

# DOG as my DOCTOR,



# CAT as my NURSE

An Animal Lover's Guide  
to a Healthy, Happy, and  
Extraordinary Life

"If you love animals you will love this book."  
—Maria Jacquemetton, Emmy Award-winning  
writer and executive producer of *Mad Men*



**CARLYN MONTES DE OCA, L.Ac., M.T.O.M.**

Carlyn Montes De Oca

# Dog as My Doctor, Cat as My Nurse: An Animal Lover's Guide to a Healthy, Happy, and Extraordinary Life



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six-pack” Acupuncturist, plant-based nutritional consultant, and pet advocate Carlyn Montes De Oca weaves together an insightful tapestry of prescriptive advice, personal tales about her lively “Written for your dog and cat lover, pet advocate, and fan of organic medicine, Dog since My Doctor, Cat as My Nurse reveals how our timeless romantic relationships with our beloved animal friends contain the keys to our optimal wellbeing. In an age when most people will suffer from a preventable chronic disease, Dog as My Doctor, Cat as My Nurse opens readers eyes’ of rescue dogs and cats, and testimonials from various other cat and dog lovers, including best-selling writer Jack Canfield. to the actual fact that our beloved companion pets can be one of the most effective allies we will ever have got on the journey towards a wholesome, happier, and more amazing life.



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Montes De Oca also offers critical health info to help anyone at any stage inside our lives. I heartily recommend this book to you. I highly recommend this book! This has a "Chicken Soup for the Soul" feel to it, and will most definitely inform, entertain and captivate anyone who shares a love and reverence for animals, whether or not they are family pet owners. You can pick this book up on almost any page and be uplifted by the writing and the stories. Great tales, great message, great book I loved this book! THE ONE MOST AMAZING and Existence CHANGING BOOK!! Like this reserve and its message could not become more timely. I CANNOT PUT IT DOWN!! A serious but fun manual for leading a contented, fulfilling lifestyle! Even after having pets my entire life, I experienced no idea that right under ft was the greatest gift of healing ever! This publication has kept me on the edge of my chair the entire way through, to the main point where I go back and browse the paragraph before out of natural excitement. In addition, it discussed topics I must say I wanted to read and never found in a book. I came across every page as amazing as the last. You can find so many heart-warming pet and human interaction stories. I purchased a copy for myself and another as a gift. For the present time I'm at peace understanding that having Tucky in my own life did indeed offer me the "Healthy, Happy, and Extraordinary Life" Carlyn's reserve is about. Appreciate what is right before you and the responsibility you possess for them and they can change your life if you simply allow them in. A really life changing book!! Many thanks so much!! Nonetheless it goes much deeper to illustrate--via individual stories--how this bond contributes to our emotional and physical well-being. This extraordinary book and author reached into my soul and shined a light on my most treasured relationship. I have to admit that I haven't yet finished Carlyn's book "Doggie as my Doctor, Cat as my Nurse. You'll laugh and cry and savor every tale! Before you assume I'm not really qualified to examine this book, please let me share my tale. I got Carlyn's book at an area author's talk and book signing event and fell deeply in love with the concept of how the very, extremely precious relationship with my pet dog Tucky was the main element to my wellness and good health. I did so start reading the publication. Then, my beloved 16-year-old dog-kid who lived around for 15 years passed away of a stroke the effect of a mind tumor. Seeing her life end was devastating and plunged me right into a dark hole of sorrow and major depression. Be kind to yourself and take a look! Oh my goodness, I am scanning this lovely publication and I do not really want it to end. (I certainly could not finish reading her book! There is great wisdom in this book to improve the lives of you, your furry friend and this planet. Her smart counsel and caring helped me move through the worst part of my grief. She totally gets us we who are cat or dog parents. The portion of the book I did so read filled me with joy. I possibly could feel how true the experiences were and how authentic Carlyn's animal wisdom is normally. Some day I'll finish this book. It speaks a powerful yet simple vocabulary that has been right on the ideas of our tongues yet appeared to elude us! Every positive review of this marvelous book I have read so far holds true. This is really a holistic manual for leading a wholesome, soulful, reduced-stress life. The book tackles nourishment, exercise, mindfulness and much more with dozens of references to important thinkers on these topics. Putting dogs and cats into the mix enhances the whole lot. It's almost as though the writer is letting us know that anyone smart more than enough to surround him or herself with an intuitive, loving four-legged friend is already ahead of the pack when it comes to living an excellent life. Using its tips and queries after each chapter that are created in the tone of voice of a cat or dog, and the dozens of highly readable personal anecdotes, "Pet dog as My Doctor" would make an excellent starter how-to publication for young readers. Never prematurely . to get them thinking about what's really important in life! This beautifully written and heartwarming book affirms why we appreciate our ... This beautifully written and heartwarming book affirms why we like our animal companions so much! We really are kinder, healthier, and even more compassionate humans because of our furry companions! We got a fresh neighbor and it appeared every time we will be out for our evening time walk we would run into Carlyn and her ancient dog, Rudi... I was fortunate to attend a reading of the book by the author a few months ago in Santa Monica. What a treat! Carlyn's enthusiasm for "pawsitivity" is

