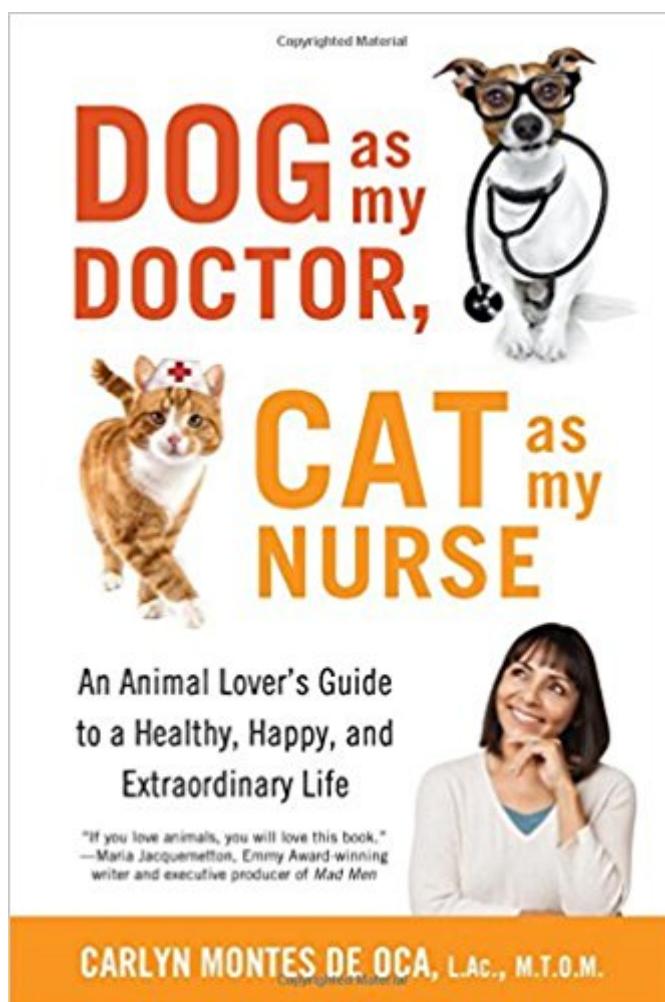


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# Dog As My Doctor, Cat As My Nurse: An Animal Loverâ€™s Guide To A Healthy, Happy, And Extraordinary Life



## **Synopsis**

Written for the dog and cat lover, animal advocate, and fan of natural medicine, Dog as My Doctor, Cat as My Nurse reveals how our timeless relationships with our beloved animal friends hold the keys to our optimal health. Acupuncturist, plant-based nutritional consultant, and animal advocate Carlyn Montes De Oca weaves together an insightful tapestry of prescriptive advice, personal stories about her lively âœsix-packâ• of rescue dogs and cats, and testimonials from other dog and cat lovers, including best-selling author Jack Canfield. In an age when most people will suffer from a preventable chronic disease, Dog as My Doctor, Cat as My Nurse opens readers eyesâ™ to the fact that our beloved companion animals can be some of the most powerful allies we will ever have on the journey towards a healthier, happier, and more extraordinary life.

## **Book Information**

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## **Customer Reviews**

"Dog as My Doctor, Cat as My Nurse is a beautifully written book filled with healing insights and heartwarming stories which compel us to look at our relationships with our dogs and cats in a whole new way. For those who seek out alternative therapies or for those who are just curious, this engaging, informative, and entertaining read will have you marveling over the healing powers of dogs and cats. If you love animals you will love this book. If you donâ™t live with an animal, you will want to adopt one so you too can live a healthier, happier, and more extraordinary life."â "Maria Jacquemetton, Emmy Award-winning Executive Producer and Writer of Mad Men" Loved it! Everything that Carlyn shares in her book is the truth about the benefit of pets and your health. I

know people who are alive today due to their petâ™s attitude, influence, and love. So read, learn, and get a pet!"â "Bernie Siegel, MD, author of Love, Animals & Miracles and A Book of Miracles" A truly masterful and inspiring work. Reading Carlynâ™s words felt as though I was embarking on a journey of healing wisdom from over the ages. Her powerful message for humans and their animal friends is a must read for all animal guardians if we are all to thrive in our modern world. It is a great honor and pleasure for me to recommend this absolutely wonderful book."â "Elliot Katz, DVM, Founder and President Emeritus, In Defense of Animals

