



## #604 Pet Rx: Detox, Raw Diet, Holistic Therapies

### | Marlene Siegel

#### **Dr. Wendy Myers**

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. We have a great show today, all about pet health, the issues with pet food, pet vaccination, pet detoxification, and answering a lot of your questions about holistic pet care with Dr. Marlene Siegel. She's an amazing DVM. She has 40 years of experience, so just tune into this show if you're concerned about pet health. I was really surprised by the show today to learn that almost 100% of our pets today have some sort of chronic health issue. 1 in 1.65 dogs and 1 in 3 cats develop cancer, and just really shocking statistics. The conventional pet food, nutritional deficiencies, environmental toxins, lack of detoxification, and mitochondrial dysfunction are really the major contributors to our pets' health today.

Dr. Siegel advocates for species-appropriate raw diets, which most people are not doing, detoxification protocols, and holistic treatments for pets that we discuss on the show today. Also, she talks about how most commercial pet foods are 40 to 60% carbohydrates, which are totally inappropriate for our pets and promote diabetes, and why she wants you to avoid processed foods, even grain-free options, because they contain carbohydrates like potatoes. The detox methods that she abdicates include ionic foot baths, ozone therapy, light therapy, hyperbaric oxygen for your little doggie, herbal supplements, lymphatic drainage, and fascia release as well.

We also talk about vaccines. Are they necessary? We talk about mercury and aluminum-free vaccines. You can use three-year vaccines that last for three years.

She talks about how you don't need to vaccinate your pet every single year because you can use tighter testing to confirm immunity versus over-vaccinating. We talk about safer alternatives like ivermectin for heartworm versus some of the toxins that are in heartworm medications. It's really the excipients. It's not the actual medicine itself. And then we talk about the importance of filtered structured water for pets, how owners' stress negative emotions can impact their health, and lots of really interesting high-tech holistic vet testing that Marlene does, including live blood analysis and nutritional status. She uses frequency-based therapies and bioenergetics like light therapy. She addresses trapped emotions and energy imbalances in pets as well. It's a really interesting show. You gotta tune into this show today.

Our guest, Dr. Marlene Siegel, has been in private practice for 40 years. Over the last 25 years, she's been pioneering in the field of integrative medicine. She's a respected author, international lecturer, and researcher for integrative veterinary technologies and a clinical practitioner as well. Her veterinary hospital has the widest array of alternative therapies in the world, with her focus on bioregulatory medicine, identifying the root cause of disease, and establishing safe and effective solutions. She has special expertise in ozone therapy, photodynamic therapy, and detoxification. She has her own raw pet food line and an essential supplements company. You can learn more about her work at [drmarlenesiegel.com](http://drmarlenesiegel.com). Marlene, thank you so much for coming on the show.

### **Marlene Siegel**

Thank you for having me. I love it when people include the fur world in their audiences.

### **Dr. Wendy Myers**

Well, I wanted to do a podcast with you because you're an expert on pets, pet food, and detoxification. You're a veterinarian. I wanted to have you come on and teach people how to think and approach their pets' health and pet detoxification as well. Why don't you tell us a little bit about your background and the veterinarian center that you run?

## **Marlene Siegel**

Well, that was a lot. I've been practicing for 40 years, but about 15 years into my practice career, I had an incident with my daughter and her horse where they were involved in an accident, and the horse saved my daughter's life. When I went to get help for the horse, I was told there was nothing. We don't know what's wrong with her. There's nothing we know to do for her. You can retire her to a pasture, or you could put her down. And those words were unacceptable to me. I wanted to find out how to fix this horse, and I wasn't willing to stop at anything until I got that accomplished.

So that started me on my holistic journey. I was looking for answers, honestly, where answers didn't exist. And back then, it was the beginning of the functional medicine world on the human side. I was sucking up every single podcast and webinar that I could find. I was calling people and asking questions, and then I would apply it to the animals. It was interesting that people would say, Well, we work with people. I don't know what to tell you. And I said, Don't worry about it. You tell me what you do for people. I'll figure out how to apply it to the animals. That's kinda where my journey started. I made a commitment to myself and to my clients that I would never utter the words, "There is nothing more that can be done."

In all those years since then, I have maintained my promise, and I have never said those words because the truth of the matter is there's always something we can do, even if it's improving quality of life and transition, that's important. We're all gonna leave this planet one day. We just don't have to leave sooner than we need to, and we should have the quality of life while we're here.

## **Dr. Wendy Myers**

I love that you stand by that because I am the same way about people. There's never an illness or a symptom where there's nothing you can do about it. There's always something you can do. You may just be limited by the knowledge and set of the practitioner you're speaking to. But for me, I just don't ever take no for an answer. I've been that way since I was three years old. I just don't, no doesn't exist for me. I love that you have that mindset when it comes to pets, and the health issues pets are facing are staggering, where 1 in 1.6 dogs get cancer. There are a lot of other health issues, even related to just common veterinary care, like vaccinations for pets. I

remember I used to have a cat that got his vaccinations and started having seizures like nonstop after that. And I thought, hmm, that's not normal. I didn't make the correlation at the time, but I do now. There are a lot of very high aluminum levels in the vaccine. I just wanna get your take on the situation or the status of pet health today, and any statistics you may have.

### **Marlene Siegel**

They're pretty sad statistics. For dogs, the rate of cancer is 1 out of 1.65. Cats, they say, are 1 out of 3, and that is highly under-reported. But when you include things like diabetes, autoimmune disease, osteoarthritis, gastrointestinal diseases, and allergies, it literally is a hundred percent of the animals that we're dealing with are going to come down with some form of a chronic illness. I have a dog in the hospital right now that has intestinal lymphoma and this dog was diagnosed at one year of H. This is not an old dog, old cat disease anymore. This is a disease affecting our young pets and we have to at some point stop and take a look and say, what has changed in our world, and without a doubt, it's the level of toxicity.

It's a combination of overwhelming toxicities combined with overwhelming nutritional deficiencies. We live in a big machine. This is a wonderful mechanism, and it requires certain things in order to function properly. And those certain things have to come from our diet. Those are the essential vitamins, the essential minerals, fatty acids and amino acids. If we don't get that in our diet for either because the glyphosate that's raining on us is blocking amino acid production, or it's because the food is grown on nutrient depleted soils, which we all know is happening. Whatever the reason is, we are not getting the nutrients that we need for our bodies to function properly, and it's happening in our pets as well.

The three things that cause dis-ease, because I don't think there's a disease, it is literally the body not being imbalance, a deficiency of essential nutrients, an overwhelming amount of toxicity, and mitochondrial dysfunction, the little powerhouses that make energy for us and communicate with the microbiome. They're not working properly and then trapped emotions. I think everybody could relate to that. Now you don't have to have gobs of textbooks and you don't have to

have all of these specialists around you to stop and ask yourself this question, what my animal is eating, is it species appropriate? Is that what they would eat in the wild?

