

Arthritis: What You Can Do at Home

Caring for your arthritic pet involves paying attention to his comfort.

Joan Hustace Walker

Cheryl Schwartzs book *Four Paws, Five Directions* is an excellent resource for learning acupressure, but it would be even better to have hands-on training. Most holistic veterinarians skilled in Asian medicine will be more than happy to show you what acupressure points benefit your pets condition, as well as teach you how to perform acupressure.

Educate Yourself Empower yourself with knowledge. The more you know, the more you will understand, and the better you will be able to seek out the best possible care for your pet. New studies and theories are constantly emerging from the field of veterinary medicine. If you stay on top of the emerging treatments in both conventional and complementary veterinary medicine, you will be a much more informed consumer and reap the benefits of this. To get started on learning more about arthritis, refer to the selected bibliography for a list of books, magazines, journals, and websites.

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