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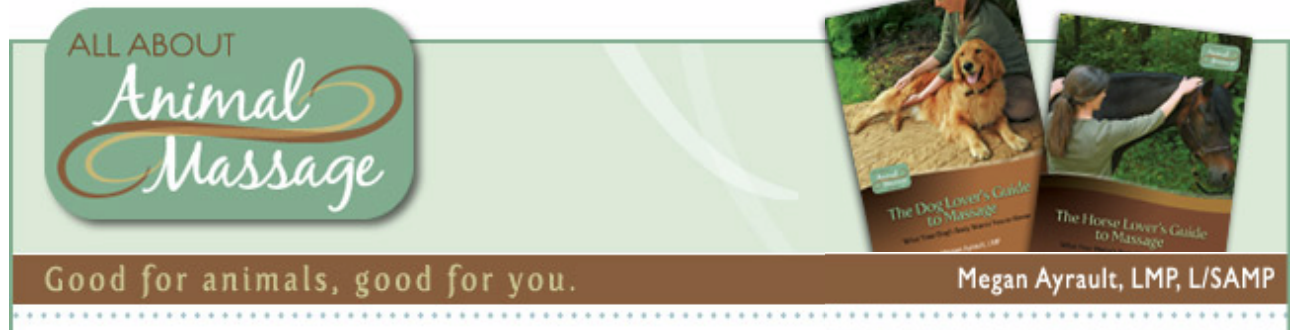
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Animal Wellness Tips and Specials

Mon Apr 13 21:46:17 2009

From: info@allaboutanimalmassage.com

To: mayrault@comcast.net

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April 2009



Hello!

How perfect this timing is, winter coming to a close, the first days of spring, and the exciting launch of [All About Animal Massage](#)! The biggest single news item with this premiere, is that advance copies of First Edition Prints are now available for

[The Dog Lover's Guide to Massage: What Your Dog Wants You to Know](#)

[The Horse Lover's Guide to Massage: What Your Horse Wants You to Know](#)

Be sure to check our **Special This Month** below, as well as the featured photo and quote of the month for a little inspiration :)

Starting in May, this newsletter will also feature a monthly **Guest Expert** sharing a few words about his or her animal wellness talents and tools. As with our regularly featured **Expert Advisors**, you can link to their website to learn more about the animal wellness topics that interest you most.

But for this first month of our newsletter, I would like to draw special attention to our **Expert Advisors** at AllAboutAnimalMassage.com.

Please enjoy the first of their monthly Animal Wellness Tips as they

- provide practical suggestions
- spark insights and curiosity
- share new perspectives
- awaken your own inner wisdom in caring for your animal

Finally, I also own a big thank you to Marc Hoffman of [Poison Dart Frog Media](#) for the photo

on the back cover of the horse book.

Keep in touch!
~Megan



Photo of the Month
Hand in Hand

Quote of the Month

When one is out of touch with oneself, one cannot touch others.
--Anne Morrow Lindbergh

Animal Wellness Tips



--[Kari DeLeeuw](#), DVM, VSMT, CVA
Equine Holistic Sports Medicine

Symmetry Contributes to Soundness

Most dogs and horses have a more dominant "hand" and this often causes uneven muscling and use of their body. Horses are an easier example. Most are left "handed" Often this contributes to them having a larger left front foot, both because they over use it and because they under-use their

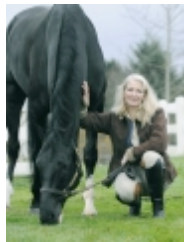


--[Debranne Patillo](#), Founder and CEO
Equinology and Caninology

With Animal Massage, Less is More

Watch your pressure or weight of your massage strokes. Always start light, similar to the pressure you would use on your closed eyelids that is still comfortable. If your animal leans into you and asks for more weight or pressure,

right hind. Since they are animals that drive from their hindquarters, by strengthening their right hind and supporting them with the appropriate body work we can help alleviate the over-represented left front tendon and ligament injuries.



--[Lola Michelin](#), Founder and Director
Northwest School of Animal Massage

Even Elephants Need Massage!

An increasing number of zoos are using alternative therapies to maintain the health of their animals. One zoo is so dedicated to one of their older female elephants that she receives routine acupuncture treatments, TTouch, massage and Reiki to ease arthritis pain and keep her mind and body flexible.



--[Kim Bauer](#), Lead Instructor
Tallgrass Animal Acupressure Institute

Balance and Harmony

instead of pushing harder and more vigorously, think about meeting his weight as if you were leaning into him.



--[Jim Pascucci](#), Advanced Rolfer and
Author, Animal Structural Integration

Wake Up the Leg

If your horse is stalled or ridden on flat ground for most of the time, you may want to add fetlock rotations to your grooming routine. Working and living on flat ground is great if you're a wheel; but not for mammalian bodies which are better adapted to undulating terrain. Rotating the fetlock ("ankle")--while picking out the feet--will help the joint proprioceptors to "wake up". (You can help your other animals and yourself with these "ankle" rotations, too.)



--[Maryjean Ballner](#), LMT and Author

Acupressure can help an animal bring their body back into balance by using acupoints that are located on meridians (energy pathways) which run just below the skin. By using acupoints we can help restore the harmonious flow of chi.

Cat and Dog Massage ***Introducing Your Cat to Massage***

Always let the cat sniff your hand before continuing your touch. Avoid the top of the head when first touching a cat. Approach from the shoulders or under the chin. These are safer, non-threatening areas. Caress slowly around the whiskers, and let the cat rub back against your hand.

April Special

Receive half off Guided Journals

[Massaging My Dog](#)
[Massaging My Horse](#)

with purchase of their companion books

[The Dog Lover's Guide to Massage](#)
[The Horse Lover's Guide to Massage](#)

www.AllAboutAnimalMassage.com

Send questions and comments to Megan@AllAboutAnimalMassage.com.
Learn more at AllAboutAnimalMassage.com and [Megan's Blog](#).
Find a professional at the [Animal Wellness Network](#).

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