If they wouldn't eat it in the wild, which by the way, there is no kibble processor in the wild, then maybe that's not a good diet for them. And then of course, the level of toxicity is overwhelming. In today's world, we have to start reading labels. We have to start taking ownership of the things that we're slathering in and on the body and putting in our environment and smelling. We just have to become educated so that we stop spending our dollars on the very things that are causing us to be ill.

### **Dr. Wendy Myers**

I wanna go through a few different points. I wanna cover food. I wanna cover flea medicine. I wanna cover vaccines and what your recommendations are in each one of these categories, pet treats and things like that. and then how to detox your pets as well. First, let's talk about food. I have two cats right now. I've had dogs in the past and when you look at the food options, it is disgusting. You look at, I don't wanna name any names, but just anything you buy at the grocery store, it's just horrifying and it's full of grains.

It's not only that, but genetically-modified grains. I just don't even want to know the quality of the animals that they're putting in there. I'm sure there's lots of soy fillers. So our animals are basically for most people that are feeding their animals McDonald's every single day, every single meal, their entire life. What type of food should we be avoiding feeding our pets and what should they be eating?

### **Marlene Siegel**

Avoid anything that's processed. If it's a kibble, the little dry crunchy things, that's all processed food. Then things that are typically in a can have also been highly processed and then stuffed into a can. I wanna break it down into species-appropriate. When we talk about species-appropriate, what would they eat in the wild? Well, they're carnivores. Dogs are scavenger carnivores because they will scavenge and find other things to eat. Cats are obligate carnivores. They have no dietary requirement for carbohydrates. Isn't that amazing?

So we wanna break it down to macronutrients and micronutrients. I'm doing that because the way the food industry is today in the US, if you buy a food that is complete and balanced, the manufacturer has to put in the vitamins and minerals. The fatty acid is ordered to call it complete and balanced because they know the food's gonna be deficient. But in order to do that, they end up adding in synthetic nutrients, which doesn't help us. I own a raw food company. What I did to get around that law and to actually give a better product is I separated the macronutrients from the micronutrients. A macronutrient is the meat, fat, bone and organ meat that the animal has to have in order to thrive because our pasture lands are deficient. We can't guarantee that they're getting all the micronutrients. So we want to supplement those essential nutrients. But I separated them and my essential nutrients are in their own form, they're organic, they're of highest quality, they're fresh, and I can feed them based on the body weight of the animal and that animal's nutritional needs.

So in my practice, we actually test for deficiencies and toxicities. If I see an animal that is very deficient, I know that I can raise their essential nutrient levels by supplementing them a little higher, and then I can retest and make sure I'm in that zone that I wanna be in. Does that make sense?

**Dr. Wendy Myers**

Yes, absolutely. I saw on your website, what's the name of your site where you can buy your pet food and supplements?

**Marlene Siegel**

EvoLove Store. It's love backwards and forwards. How do I say that? it's really just love backwards and forwards. Or you can get to the site from [drmarlenesiegel.com](http://drmarlenesiegel.com), which is the hub of everything.

**Dr. Wendy Myers**

Okay, great. I saw on there you've got a vitamin supplement powder. You've got something like an essential oil supplement and things that for us humans, we need those too, and we don't wanna deprive our pets of those either.

**Marlene Siegel**

The fatty acids that I recommend, and I really wanna talk about this for a second, is that a lot of people have gotten on the bandwagon because of marketing of fatty acids. And so they're looking at fish oils to get those fatty acids. Well, we really wanna have the fatty acids, the Omega-3, omega-6 that make up the cell membrane. We call them the parent essential fats, and they come from plants. When we provide that, there's enzymes in the body that help to break them down to provide the quantity, and not just the quantity, but the timing for the other fatty acids that are coming from the enzymatic breakdown of those parent essentials. So, we use plant-based and they're cold pressed. There's no expeller chemicals added, they're all organic and have no mercury

**Dr. Wendy Myers**

The food that you offer is raw food. Can you talk about that?

**Marlene Siegel**

We talk about raw food because going back to species appropriate, what is the form that the animal ate that food in? Well, out in the wild, they would've killed something and they would've stuffed themselves tearing through the fur, going through the abdomen. They would've chewed through some of the intestines as they're pulling it out looking for organ meat because instinctually they know what they're headed for. As they do that, they tear through some of the intestines. They get some of that probiotic effluent on their mouth. So, they're getting their pre and probiotics that were pre-digested by the herbivore that they're eating. The reason why they have to eat it in a raw state is because, number one, they don't have enzymes in their saliva to break down carbohydrates. We do. That's why we're supposed to chew our food thoroughly, mix it in with our saliva, and start that pre-digestion for the carbohydrates in our mouth.

Then when it drops into the stomach, now you're digesting your proteins with the hydrochloric acid. Well, with animals, because they don't have predigestion of carbohydrates in their mouth, they're gonna drop that right into their stomach. Now in the wild, if you're a carnivore and you've chased something down and you've finally killed it in, you're eating it, you're going to attract a lot of other carnivores

around and they're gonna go, wow, look, there's a free meal, and they're going to either eat you or they're going to eat your meal that you just killed.

So, biologically speaking, they're designed to stuff themselves when meat is available, and then go off and digest that in privacy. When we cook the food, the enzymes that are naturally in our meat, that's why they rot and become degraded. Heat over 105 degrees breaks down the enzymes that are in the food that aid in digestion. We're taking the animal's ability to improve digestion, and we've now put all that work on their pancreas. You can imagine that your pancreas has a finite amount of work that it can do. And if every day it has to use all of that energy and all of those enzymes to digest food that should have been raw so that they didn't have to put all that work into it, you're going to have a problem at some point.

### **Ads 17:05**

If you're taking protein powder, you need to stop and listen to this. The Clean Label Project recently tested 160 of the top selling protein powders in the US. They tested 83% of the market, which is 70 different brands and 40% of the products tested exceeded Prop 65 safety thresholds for lead. 21% had more than two times the Prop 65 safety thresholds for other heavy metals and toxins. 65% of chocolate protein powders tested over the Prop 65 safety thresholds, and 77% of plant-based protein powders tested above these thresholds as well. That's definitely not what you want from products that are supposed to support your health particularly. It's something that you're consuming daily.

What the study found was that Puori PW1 protein powder was awarded the number one cleanest protein powder out of 130 different brands. The choice is clear. That's why I love Puori's PW1 Wave protein powder. Every batch is third-party tested against 200 plus contaminants. They don't sell any product unless it passes these tests, and they make all of their third-party tests available via a QR code. You can scan this QR code and see exactly what is in this product and what this batch tested for. No other brand is doing that because they won't pass the test. Each serving gives you 21 grams of minimally-processed, clean, high-quality whey protein powder from pasture-raised cows' milk. So, no hormones, no GMOs, no pesticides, nothing to worry about. I personally love the bourbon vanilla flavor. You get real vanilla seeds from

bourbon, vanilla from Madagascar, which is known as the best vanilla in the world. It's high quality. It tastes amazing. Even my daughter mentioned how she loves the vanilla flavor in it.

