

# Health

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wouldn't eat them in the wild, and they don't have a need for the extra carbohydrates.

Grains in dog and cat food are filler. They can lead to arthritis, skin conditions, lethargy, flatulence, and other preventable symptoms. Further, animals should not smell, have bad breath, poor teeth and gums, or be itching and scratching. If they do, this is a sign the body is not functioning well. Just like with your own health, the first step is to clean up the diet.

Ideally, dogs and cats should be given a diet that closely matches the nutritional balance they would have if they ate what nature intended. This means getting quality protein appropriate for their optimum health. They have no need for additives such as by products, soy, and colorings.

The top level food for your animals includes raw food, the majority of which is human-grade animal protein. The next rung down would be a high-quality canned food. The lowest and least desirable would be commercial kibble.

If you must feed only kibble, choose a no-grain variety with no unnecessary additives. These are usually found at feed stores or high-end animal supply stores. Supplement this diet with some fresh food. Dogs love carrots, for example, and you can experiment with other vegetables. Avoid giving them grapes, raisins, chocolate, walnuts, and macadamia nuts. Cats are interested in various vegetables, too. My cats love to eat cooled chicken soup with vegetables. It isn't raw, but it's nutrient-dense.

If any of you have animals in pain, with joint inflammation or another type of pain, you can experiment with removing grain and low-quality food and treats from their diet. Many people continue with the same substandard diet while giving anti-inflammatory drugs. These are not necessary nor is the suffering your animal endures.

Speak with a holistic, integrative veterinarian who is knowledgeable about proper diet and holistic approaches. If there isn't one in your area yet, you can work with one by telephone, which I have done with success for the past 8 years. In fact, I have four animals who rarely if ever go into a veterinary office. Our house-call veterinarian is a specialist in homeopathy, herbs, acupuncture, and chiropractic.

If you can find a gem like this, you'll not have to pay for regular veterinary visits with their accompanying tests, x-rays, and drug prescriptions. Instead, you'll

be promoting healthy, happy animals in the way we humans must treat ourselves: by enhancing our vitality, encouraging the body to heal itself, and stopping the madness of placing a bandage over every symptom without looking further into the deeper cause.

Meanwhile, you and your animals will thrive when you are deeply nourished, with both food and companionship. Let's not ignore our trusted companions when it comes to what nourishes them: our presence and care along with top-quality food the way nature intended. Organic raw is best, combined in such a way that it is biologically balanced. To learn more about this, Dr. Richard Pitcairn, who I am not affiliated with in any way, has books and much information on his website: [www.drpitcairn.com](http://www.drpitcairn.com). There you'll find detailed explanations of the points I touched on in this article.

Dr. Christina Grant is a holistic healer and counselor who has helped hundreds of people attain physical, mental, emotional and spiritual well-being through personal transformation. Her writing is published nationwide. To learn more, see [www.christinagrants.com](http://www.christinagrants.com).

a soccer field). For others, soccer in the US isn't a big deal because it's not "complicated" enough; that's a lame reason.

I could go on and on and on but I'm not going to (this time). US plays again on Wednesday (11:30 Am PST) against Algeria while England plays Slovenia. USA! USA! USA!

# The Parker Report

Dear Friends,  
You have been subscribed to receive periodic emails and other important updates from Monterey County Supervisor Jane Parker. If you like what you see, use the Forward to a Friend feature at the bottom of the email to share this with others who may be interested. If you'd prefer not to receive future emails, you may unsubscribe using the link at the bottom.

## 2010-2011 RECOMMENDED COUNTY BUDGET

The Board of Supervisors conducted a budget hearing on June 9th to review and discuss the recommended budget for 2010-2011. The 2010-2011 Monterey County Recommended Budget Book is available online, along with a copy of the budget presentation given at the June 9th meeting. Pages 39-54 of the budget presentation summarize the impact that reductions will have on the County. This 2010-11 budget includes significant reductions across all County departments, yet manages to maintain nearly all core programs serving County residents. The final adoption of the budget is scheduled for June 29th.

Supervisor Parker is pleased to recognize and thank local photographer Leigh Fitz for the artwork featured on the cover of the Budget Book.

## 2010-2011 Recommended Budget

### "YOUR TOWN" PROGRAM TO FEATURE BREAKTHROUGH FOR MEN

Did you know that Jane is a host on the Your Town Radio and TV Program every third Thursday of the month? You can catch her interviews with community leaders from 5:00 pm - 6:00 pm on the radio at 1240 AM, or TV channel 24, or online at [www.ampmedia.org](http://www.ampmedia.org). Jane's June program, this Thursday June 17th, will feature Breakthrough for Men.

