE NUTRITIONAL  
SUPPLEMENT GUIDE
- OHHH FASCIA
- HELPFUL HERBS
- SAENA BRAIN TEASER
- CLOSING WORDS

# *The Presidents Word*

## EXCITING OPPORTUNITIES & SAENA PROJECT UPDATES

Hello and welcome everyone to the Autumn Edition of our Newsletter. I hope you are enjoying these beautiful sunny autumn days and the amazing autumn foliage.

We here at SAENA have been busy working on an overall strategic plan for the Association and have put in place some of the more concrete goals of the plan such as our new webinar series and our new website.

We were delighted to have had Nicola Kinnard, Dr Michelle Broadhurst and Dr Walter Dingemanse as our first three speakers of our SAENA Webinar Series. The webinars are recorded and available to watch at a later time if you were not able to make it to the live webinar. Ideally we would like to see more participation at the actual live webinars but we also understand that you all have busy lives and commitments. The recordings are available on our website exclusively for you (see menu bar > webinars). You will have to log in with your username and password to access the recording.

We apologise for any hiccups with the new website upon launching it a month ago and hope all issues have been resolved. Sarah, our amazing Communications Coordinator, sent out an email to you a couple of weeks ago and asked you to please reset your password and update your profile. If you haven't done so already, it would be wonderful if you could do so now.

I know the website looks similar to our old one and I am sure some of you might wonder why we built a new website? Let me explain. In line with our plan to provide you – our members – with more value and benefits, we needed a site that allows more flexibility and is easy to update such as being able to upload webinar recordings. Apart from webinar recordings there will be more exciting material available in the future so watch this space ☺

Finally, we have more exciting news:

**1. Mentorship Program:** we are in the process of setting up a mentorship program where you can work closely with a mentor to improve your skills, ask questions, discuss case studies and connect with other professionals in the field. (continued on next page...)



## *The Presidents Word continued...*

**2. Continuing Professional Development (CPD):** we will introduce Continuing Professional Development (CPD) to SAENA in the new financial year. CPD refers to work related learning and development and aims to maintain, improve and broaden your knowledge, expertise and competence required throughout your professional lives. In order to uphold a standard of excellence among SAENA members we believe engaging in regular Continuing Professional Development is of utmost importance.

There will be more information coming your way in the next couple of months so again – watch this space ☺

We are also very committed to membership involvement in SAENA's planning and activities so please let us know what you would like to see included in our strategic plan. If you would like to take your involvement a step further and be part of the next phase in SAENA's planning and development, please get in touch – we would love to have you on the SAENA Committee. We have decided to waive membership fees for anyone who would like to join the Committee.

In the meantime, please enjoy this autumn edition of our newsletter.

Warm regards,  
Sandra Bader | SAENA President





## *SAENA News*



### UPCOMING AGM & WEBINAR SERIES

The **SAENA AGM** date will be announced soon and the committee would love for our members to join us! If you were thinking of joining the executive or general committee, the AGM is the perfect time. Watch this space for confirmation of a date. The committee also really appreciates any feedback or ideas on how to keep SAENA growing and improving.

Just a reminder that **committee members annual membership fee's are now being waived. This includes both the Executive and General Committee members.**

If you think that you would like to join the committee and offer both your valuable thoughts and time to keep SAENA the best it can be, please email the Executive at [info@saena.com.au](mailto:info@saena.com.au).



The **webinar series** has had some amazing speakers so far and we at SAENA want to extend a very big thank you to everyone who has been involved and participated. The committee is running the webinars for our members, if you have a speaker you think would add value, please let us know and we will reach out and try to get them on board! If you have any topics you would like covered, feel free to email or message us on facebook!

## *Connecting with SAENA*

### THE NEW WEBSITE IS LIVE!

Have you checked out the brand new SAENA website yet? We think it looks pretty amazing and will be much more user friendly. If you haven't done it yet, make sure you jump in and reset your password and update your profile information so clients can find you!

**Don't forget to check out the SAENA website and social media pages. As always, contact us through our email [info@saena.com.au](mailto:info@saena.com.au) for any questions.**



# *Canine Nutritional Supplement Guide*

## **A LOOK INTO VITAMIN & MINERALS BY MICHEAL YEO**

*There are so many different supplements on the market and it can get so confusing which one your dog will benefit from. Firstly, it is important to understand what each supplement's intended effect is and make informed decisions in conjunction with advice from your vet and canine nutritionist. We can get a sneak peek into three amazing supplements thanks to the fantastic research done by Micheal Yeo.*

### **Chondroitin:**

One of seven glycosaminoglycans (GAGs) that along with strength of collagen combine with the extracellular matrix (ECM) of fascia to assist at resisting compressive forces on the body. Able to absorb water molecules like a sponge, enable the compression and sliding of forces to spread across joints and muscles. (Lesondak, 2017, p8 & 11) Protects and enable joint/muscle health.

