

# **Empowering Pet Guardians to Explore Holistic Modalities to Improve Their Pet's Health**

## **A Special Interview With Deb Teubert**

**By Dr. Karen Shaw Becker**

**Dr. Karen Becker:**

Hi, I'm Dr. Karen Becker. And I'm so thankful that Linda has nominated Deb Teubert for a Game Changer award. Deb is joining me today to talk more about the unique things that she does to help animals stay healthy, but also regain health [and] wellness, and heal. So, congratulations, Deb, on your Game Changer award. And thank you for spending a few minutes with me today.

**Deb Teubert:**

Thank you. I'm very honored to be here.

**Dr. Karen Becker:**

So, I know what you do, and why you do it. But for our listeners and readers and people who are maybe this is their first podcast or are not familiar, they're not your clients, not familiar with what you do, walk us through, first of all, how you started working with animals, and then how you started adding modalities in for the work that you're doing.

**Deb Teubert:**

Okay. Yeah. I've always had a special connection with animals, and I think that probably a lot of people can say that. But [I] never really knew what I – I knew there was something I wanted to do with that for my livelihood. But along in the late 1990s, a cat came along and it was a Siamese blend cat rescue that came into my life, and her name was Simmie. And she had health issues, or things going on, and she ended up with a bout of pancreatitis. The recommendation from my current vet was to put her out of her misery, to euthanize her. And there was something that just told me that she had more life to give, and so I started researching.

And back in those days we didn't have the internet, so I actually went to the library. And went and came across multiple books about – not exactly about pancreatitis, but about whole food nutrition, and how you can cook for your cats or put together diets for your cats, the raw food industry, which wasn't well-known at all at that time. I came across the book by [Dr.] Richard Pitcairn. And that was the game changer. [I] started putting together diets for her, and that was the beginning of my journey, as I say, towards why I'm doing what I'm doing now.

And then we moved up to Central Wisconsin, and I came across an animal communicator who was bringing in a woman from England, Nayana Morag. She offers certifications for essential oils. She calls it Animal PsychAromatica, or APA. That was my first certification, how to properly use and offer essential oils to animals. And not necessarily apply them, but how they work. It opened up another whole world for me. And then there's been classes in acupuncture through Tallgrass Animal Institute, and homeopathy classes and herbal classes. And most

recently, last year I completed a certification from Dr. Ruth Roberts for pet health functional medicine coach for cats and dogs, and that has brought me all full circle.

**Dr. Karen Becker:**

Yeah. For sure. And so, I'm sure people hear about you through word of mouth. And I think, oftentimes, more open-minded or integrative-focused humans, we find a way of finding each other. But do you have – In the last 10 years, I feel like it has gone from conventional medicine and then everything else. There's been a little bit of softening, or slightly more open-mindedness.

When you moved to Wisconsin, what's the barometer of other health and wellness professionals for dogs and cats in your area? Do you have a good working relationship? Really no relationship? Or maybe there's – You can be real enough that there's not a whole lot of dog or cat vets around you as well.

**Deb Teubert:**

Yes. You [inaudible 00:04:30]. There is only one vet in my county. I do have a good – but I do get referrals. We, of course, cross paths. I found a veterinarian who is traditional Chinese medicine-based. And actually, I call myself a traditional Chinese medicine-based practitioner, because of my classes through Tallgrass Animal Institute. So, she sends me referrals.

I do get referrals. The local vets all know me. They all know who I am. Some say it's hogwash, some are okay with it. Of course, the one that's Chinese medicine-based, she supports me wholeheartedly, 100%. So, it's the whole gamut. Also, I have an undergrad degree in clinical lab science, and I know lab values and understand lab values really well that I can talk with veterinarians, I feel, at their level, and that gives me credibility with them. So, I'm not so “woo-woo,” as a lot of people would like to say.

**Dr. Karen Becker:**

Yes. I understand. I'm also in the woo camp. I just embrace the woo.