I worked with Puori on an amazing deal for you. You can get 20% off, or if you choose the already discounted subscription, you get almost a third off the price. But you're only gonna get this deal if you visit my exclusive link at [puori.com/wendy](http://puori.com/wendy) and use coupon code Wendy to get 20% off this amazing deal of the highest quality whey protein powder that's been tested for 200 plus contaminants. You can bet this for quality. This is my number one recommendation for protein powder because the results are in. Puori is the number one cleanest testing protein powder on the market.

### **Dr. Wendy Myers**

Then they become diabetic, take insulin shots, and then that leads to cancers. There's just this spiral and health that we're seeing in our animals and pancreatitis.

### **Marlene Siegel**

Pancreatitis and pancreatic cancers are very prevalent in our industry nowadays. When I started practicing 40 years ago, I saw one or two cancer cases a year. Wendy, I'm seeing one to 10 cancer cases a week.

### **Dr. Wendy Myers**

Let's talk about the toxicity load that pets are dealing with. Certainly it's in our food, but we're taking them for walks in the parks and all the municipal parks and schools and our neighbors spray their yards with roundup ready glyphosate containing chemicals. Our dogs are walking in that and big surprise, glyphosate causes cancers and many other health issues. Let's talk a little bit about that and other toxins they're exposed to.

### **Marlene Siegel**

We can start with the things that touch the skin. Think about the laundry soaps that people are using. We ask these questions every day and people are using these over the counter laundry soaps, not realizing that there are xenoestrogens in these

products. These are estrogen mimicking compounds that are hormone disruptors. So there's one big area because the dogs and cats aren't necessarily wearing clothes, but they're laying on your bed. They're on your lap. So they're exposed to the materials that we're washing and we wash their beds in it as well.

Then the cleaning products that you clean your house with. The animal is on the ground. They're on the floor. They're exposed to these chemicals as much as we are, maybe more than the air quality. If there's mold in your house, if your vents aren't clean, if you're using petroleum-based air fresheners, then that's gonna be toxic. There is electromagnetic pollution. This is part of your heart's passion. Of course, that's a major problem because a lot of people put the animal's beds right underneath the router. Talk about high exposure. The EMF exposure is really toxic for these animals and they don't get to leave the house like we do so they're immersed in it. Smart appliances, wifi, routers, smart meters, all of these things, your neighbors WiFi's are affecting us.

I don't know but most people now realize when you go to turn on your wifi and you're looking for a connection and you're picking up all these other wifi connections that are not in your home, that means you're picking up the wifi from other people. That could be two or three houses away. These are very strong signals that are affecting our animals. The one that is really the most of all are the ants that live in our brains, our pet parent brains. And those are automatic negative thoughts. What happens when we have a negative thought is we create these neurochemicals as a response to what we're thinking.

Neurochemical is going to be released into the body and it has an effect on our body. But our pets are entrained with our energy, so they don't know that there isn't danger out there. All they know is something's happening to my pet parent, and they're on high alert. They're in a high sympathetic tone. So there must be something going on and I need to be on high alert now too. These negative thoughts that we're having, which are creating these negative neurotransmitters in us, are actually affecting our animals as well.

**Dr. Wendy Myers**

Yeah, absolutely. You can see that. I know there are cats and dogs that are so attuned to their owners for sure. We're under a lot more stress than I think people realize. What about as far as other toxins? Certainly, there are lots of toxins in the food. I think a lot of people think going grain-free is helpful, but then you see a lot of those products, they just have potatoes or they'll have sweet potatoes or other things that are just added to the food. What's the problem with toxins in the food and maybe the grain-free products out there that people feel are an upgrade?

### **Marlene Siegel**

The grain-free products are not carbohydrate-free. So, like you said, they have, instead of a grain, they're gonna have a potato starch, or they're gonna have tapioca pudding or something like that in it. Those are horrible because it's sugar. And we know what sugar does to us. It's doing the same thing. Remember, they're obligate carnivores. They have no dietary requirement for carbohydrates. And now you're feeding most processed, canned, and kibble foods that are 40 to 60% carbohydrate. That's a stunning number.

You can't see that on the label. They don't put that on the label. You have to actually do the math and subtract from a hundred all the other numbers, and then you come out with somewhere between 40 and 60%. Plus, if it's not organic, it's gonna have hormones, chemicals, pesticides, and preservatives, all mixed in that diet. The poor pet body has to try to detoxify all that and it's already struggling with all the other things that it has. There are not enough enzymes, not enough nutrients, and water. I wanna just touch upon water. Oh, before I leave the carbohydrate side, these grain-free diets are being linked to a lot of heart disease in dogs, and nobody really knows exactly what that connection is, but we're seeing a ton of animals that are eating these grain-free diets that are getting cardiomyopathy, which is a heart disease.

I definitely would not recommend that processed food is processed food. I don't care how much you paid for it. I don't care how much they advertise how wonderful it is. It is toxic. It is worse than McDonald's. We really have to teach people what a species-appropriate diet is. I hope we drill that in today and people are gonna go, oh, well it's so expensive. But what they're not considering is how much they pay for

broken care. They're gonna spend thousands of dollars on diagnostics treatment because you just don't throw your pet away and get a new one. It's not a car. You love your pets and you care about them. And when they do get sick, you take them to the vet and you want them to get better.

People are so trained to wait until the brick falls on their head before they make lifestyle changes. I want people to understand that if you have a pet, you're already in that situation, at least try to feed 55% raw. You're doing better. There are studies that show that animals that are at least getting more than 55% raw in their diet are doing better. They have less inflammatory markers, they have less cancer markers than the animals that are eating a straight processed food diet. So if you haven't gotten a pet yet and you're considering, then think about the budget that is going to take to really care for that animal and purchase accordingly.

Don't get a great Dane if you don't have a lot of money. They're big. They take a lot more to feed. They are more expensive to take care of and so that may not be the best pet to have at this time in your life. We just have to start taking ownership for the things that we're doing, and it is heartbreaking. I've never met a pet parent who is joyous that their animal is sick because they made bad decisions. Nobody does that, and there's no veterinarian that feels good about saying, I'm sorry, there's nothing more that I can do. They may not know anything else because their toolkit is so limited. What they were taught in school is not sufficient to meet the level of the complexity of disease that we're seeing today. So it's not their fault.

It's going to really take the empowered pet parents. Why I call my course the empowered pet parent is because it's gonna take that pet parent to take ownership of their pet's health. You are their guardian. You are the one that they rely on to make decisions 'cause they can't go out and make the decisions on their own. It's really a beautiful time in our history for us to start becoming educated, start learning, start becoming more empowered, and making those decisions that ultimately lead to health and longevity.

### **Ads 28:20**

I wanna give a shout out to one of our sponsors today. It's Tru Energy Skincare, and this is the skincare line that I'm using and they have an amazing product out. It's

called the Energy Optimized Body Sculpting Stone that you see right here. I also love their refreshingly revitalizing hand in body lotion. I use this every single day. This is part of my nightly routine, using the sculpting stone and the body lotion. I love Tru Energy Skincare and the sculpting system. It's called the True Energy Body Sculpting System, designed to support lymphatic detox and fascia repair.

