Animal Wellness News: Fresh Tips!

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Happy March!

Below are a few animal wellness resources for you, including my new blog for horse lovers! I'd also like to announce that my books are now available at Barnes & Noble (in addition to Amazon and my website of course). I don't

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know how this works, but somehow B&N is coming up with a "limited time" cheaper price for you, so go for it:) For those of you who have read them, if you have a few moments to write a review (on B&N and/or Amazon) I would be very grateful! (Just click on the title you want to review, and it will then give you a "write a review" link.) Thank you!

- New Blog: <u>AllAboutEquineMassage.com</u>
- Animal Wellness Tips below, offered by our Expert Advisors
- <u>Delta Society</u> is an organization with many resources for animal lovers, including issues such as pet loss and bereavement, research about the health benefits of animals for people, and Pet Partners Program, working to bring these benefits to people in need.
- <u>Health Care Reform Must Include Animal and Environmental Protection</u>, by Dr. Michael Fox: An article connecting animal wellness thoughts to a current news topic.
- Photo and Quote of the month

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Animal Wellness Tips



--Kari DeLeeuw, DVM, VSMT, CVA Equine Holistic Sports Medicine

Another Horse Tip Daily podcast, this one <u>"On Saddle</u> Fit and the Back."



--Ruth Mitchell, PT, CMT and Author of Facilitated Healing Through Myofascial Release

Scar Tissue

With the healing of an injury (or a surgical procedure) there is a natural and necessary formation of scar tissue. So, scar tissue is normal. However, immobile scar tissue is not normal. If your animal is recovering from surgery (or a trauma that has required veterinary care), ask the veterinarian when you may begin to move the scar. Movement in all directions will keep the scar soft, supple and pliable. This will increase function and decrease pain by preventing the scar from adhering to the tissue underneath.



--<u>Maryjean Ballner</u>, LMT and Author Cat and Dog Massage

More on Voice Massage Sing wheneveras a way to greet your kitty, if your cat is stressed, like when traveling, or as a morning wake-up or bedtime goodnight song.

Have fun with this; it works for dogs, too. Use a familiar song and change the words.

Again, youtube offers this goofy version of my 'Dog Massage' DVD (from minute 3:10-3:55).

Find your special song, and your special wordsand enjoy, enjoy, enjoy.

Don't walk in front of me, I may not follow, Don't walk behind me, I may not lead. Walk beside me and be my friend.

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~ Albert Camus

All of our Experts and I will be back in April for our 1st year anniversary issue (including a small gift for you)!

Keep in touch!

~Megan

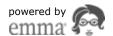
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