

Total Body Healing as an Ideal Approach to Practicing Veterinary Medicine

A Special Interview With Dr. Nicole LeVeque

By Dr. Karen Shaw Becker

Dr. Becker:

Hi, I'm Dr. Karen Becker, and I'm so excited that Perette has nominated Dr. Nicole LeVeque for a Game Changer award. We have Dr. Nicole with us today to talk more about the amazing work that she's doing with her beloved patients, and we'll talk a little bit about the inspiration behind how she decided to grow and diversify her toolbox coming out of veterinary school. Nicole, thank you so much for taking time to join us today, and congratulations on your Game Changer award.

Dr. Nicole LeVeque:

Thank you very much. I'm honored to be here.

Dr. Becker:

Nicole, for our listeners, readers, viewers that would like to know a little bit more about the evolution between your passion for animals, then becoming a veterinarian and then diversifying what you learned out of veterinary school, can you walk us through how that happened?

Dr. Nicole LeVeque:

Absolutely. I always knew I wanted to be a vet since I was young. When I graduated from vet school in 2000, I started working at a conventional practice, a wonderful conventional practice that allowed me to further my interest in acupuncture. I was always interested in total body health and traditional Chinese medicine really just resonated with me always. They allowed me to train through IVAS (International Veterinary Acupuncture Society) and I became certified in acupuncture, and I worked there for 10 years. After that I decided I was ready to practice a little bit more, primarily holistically. That's when I went off and started natural healing pet care. I started with a human acupuncturist in his practice, which was actually an antique home, basically a home from like 1900. I practiced out of their dining room, which was full of these big, huge, beautiful windows and oak trim, and it was just gorgeous.

There was an outdoor area that was beautifully landscaped. I found that the environment was just very, very – the energy in there allowed me to perform these energy therapies, which I feel acupuncture is even better. The environment helped with that. After two years of being there, I needed a bigger space. That's when I found a small building with an outdoor area as well, and big, beautiful bay windows in each of the exam rooms. I renovated the whole area for that. I started here for 10 years, and I added on high-dose IV vitamin C therapy and ozone therapy, both of which have been very, very helpful to many of my patients, just been a game-changer for a lot of their treatments. I continued the acupuncture and herbals and veterinary spinal manipulation therapy, which I had been certified in through the Healing Oasis.

That grew. Now I'm actually a month in. I should be moving to my – I think I'm going to call it

my forever home, another office space that's much larger, but still with the idea of outdoor space, windows in every exam room. Now I'll be offering hyperbaric oxygen therapy as well as a salt room for my patients. As you know, Dr. Karen, that there's not a lot you can do for respiratory. It's hard to get at that aspect of the body. I'm very excited about this salt room, and obviously the hyperbaric oxygen is going to be amazing.

Dr. Becker:

Amazing.

Dr. Nicole LeVeque:

Not a lot of people offer it in my area, and I know why it's very difficult code-wise to do this. It took me a year to find a place that I would be able to set this up in, and it was quite difficult, but I found it and so I'm very excited to be in this new space.

Dr. Becker:

Rightfully so. First, congratulations on your new space.

Dr. Nicole LeVeque:

Thank you.

Dr. Becker:

Yeah, that's a massive accomplishment, a whole lot of work. I am thinking about the unbelievable gift to your community in terms of what all of these options mean, in terms of hope and non-toxic options for healing and recovery and prevention of disease. What an exciting time for you in your career. It's wonderful. I have to ask Nicole, when you wake up in the morning, what do you love most about going to work every day? What brings you the most fire in your heart when it comes to what you're most excited about?

Dr. Nicole LeVeque:

What fulfills me the most are the connections I make with my patients and the connections with their owners. It's the connections that bring me the most fulfillment, and not just my connections, but being able to witness and be a part of the connections that I see between the pet and the owner. That unconditional love, and I get to be a bystander in that energy field. I get that amount of love comes to me just from being a witness to it. Wanting to help in any way I can to perpetuate that relationship that the owner and the pet has, as well as just trying to move that patient into as healthy of a space as they can be, so they're at their happiest. That's my goal and that's what moves me. That's what keeps me going is just trying to fortify that connection, being a part of that connection, and it's very, very fulfilling.