The protocol targets the acupressure points to activate the body's natural detox pathways. So what I'm doing every night is putting the lotion on, and then I go over my whole body a few times with this stone. You go over your entire body and they have a little information kit to guide you on what to do. This stone is made of natural ion stone and it's energy-optimized with Tru Energy's proprietary biophoton frequencies. We sometimes refer to them as beauty frequencies, helping to communicate to the body at a cellular level to act as if it's young again. So it's sending new information and frequencies to your skin to improve collagen, improve elasticity, help with lymphatic flow, and help with flushing and detoxification of your skin.

When paired with the bioactive functional hand and body lotion, it enhances hydration. It combats dullness and brings out a healthy glow. The lotion is also energy optimized with the same proprietary frequencies, using a little green bead inside it that has all the frequencies imprinted on it. This powerful combo is ideal for those dealing with premature skin aging, cellulite, feeling bloated or swollen, and all the signs often linked to stagnant lymph flow and toxin buildup. You can get this duo at [trytruenergy.com/wendy2](http://trytruenergy.com/wendy2). You can get this combo at that link.

Again, I do this every single night. I'm absolutely in love with Tru Energy Skincare because everything I do in my life is frequency-based. You guys know that, if you've been listening to this show, I'm obsessed with bioenergetics. I've got bioenergetic software running, but everything I do has frequencies imprinted on it and everything that I use that includes my skincare. I cannot recommend Tru Energy highly enough

### **Dr. Wendy Myers**

One thing that drives me nuts is when you go to the vet's office and they try to push that science diet garbage on your pet. I would sit there with the vet and look at it. I'm like, do you know this has corn and soy and it's genetically modified? Why would you

be recommending this to me? And the vets love me, believe me, but I just don't understand it. My dog was having a digestive issue and chronic diarrhea and things like that, and they're like, oh, give this science diet. It's really mild or it's easy to digest. And I thought, well, I don't think so.

It's hard for me to digest corn, much less my dog. That's the only thing you see. It's just like conventional medicine that these corporations have taken over veterinary care and veterinary insurance. They are only making these very narrow recommendations. You're almost always gonna be recommended to a science diet. I've never seen any other food. I always see science diets. Maybe there's a couple other options, but it's always there in every veterinarian's office. What is going on there?

### **Marlene Siegel**

Well, it's because we're trained in vet school and we're sponsored by the three leading box companies. So, that's all they know when they're coming outta school, until something happens in their life that takes them into a different trajectory. Obviously my trajectory went really far off path, so it's not their fault. Again, I wanna really emphasize that don't go to your veterinarian and go bashing them, and they're a bad person. They're not. You know what you know and you don't know what you don't know. And our allopathic model is designed to train veterinarians, as in human medicine, to name it, blame it, and then do a pill for the ill, or a diet for the disease. It really is how we were trained.

### **Dr. Wendy Myers**

And we do need that, just like we need that in mainstream medicine. We need that for many health issues that pets have. Can you talk about what you were gonna say before?

### **Marlene Siegel**

I was also going to mention water because we were talking about food. Water is the other big area that I really encourage pet parents not to use tap water. I don't care what state you live in, tap water is not healthy water. It's loaded with probably over

45,000 types of toxins in them because the filtration systems for the city municipalities don't clean the water for all these things that are now an issue for us, including glyphosate and heavy metals. So we wanna use highly filtered structured water, and there are only certain machines that help you to do that. It's worth the investment because the whole family's gonna be drinking it. I have machines in my office. I have machines at home. We cook and do our teas, and all of our preparations are all done with our structured water.

For me in particular, I like having a machine that adds molecular hydrogen. Again, not all machines are equal. I would rather not name any machines on air, but if somebody's interested in my recommendations, please contact me and I'm happy to share. Wendy, do you have a machine that you promote?

**Dr. Wendy Myers**

I don't. I recommend pH prescriptions for water filters.

**Marlene Siegel**

I don't know that company.

**Dr. Wendy Myers**

They're in Florida and they're really good. I recommend Wata water for the oxygen, hydrogen, and electrons in the water, but they're certainly I think on my website. I've got, I forget the exact name of it, but it's a structuring device that you can use.

**Marlene Siegel**

That's really important. I think we could spend a whole podcast talking about what structured water is, but because I do live blood analysis and I'm working with your products, we're able to show how the structured water that's in our bodies surrounds all of our cells and organelles and tissues. When it is healthy, it's expanded and it helps the red blood cells to stay separate. When we're exposed to things that shrink, the red blood cells come together and they become sticky, which leads to all these health challenges. So using structured water is important because that's the water that your body actually uses in the cell, and there's a little aquaporin, a little hole in

the cell membrane where water is allowed to go in. But it has to be the right molecular size, which is structured water.

Anything else is not gonna fit through that hole, and therefore the cell remains dehydrated. So if you drink unstructured water, then your body has to spend the metabolic energy to restructure it before it can use it. Well, if you're healthy and you have no challenges, you're probably gonna do that very well. When you have an individual who's already struggling with cancer or some other chronic degenerative disease, they don't really have a lot of spare energy. They really need to use that energy as wisely as they can and do it on something that is not necessary. You could drink structured water and that would be a better choice.

### **Dr. Wendy Myers**

Okay, great. How do you go about detoxing pets? That's something that you would never, ever hear at a veterinarian's office. I'd never even heard of that until I talked to you about it. I'm like, it makes perfect sense. How do you go about detoxing them?

### **Marlene Siegel**

Well, let's name the organs of elimination first, which are very humorous. When I ask veterinarians who practice allopathic medicine, they can name one or two. We have the kidney, colon, lungs, liver, and the skin. I used to say just the lymphatics. Now I say lymphatics slash fascia because they are so interconnected and they work together. Each organ of elimination can be detoxed in a different way. Obviously the lungs we like to do exercises that help the animal to take deep breaths. We use halo therapy, which is salt therapy. That halo therapy is also good for the skin. So while you're sitting in a salt room and you're breathing in salt, that salt is acting like a little toothbrush across all the mucus and ciliary membranes in your respiratory tract.

It's helping to break down all the congestion so that you can either sneeze and or cough up all the gunk in there, pretty effective. And then on the skin, of course, that salt is antibacterial, antifungal, antiviral, and it's helping to clean the microbiome of the skin. For animals that have an itchy skin and flakiness, it's wonderful for that. That was for skin and lungs. For the kidneys, we tend to do a lot of sauna therapy. We do herbs, we do special herbal nutrients and homeopathic products that help to clean

the kidneys, increasing, of course filtered water to help the animal flush toxins out the kidneys. The two organs of elimination that I do the most are the liver and the lymphatics in fascia, because I think they do most of the heavy lifting.

