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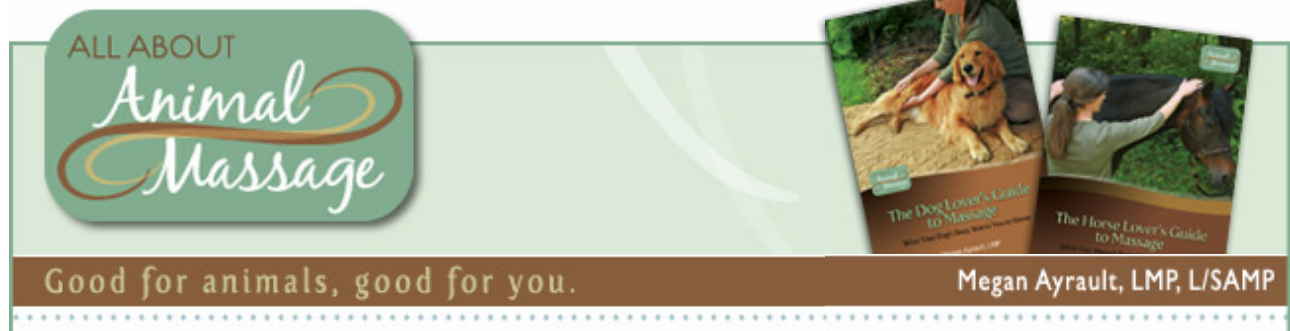
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Complementary books, and fresh tips!

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November 2009



Hello Animal Lovers!

Halloween just past, and onward to Thanksgiving, my favorite holiday! What better way to give thanks to our beloved critters for all they give us everyday, than by offering them some massage. And it works as a great de-stressor for you, too. To help you practice your skills, I have a couple more short **YouTube videos** demonstrating techniques from my books.

- Dog Massage: [Vibrations and Jostling](#)
- Horse technique: [Jostling the Neck](#)

These books and e-books make unique and special gifts for your animal-loving friends, so I've put together some holiday shopping packages in our [Specials](#) below. These specials include the about-to-be-released e-books (ready by December), *More Massage Moves for Dog Lovers* and *More Massage Moves for Horse Lovers*!

I'm very happy to introduce [Dr. Darla Rewers](#) as our Guest Expert this month. Also, please enjoy another selection of [Animal Wellness Tips](#) offered by our Expert Advisors, along with the inspirational [Photo and Quote](#) of the month.

A few more resources for animal wellness:

- For all: Brand new internet radio show, [Pet Shop Talk](#), hosted by Lola Michelin. You can listen now to the October 27th episode featuring on-line resources for pet owners, including an interview with me :)
- For horses (and some dogs): Things to consider when [blanketing](#), now that winter is underway. You'll also find here many other short tips and articles I've written for pets/horses generally. You can subscribe to the page if you'd like new articles sent to you as they're written.
- For horses: I recently had the opportunity to attend a lecture and clinic by Dr. Gerd Heuschmann, author of *Tug of War: Classical versus "Modern" Dressage*, an excellent book for riders of any discipline to better understand your horse's body and how riding affects it, for better or worse. His website is worth a visit, including this page on some [biomechanics of the horse](#). He'll be offering his lecture and clinic again **November 5-8 (very soon!)** near Vancouver, WA. [Click here for more info](#).
- [Current abuse issue](#) for horse lovers to read more about. (And related to Dr. Heuschmann's work.)

Share what you're learning. What a great way to help even more animals, along with your own. Share this education and animal wellness resource with your friends and animal contacts. Just tell them about AllAboutAnimalMassage.com and the free e-book and this newsletter they can get for themselves to get started. They and their animals will thank you.

Guest Expert: Dr. Darla Rewers, DVM

Dr. Rewers offers an impressive array of holistic veterinary and complementary services for both domestic and exotic species: acupuncture, herbal medicines, aromatherapy, nutrition, behavior, understanding the human-animal bond, reiki, flower essences, tui na massage, and more. Her practice, Ancient Arts Veterinary Acupuncture Services, is located in Seattle, WA, but anyone in the world can have easy access to her expertise by reading her excellent tips and short articles on Examiner.com.