Dr. Becker:

This I know. I also love meeting kindred spirits who view our ability to be a part of that sacred relationship with an animal, that people trust us and what an honor it is to be included as a part of the support team to help restore either balance to health or to help animals exit peacefully and as comfortably as possible. It's an honor to be included in that ball of energy.

Dr. Nicole LeVeque:

Absolutely.

Dr. Becker:

It is. I totally get that.

Dr. Nicole LeVeque:

Absolutely. Yes. Absolutely. I'm honored by it.

Dr. Becker:

Nicole, I have to assume that when once people just as Perette, the lovely woman who nominated you, just as she mentioned in her write-up, she said, "You can feel the difference coming into Dr. Nicole's space." I'm sure that that is very true. For people that say, "Hey, I want to know more about this brand-new, beautiful space that you're opening." Or "I just am interested in learning. I've never heard about hyperbaric oxygen therapy. I'd like to learn more." Do you have a website, or how would people get in touch with you if they wanted to learn more?

Dr. Nicole LeVeque:

Yeah. They could go to my website. It's at NaturalHealingPetCare.com. It's just that. You can call as well, I have a number. The office number is 248-797-5139. Anybody can call or look at the website.

Dr. Becker:

Beautiful. Nicole, you are this lovely blessing to your community. The people that are lucky, fortunate enough to have your kind, open-minded, supportive medical options available to them. What a beautiful gift to your community.

Dr. Nicole LeVeque:

Thank you.

Dr. Becker:

It really is. It's just wonderful. I love the fact that you're doing hyperbaric oxygen. There again, the depth and breadth of what that therapy alone can do is mind-blowing. That's just wonderful that you are a perpetual learner and you are also an applier of what you've learned to offer these modalities to your community. It's awesome. When you think about all that you've learned this far on your path, if you could tell the world one thing, or if you'd want the world to know or share one thing, what would it be?

Dr. Nicole LeVeque:

I think what I found is – because the clients that I see, 100%, they're in tune with their animal. They're in tune with their pet. They love them, and they go to extremes. The one thing that I noticed, the ones who do the absolute most often shoulder the most guilt, that they're not doing enough when they're doing heroic amounts of caregiving. I guess I would just like for them to know that you can't control everything and you can only give as much as you humanly can give

and that sometimes we have to let go of that guilty feeling that weighs so hard on us and say, "I'm doing everything I can" and be okay with that, and truly that when I say "heroic," I mean they are heroes.

Dr. Becker:

Yeah.

Dr. Nicole LeVeque:

I think that's the one thing that I would like to share to those people who do feel that weight on their shoulders, that guilty feeling.

Dr. Becker:

Those are really important words that I don't think could be said enough that all we can do is the very best we can. Not only is that good enough, giving all that we can is not just sufficient, it's such a gift to the relationship and regardless of the outcome, it doesn't change the fact that these owners are superheroes to their animals.

Dr. Nicole LeVeque:

Absolutely.

Dr. Becker:

The guilt oftentimes creeps in and robs us of sacred moments and being able to reflect in a way that is unnecessary. Thank you for choosing this as your sendoff message. I think it's really important. We see our clients [in] ourselves. We beat ourselves up for maybe not being able to cure things or what else can I do? Oftentimes, we're doing all we can, and we have to let ourselves off the hook to know that doing the very best we can is good enough. We need to be able to rest into that and not have guilt. Those are words for all of us to absorb and resonate with. Yeah. Nicole, I'm so happy that I've had a minute to connect with you. I'm so thankful for your gift to our animal community, and I'm really thankful that Perette has nominated you for a Game Changer award. Thank you for sharing a little bit more about your insights and your passion with us.

Dr. Nicole LeVeque:

Thank you so much for bringing your wisdom to so many people. You've opened so many eyes with what you do. I thank you very, very much.

Dr. Becker:

Teamwork, we all do what we can in our lanes, and just being able to build this integrative community together is a blessing. We appreciate all of us working together to help bring awareness as well as better connection to our animal community. It's great to connect with you, Nicole. Thanks.

Dr. Nicole LeVeque:

You too. Thank you.