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Good for animals, good for you.

Megan Ayrault, LMP, L/SAMP

January 2010



Hello Animal Lovers!

Looking back on how productive 2009 was for me, with help from many friends, I might call it a whirlwind. Looking at my current state of organization, in my office, home, computer, e-mail inbox, and last but not least, my car, 2009 appears to have been more like a tornado. Thank goodness for fresh starts each New Years! And yes, even in these first few days of 2010, I'm actually getting more organized for the year ahead. One project I'm very excited about for this year is getting many, many short videos on-line to share more massage moves, coaching and information in that format. And that's just one of several things coming in 2010, so stay tuned!

In this month's guest spot I'd like to introduce you to Jonathan Rudinger, founder of the International Association of Animal Massage and Bodywork (IAAMB) and author of an excellent and important resource for all animal care-givers, [Transitions: PetMassage Energy Work for the Aging and Dying Dog](#).

Also, please enjoy another selection of [Animal Wellness Tips](#) offered by our Expert Advisors (including links to video and radio tips), along with the inspirational [Photo and Quote](#) of the month, and a [New Year's Special](#).

A resource for horse lovers:

[A Horse Owner's Guide to Equine Massage PART ONE: Guidelines and Prominent Points of the Horse Before You Begin!](#)

by Debranne Pattillo, MEBW

(You'll find more where that came from in future newsletters and at her website, and see also her tip for this month below.)

Guest Expert: Jonathan Rudinger

Jonathan Rudinger, RN, LMT, is the author of *Transitions: PetMassage Energy Work for the Aging and Dying Dog*. You and your animal (of any species) can benefit from the



thoughtful insights and suggestions in this book. The techniques described are "energetic," which is to say they do not involve soft tissue manipulation, so they are extremely gentle physically. These are energy techniques that anyone can do with a little coaching, such as found in this little book. Also valuable are Jonathan's stories, humor and musings about life, death, transitions, and our relationships with our animals.

Jonathan is also the founder of PetMassage™, Ltd., a leading school of animal massage located in Ohio, and the founder and president of the International Association of Animal Massage and Bodywork.

Visit the [International Association of Animal Massage and Bodywork \(IAAMB\)](#), where you can find many resources, including Jonathan's profile and website in the Members' Directory.



Animal Wellness Tips



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

Body Mechanics for You

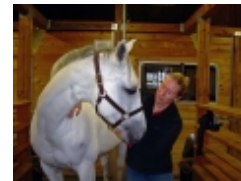
Try to keep a lot of extra movement out of your arms when massaging. When working above your chest level you should assume a "fencing" stance with your arm extended and a slight bend in your joints. The massage stroke should initiate from the movement of your body. When first starting out keep the strokes slow so both you and the horse are rocking gently at the same time.



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

Many Species, Many Uses

Stress in zoo animals is common. The people who



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

Making the Call

Listen to Dr. DeLeeuw's first of many radio podcasts from Horse Tip Daily, this one on a question most of us often wonder, "[Do You Need a Chiropractor?](#)"



--[Ruth Mitchell](#), PT, CMT and Author of

Facilitated Healing Through Myofascial Release

Keep Open to Possibilities

When working on our animal friends we must keep an open focus. We need to consider the whole picture. We must also recognize there is not just ONE way or a "right" way to approach the care of the animal. We have several choices and the possibility of combining several approaches to most effectively reach the goals we have set.

care for them are always looking for ways to reduce stress, but certain activities are necessary to care for exotic species. Taking regular blood samples and weight measurements is important, but these procedures require handling and sometimes sedation. Some zoos have started training programs that teach animals (such as primates) to "volunteer" for things like blood draws or taking medicine, helping to reduce stress and improve relationships. Massage can be a valuable tool in these types of training and enrichment programs and is being used more often today.



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

Voice Massage

We all talk to our cats, and most of us sing to our felines. Have you created your own personal melody that's unique to you and your cat? Pay attention to the inflections and tones of your voice. Avoid high-pitched, squeaky or shrill tones.

You can watch a highly edited, goofy version of my 'Cat Massage' DVD, [here](#), listening especially to the song at 2:40-2:49. Our song is simple and slow and soothing. And silly, but who cares- this is for you and your cat to enjoy.



Friends

In place of a quote, here's a fun and [inspirational video](#) to go with the photo. Several examples of animals showing compassion for other species. (You might need to turn up the volume to hear the narrator.)

New Year Special

New e-books are ready!
More Massage Moves for Dog Lovers
and
More Massage Moves for Horse Lovers

These are supplements to the books, teaching nine more massage moves in the same format as the book, with color photos, anatomy lessons and coaching tips.

Half price during January only. (~~\$5.95~~ \$2.95)

*Contact Megan@AllAboutAnimalMassage.com to request.

Our Expert Advisors and I will be back in February with more tips and resources.

Keep in touch!

~Megan

www.AllAboutAnimalMassage.com

Send questions and comments to Megan@AllAboutAnimalMassage.com.

Learn more at AllAboutAnimalMassage.com.


Find a professional at the [Animal Wellness Network](#).

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