

# Howard County Times

## [Home Vet Offers Holistic Approach to Medicine](#)

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Recently I chatted with **Dr. Carin Rennings** of **Home Veterinary Service**. Dr. Rennings, who graduated from the **Virginia-Maryland Regional College of Veterinary Medicine** in 1994, sees animals solely on a house-call basis for routine physicals, vaccinations, euthanasia and the like. Six years ago, I began using her services because I felt daunted by the idea of hauling multiple pets to a veterinary office with young children in tow. However, I also enjoy an unexpected perk – the opportunity to converse without feeling rushed.

This year, Dr. Rennings and I spoke about her interest in alternative medicine. After a diagnosis of Chronic Fatigue Syndrome and Myalgia 12 years ago, Rennings grew discouraged by her lack of progress using conventional treatments. She instead turned to acupuncture, chiropractics, and energy work and noticed improvement. Then, while working with a veterinary technician who was also a certified Reiki practitioner, she observed a positive change in the behavior of “difficult” animals. The idea of combining Eastern and Western approaches intrigued her.

According to the website [www.reiki.org](http://www.reiki.org), the Japanese word Reiki (pronounced “RAY-key”) loosely translates as “spiritually guided life force energy.” Practitioners use Reiki

to reduce stress, encourage relaxation, and promote healing through the laying on of hands. Rennings began learning the technique two years ago and this July received her certification as a Reiki Master from Reiki Master and Teacher, **Donna Edwards**, of Columbia.

Early on, Rennings exhibited a fascination with animal training – she began this pursuit at age 10 – and her interest evolved into a study of animal communication, particularly the work of Pat Parelli, the “Horse Whisperer.” Rennings sees Reiki as similar and connected to the approaches used by Parelli and the equally well-known Cesar Millan, the “Dog Whisperer.” Although Rennings performs healings if requested, most of her human clients remain unaware that she uses Reiki constantly during her veterinary interactions. She finds the approach particularly helpful in calming owners during in-home euthanasia and once the owners feel at peace, the animals, in turn, tend to relax.

Rennings acknowledges that some people may not be receptive to holistic medicine. However, she feels very enthusiastic about the benefits and successfulness of Reiki and other non-traditional methods of therapy, and she welcomes questions on the subject.

To reach Dr. Rennings, contact Home Veterinary Service at 410-461-9969, or go to her Web site, [www.carinrennings.com/homevet](http://www.carinrennings.com/homevet) for additional information.