

# **Extending the Reach of Holistic Veterinary Modalities**

## **A Special Interview With Dr. Gerald Buchoff**

**By Dr. Karen Shaw Becker**

**Dr. Karen Becker:**

Hi, my name is Dr. Karen Becker, and today I am doing Game Changer Interview Awards. And I'm so excited that a woman named Paula has nominated Dr. Gerald Buchoff, one of my longtime holistic veterinary medicine friends, for a Game Changer Award. Thank you, Paula, for doing so, and thank you, Dr. Gerry, for joining me today so we can learn – I know what you do and who you are, but for people that may not be familiar with the modalities you use or who you are and what you do, congratulations on your Game Changer Award and thank you for taking time out of your day to join me.

**Dr. Gerald Buchoff:**

Thank you so much. It's so good to be with you, Karen, and I love when we get together. And you're always welcome to come out here and see our new clinic. And that's really what we're all about. I'm a holistic veterinarian since 1995. I've been the past president of the American Holistic Veterinary Medical Association. I am presently the director of Longevity Veterinary Center in Whippany, New Jersey. So, we went from that 1,500 square foot hospital to now a 15,000 square foot hospital. I imagine we might be the largest holistic veterinary hospital ever. It's a center, so it comprises holistic pet care, which I've had since 2003. It comprises also the Dr. B's Longevity Dog Food, which I've been making since 2002. I've formulated this food to be an amazing protection against cancer and autoimmune disease. I'll talk about that later. And we have also an emergency hospital here. So, I'm trying to find a holistic veterinarian who does emergency work. That's a word I'd love to get out.

**Dr. Karen Becker:**

Yeah, exactly.

**Dr. Gerald Buchoff:**

If you know anybody, Dr. Becker?

**Dr. Karen Becker:**

I don't, but listen, let's just set the intention that this interview will potentially spark interest. Or veterinarians watching or pet parents watching who may know veterinarians that are looking for a change in career, this is a great way to potentially get some people involved. I love it. Gerry, I didn't realize that you had moved into this massive center. Congratulations, and what a beautiful gift to your community.

**Dr. Gerald Buchoff:**

I would think so. We're just wowing everybody who's been with us and all the new people in this new neighborhood. We actually moved 20 minutes away. That was a bit brave. We've lost some of our clients who wanted local, but those who really want the holistic aspect, they come from

many states around here. Even people from Florida who used to be up here, they come to visit their families when their animal needs to see me.

**Dr. Karen Becker:**

Now's a good time – at some point during our quick interview – but now's a good time, people will say, "Oh my gosh, where is he located and how would I contact him?" So, Dr. Gerry, can you let people know if you're on social media, how would they find you and the website as well?

**Dr. Gerald Buchoff:**

Right. So, it's LVCNJ, that's Longevity Veterinary Center of New Jersey. So LVCNJ.com is our website, and it has separate websites for the three main entities. We'll have other entities. We will have grooming, we will have boarding, we will have other forms of medicine like rehab, et cetera. We're going to get an underwater treadmill, hyperbaric oxygen chamber and CT scanner. But that's everything in its time. And we're at 265 Route 10 East in Whippany, W-H-I-P-P-A-N-Y, which I love. This is after the Whippany River, which was a very sacred place for the Lenni Lenape Indians. And it runs right behind our clinic. That's very meaningful to me, and I feel a lot of honor for them and put some things in my clinic for that. And our number is 973-256-3899. We do telemedicine, so we've taken care of animals throughout the world and constantly get calls.

**Dr. Karen Becker:**

I'm glad that you mentioned that. That's certainly one of the things that people ask me all the time is, "I would love to have a proactive, functional medicine, holistic [or] integrative practitioner. I live in North Dakota, or I live in rural Turkey." The beautiful part about technology, and I'm thankful that you're able to do telemedicine, it's such a gift to people who don't live in your area. So, thank you for also including that. That's a resource that blesses the entire world because you're able to be just like this. You're able to do a Zoom call and help people around the world. And that's a gift for pet parents who don't have access to integrative veterinary care.

So, Dr. Gerry, you have this brand new, beautiful hospital. You have people that come from all over for integrative medical care. You are using several modalities, including fresh foods that you've created, to stimulate a functional healing response. When you get up in the morning, what do you love most about the work that you're doing?

