SEVENTY MILLION AMERICANS 50 years and older, suffer from at least one chronic disease. We are bombarded with information about health related topics, and assaulted with media blasts on medicines touted to heal all of our illnesses. But, the truth is, that often the medicine taken to cure, creates more illness. What if there was a natural way to heal by combining holistic methods with the power of animal companionship?

CARLYN MONTES DE OCA, is a licensed acupuncturist, and plant-based nutritional consultant, with a successful private practice. She has worked with hundreds of clients to see tremendous improvement in their overall health. Carlyn's proven principles change lives, they reduce, and can even prevent chronic illness.

“Carlyn is the author of the upcoming book, *Dog as My Doctor, Cat as My Nurse — an Animal Lover's Guide to a Healthy, Happy and Extraordinary Life*, which is a unique aspect of her overall lifestyle medicine, and healing message. Carlyn's passion is to help people struggling with health and emotional issues and to offer usable tools to implement realistic change.

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The Animal-Human Health Connection

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