### **Fresh Raw Kelp:**

Contains biotin, Vitamins: A, B complex, C, E, F, K, Chromium, Choline, Copper, Fluorine, Inositol, Iron, Magnesium, Manganese, Molybdenum, Phosphorus, Selenium, Silicon, Sodium, Sulphur, Potassium, Vanadium. (PCINFCP, 2016 p35-6) When in fresh raw form, for dogs, chewing/crunching on the kelp root stem enables jaw exercise, anatomical exercise and stimulation of gut digestive system and cleans teeth and gums in a similar way to masticating on raw meaty bones. (Billinghurst, 1994, p124, 126) Kelp provides anti-oxidants, protein and can assist with immune system, thyroid function, cancer prevention and prevent heavy metal accumulations. (Olson, 2015, p45-47)

### **Spirulina:**

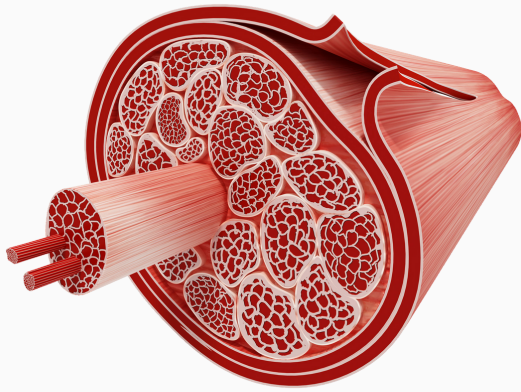
A class of ancient blue green algae as a compound provides anti-oxidant, anti-inflammatory, anti-arthritic and anti-cancer properties also good for muscles, joints and bones. Contains Vitamin B complex and E, chlorophyll, phytonutrients, carotenoids, gamma linolenic acid and superoxide dismutase (a free radical scavenger) and protein. Contains phycocyanin a potent anti-oxidant and anti-cancer inhibitors. (Dodds & Laverdure, 2015, p126, 152) The phycocyanin has "scavenging properties toward oxygen reactive species (ROS) and its inhibitory effects on cyclooxygenase 2 (COX-2) activity and on histamine release from mast cells". (Romay et. al. 2003 Abstr.) Spirulina also contains omega 3 fatty acids. (Olson, 2015, p35).

**For full reference list, please  
contact [info@saena.com.au](mailto:info@saena.com.au)**



## *Ohhhh Fascia...*

**WHAT IS IT AND WHY IS IT SO IMPORTANT? BY FAYE DABROWSKI**



Fascia is the connective tissue that surrounds and connects everything in the body such as nerves, muscle, organs, bones and skin. Closely it looks like a wet goopy spider web made of collagen, elastin and reticulin with fluid filled with glucosaminoglycans, proteoglycans, hyaluronan and other proteins and water. It supports body structures, provides tensile strength, provides protection to the cellular level, allows the body to move and is a full body communications system from head to tail.

Fascia wraps every muscle fibre and muscle belly allowing it to transmit nearly 40% of force. Muscle spindle cells are also wrapped in fascia which allows it to communicate to the central nervous system. Spindle cells give normal feedback to the CNS as it stretches regarding muscle tone, rate of change of muscle length, movement and proprioception. When fascia is not hydrated and becomes stuck, it cannot communicate well resulting in abnormal muscle function, leading to pain and dysfunction.

Fascia has other roles such as creating scar tissue during injury to stabilise the area during healing. It keeps muscles and tendons separated so they are able to slide along each other for movement as well as transmitting force during movement and aids with circulation of fluids, oxygen, nutrients and waste. There is evidence that the life force "chi" in traditional Chinese medicine flows through it as fascial lines line up with ancient meridians. Epimysial fascia wraps up muscle fibres and aponeurotic fascia which creates fascial sheets that aid in transmitting force of the muscle it covers and connects to the bones.

Injured fascia becomes the stiff and solid 'glue' between muscle fibres, reducing normal movement and circulation for healing. This leads to the compensatory movement patterns and incorrect posture, weakness and pain. Adhesions are made by fascia when scar tissue doesn't disappear properly possibly due to poor circulation and movement, and lack of nutrition. These adhesions become trigger points in the muscle.

Tightness in the body is caused by tight fascia and you can identify fascial tightness with tight skin, stiff and shortened range of movement. Myofascial release aims at decreasing tension in the muscle as well as its surrounding fascia and restoring its function.

# *A Sneak Peek from an Animal Herbalist*

## OHH WHAT A HERB! 'ASHWAGANDHA'

**Herb Name:**

Withania somnifera/Ashwagandha/Indian ginseng/poison gooseberry or winter cherry

**Origin:**

Native to India, Africa and the Mediterranean.

**Classification:**

Ashwagandha is a plant that belongs to the Solanaceae or nightshade family. This species is a short, perennial shrub ranging from 35-75 cm tall. The flowers are small, green and bell-shaped. The ripe fruit is orange-red.