Breakthrough is a non-profit organization founded and created in 1987 by Fred Jealous, a community leader and teacher, to provide men with skills to free themselves from non-productive, painful, or abusive aspects of their lives. Over 1,000 men have participated in the Breakthrough program discovering their true power as men, and their full potential as fathers, husbands, partners, friends, and as leaders. Tune in this Thursday to learn more about Breakthrough for Men or visit their website at <http://breakthroughformen.org>.

### JUDGE PRICE TO JOIN JANE AT HOT DRINKS AND HOT TOPICS

Jane is pleased to announce that Judge Jon Price, co-chair of the Community Alliance for Safety and Peace, will be joining her as a special guest on June 21st at Hot Drinks and Hot Topics. Then on August 30th Elliott Robinson, Director of Social and Employment Services will attend to join the conversation. Come hear about their efforts to support families, youth, and individuals through challenging times - and offer your ideas. Stay tuned for announcements about upcoming special guests!

Supervisor Jane Parker hosts a HOT DRINKS AND HOT TOPICS every Monday evening before a Board of Supervisors meeting. In addition to reviewing interesting items from the Board agenda, she will chat about local issues, discuss your concerns, and listen to your ideas and suggestions. This regular meeting is held at The Cherry Bean Coffeehouse at 332 Main Street in Oldtown Salinas on Monday's from 5:30pm - 6:30pm.

WHERE: The Cherry Bean Coffeehouse at 332 Main Street in Salinas  
WHEN: Monday prior to Board meetings from 5:30pm - 6:30pm  
Upcoming Dates include: June 21, and 28, July 12, and 26, August 23, and 30, and September 13, 20, and 27

There will be NO agenda review on July 5 or 19, August 2, 9, or 16, or September 6. (since there is no Board meeting the following Tuesday.)

Hot Drinks and Hot Topics with Supervisor Parker

### SUMMARY OF COMMUNITY MEETING ON GPU5

Supervisor Parker's Community Meeting on GPU5 brought together nearly 30 people to discuss the status of the general plan update process, and issues regarding the latest draft which is referred to as GPU 5.

A report summarizing the presentations and discussions has been posted online at <http://www.janeparker.org/community-meeting-on-the-general-plan-1>.

### Summary Report on GPU 5 Community Meeting

GREAT CALIFORNIA SHAKEOUT  
Join millions of Californians in the largest earthquake drill ever!

Major earthquakes may happen anywhere you work, live, or travel in California. The ShakeOut is our chance to practice together how to protect ourselves, and for everyone to become prepared. The goal is to save lives and prevent disasters from becoming catastrophes. The Great California Shakeout is planned for October 21st at 10:21am. Sign up today to participate at [www.shakeout.org](http://www.shakeout.org).

As a registered ShakeOut participant you will:

- \* Be counted in the largest earthquake drill ever!
- \* Be included on lists of who is participating in your area
- \* Be an example that motivates others to participate and get prepared
- \* Be updated with ShakeOut news and other information about earthquakes and preparedness

Invite everyone who matters to you to register and ShakeOut on October 21 at 10:21am. Everyone is welcome to participate - individuals, families, businesses, schools, government agencies and organizations!

Great California ShakeOut  
JOIN JANE ON FACEBOOK

## Random From Page B1

wear... it makes American football players look like pansies (and rugby just makes everyone look like pansies or sane people... depending).

Others believe that the US views soccer as a child's game. Which, when you think about it, would make sense: a HUGE percentage of US kids play soccer while young... and then move on to baseball, basket-

ball, and (American) football in junior high / high school (if you list those backwards then you have them in order by season in CA). Everywhere else in the world this game is played from the time they pop out of the womb until they pass on to the other side... and sometimes even longer (when asked to draw a picture or describe "heaven" as a child I always depicted

## Fresh, simple and flavorful!

### Serving Bistro dishes nightly:

- A Variety of **Fresh** Seasonal Seafood - Salmon, Ahi Tuna, Swordfish, Seabass, Halibut, etc... Grilled, Pan Roasted or Blackened.
- **Grass-fed Steaks** - Pepper Crusted or Grilled: Filet Mignon & Rib Eye.
- Braised Free Range Lamb Shank.
- Pork Tenderloin Medallions and Chicken Breast Piccata.
- Vegetarian Dishes and Pasta.
- Home-made Desserts - Crème Brûlée, Tiramisu, etc.



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Ray Napolitano, Food Chain - MC Weekly 10/31/2008

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TripAdvisor.com



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