**Deb Teubert:**

Me too. I'm like, “Yeah. It's all good.”

**Dr. Karen Becker:**

Just call me what you want. As long as the animal gets better, everyone, [it] doesn't matter what you call me.

**Deb Teubert:**

Yeah. And I do have clients that say, “I don't understand what you do.” And even my husband will say, “I don't really understand what you do, but they're getting better.” And so, that's all that matters to me. Some don't even really care what – “Just tell me what to do.”

**Dr. Karen Becker:**

I really love that mindset for people that are like, “Listen, I’m here because we’re agreeing that we’re going to focus our healing intentions on my animal.” They don’t need to know the details but they also are all in. It’s just such a refreshing, wonderful, clean and easy way to help those animals recover. Because there’s not so much tension, and doubt, and anxiety. Everyone just wants the animal to get better as quickly as possible.

That is a refreshing mindset that I do think is happening more frequently now, and that is quite refreshing. Especially because you and I have been in this for so long. It’s nice to see people letting their guard down and saying, “I don’t really have to know all the details. Let’s just get it done.” And that’s nice.

**Deb Teubert:**

Yeah. My personal clientele base – and maybe it’s what I actually energetically am drawing in now from the universe – but they’re very much more – there’s no proving myself or saying – It’s just, they’re already open-minded. “Whatever you say. Whatever you think is going to be the best.” And they also understand the healing aspect, and not suppression aspect. And that this is a slower process, and all of that. And that’s very refreshing. And you’re right, it is super nice.

**Dr. Karen Becker:**

Especially because we’re older now. The first 20 years crawling up that hill, I don’t have the energy I did 20 years ago. But thankfully, evolution has occurred since then, and we don’t have to justify absolutely everything. So, it is. It’s a nice place to be where we can all just focus on healing, and not have to worry about all of the variables. It’s quite wonderful.

So, you see a lot of animals, a lot of different scenarios, a lot of different chronically ill animals. I don’t want to assume that your practice is not made up of entirely healthy animals. People usually seek out our services when their animals are unwell, and that other practitioners have not had success with. What do you love most about the work that you’re doing with these chronically ill animals?

**Deb Teubert:**

I think that I can empower them to walk down a different alley. That I can give them the strength to do that, and even – Because sometimes the dog or the cat is so bad – I don’t want to say bad, but so chronically ill, put it that way, that to help hold their hand as they walk through a different alley that may be down a different road or wherever one you look at it, that maybe would not be supported by the conventional community.

And to help them be an advocate for their dog as they’re doing that and to ask the right questions. And to help them ask the right questions to decrease or stop a prescription medication. So that’s what I love, the empowering, the educating. Having them look through a different avenue for flea and tick medications, a different diet, a whole food nutrition diet, and less

vaccinations. And all of those questions that they may not have ever even considered, because they didn't know who to ask. So, the empowerment.

**Dr. Karen Becker:**

I think that that is the piece for me as well. That we literally can watch our clients, their education level evolve. And out of the evolution, comes more confidence in advocating for their own animals. And it is incredibly rewarding to see people go from fear to empowerment, or from confusion to clarity. It's quite rewarding.

**Deb Teubert:**

Yeah. It's very rewarding. And to not panic when something maybe goes a little awry over a weekend, and that they feel they don't have to dash off to the emergency clinic, and they have the tools to know what to do.

Early on in my practice, I was like, "I don't know what I'm going to do if that dog gets better because I don't have very many clients." But now you're like, you want the dog to have vitality, because it's so rewarding. I mean, not that – I didn't put that the right way. But it is just so rewarding. And it's so rewarding to see that when they get puppies, that they start with a whole food nutrition diet and less flea and tick medications. And that whole circle is because I helped empower them and know that maybe there's a different way. There's a different way to raise their cat or their dog.