definitely contagious. If you value reading about how dogs and cats impact our lives and how exactly we can help one another, then this is your book! The writer gives types of the "pawitive" influence house animals have on our health and wellbeing. I do believe this book may also speak to those who aren't die hard animal lovers and perhaps forge brand-new connections with themselves and pets around them. I have also recommended this publication to all or any my pet-loving friends. I hope you will treat yourself to this great read. Wonderful stories, ideas and writing by Carlyn Montes De Oca I actually laughed. I cried. I laughed once again. I couldn't find pleasure in anything. The simpleness of it and the personal stories of others experiences both moved me and motivated me to open my eye and soul and DO SOMETHING. Some therefore funny that they make me laugh out loud and some therefore poignant that I cry. She held our interest through the evening. Nowadays of stress and strife it really is wonderful to learn about the advantages of truly connecting with this fur babies. In case you are interested in our companion pets, or you are considering adopting a new family member, then that is your publication! If you need to read lovely tales about cats and dogs; As well as the inspirational stories about people and their beloved pets, the publication is content-rich with research and references assisting the many health benefits that human beings reap by engaging with their animal companions. I'll definitely be getting more copies for the many animals lovers in my life. Ms. Brimming with Useful Information for a wholesome Life This book is indeed much more than I imagined. This book is actually terrific! As we got to understand our brand-new neighbors, we discovered that they were from California and she was an author. It will touch your heart and soul! I reached out to Carlyn and informed her the emptiness and deep grief I felt were unbearable." But wait around! Best Animal lovers book I've ever Read undoubtedly Best Animal lovers reserve I've ever Read undoubtedly! While told by my husband, a ex - meter-reader who had been bitten over 20 instances: First, I'm not a pet owner, We haven't had a pet in over 30 years. I was fortunate to attend a reading of this book by the . We'd exchange niceties and carry on! At among our next encounters Carlyn told us that she was going to do a reading from her book at our regional library and would we become interested? Well, why not, therefore we marked our calendar and had been arranged. She promised cookies (I'm a sucker for cookies). Another evening, I started to read her publication. Carlyn began telling just a little about herself and got us thinking about finding out more about her and this book and then she read some selected passages from her book. Carlyn Montes De Oca writes therefore clearly and crisply that the reserve is a pleasure to read on that basis only. We bought the reserve! The night of her reading there were a nice number of people at the library and the cookies were good (so far so good). Many thanks, Carlyn! Carlyn understood that losing a four-legged child is one of the toughest human encounters to endure, and she carefully explained that this pain may be the trade-off we make for the gift to getting to love somebody so completely. Also extremely enjoyable will be the true stories throughout the book with which the majority of us can relate. Highly recommend this publication. The chapters weren't too long, not many big words and some drawings and I believed, "OK, this book might be all right. Everyone with a family pet needs this book! As a lifelong dog-owner, I was intrigued by the title of the book, but it works out the author has been way too modest. As an animal lover and owner of 12 household pets I cannot agree even more that studying the curing powers of our cats and dogs is a miracle trip. The Authors packs all her encounters in a book filled with suggestions and references. I possibly could not place it down, it is written knowledgeable and is a full page turner for sure! A FOUNTAIN OF Understanding AND LIFE CHANGING BOOK YOU MUST READ! It is such a great reminder to decelerate, pay attention, be there, and take care of yourself. I specifically loved all the stories of people and their pets. Each chapter offers practical prescriptions for healthier living and delightful illustrations that convey the writer's warmth and care. Dogs, YES - Cats, YES?! If you Love pets, this is a must read Book! I loved the beautifully told individual stories of the human/animal bond ! You'll find nothing not to Love about this Amazing book!! I Highly Recomend it! Just what a lovely book Carlyn Montes de Oca captures what it means to truly surrender to your

household pets and enjoy every instant of it.. A delightful book on the psychological and physical benefits of our animal companions. I enjoyed the beautifully informed individual stories of the human/animal bond and how pets possess enriched the lives of their people as well as a reminder of the joys of adopting pets in need.



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