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The Sum of Small ThingsThe Ultimate Pet Health Guidennen Elizabeth Currid-Halkett Gary Richter, MS, DVM none (Elizabeth Currid-halkett)

The Sum of Small Things The Ultimate Pet Health Guide DDDD Elizabeth Currid-Halkett Gary Richter, MS, DVM DDDDD DDDDD (Elizabeth Currid-halkett)

how the leisure class has been replaced by a new elite and how their consumer habits affect us all in today s world the leisure class has been replaced by a new elite highly educated and defined by cultural capital rather than income bracket these individuals earnestly buy organic carry npr tote bags and breast feed their babies they care about discreet inconspicuous consumption like eating free range chicken and heirloom tomatoes wearing organic cotton shirts and toms shoes and listening to the serial podcast they use their purchasing power to hire nannies and housekeepers to cultivate their children s growth and to practice yoga and pilates in the sum of small things elizabeth currid halkett dubs this segment of society the aspirational class and discusses how through deft decisions about education health parenting and retirement the aspirational class reproduces wealth and upward mobility deepening the ever wider class divide exploring the rise of the aspirational class currid halkett considers how much has changed since the 1899 publication of thorstein veblen s theory of the leisure class in that inflammatory classic which coined the phrase conspicuous consumption veblen described upper class frivolities men who used walking sticks for show and women who bought silver flatware despite the effectiveness of cheaper aluminum utensils now currid halkett argues the power of material goods as symbols of social position has diminished due to their accessibility as a result the aspirational class has altered its consumer habits away from overt materialism to more subtle expenditures that reveal status and knowledge and these transformations influence how we all make choices with a rich narrative and extensive interviews and research the sum of small things illustrates how cultural capital leads to lifestyle shifts and what this forecasts not just for the aspirational class but for everyone

as a holistic veterinarian and scientist dr gary richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction he wants us to use what actually works not just what western science or alternative medicine say should work this multifaceted approach to health is known as integrative medicine dr richter examines traditional

medicine from many cultures alongside modern medical techniques describing the best of complementary care and the best of conventional veterinary medicine every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice after explaining the treatment he offers specific recommendations for an integrative approach to common diseases including allergies skin conditions diabetes heart disease and cancer a holistic approach to health includes nutrition as it sets up the foundation for your pet s health dr richter cuts through the hype in the pet food world and explains how to choose the best commercial foods and supplements and even includes both raw and cooked dog and cat food recipes for general diet as well as to treat specific needs he also explains how we can use the right foods and supplements to hack the body s processes including the immune system

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