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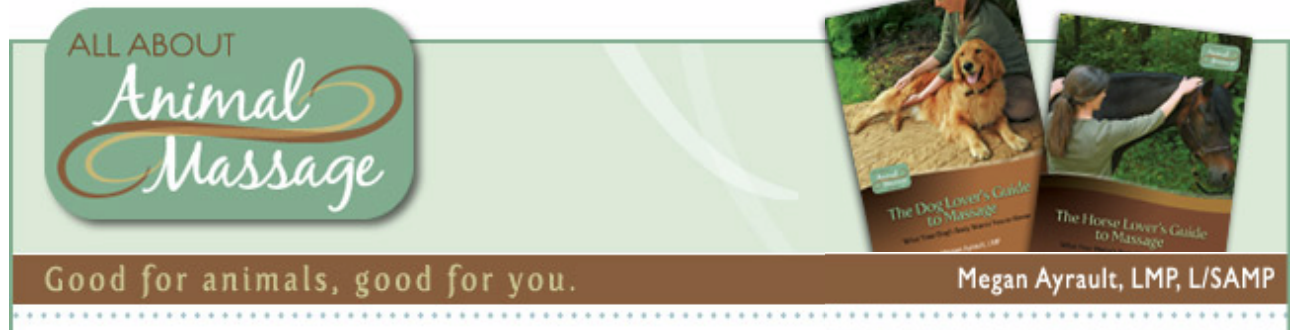
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Animal Wellness News: Fresh Tips!

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September/October 2009



Hello Animal Lovers!

I'm feeling re-inspired by my attendance at the recent conference of the International Association of Animal Massage and Bodywork (IAAMB). I'm also back to having more time at the computer after a summer of not so much. Nice break, but also happy to be back at it. I hope you feel the same about your summer, and the fast approaching fall season :)

Our Guest Expert this month is [Polly Klein](#), teacher of animal communication and reiki.

Please also enjoy another selection of [Animal Wellness Tips](#) offered by our Expert Advisors, along with the inspirational [Photo and Quote](#) of the month, and more [Specials](#) for September/October.

A few resources for animal wellness:

- [International Association of Animal Massage and Bodywork \(IAAMB\)](#) was founded to advance the field of animal massage and bodywork and is open to anyone interested in supporting animal massage. The 2009 conference was just held in Seattle, WA with many excellent speakers featured. I will pass on information about next year's conference when available, or you can join IAAMB and be notified directly.
- Examiner.com is source of information on just about any topic you can think of, including a pet category. Check out the latest additions to my page as the [Seattle Pet Massage Examiner](#), and those soon to come.
- [Horse Tip Daily Radio Show](#). This show is a daily podcast offering a horse care related tip from a variety of professionals, including me offering tips on horse massage.

Guest Expert: Animal Communication with Polly Klein

Polly Klein offers multiple services, including reiki and craniosacral therapy, but she is perhaps most well known for her animal communication skills. Polly teaches both animal communication and



reiki classes through her own practice, Tonglen Healing Arts for Animals, and also at Bastyr University and the Northwest School of Animal Massage, all located near Seattle, WA. Both reiki and animal communication can be offered at a distance, so clients from all over the world benefit from her work. Her e-newsletter, The Animal Talker, also offers excellent tips and stories helping people everywhere learn to communicate more clearly with their animals.



Here's an abbreviated example from one of her newsletters:

"Picture What You Want: When your animal family members are doing something you find bothersome, try focusing on a positive action to help them understand what you would like them to do instead. When your cat is scratching on a piece of furniture it's easy to accidentally show your cat the wrong message by thinking about them destroying your favorite chair. Instead, create an image in your mind of the cat using their scratching post. Then create an image in your mind of being happy while watching your cat scratching the post. It's very important to remember to focus on what you want, not on what you don't want. Picturing the positive behavior helps your animals more clearly understand the message you are trying to communicate.

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

Animal Wellness Tips



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



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

A wake-up call about declawing: Part 2

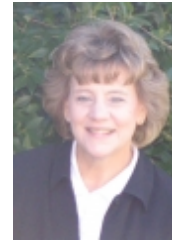
The posture of declawed cats changes dramatically. Their feet get very flat and they hyperextend their carpi (wrists) when they move, stressing these joints. Declawing also creates more impact for their elbows. A cat should be able to hook its front feet into the ground and stretch back, letting the scapulae (shoulder blades) move and stretch in a full range of motion. Without being able to stretch these soft tissues well, they develop adhesions and pain throughout their shoulder girdle. They lose elasticity in the soft tissues, and therefore their joints take more impact leading to premature arthritis, especially in the elbows. Since declawed cats almost always live with chronic pain, I highly recommend maintaining them with bodywork, chiropractic and acupuncture. See the August newsletter for Part 1.

"Shampoo curry" technique

Imagine you have a soft curry in your hand. (A type of brush for horses, but this can work for other animals, too.) It is important that your hand is relaxed. This is accomplished by allowing your palm and finger pads to rest on your horse. Make sure you have a bend in your knuckles to maintain that softness. Work each area of focus in circles at least 1 minute. Think back to the sweet areas during your grooming where your horse stretched out his neck and wiggled his muzzle as if to say "don't stop!" These are the areas you should target first.



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



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

A little history...

The origins of equine massage are a bit mysterious, but we know that even in the earliest days of horse racing, grooms used towels wrapped around their fists to "rag out" the horses; rubbing them repeatedly to stimulate their muscles and shine their coats. We also know that acupuncture and acupressure have been popular in veterinary medicine for centuries. Diagrams discovered in China provided directions to soldiers on how to prepare their warhorses for battle using acupressure and massage techniques.

One step at a time

If you are exercising your animal, remember to progress by only changing one parameter at a time. Either increase the difficulty of the exercise or increase the time he/she does the present level of difficulty. It is then easy to determine what may have caused any problem that arises. Return to the previous level of activity and maintain that for at least 3 days prior to attempting to progress again.



Attitude is everything.

~Origin unknown

Match this puppy's attitude, and you're guaranteed a wonderful day!

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.

September/October Special

10% off any initial consultation with Polly Klein
(Click here for [services offered](#))

Complementary Guided Journals,
[Massaging My Dog](#) and [Massaging My Horse](#)
with purchase of
[The Dog Lover's Guide to Massage](#)
and/or

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

*Contact Megan@AllAboutAnimalMassage.com to request your journal.

Our Expert Advisors and I will be back in November 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 and [Megan's Blog](#).
Find a professional at the [Animal Wellness Network](#).

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