For the liver, we use a variety of different things from infrared therapy, saunas, herbal products, and a lot of bitters for the animals. And then we do frequency work as well, hyperbaric oxygen, and ozone. These are in no particular order. These are some of the tools in our toolkit. For the lymphatics, we do actual lymphatic drainage. We have a special machine that has glass probes and they produce a microcurrent of negative ions and inert gases. We go over the pet's body in particular fashion to help open the lymphatic areas of the different areas of the body. And then we decongest and sweep into those areas, and that's extremely effective. I have a whole program for pet parents to be able to do fascia decompression for their fur babies at home, requiring no equipment, their hands, and their passion.

**Dr. Wendy Myers**

That's amazing. I wanna go to your clinic.

**Marlene Siegel**

That sounds exactly as you say that. This year, God willing, I hope in 2025 we will be opening spas, family wellness centers, which are detox centers for pets and their parents.

**Dr. Wendy Myers**

That's amazing.

**Dr. Wendy Myers**

That will be really, really cool because this is so needed. I know it might be extravagant for the average pet owner, but there's a lot of people out there who want to take every measure for their pet, and there are options to do that to recover your pet's health. It just sounds like you're super high tech, super high level research. You've been doing this for 40 years, and I've never heard of any veterinarian that's working on detoxification at the level that you are with our animals.

### **Marlene Siegel**

One of the other areas that we use in multiple modalities is intravenous light therapy.

It's called photobiomodulation. When you think about it, we are light beings. We were designed to function in sunlight, but most people and their pets are light deficient. In today's modern world, we spend our day in our house and then we go into our car, and then we go to our work. By the time we get home, it's usually dark and you're never out in the sunlight for very much time. That's extremely important because sunlight is one of the drivers. Red light is one of the drivers for our mitochondria to actually function. So light is extremely important, and we're going to have the inability to use antibiotics within 20 years because the antibiotic resistance is so high. We're using light therapy in the replacement of antibiotics in many cases.

That's pretty cool. We can use it intravenously, we can use it topically and we can also add what we call photo activators. These are natural products that we have knowledge of what spectrum of light will increase their enzymatic activity. And so when we give that product and then we add the right wavelength of light to make it more enzymatically active, then inside the body it will help create products like reactive oxygen species that will then target abnormal cells and actually make them go away with no toxic side effects.

### **Dr. Wendy Myer**

That's amazing. You mentioned frequency. How are you using bioenergetics when you're working with animals?

### **Marlene Siegel**

A variety of different ways. One of the ways we do it is we have a scanner that we can scan the body and look at what is in homeostasis and what is not in homeostasis. We can take the frequencies that the machine is giving us, that would put them back in balance, and we can make remedies with that. I also have machines that produce frequencies and we can dial them into a variety of different either sympathetic or parasympathetic or combinations. These are low PIKA Tesla ranges. They're in the

same frequencies of our body because we're not only light beings, we're frequency machines.

Every single cell in our body has a resonant frequency, every single one. So, when you can tune them back to their normal frequency, the things that knock them out of frequency are the toxins in our environment. The EMF that we're exposed to, all of this creates a dissonance. Even the lights, I'm sitting under fluorescent lights right now in my office and it doesn't look good and it doesn't feel good. It's really toxic. People don't realize it.

### **Dr. Wendy Myers**

It induces ADD in children. It's just really problematic.

### **Marlene Siegel**

We haven't figured out how to change. We're 40 years old here, so we're trying to figure out how to change them. All the things that we're exposed to, including light, the wrong incoherent frequencies, are affecting us. We have tools and mechanisms to help to mitigate that and make more coherent light. I actually have special stainless steel plates in my office that are treated with plasmonics, and when the incoherent light comes into the plate, it goes through the plasmonics, it's reflected off of a mirror surface, and when it comes back out, it's coherent light. It is changing how our bodies and our pets bodies within the scope of the building are interacting with that now coherent light. And that's one of the reasons I don't seem to have a problem with the lighting in my building is because I am mitigating it.

### **Dr. Wendy Myers**

Oh, that's amazing. I just love this because you're just incorporating everything that humans should be doing and, and thinking about what should be in every medical office. This is why I do this podcast, to really expand people's minds about the possibility not only with your own health and your own longevity, but also for your pets as well. All the same principles that apply to us, that we need light and harmonious frequencies, nutrition, and detoxification applies to our pests as well.

### **Marlene Siegel**

If we spend just a little bit more time being proactive and making better health decisions about the quality of ingredients that are going in and on us and around us. We would have such a different health outcome just by doing that. We don't have to rely on the pill for the ill and the diet for the disease because we've created the problem. Why don't we just uncreate the problem by making different decisions? The other thing I wanted to say, and I'm so passionate about this, is that when we as a group, as a society, as conscious individuals start actually doing that, and we start not giving our dollars to the companies that are not giving us healthy products, and we choose companies that are doing a good job, the companies that aren't doing a good job will start losing market share and they'll start making better products.

It's consumer demand, and if we don't demand it, they are not going to change it. We've been conditioned to accept fast, cheap, and convenient. There's no more fast, cheap, and convenient. We're paying for it with our health, with our children's health, and with our pet's health and cancer at any year of age. It's unacceptable.

### **Dr. Wendy Myers**

And it's so expensive. I had a problem with one of my dogs at one point, and he couldn't go to the bathroom or something. It was \$1,200 just to get the workup and the x-ray and this and that, and I can't even imagine cancer treatment and those options there. It's incredibly expensive going to a specialist and things like that. So, let's talk about vaccines. Do you wanna talk about vaccines and what your thoughts are on that? No, good, bad, et cetera.

### **Marlene Siegel**

I think that in our world it's a little easier because there is only one vaccine that is required by law and that's rabies. It has to do with the fact that rabies is a fatal disease if people get it. And so I respect that. But we do have three-year vaccines and we can get vaccines that are free of mercury and free of aluminum. There are veterinarians who have the choice of getting a healthier vaccine. When we give the vaccine, we give a homeopathic to help offset the negative effects of that vaccine. We just try not to over vaccinate. As far as everything else is concerned, I think we have to use some critical thinking skills. What is the risk of exposure that your pet has and what would make sense to give a level of protection?

Now, we absolutely unequivocally know we do not have to vaccinate our pets every year. That is emphatic. I would do it in my practice. We do give that one vaccine over the age of four months of age for distemper parvo on dogs and the feline distemper for cats. And then we'll do one booster and then we check their titers. Even university studies have shown that these animals will have adequate titers for seven to nine years after that. So we do the initial vaccine to make sure that they have adequate titers. Our vaccines are the cleanest we can get on the market. And then we don't vaccinate anymore. We do titers to confirm that they have adequate immunity and then we focus on gut health.

We're talking about vaccines. The purpose of the vaccine is to educate the body to be able to respond quickly if it sees this threat. That's a good thing. However, if your immune system is so destroyed because you have a bad gut, you don't have good nutrition, or you're deficient in essential nutrients, your vaccine isn't working. The vaccine is an adjunct. It's an extra icing on the cake when you focus on having a healthy body that is able to detoxify properly, that has the essential nutrients that it needs to do its job. That is structurally aligned through chiropractics, through foster decompression, and that you're supporting the body in the biological ways that it was designed to function best, which includes movement.

