

[Go mobile](#) | [Favorite Examiners](#) | [Meet the Examiners](#)


Select your city

Search articles from thousands of Examiners

Search


[Home](#) | [Entertainment](#) | [Business](#) | [Family & Home](#) | [Life](#) | [News & Politics](#) | [Sports & Recreation](#)
[National](#) | [Pets](#) | [Seattle Alternative Veterinary Care Examiner](#)


## End of life decision-making for pet guardians

 June 16, 5:11 PM • [Seattle Alternative Veterinary Care Examiner](#) • Darla Rewers

[Comment](#)

[Print](#)

[Email](#)

[RSS](#)

[Subscribe](#)
[Previous](#)
[Next](#)

The dreaded question is "To euthanize?—or not to euthanize?" This is likely the most painful and difficult part of having a companion animal in our lives. If the animal has insupportable pain, the choice would seem a little easier. But it is never easy, nor fun. As a veterinarian and an empath, I feel a lot of the pain that the animal is going through. I have agreed to administer humane euthanasia to animals who were terminally ill. Most of these animals were ready. Some of them would have preferred to wait a day or more. When that happens, I have become physically ill, sometimes for an entire week afterwards. This made me wonder if I was accepting some sort of energetic karma for them. What if they needed that last little bit of time to achieve their purpose or get a message across? Some animals are ready long before their people are to let go. This can be equally as difficult to watch from a compassionate viewpoint.

Even though the decision is troublesome to come to, it is much easier to make informed decisions if the animal and the guardian have established a relationship with a veterinarian they trust. The pet's physician should be willing to provide tools to help with the process, whether through pain-alleviating techniques or medications, or support for grief counseling. A person should never feel "rushed" into making this life and death decision. Also, if the animal is not in obvious pain, I would recommend not pushing to speed up fate, either. Even if an animal has cancer or a deformity, if they are otherwise healthy, comfortable and happy, it may not be appropriate for you to request a veterinarian to perform euthanasia. Calm, rational communication and an open mind should make it easier for everyone involved to discuss these issues either when they are imminent, or earlier in preparation.

Whenever a pet passes, whether naturally or assisted, it is important to honor the grieving process. If we feel stuck in a certain part of the process for too long, then therapy may be helpful. There are local support groups for anyone who needs them. Often the loss of a pet opens up all the pent-up pain and distress that we otherwise kept contained, such as loss of a job or significant other.

Animals, even in their passing, are still helping us—by assisting in the expression and release of emotion and guilt. Animals would never want us to feel guilty—that is a human construct. Animals also do not judge us, so if hospice care, heroic surgical intervention or chemotherapy are not within our ability, the animals would not fault us for that. When trying to decide if "it's time" for our beloved pet, take time. Take time to slow down, and feel with compassion. Be honest and be compassionate enough to allow them to go if they need to. Also be brave about the upcoming "journey" they are



No matter what kind of pet, animals create a lasting bond to be remembered.

YOUR AD HERE

Ads by [Adblade](#)

**Sebastopol Moms! Lose Weight.**  
Lose 47 pounds of belly fat with 1 simple rule! [Learn more](#)



**Don't Pay For Teeth Whitening**  
Learn the trick, discovered by a mom to turn teeth white for less than \$4 [Learn more](#)



**Your Gut is Full of Junk**  
The average person has 15 lbs of undigested food stuck inside of them. Learn how to remove yours. [Learn more](#)



**DON'T Pay For White Teeth**  
Learn the trick, discovered by a mom to turn yellow teeth white for less than \$5 [Learn more](#)



**Colon Cleaners**  
Warning! Don't try colon cleanser until you read this shocking report. [Learn more](#)

### Recent Articles

#### Treating allergies in dogs with natural therapies—beyond allergy shots



Thursday, July 30, 2009

Allergy shots can create a lot of pain at the injection sites, and usually need to be administered for life. Is that a cure if something needs to be ...