**Dr. Gerald Buchoff:**

I can't wait to get to work, my wife will agree with that. That if I go on vacation, I'm thinking about work. I can't wait to get back. Of course, I love the science. I love the challenge of the cases, that kind of thing. I hope every veterinarian does. But what I really, really love is each individual pet, one at a time with their owner. I love the people. It's a very personal profession as you know, and I just enjoy that so much, that one-on-one.

But at the same time, I want to spread the word. I want to get other veterinarians. I want more competition. I want to get more veterinarians in the area to take on certain holistic modalities, which anybody can fit into their practice. And that's a whole 'nother discussion. I want to get

more pet owners to realize how much other modalities, these integrated modalities that we use, can help their animals.

I got into it because in 1982, clients were saying, "Don't you have anything else you can do for my allergic pet," or, "My cancerous pet," or this or that. "Just steroids and antibiotics are not cutting it." And I went out and I listened to them. What can I say? That's how I got into holistic medicine.

But I want to impact the lives of hundreds of thousands of animals. I love the one-on-one, but how can I help others? And one way is to get that word out, having [a] 15,000 square foot practice. So, it is a pulpit. It does attract attention. That's not why I did it, but I like that aspect. And I developed a food that is designed to help prevent cancer and prevent autoimmune diseases. I can't write that on the packaging, but it does have mushroom products that are known to do that. And lycopene from cooked tomatoes, and ginger and garlic. And of course, people scream about the garlic, but that's really important. And I've learned a lot of my formulation through you, Karen. I've attended several lectures, one where it was a whole program out in California. But also at the American Holistic Veterinary Medical Association, you spoke and enriched hopefully many veterinarians' nutritional education.

**Dr. Karen Becker:**

Well, thank you. And isn't that us working together as veterinarians? That's exactly how we learn from each other and grow from each other, but also then our message and our mission become bigger and brighter. So, I appreciate that, and I love that you are expanding even more so than you were the last time I was able to talk to you. So, this is a hard question, Gerry, but it's a good question. You're a seasoned integrative veterinary practitioner. You have many modalities. You use food as the foundation for stimulating a healing response or to prevent disease from occurring. You know a lot. And so, my question is, if you would want to share one thing with the world, or if you'd want the world to know one thing, what would it be?

**Dr. Gerald Buchoff:**

That's a really good question. We all know that the different aspects of disease start out with emotional imbalance. So of course, that's a very important aspect. Oxygenation, exercise. But the one thing that I think veterinarians don't share enough with their pet owners is [to] keep your pet well-hydrated. It just sounds trite, but it's really, really important. And I find that it's a common threat in so many patients. And just about every email that I'm interpreting blood tests about, I'm including that because the blood test is reflecting it, that the animal is not hydrated well. We all know that cats don't drink enough, and it's really, really important to not feed them dry food. Or if they must, because it does taste good, add water to it slowly, slowly, slowly. Keep adding a little bit more each day. But it should be nice and wet.

Just think of what they would catch in the wild — 75% or more water. That's how mushy their food should be. And it's just so important. The animal's not going to drink on its own, at least cats won't, and dogs don't even drink enough. So, you can add flavorings to the food, even a couple drops of lemon juice, couple drops of bone broth, or whatever it takes. For cats, maybe a

couple drops of canned tuna fish liquid, whatever it takes. And I just don't like the dogs to have too much sweet stuff in their food. Yes, you can add Gatorade to the water, but not too much.

**Dr. Karen Becker:**

Yeah, and I'm a huge believer in bone broth because it's species-appropriate and animals like it. But you're right. In the last 100 years, we've convinced a lot of pet parents that dry food is certainly convenient and easy, but it has left our animals in a water deficit. So, I think a lot of us that feed fresh living foods or foods that have not been dehydrated, there's such a notable – you can feel the difference oftentimes in animals that are well-hydrated versus living a state of constant but mild, ongoing dehydration. So, I like that tip very much. More fluids is excellent. I also like-

**Dr. Gerald Buchoff:**

There would be a lot fewer vets in this world if you had all the animals being hydrated.

**Dr. Karen Becker:**

Yes, and all these veterinarians working hard to treat disease would be able to rest and begin preventing disease from occurring. But we're not there yet. But it's our goal, certainly both of our goals. Gerry, I'm so thankful you have a beautiful client named Paula that nominated you for a Game Changer Award. It is wonderful to see you again and connect. Congratulations on your award. We're thankful for all that you're doing, both for your patients and your community, to create exceptional health for animals.

**Dr. Gerald Buchoff:**

And you do so much for the animals yourself, thank you.