People forget that their animals need to move. Even your cats need to move in the wild. They would've chased down, they would've done high intensity exercise to get their meal, and now they get up, they walk to the bowl, they walk back, they lay down, and they just don't go anywhere. So we have to teach our kitties how to play and go up and down stairs and chase balls and be able to get high intensity exercise. It's very important.

### **Ads 50:07**

I want to take a minute to talk about the health benefits of olive oil and thank one of the sponsors of the Myers Detox Podcast called Fresh Press to Olive Oils. Like many of you, I'm always trying to eat healthier, and that's why I love really good olive oil. I eat olive oil every single day for its many antioxidants and longevity benefits. Olive oil is the cornerstone of the Mediterranean diet, proven to be among the healthiest in the

world. Sicilians from Italy and some islands in Greece have some of the longest-lived people in the world because they're eating olive oil every single day.

Check out this article from Life Extension Magazine: Olive Oil Markedly Extends Human Lifespan. In a long-term clinical study, those who ingested the most olive oil derived polyphenols live 9.5 years longer if they're over the age of 65. The Harvard School of Public Health has announced the results of a 28-year study showing that just over a half a teaspoon of olive oil per day is associated with a lower risk of dying from cardiovascular disease, cancer, neurodegenerative disease like Alzheimer's, and respiratory disease. It's been shown in the research to reduce high LDL cholesterol. It helps prevent type two diabetes, high blood pressure and obesity, and it may also help to prevent arthritis and osteoporosis. There are so many health benefits. So, whenever you buy olive oil, the four most important words to remember are the fresher, the better.

Olive oil packs the most flavor and the most nutrients when it's fresh from the farm, and that's the problem with supermarket olive oils. They're not fresh. They can be sitting on the shelf for months transported over sea on ships, losing the polyphenols and antioxidants with the healthy fats even going rancid, the longer they sit in the bottle and that defeats the whole purpose. Not only that, but most olive oils sold in the US are not actually olive oil. They're mixed with canola and other unhealthy industrial GMO seed oils that you're trying to avoid by choosing olive oil in the first place. It's really shocking that this has been allowed to happen, but there just isn't much oversight in the industry. That's why I stopped buying olive oil from the grocery store years ago because you just have no idea what you're getting.

That's why I love getting my olive oil direct from someone that I trust, that is from TJ Robinson, who's known as the olive oil hunter. He has found all these artisanal small farms producing olive oil like they've done for thousands of years. I look forward to my quarterly shipment of olive oil from Spain, Italy, Australia, and other countries. This one is from Portugal, and depending on the country, the olive oils are ripe and in season. They press the olive oil and they bottle it and they send it to you right away. So, it's the freshest that you can get. And so when I tasted TJ's farm fresh oils, I fell in love with them. They're so fresh, they're so pungent. This is how olive oil is supposed to taste, and they're incredibly delicious on salad, veggies, pasta, meat, fish, you

name it. Olive oil also has zero carbs, so it's ideal for low carb ketogenic and paleo lifestyles.

As an introduction to his fresh pressed olive oil club, TJ's willing to send you a full size \$39 bottle of one of the world's finest artisanal olive oils, fresh from the New Harvest for just \$1 to help them cover shipping. You can go take advantage of that at [getfreshwendy.com](http://getfreshwendy.com). You get a \$39 bottle for only one dollar at [getfreshwendy.com](http://getfreshwendy.com)

### **Dr. Wendy Myers**

I love that take on vaccines. That just makes so much more sense. I didn't know that there were vaccines available that don't have mercury and aluminum in them for pets. I think there are a lot more options now, thankfully to people like you that are trailblazing and demanding this stuff and certainly the pet parents are demanding healthier options as well. That just makes sense that you don't have to vaccinate every year. I know that when I'd go to my vet, they'd be pressing for vaccines. I thought, no, I just passed on everything. My cats are not vaccinated. I don't know. I am very wary of that because of injuries to my daughter and injuries to my past animals. I opted not to do that. What about heartworms? A lot of animals are getting heartworm pills. Do you think those are necessary?

### **Marlene Siegel**

Heartworm disease is a real problem. It's spread by mosquitoes, and if you live in an area that has a problem, I am in the most endemic state for heartworm disease. All the studies for heartworm and fleas are done in my area, so we have the highest burden. If you live in Arizona where they don't even have bugs per se, use your critical thinking skills. Is there a time of year where I don't need to protect? But you don't want to expose your animal unnecessarily.

Now, I don't agree with most of the products that are out on the market right now because they're designed to be chewable. In order to be chewable, you have to add all of these things to make it tasty. So I would recommend that people read the labels. Don't buy it straight out. Look at the box, read what the ingredients are, and if they're not healthy, don't use that. There are alternatives. We use Ivermectin for our heartworm preventative.

### **Dr. Wendy Myers**

I was literally just thinking that. My next question was Ivermectin and benzol. Let's talk about that.

### **Marlene Siegel**

Ivermectin is used in humans. It's been out there for a gazillion years. Yes, it is still an insecticide, but we know the safety margins and we know how effective it is. In my practice, I don't have my clients use the commercial flea and tick products and heartworm preventatives. Ivermectin is only for heartworms. It doesn't do anything for fleas and ticks. But that's step number one. We wanna solve that. I try to find the safest and most judicious usage of flea control and tick control for my patients, because again, I'm in a highly endemic area. The burden is very heavy. And if you've ever watched an animal suffer from a flea allergy, it is horrible. They can't get comfortable.

They itch all the time. They've got sores, they have no hair. So you have to use a little bit of common sense, and I call it weighing your odds. Is it better to use a tiny bit of a flea and tick protectant and not have the consequences of an allergy like that? You have to decide, some animals are more allergic. Again, I think it still goes back to you having to have the basics. You have to have a good diet. You have to have a healthy gut membrane. You can't be dealing with a leaky gut and make that as an excuse. A lot of people come in and they go, oh, I don't wanna use any kind of heartworm or flea preventative.

It's toxic, and they're feeding a kibble diet in tap water. So, no, don't talk to me like that. You have to really look at the risk-benefit of every decision that you make. In my area, it is more cost-effective and risk-benefit to do some kind of a preventative for fleas and ticks because we have such a problem with it. Ticks come with a lot of illnesses. So if you can prevent a tick bite illness in a region where ticks are a problem, then you need to do that. But use safer products.

### **Dr. Wendy Myers**

My dog was allergic to fleas also, which I thought was very ironic for a dog to be allergic to fleas. But yeah, so I opted to do the flea medicine. Are there safer options? I know there are a lot of people's dogs that can take a pill. They can do like a liquid on the back of the neck, but I know there's a lot more options out there. Is there anything safer that you recommend?

### **Marlene Siegel**

It changes. This podcast is gonna be out there in perpetuity. So instead of naming a product, I would say if you have a concern, reach out. We'll get you through our course, we'll be able to do consultation for you and pick the right product for your pet, your species, where you live, the lifestyle. All of these play a factor. If it's a dog that swims a lot, then you need to get something that's not going to be washed off. So, it's not just a black and white answer. But yes, we help people to make the best decision based on their lifestyle and their risk exposure.

