

I Get a Leg Injury, My Dog Gets One in Sympathy?



I recently sustained a mysterious injury to my left leg that had me hobbling and limping in excruciating pain. **Each dog walk was sheer agony**; my foot was so swollen I couldn't tie my shoe. It got so bad I almost handed over my leashes to a professional dog-walker.

Happily, I was saved by two alternative therapies: The homeopathic remedy Arnica Montana and the essential oil blend Panaway (read more about them [here](#)). Both are available without a

prescription.

What really fixed me up, however, was a visit to my beloved chiropractor. Her expert adjustment got me walking again. She also sent me home with a healing cream called Topricin. Plus, she prescribed a dietary supplement called Inflammation, which contains a proprietary blend of enzymes plus Turmeric, Boswellia, and several other ingredients.

Both **Turmeric** and Boswellia are anti-inflammatory. In addition to taking Boswellia and Curcumin, which is concentrated Turmeric in capsule form, I've also been giving both to my beloved Sheba, to help ease her arthritis. But Inflammation – which my chiro instructed me to take on an empty stomach, for maximum absorption – gave me the extra boost I needed to conquer my leg pain.

I was excited to start warming up for regular runs with my dog Magnus. After a long, cold winter, we both need the exercise! I had my most two important pieces of equipment: Snazzy, feather-light **Newton running shoes** and the iron resolve to get back in shape. And in Magnus, I had a tireless running partner who was more than eager to stay the course with me. I was psyched!

Then, wouldn't you know, we hit a roadblock.

No sooner did my leg improve than I noticed Magnus walking with a limp. This was Wednesday morning. The strange thing was, the injured limb was also his left foreleg – talk about an odd coincidence. Had he developed a left-leg injury in sympathy? I hoped it might clear up on its own.

No such luck: **Magnus's limp got worse. Much worse.** It was so bad that, on our next outing, passersby on the street informed me my dog was limping. By that evening, I noticed that Magnus's entire spine was misaligned from compensating for that compromised paw. He was whining in pain. It was time to consult our **veterinary chiropractor, Dr. Jill Elliot**, pronto.

But first, **with Dr. Elliot's permission, I gave Magnus Arnica 200 by Boiron** several times that day. I did this by tucking three of the little white pellets into the pocket at the side of his lower lip, then holding his mouth closed (and kissing his nose). Dr. Elliot told me that as long as the pellets make contact with the inside of the mouth, it doesn't matter if he spits them out – they'll still be effective. (Still, I was glad that he *didn't* spit them out.)

Inspired by my own success with Inflammatone, I also added two of that supplement's active ingredients to Magnus's meals: Curcumin and Boswellia. To make sure my dosage was correct, I used the Ayush brand **Ayurvedic preparations** Curcumin for Pets and Boswelya for Pets (it's spelled differently, but it's the same Boswellia I take).

We managed to score an appointment with Dr. Elliot Friday morning. By the time she saw Magnus, he was already walking more like his normal self. **All Magnus needed was what my chiropractor had given me: A healing adjustment to strengthen his leg. Only Dr. Elliot could give him that.**

I've told you about Magnus before, but what I may not have mentioned is that he's a rather highly-strung dog. He was very clearly abused by someone in his previous owner's circle, but he's slowly learning to trust people again. Still, he's fearful of most men and wary of strangers, regardless of gender. Sudden, loud noises make poor Magnus wild-eyed with terror.

Performing chiropractic on this dog was going to be a challenge.

So Dr. Elliot wisely chose not to use chiropractic on Magnus, because 1) This was her first time meeting him and 2) The "activator" used for chiropractic adjustments

makes loud, popping noises. She didn't want to stress him out. **So the good Doc deployed her cold laser instead.**

This extraordinary contraption emits strong, silent red beams that dramatically reduce inflammation – and the doctor never even has to touch her patient! **Dr. Elliot gained Magnus's trust by standing at a respectful distance and aiming the laser at his afflicted leg and all across his spine,** taking care not to look directly in his eyes or flash the laser at them.

This wasn't easy, because Magnus was so fascinated by the black box in the vet's hand that he cocked his head to one side, staring at it intently. Then he barked, ominously and with great suspicion. But **as soon as those red laser beams started hitting him, he calmed right down.** I've never seen anything like it: He became so relaxed that he actually sat down – and stayed!

To understand why this was a milestone, it helps to know that I spent weeks teaching Magnus to sit, but we couldn't manage to achieve a sit-stay. However, **with Dr. Elliot's healing cold laser pulsing across his body from several feet away, Magnus performed a picture-perfect sit-stay** – the photo above is proof.

After that, he became so relaxed that he did a picture-perfect down-stay. He capped off his brilliant performance by resting his weary head on one paw! **Then, he stretched out his sore left leg, reaching it in the direction of the laser.**

"When I work with horses, even skittish ones, they do that too – they'll kick a leg out to get closer to the laser," Dr. Elliot explained. Her patients instinctively know this red light has a powerful healing effect, so they want to help her help them. Amazing cooperation!

After this eye-opening cold-laser session, I continued giving my dog Arnica – and **by the next morning, his limp was all but gone.** It looks like we'll be going running sooner rather than later, and I definitely plan to seek out cold laser therapy for myself next.