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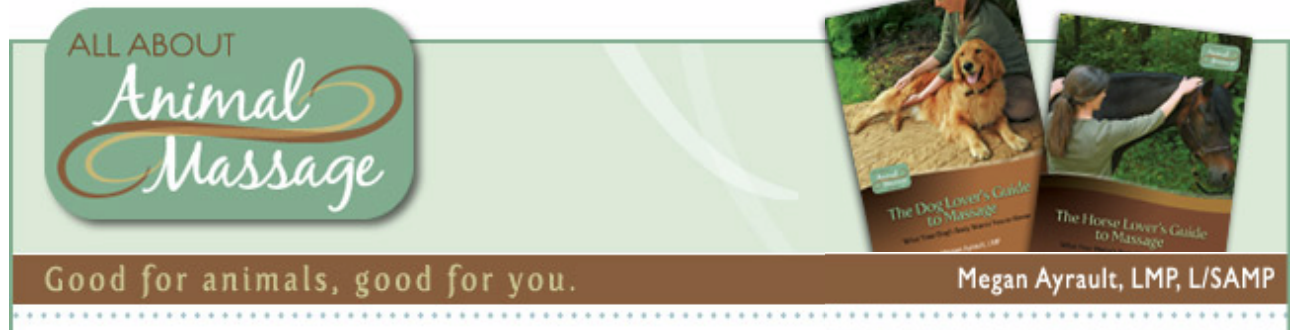
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## Animal Wellness News: Fresh Tips!

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May-June 2009



Happy May and June both!

So many updates here at All About Animal Massage. In fact, too many to describe here since I want to focus on the wonderful [Animal Wellness Tips](#) offered by our Expert Advisors, and also on our featured [Guest Expert, Joan Sorita](#). And don't forget to check out the [Specials](#) for May-June, and enjoy the inspirational [Photo and Quote](#) of the month below, as well.

After enjoying what you'll find in this newsletter, visit our [News and Events](#) page for updates, including:

- \* new YouTube video demonstrating a "[Rib Work](#)" technique for horses from my book
- \* the new [Facebook Page](#) for All About Animal Massage ("become a fan" and share it with your FB friends)
- \* the new Amazon section of our store, filled with [Recommended books, DVDs, and Tools](#)
- \* blog on the [PetExpo USA](#), Saturday May 9 in Santa Clarita, CA

And now I'd like to introduce Joan Sorita, our featured Guest Expert for May-June. Joan is a highly educated and skilled professional in the therapeutic use and chemistry of essential oils and aromatherapy, as well as a variety of related bodywork and rehabilitation services. She has studied extensively with leading experts from around the world, and she herself teaches both independently and with the Northwest School of Animal Massage. Read on for a brief introduction to the world of essential oils.

**Guest Expert: Joan Sorita****Animal Aromatics: Instinctive Use of Plants as Medicine**

In the wild it is very rare that animals poison themselves. An animal's body seems to know how and what it needs to function and be balanced. In the science of animal aromatics we are simply using essential oils, which are derived from plants, to encourage and allow an animal to help itself re-balance naturally.

Remember, most animals eat plants for food and for medicine, just like we eat foods for fuel and foods to help us regenerate. In a case involving chimps in Gombe, Tanzania, Jane Goodall discovered that changes



in taste took place during illness. When she would lace bananas with antibiotics to treat the sick chimps they would take it despite being bitter. The healthy chimps would not touch the bananas with medicine. Even in the wild the same holds true with bitter plants and remedies.

The dosage, frequency and selection of essential oils needs to be guided by each animal's inner wisdom. Sometimes it only takes a few sniffs to create a very big reaction. If too much is offered, it could overdose the animal. Never force an essential oil on an animal, but rather allow the animal to move toward or away from the oil as needed. Positive reactions can include yawning, licking, a trance-like state, or lying down.

There is a lot to learn about the science of essential oils and what they can do in the body. If you seek a deeper level in this art and science, it's important to educate yourself so as not to cause harm. Please feel free to ask questions that can help you help your animals with essential oils.

[Visit Joan](#) on the Animal Wellness Network to learn more and ask her your questions.

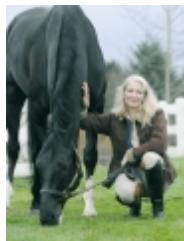
## Animal Wellness Tips



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

### Is your horse "girthy"?

Costochondritis or inflammation of the rib and its cartilage attachments, in my opinion, is present in horses more often than we realize. It takes at least a couple of weeks for horses to recover from this, longer if they are being ridden. Girths that seem to be the most comfortable and least likely to cause inflammation are those that stretch. The ones that stretch from the center (right over the sternum) appear the most comfortable with those that have elastic on both sides a close second. However, the main thing is making sure no girth is too tight.



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

### Tiptoe through the dog park

Dogs and cats are digigrade animals...that means they



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

### Stretching Advice

Gentle stretching should only be done after muscles are warmed up. You can warm them up by walking your animal first, or just after you have targeted the group of muscles with massage. Some horse owners find long lining (lunging) first, then stretching them before they get on to ride works well. Avoid extreme or excessive stretching, especially for animals who are about to be worked hard. Keep the stretches small in these instances, and perhaps stretch after a workout instead.



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

### Free the Poll

If you want to increase the hamstring length (backs of the thighs) in yourself, your horse or dog, you may want to

walk on their toes! You and I are plantigrade animals because we walk on the soles of our feet. Long toenails on dogs can be painful, causing the dog to adapt its movement to avoid pain. They can even contribute to arthritis later in life. Be sure your pet has the opportunity to wear their nails down naturally or be sure to trim them regularly. Have your veterinarian or a groomer show you the proper way to trim your dog's nails.



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

### Chi Energy

All living beings have energetic pathways that lie just beneath the skin along which chi and body fluids are circulated. One of the longest pathways is the Bladder Meridian which runs on both sides of the body from the inner corner of the eye, up and over the head, alongside the spine and all the way down to the hind feet. Stroking this line from head to toe is one simple way to help the chi energy flow.



In Good Hands

assure that the joint between the head and neck (Atlanto-occipital (AO) joint, also known as the poll) is free from restrictions. In human studies it has been shown that fascial (connective tissue) release work performed at the AO joint was more effective than stretching to increase the hamstring's length.



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

### Memories from Kittenhood

Buy a 12-inch long-handled bath brush (at any drugstore) and spend time brushing your cat. It's more than grooming- the brush is raspy, like their mom's tongue, and most cats enjoy the memories and the texture. Slow caresses with the brush from the tip of the nose back to the ear- try it 10-15 times- I bet your cat will love you even more for this special treat.

Until one has loved an animal,  
a part of one's soul remains unawakened.  
~ Anatole France

## *May-June Specials*

**Buy 3, Receive 1 as a Gift**

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

\*Available only by contacting [Megan@AllAboutAnimalMassage.com](mailto:Megan@AllAboutAnimalMassage.com) for special pricing.

**Receive half off Guided Journals**

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

Available automatically through June 30 in the [All About Animal Massage Store](#).

Our Experts and I will be back again in July with more tips and specials....  
Keep in touch!

~Megan

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

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