There are people that have a dog that lives in a 32 floor condo that never sees the floor. They don't need anything like that. They might get mosquitoes in their apartment if they open their windows. So a heartworm preventative would be good, but do they need flea and tick protection if they're not bringing anything into their home? Probably not.

### **Dr. Wendy Myers**

Okay, great. Let's talk about your course that you have. I saw this on your website. I love that you have a course for people to learn about, I assume it's about holistic care for their pets. Can you talk about that a little bit?

### **Marlene Siegel**

It's a three hour course. The first 30 minutes is really an introduction, a little bit about who I am, why I am doing it, and what the statistics in the world are right now. But then from there, it teaches pet parents about the proper diagnostic testing. We do a lot more than just the CBC, blood chemistry, thyroid, urinalysis, and it teaches them how to find the deficiencies, how to find the toxicities, and that gives them the ability to go to their veterinarian and say, I would like to run this RUPA test.

If their veterinarian can't do it, they can contact us. After they've taken the pet parent course, we can send them the test kit and they can actually be able to do it themselves as well and send it to the lab. And then I'll do the interpretation for them. We teach them all about the six organs of elimination, detoxification, and how to be able to do that. A lot of it can be done at home. We also teach about diet, digestion, gut health, and gut repair but in a way that they can actually understand it. Give a person a fish and they eat through the day, teach them to fish and they eat for a lifetime. I teach them a kind of philosophy. I want people to understand what they're doing because in today's social media world and so much information out there, there's a massive amount of noise.

If you don't understand what you're doing and why you're doing it, you are going to be distracted by every little dangly object that comes across your path. Some of them may be good and a lot of them aren't. I want people to have that empowerment to understand what is a good choice and what isn't. I give very few product recommendations in the course. I will do it afterwards if somebody calls me, because again, I want them to understand the principles. Then once they understand the principles, I can guide them to good products and good equipment that is here today. But I don't know what's gonna be here five years from now. Either those companies may not be around or there may be something better that's come along in technology.

I always like to leave myself open to be growing with the world that we're living in. I also teach about trapped emotions in the course, which is very interesting because all dis-ease as trapped emotions associated with it. It's something that we forget to make a connection with, but it's very important. I'm a little spiritual. I think we live in a hologram. And so for me, everything that happens in my world, I just look at it and wonder MIT and go, oh, isn't that interesting? Even the ouchie things. Oh, isn't that interesting? Why did I create that? I was literally outside talking to a client yesterday. She just brought her dog in for cancer. The moment I said something on this spiritual journey and the dog's emotional connection to it, literally three birds flew overhead. There's not another bird in the sky. Three birds fly right over our heads.

I looked up, I went, isn't that interesting? Three birds. She looked at me, she said, the number three is very significant to me. I look at every sign that I get in life, and I'm

getting chills as I just said that. So that's another affirmation that my guides are saying, oh, like somebody needed to hear that. I try to incorporate all of that into the course, and it's designed to truly, I called it Empowered Pet Parent course, because it's designed to give people the ability to make good decisions, good choices, and understand why they're doing it.

### **Dr. Wendy Myers**

I think that's great. That's why I have a course on emotional detoxification as well. The research is clear, 65 plus percent of our physical health issues are from emotional trauma. I always thought that about my dog, Jezebel. I have had a little four pound Pomeranian for a while, and she came from a puppy mill. I realized that after I had bought her. I always thought she had a lot of anxiety and stress from those early years and living a couple months in a puppy mill. That's just certainly gonna apply to a lot of animals.

A lot of people are buying designer dogs from puppy mills and things like that. But not only that, but I think if you're a pet owner and you've had a lot of trauma, it's naturally gonna affect your pet as well. If you have a lot of stress or fighting or whatever in front of your animal, it's going to affect them as well. And then they have trauma, they get bit by other dogs and things of that nature. Of course that's gonna apply to pets just as much as humans and their illnesses.

### **Marlene Siegel**

Think about this. There is no coincidence that you have a particular pet in your life at a particular time in your life with a particular challenge, whether it's yours, theirs, or a combination. That is no coincidence, that is no accident. Everything has significance to it. We just have to slow down long enough, become present long enough to hear what that answer might be. It's like we're going through a puzzle, we're doing a game and there's a treasure hunt at the end. And the treasure hunt is enlightenment.

Are we seeing our clues along the way? They're right in front of us, but oftentimes we miss it. And when we miss it, then the clue comes back around again and back around again. Eventually it's gonna knock us on our high knees until it says, no, you

need to address me. You need to see me. And now you need to do something about it.

**Dr. Wendy Myers**

Let's talk more about the Ivermectin and even fend Benol, which is for people, we use men Benol, but we can use Benzol as well. There's a lot of really exciting research around cancer for that in humans. So I imagine that applies to pets as well. It gets parasites and things like that.

**Marlene Siegel**

In the animal industry, of course we're using it as a parasiticide. We're using it for treating parasites, mange and things like that. There are some cancers in animals that it may have a benefit, but it's not the end all be all. You still have to build the rest of the house and the foundation and it depends on the cancer that we're dealing with. But yeah, there are common things that are used in our industry and certainly have a big safety margin.

**Dr. Wendy Myers**

Is there anything we've left outta the conversation that you wanted to discuss?

**Marlene Siegel**

I think the only other one, we talked about food. We talked about the water environment, decision making, toxins, detoxification, emotions, and the fascia. I think the fascia, I call it the Cinderella tissue because it's been so ignored and overlooked all these years. We thought it was nothing, and now we understand that it is one of the most vital and important structures that we have in our bodies and our pet bodies. The fascia is all the stuff that fits, that holds everything together. It's the glue that brings everything together. Everything travels through the fascia.

All the redox signaling, the communication between the microbiome and the mitochondria all travel through the fascia. The nutrients travel through there. It's extremely important that we start paying attention when we have an injury. And that even could be a surgical injury. We disrupt the lymphatics, which also can then

destroy the fascia, or disrupt it. One of the things that we see very commonly in animals is degenerative disc disease, where the spine starts to degenerate. The disc gets narrow, and we have osteoarthritis, or we have intervertebral disc disease and paralysis. It's really common.

All the energy that feeds our body comes from the spine.

So in between each vertebrae, all these little nerves coming off of the vertebrae, off the spine through the vertebrae, integrate every single cell in the body. Not one nerve is a waste. Everything has somebody they're communicating to. When we have inflammation, we have injury, we have toxicity, we start to crunch in, we start to get smaller. The same thing happens with our pets. We aren't moving as much, we don't have as much high intensity exercise. The fascia starts to twist in almost like the Fibonacci code. It starts to twist in and tighten because it's trying to hold us in position. And as that happens, we get less good movement and energy flow through there.

One of the most valuable things a pet parent can do for their pet that they can do at home is learn how to do fascia decompression for their pets. No equipment needed, it's just your hands and your intention. But that would be one of the most important things I would encourage pet parents to learn how to do. We've got a course on our website for people to do that, and I'm not just promoting my website, it's the only course in the world that's out there. I created it in conjunction with the leading fascia expert, Deanna Hansen. She does the people side, I do the pet side, and we created this course together and it really is magnificent.