**Dr. Karen Becker:**

Yeah. I think that, that's the one piece that as practitioners, our clients will never get to see, is the vast difference between a more naturally raised animal and a conventionally raised animal. And unless you've done both, many people don't necessarily see what a gift empowered guardians make by making wise decisions, usually through painful history. But as they have evolved to gain the knowledge they need to make better decisions, their animals are sequentially significantly healthier. But I'm not sure that our clients can see their own growth, but we can. And there again, that's that fuel that feeds our souls. Because those animals will not just potentially have the option to have longer lifespans, they're going to be healthier in their bodies as they're going through life. And it's such a gift to be able to partner with people who are intentionally focusing on that.

**Deb Teubert:**

More vitality, less chronic issues. Not the [inaudible 00:12:58]. Not the torn CCLs (cranial cruciate ligament), and so many autoimmune [diseases] and allergies.

**Dr. Karen Becker:**

Allergies, yes. Exactly that alone. Yes. So true. You've been – I don't want to say in the trenches, but you've been doing this a long time.

**Deb Teubert:**

About 20 years. Yeah.

**Dr. Karen Becker:**

How many years?

**Deb Teubert:**

About 20, 20 years now. Yeah. I've actually been doing it full-time for about 15, but there was the part-time while I was transitioning out of my other job and "Gosh, can I really do this as a full-time living?" and all of that. But it's been about 20 years. Yeah.

**Dr. Karen Becker:**

And if you reflect on those 20 years, if you could tell the world one thing or share with the world one thing, what would it be?

**Deb Teubert:**

That's a tough [question]. I was thinking about that question, and so many things came into my different thoughts about that. But I think the one thing would be [is] that in order to have true vitality for us and our four-legged family members, there has to be spiritual, emotional, physical and mental health. All of those to be vital. And it's not up high in the sky. It's not difficult to achieve that, or as difficult as one would think that it would be. But the one thing that can support that is whole food nutrition, which supports the gut microbiome, the healthy bacteria. And that alone feeds all those four aspects and contributes to a vital, I like to call them, four-legged family members.

**Dr. Karen Becker:**

Yeah. Those are good words of wisdom that resonate with all of us that understand the depth and breadth of the impact of food. Nourishing our psyche, our well-being, our emotional, mental – Health in all ways.

**Deb Teubert:**

Yes. Exactly.

**Dr. Karen Becker:**

But certainly, because food is energy, good food is better energy. And having practitioners like yourself help spread that message and literally partner with confused, fearful clients-

**Deb Teubert:**

Misinformed.

**Dr. Karen Becker:**

Misinformed. And also just plain skeptical, sometimes. They just are at the end of the rope, and nothing has worked. Being able to give light and hope to people who don't have any is wonderful. I'm so thankful that the wonderful Linda, who is a mutual client of ours, [an] old client of mine, took the time to nominate you, because it's a wonderful way to help everyone realize that there are many different avenues and ways of healing and recovery and hope. And that if you don't have it, you can keep looking. Because there are other practitioners available to everyone, to be able to see disease, recovery, illness and health in a different light.

**Deb Teubert:**

Right. Yes. Thank you. And with the advent of Zoom, I do Zoom clients now too. So, it doesn't always have to be someone that's local, which is so incredible.

**Dr. Karen Becker:**

Even better. Yes. So thankfully with the benefit of technology, tell us, Deb, if people wanted to learn more about what you do or get ahold of you, where would they go?

**Deb Teubert:**

My website, which is being revamped, [debswhisperingtails.com](http://debswhisperingtails.com). But it does have all my contact information on there, and says the basic modalities that I do. And I'm working on getting that redone, but that would be the place for contact info.

**Dr. Karen Becker:**

Wonderful. Well, thank you again for taking time to talk with me today.

**Deb Teubert:**

So honored.

**Dr. Karen Becker:**

Congratulations on your Game Changer award.

**Deb Teubert:**

Thank you.