

## Interview with Dr. Cutright

### **How did you develop your interest in holistic/integrative medicine?**

"It started with my interest in nutrition. It was fostered by my mentorship under Dr. Joe Whalen, an integrative vet, at LePar Animal Hospital. He encouraged me to take more nutrition courses which lead to other holistic courses. Ironically I was not a fan of holistic medicine, as I thought the lack of standardization and medical trials were unsettling. I only opened myself up to it, watching Dr. Whalen succeed tremendously with his patients and through the additional schooling. The testimonials from Dr. Whalen's clients sealed the deal to convince me there was something to it. What made holistic medicine even easier to accept for me, was the lack of placebo effect that animals have. I knew the animals weren't "imaging their improved health," the benefits from Dr Whalen's care were real".

### **So how did you work through your concerns of your perceived lack of support for holistic medicine?**

"I quickly realized that many of the problems I was concerned about, could be addressed through educating myself properly and simply witnessing the clinical success with whole foods over their synthetic counter parts in my patients over time. I discovered the standardization of whole food based supplements between producers was difficult to obtain based on many variables from where the raw material is grown from variability from batch to batch. But as long as I stayed within the realm of using the whole plants from companies I could trust, my results still far outweighed those using "standardized" synthetics. I now work with only companies that produced whole food supplements or homeopathics with excellent quality control and the best level of standardization one can achieve with a plant and animal based products. I also learned the quality clinical trials were often available, just much smaller in number. My clinical observation of Dr. Whalen's success was of huge benefit to me. I quickly took an interest in integrative nutrition and I hope to add to those clinical cases collecting my own data to help reinforce holistic medicine's viability."

### **How did you continue to expand your knowledge base of holistic care?**

"I further grew my interest in holistic care when I had the opportunity to work along side Integrative veterinarian, Dr. Tricia Stimac, starting in 2010. Dr. Stimac, brought a wealth of information and a healthy perspective to LePar as she received her holistic training from Dr. Karen Becker of Dr. Mercola's Healthy Pets. I did find the amount of options in alternative medicine that one could train in, to be overwhelming. But I finally

settled on a form of energy medicine to build my expertise allowing me to make better nutritional programs for my patients. I personally sought out an Nutrition Response Testing practitioner for myself and proceeded to assess my own dog Lancer who had chronic kidney infections that would not resolve on long repeated courses of antibiotics. The resolution of his kidney infections using my new found knowledge was both a major emotional relief and clinical success."

**Was treating your own dog Lancer, with holistic care, your inspiration to undertake official training for Nutrition Response Testing?**

"Yes, it was! I took the plunge and took on extensive training in Nutrition Response Testing in 2010. Nutrition Response Testing is a collection of various chiropractic and eastern modalities that allowed me to develop individual nutritional programs for my patients. I felt Nutrition Response Testing had the best combination of integrative techniques with a standard approach to health assessment. In 2012, I graduated with my advanced certification in this technique. I am proud to be part of a growing group of veterinarians wanting to add to their arsenal of tools to help enhance their patient's health."