The other last word of advice I would encourage people is to consider creating your own detoxification home system. In my opinion, I think every home should have a home ozone machine. I think every home should have some source of light. Every home should have a hyperbaric, like a soft sighted, hyperbaric machine, because with those three things, and then making good choices about your food, water, movement, and the amount of toxicity that you expose yourself to, that could transform the lives of most of the people on this planet and their pets.

**Ads 1:09:34**

For anyone listening who really wants to detox their body, go to [heavymetalsquiz.com](http://heavymetalsquiz.com). I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at [heavymetalsquiz.com](http://heavymetalsquiz.com).

### **Dr. Wendy Myers**

That sounds amazing. I agree. I learned that using ionic foot baths for pets can also be incredibly helpful and very easy to just get in a warm bath of water and it just helps to detox them. They can really spring back to life pretty quickly and easily. The foot baths are very affordable. I like the [healthandmed.com](http://healthandmed.com) foot baths. I recommend that and I use them, but they can be used for pets as well, and they're very affordable.

### **Marlene Siegel**

I like doing either fascia decompression and then lymphatic drainage, and then our patients go into the foot bath.

### **Dr. Wendy Myers**

Oh, great. I used a foot bath too. That's awesome. Well, Marlene, thank you so much for coming on the show. I know that was very eye-opening for a lot of people who just take their pet to their regular vet and they're a very well-meaning vet. But there really is a whole other world out there in terms of veterinary care that I wanted people to be aware of. There are a lot more options and I'd love it. Sounds like you consult for people at home as well.

### **Marlene Siegel**

Yeah, not just in person. I have courses for veterinarians to teach them exactly what I do. If you love your veterinarian and they are open-minded, have them listen to this podcast, have them consider going and exploring the transforming medicine course. It's very affordable and it is life changing for everybody and it makes our profession so much more satisfying. I don't know if most people are aware about the highest rate of suicide in any profession is veterinarians.

### **Dr. Wendy Myers**

Oh, that's really interesting.

### **Marlene Siegel**

It's because of compassion fatigue and a lot of people that are not mean people, they're not bad people, but when they get angry or frustrated, and of course it was their choices that led to the problem that they have. But then they wanna blame, shame somebody else when things go south. And so oftentimes they take it out on their veterinarians. You're welcome to go look at my one star reviews. Those were people that are blamers and shammers and they didn't wanna do anything different, but they wanna blame somebody else for the position. I didn't cause the cancer. I didn't cause the problems, but that's how their response is. A lot of veterinarians, because they're so compassionate and they're so loving and kind, we work our tails off for these animals. We do it and we don't get paid a lot of money.

This is an industry where people can have a lot of severe burnout. I'm gonna say that so that you go and give some love to your veterinarian every day. Thank them. Thank their staff. They work so hard for you, even if they don't know how to do it. The things that you're now learning how to do still be kind to them. It's not because they don't want to. They may not know how, and they may work into, they may be in a practice where the owner of the practice doesn't allow them some leeway. So lots of reasons. Let's just be compassionate and kind to each other and give them the benefit of the doubt.

### **Dr. Wendy Myers**

I love that you said that because I didn't really have any awareness of that, but you can easily see where a people's pet dies or maybe it's their only companion that they love so much. I could see them blaming the veterinarian and really causing problems for them. I love that you're training other veterinarians. What an amazing way to expand your practice and offer a different alternative. There's not enough holistic veterinarians out there. I'd love that you're offering this training for them as well with your 40 years of experience and just obviously just a complete other world, like a complete 180 flip to what maybe a lot of vets were taught in veterinarian

school. I love that you're doing this work. I love it because I think it's so needed and we need a lot more holistic vets out there, so thank you so much.

**Marlene Siegel**

Thank you. Well, it takes the pet parent. It takes the demand out there to ask for more healthy options and people will respond.

**Dr. Wendy Myers**

Okay, great. Tell us again what your websites are, where they can get your healthy, raw dog food and supplements and cats as well.

**Marlene Siegel**

The easiest thing is [drmarlenesiegel.com](http://drmarlenesiegel.com). That is the hub of everything. You can get to the store, you can get to my hospital, and you can get to our blogs. We're very active on social media. We post a ton of great content. There are so many things that people could learn and become engaged with, and then share, share, share. I think that's the biggest thing that we all can do as a community is start supporting each other, sharing our information.

Wendy, I always like your posts and I share them so that more of my audience gets to see your work, and we empower pet parents, as we start taking control and helping others with our journeys, we start really transforming all the people around us. I think we have a responsibility to do that. I think that each and every one of us has shown up on this planet to help the planet be a better place to do our job. So, share information that you find is valuable and then implement it. This will be my last thing. When you take my Empowered Pet Parent course, take a piece of paper, fold it in half, and you do a column A and column B. Column A are all the things that you're learning that you should be doing, and you haven't started them yet. Column B are all the things you should not be doing, and you still are.

We haven't taught you what to do differently right now. You simply take one thing from column A and you start doing it until it's who you are. Take one thing from column B and just stop it. Just one on each side. It's not a lot. It's not overwhelming. And then one that becomes just who you are and you're comfortable with that. Then

you go back to your list and you pick another thing from A and another thing from B. Before long you have made massive changes in your health. And then share that information with other pet parents, your friends and your family. Be an influencer, don't be ashamed and blame. Be the light. Show the enlightened path. Be the compassionate individual who says, Why don't you try this? Maybe it would be helpful, or could you consider, but do it in kindness. Do it from the love in your heart, and we really can make this world a healthier place.

**Dr. Wendy Myers**

Where is your clinic located in case people wanna come see you in person?

**Marlene Siegel**

I'm in Florida, so just north of Tampa in a little town called Lutz.

**Dr. Wendy Myers**

Okay great.

**Marlene Siegel**

It's a little hole in the wall.

**Dr. Wendy Myers**

Do you have one location right now? I know at one point you talked about expanding and opening other clinics.

**Marlene Siegel**

Yeah, this is the only clinic that I have. Someday, I would love it if the right veterinarians are listening, or the right corporations to have holistic referral centers like mine all over the world. That would be so cool. And of course, we're gonna have spas, family wellness centers, which are also franchises and will be all over the world.

**Dr. Wendy Myers**

For now, we can see you online. If you're not able to make it to Florida, check out [drmarlenesiegel.com](http://drmarlenesiegel.com), and the food is at [evolove.com](http://evolove.com). Marlene, thanks so much for coming on the show. Everyone, I'm Dr. Wendy Myers. I love bringing you experts from around the world every week to talk about these really important topics, not only for our own health, but for our pets' health as well. We don't wanna leave them out. I haven't done a show on pets in so long. It's just so long overdue. Thanks for coming on the show.

**Marlene Siegel**

Thank you, Wendy. I love you.

**Dr. Wendy Myers**

I love you too.

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