Carlyn Montes De Oca is an author, speaker, acupuncturist, plant-based nutritional consultant, and animal advocate in private practice near San Francisco. She holds a bachelor's degree from Loyola Marymount University in Communication Arts and a master's degree in Traditional Chinese Medicine from Emperor's College. She is also certified in plant-based nutrition from the T. Colin Campbell Center for Nutritional Studies at Cornell University. Montes De Oca was voted PETA's Sexiest Vegetarian Over 50 and has been a spokesperson for the Guardian Campaign at In Defense of Animals. She is also the founder of The Animal-Human Health Connection which focuses on bringing awareness to the many powerful ways that animals enhance human health, happiness, and longevity. Carlyn lives in Marin County with her husband, Ken, and her beloved rescue animals. For more information please visit [AnimalHumanHealth.com](http://AnimalHumanHealth.com)

This book is so much more than I imagined. In addition to the inspirational stories about people and their beloved animals, the book is content-rich with studies and references supporting the many health benefits that humans reap by engaging with their animal companions. Each chapter offers practical prescriptions for healthier living and delightful illustrations that convey the writer's warmth and care. This has a "Chicken Soup for the Soul" feel to it, and will most certainly inform, entertain and captivate anyone who shares a love and reverence for animals, whether or not they are pet owners. I will definitely be getting more copies for the many animals lovers in my life.

THE SINGLE MOST AMAZING and LIFE CHANGING BOOK!!! I CANNOT PUT IT DOWN!!! Even after having animals my entire life, I had no idea that right under feet was the greatest gift of healing ever! This book has kept me on the edge of my seat the entire way through, to the point where I go back and read the paragraph before out of pure excitement. It also discussed topics I really wanted to read and never found in a book. I found every page as fascinating as the last. The simplicity of it and the personal stories of others experiences both moved me and motivated me to open my eyes

and soul and DO SOMETHING. I really believe this book can also speak to those who aren't die hard animal lovers and possibly forge new connections with themselves and animals around them. It speaks a powerful yet simple language that has been right on the tips of our tongues yet seemed to elude us. Appreciate what is right in front of you and the responsibility you have for them and they can change your life if you simply let them in. A truly life changing book!! Thank you so much!!!

Carlyn Montes gives an outstanding shoutout to Pets as more intuitive as we may think they are. She verifies over and again, how these 4 legged angels impact our lives psychologically, physically and emotionally; through the telling of beautiful inspiring stories. I will not spoil it for all of you Dog and Cat enthusiast, but if you already have a dog or cat, you will find yourself nodding your head , "yes", because these stories are so relatable. Its a very easy delightful must read about the healing nature of our pets and their unconditional love and intelligence..I Loved it.

It touches on so many areas of the Ã¢ÂœhumanÃ¢Â• condition, while providing a deep, additional dimension through its understanding and conveyance of related conditions: canine and feline :)This book really is a treasure: itÃ¢Â™s filled with peopleÃ¢Â™s personal, pet\*-related anecdotes which either illustrate or give rise to the authorÃ¢Â™s well-informed insight. If you want to learn more about yourself and the whole kingdomÃ¢Â"buy it.\*I know there can be objections to using the term--pet--but it was a handy shorthand. Please forgive me

Such a fun & inspiring read. Want a quality life, better health, improved relationships- with ALL beings, furry or not?? This is the book. Easy & entertaining read. Inspiring stories. Read it more quickly for enjoyment or more slowly to implement some positive changes in your life. And your animal friends will surely benefit. Carlyn is both intelligent and clever in her approach as an author. The professional accolades endorsing her book are very impressive- and well deserved!! I look forward to seeing more from this quality author.

What a charming, witty insight to our relationship with the loving animals in our lives. Recommend to all the have animals, and think they know them, and to all that should know animals. Informative and lovely!

One of the best book I have ever read.You Must read. Thank you Carlyn

This is a great and insightful read. I highly recommend it. Especially if you are an animal lover.

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