**Actions:**

This herb has historically been administered to both Equines and Canines. Herbalists have used Ashwagandha for treating debilitated animals that have been sick for sometime or have chronic illness and is a great immune tonic. It is a wonderful for anxious animals, stressed, hyperactive and the opposite, depressed animals as it is a nervine . It also helps improve cognition in aging pets. Being anti inflammatory it is helpful in cases of osteoarthritis and other musculoskeletal conditions. It has such a wide range of uses including aiding hypothyroidism.

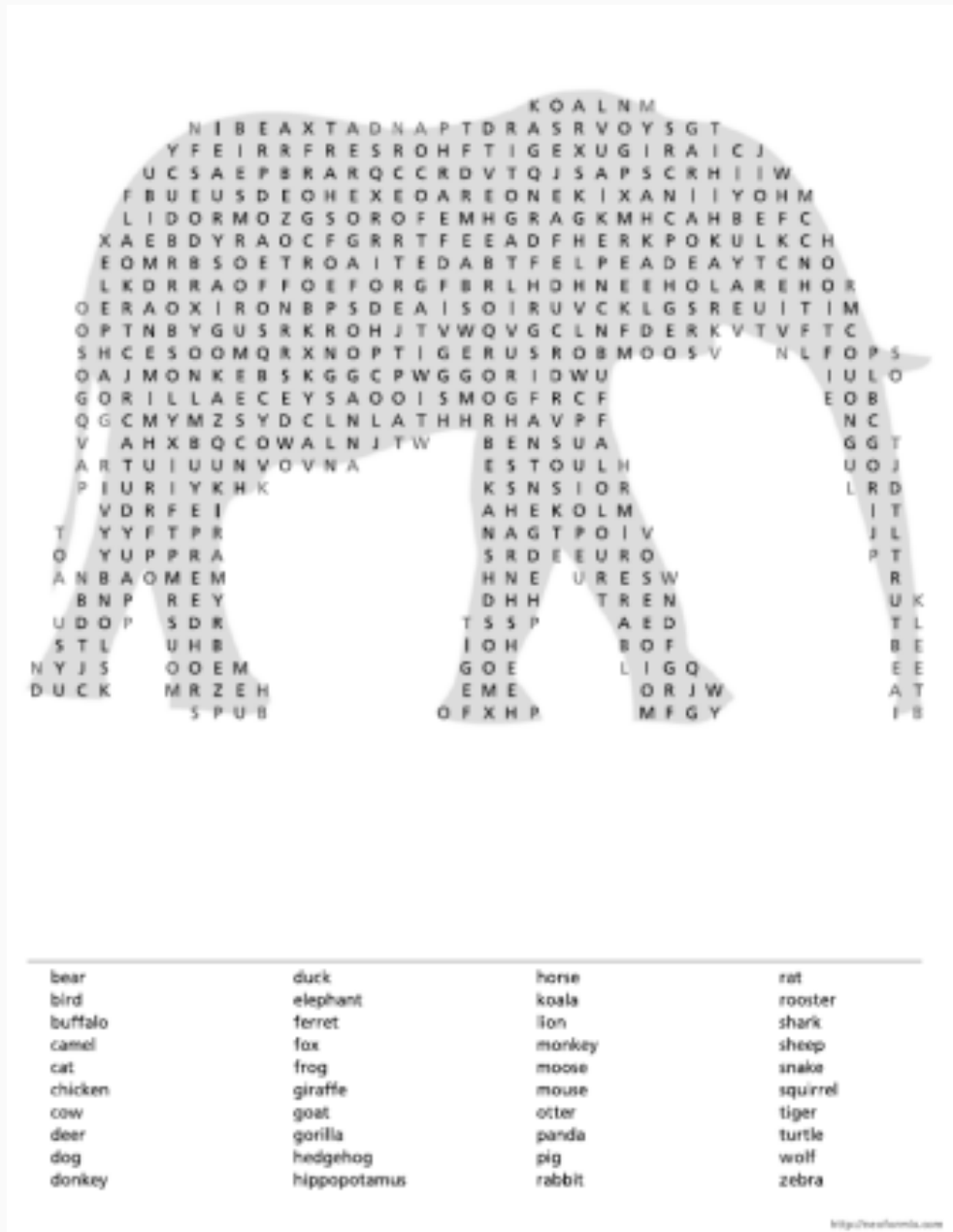
**DISCLAIMER: Before administering any herb or medication to your pet, ensure you seek the advice of a qualified herbalist or veterinarian.**

**Source: Thank you Kirrilee Potter for your input!**



# SAENA Brain Teaser

## CAN YOU FIND THEM ALL?



## Closing Words

We hope you have enjoyed this edition of the SAENA members newsletter. We have had a lot going on in this first year and there is still so much more to come. As a committee, we really want to be here and support our members, so if you have any input or feedback, please don't hesitate to let us know how we can improve the association experience for you. We also hope you are all coping ok with any COVID restrictions you may be facing.

SAENA EXECUTIVE