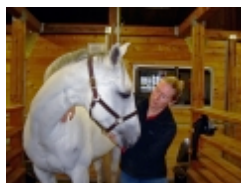
"There is a very tangible link between the symptoms we see in animals and the people they live with. Dr. Rewers treats the animals, and helps their caretakers bring awareness to their part in the wellness. Darla teaches Qi Gong and art meditation to the humans to help them help their pets." (from Dr. Rewer's website.)



This reality is becoming more widely recognized as we all learn more about health, wellness, and healing. Even if your own resources do not yet include a veterinarian who can also provide support for you and your relationship with your animal, remember that for the most holistic approach, you can find additional resources to create your own personal (and quite likely ever-evolving) support team for both you and your animal.

[Visit Darla](#) on the Animal Wellness Network

Animal Wellness Tips



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

Canine Hip Dysplasia is basically a laxity or looseness of the joint. The dog's hip should be a ball and socket joint, with the round head of the femur held securely in its "socket" (in the pelvis). In dysplastic hips this joint has a more shallow fit and the round ligament that helps secure it is often looser. This leads to inflammation of the joint and formation of arthritis. The pain is often seen as stiffness when the dog gets up, unwillingness to jump, limping, a bunny hop gait, or a change in activity level.

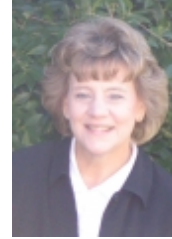
It can be treated conservatively with pain management (medication, acupuncture, massage). In most cases a diet and consistent low impact exercise can also do a lot to help increase mobility. Since joints are only as strong as the muscles that support them, keeping these muscles



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

Do not hard tie your horse in case you hit a sensitive area and he pulls back. Use a slow release tie. For a slow release tie, run the rope through a ring and then wind the free end after the ring around the rope section going to the halter. You'll need to wrap enough times that it offers just a bit of resistance when you pull on the halter end. There are some great slow release hardware gimmicks which do the same thing. (Clinton Anderson, or [Blocker Tie Ring](#), click on "Horses," then "Tools")

strong and comfortable will help ease the work the hip joints do. Bodywork should not only focus on the hips and back, but also on the elbows because elbow arthritis is a common secondary problem in dogs with hip dysplasia.



--[Ruth Mitchell](#), PT, CMT and Author
Facilitated Healing Through Myofascial Release

As a physical therapist, for years people have told me "PT" stands for "pain and torture." The old idea (still held by many) is "no pain, no gain." That is absolutely not the case! While exercise may produce a minimal soreness or a "therapeutic pain," true pain should never be part of an exercise routine. Watch your animal carefully for signs of pain. Back off as needed!



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

Isn't massage really just "petting"? Well, yes and no! While petting your dog or cat provides some of the same great benefits that massage does, a trained therapist is providing a very sophisticated form of petting. They know which strokes will improve flexibility versus which will provide relief of tension, and their ability to assess the health of the body can head off a situation before it causes trouble for your pet. This type of health monitoring is one of the best reasons to get routine massages from a trained professional for your pet.



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

"Circling the Dragon"

This dramatic name refers to an acupressure or acupuncture technique where the practitioner uses acupoints around a painful or stiff area to move chi through the area. Often times this can be done around the stifle, hip or shoulder joint. Even without knowledge of specific acupoints you can palpate and find a sensitive area and experiment with holding tender points around it with the intent of moving the energy through the area.

***Whether it be half
empty or full,***



***Let's always give thanks
for the CUP.***

~ Origin Unknown
(from World Gratitude e-mail)

**Happy month of
Thanksgiving!**

Have an inspirational photo or quote you'd like to share? Send us an e-mail,
info@AllAboutAnimalMassage.com with name(s) to credit and permission for use of photo.

November Specials

*Remember to contact Megan@AllAboutAnimalMassage.com to request
your complementary books and e-books.

Your choice of any e-book*
with purchase of any 2 books
([The Dog Lover's Guide to Massage](#) and/or
[The Horse Lover's Guide to Massage](#), any combination)

-OR-

Get 2 more complementary books of your choice
when you buy any 5 of [The Dog Lover's Guide to Massage](#)
and/or [The Horse Lover's Guide to Massage](#)

***E-books available are:**

[Massaging My Dog](#) and [Massaging My Horse](#) (Guided Journals)
NEW! *More Massage Moves for Dog Lovers*
NEW! *More Massage Moves for Horse Lovers*

Once again, Happy Thanksgiving! Our Expert Advisors and I will be back in
December with more tips, specials 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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