#### Treating allergies in dogs with natural therapies—beyond steroids and antibiotics



Thursday, July 30, 2009

! "My dog had been to his regular vet and the dermatologist, had a lot of money spent on him, but acupuncture and herbs cured his ...

[All Articles »](#)

about to make—chances are, since energy is never created nor destroyed, only transformed—there is likely new adventure waiting for everyone.

The unconditional love we learn from animals is a tangible healing tool that can help us make their transitional time a little easier. The joy and memories of fun and mischievous times shared will always be with us, if we can focus on those instead of just the pain and hurt.

For more info: [www.ancientartsvet.com](http://www.ancientartsvet.com)  
[wholisticvet@gmail.com](mailto:wholisticvet@gmail.com)  
[www.spiritsintransition.org](http://www.spiritsintransition.org)

ShareThis

 Report article

#### Related Articles:

[Tibetan Mastiff may be 'World's Most Expensive Dog' -- guess the staggering sum paid](#)

[Training chains of behaviors in horses](#)

[Puppy on Facebook increases pet adoptions at shelter](#)

[China animal welfare growing despite many challenges](#)

[Focus on one dog training task at a time](#)

YOUR AD HERE

#### Obama Urges Homeowners to Refinance \$133,000 Mortgage for Under \$729/Month



President Obama recently urged families to take advantage of low rates by refinancing their mortgages. You may be eligible to refinance and make your mortgage more affordable. [Click here](#) or select your state below:

**Calculate New House Payment**

Select State:

LowerMyBills.com

#### Add a Comment

Name:

Comments:

1000 characters left

SEND

#### Examiner Articles by Category

[Arts & Entertainment](#)  
[Bars & Clubs](#)  
[Business & Finance](#)  
[Careers & Workplace](#)  
[Education & Schools](#)  
[Family & Parenting](#)  
[Fitness & Weight Loss](#)  
[Food & Drink](#)  
[Gadgets & Tech](#)  
[Games & Hobbies](#)

[Health](#)  
[Home & Living](#)  
[Neighborhoods](#)  
[News](#)  
[Pets](#)  
[Politics](#)  
[Recreation](#)  
[Relationships](#)  
[Religion & Spirituality](#)  
[Restaurants](#)

[Society & Culture](#)  
[Sports](#)  
[Style & Fashion](#)  
[Transportation](#)  
[Travel](#)  
[View the latest »](#)

#### More from Examiner.com

[Associated Press Classifieds](#)  
[Examiners](#)  
[News By Location](#)  
[News By Topic](#)  
[Press Releases](#)  
[Slideshows](#)  
[Stock Quotes](#)  
[Today In Photos](#)

#### Examiner.com Links

[Join our Affiliate Program](#)  
[Blog](#)  
[Examiner in the Press](#)  
[Jobs | Advertise](#)  
[RSS Feeds](#)  
[Terms of Use | Privacy Policy](#)  
[Contact Us](#)  
[Walden Media](#)  
[AEG Worldwide | AEG Live](#)  
[Foundation for a Better Life](#)

#### Things to see and do

Today 16 17 18 19 20



#### Penn & Teller

15 Sep 2009 - 9 pm  
 Rio All-Suite Hotel & Casino  
 Penn & Teller Theater

[More special event »](#)



#### Live Circus Acts

Circus Circus Hotel & Casino



#### Ringling Bros. and Barnum & Bailey

Circus: Over the Top  
 Sprint Center

[See all Events »](#)

YOUR AD HERE

#### VPI Pet Insurance

Official site of VPI, America's Trusted Choice in Pet Insurance

[www.PetInsurance.com](http://www.PetInsurance.com)

#### Pet Insurance

Comprehensive Pet Health Coverage For Dogs And Cats From PurinaCare®

[PurinaCare.com](http://PurinaCare.com)

#### Veterinarians Near You

Enter your zip code & find info on local vets in your area. Search now

[www.VetsNearYou.com](http://www.VetsNearYou.com)



Ads by Google