

Can your dog or cat give you a new leash on life?



Carlyn Montes De Oca
author, speaker,
animal-human health expert

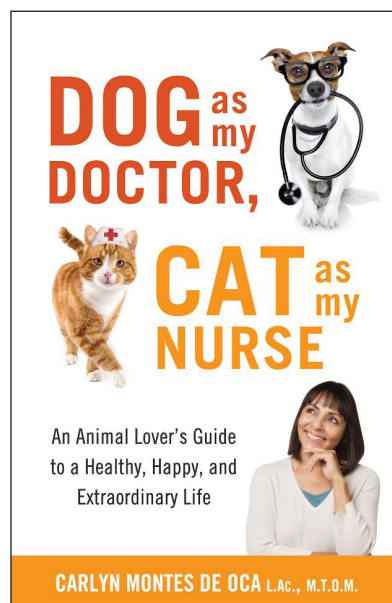
Tired of taking pills and spending your hard-earned money on medical care? If so, you might want to adopt a cat or a dog.

Studies show that nearly 100 million Americans who have cats or dogs at home visit doctors' offices less than their non-animal loving friends. But even current pet parents may not be maximizing the full health benefits of those relationships. That's why they need to hear from Carlyn Montes De Oca. As an animal-human health expert and author of the upcoming book, **Dog as My Doctor, Cat as My Nurse**, Carlyn will offer surprising ways that our furry best friends can make us healthier and happier.

SHOW AND STORY IDEAS

- 1 Is your cat or dog a health and wellness superhero?** 3 ways your animal companions can rescue you
- 2 Simple stress-busting secrets from our four-legged friends:** How cats and dogs can lower your stress and save your life
- 3 Why business is going to the dogs:** 3 ways dogs can boost work-place productivity
- 4 Fabulous fitness with Fido and Fifi:** Finding the right balance to your fitness
- 5 Does your doctor have whiskers?** Why cats and dogs could be just the medicine you need for optimal health
- 6 Unleash your inner Picasso:** How your dog or cat can make you more creative
- 7 Live long and prosper:** Anti-aging tips from your animal friends
- 8 5 Healthy holiday eating tips:** What your cat and dog know about eating right when temptation is everywhere
- 9 How your cat or dog can help you raise a Harvard graduate:** 3 benefits of having an animal companion as you raise your child

CARLYN MONTES DE OCA is an author, speaker, animal-human health expert, acupuncturist, and plant-based nutritional consultant in private practice. 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 in 2011, 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. Montes De Oca lives in Marin County with her husband, Ken, an award-winning sound editor, and her beloved rescue animals.



"*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.... If you love animals you will love this book. If you don't live with an animal, you will want to adopt one so you too can live a healthier, happier, and more extraordinary life."

— Maria Jacquemetton,
Emmy Award-winning Executive
Producer and Writer of *Mad Men*

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Carlyn Montes De Oca
ANIMAL-HUMAN HEALTH EXPERT

Marin Independent Journal

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