

# WOOFS & HOOFS ANIMAL MASSAGE

## NATURAL HEALING FOR PETS

### BI-MONTHLY NEWSLETTER

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#### HAPPY HALLOWEEN FROM WOOFs & HOOFS

Halloween is a time of witches and black cats and treats and tricks. But, did you know that the modern holiday that we celebrate as Halloween had religious beginnings?

For the Pagans, it was a time to honor those ancestors who came before. For Catholics, November 1st is celebrated as The Solemnity of All Saints. Since the saints celebrated on November 1st are considered "hallowed," October 31st became All Hallows' Eve.

It was not until the Middle Ages that the black cat became associated with evil and witches, and these icons started to be associated with Halloween.

However you and your animal celebrate the holiday, Woofs & Hoofs wishes you a very

Happy Halloween!



#### COSTUME SAFETY AND YOUR PET

Dressing up at Halloween is fun and exciting for all the family. And won't your pet look great in a costume too? Of course, they will. But, before you go out and purchase the cutest outfit that you can find, consider the following practical advice.

Start early and start small.

Look for a costume that will fit comfortably. If it is too loose, it can be a tripping hazard for your pet. If it is too tight, it could cause sores or restrict your pet's circulation. Avoid costumes that are held in place with rubber bands. Rubber bands left by mistake can dig into the animal's skin and cause injury.

Once you get the costume home, remember that your pet may not actually enjoy wearing it. Try different pieces of the costume first, and remember to reward your pet for staying calm. If the various pieces work o.k. on their own, try them in combination.

If your pet is not enjoying wearing the costume, do not force them. It will put them under unnecessary stress. Try stepping back a bit. Maybe consider a Halloween collar instead.

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#### ANIMAL TRIVIA

Sticking with the Halloween theme, did you know?

- In Asia and the UK, a black cat is considered lucky.
- Domestic cats purr at 26 cycles per second, the same frequency as an idling diesel engine.

For those more interested in green things than orange (despite the time of year), did you know?

- Animals are either right-handed or left-handed.



Polar bears are left-handed—and so is Kermit the Frog.

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## COSTUME SAFETY AND YOUR PET

*(Continued from page 1)*

If things are going o.k. with the costume and you now have your pet completely dressed, make sure you examine your pet closely. Make sure that they can breathe, see, and hear. Remove any small or dangling accessories that could be chewed.



Supervise your dressed pet at all times. Pieces of the costume can become caught and tangled and cause injury. Your pet may also become upset and try to remove the costume or chew it, causing stress or worse, an injury.

Enjoy the holiday with your pet, but be aware that the costume may just not work. As comedian Norm McDonald said: “Them’s mean streets for a weiner dog in a cardigan.” A new Halloween bowl or blanket may be the safest alternative.

## TRICK OR TREAT: KEEPING YOUR DOG CALM

Trick-or-treaters are a Halloween fixture. Although they no longer scare you, they may scare your dog. Dogs like routine and may become stressed or upset by the holiday activities. They may even feel threatened and act abnormally by growling or even biting.

Try to keep your dog calm while the little “goblins” and “devils” are out by keeping a quiet room just for them. Provide anything that comforts the animal – from a favorite toy to a piece of clothing with your scent on it.

If your dog is o.k. greeting visitors at the door, keep them on a leash to keep them from escaping if they are suddenly frightened. It is not a good idea to leave dogs out in the yard during trick-or-treat time. In addition to the threat of being frightened by strangers, the reports of thefts and cruelty are higher over the Halloween period.

Make sure your dog is wearing their identification tags. If, by accident, they do get out the front door, it will increase the chances that they are returned to you safely.

Even if your dog seems fine around all the commotion of the holiday, it is advisable to take your dog for their evening walk before the trick-or-treaters are out. Also, do not let your dog accompany the children if they are going out. It may be difficult for your children to control them, and the last thing you want is for them to be lost in an area that is not as familiar to them.



## TREATS: BUT NOT FOR YOUR PETS

Of course, for many people candy is one of the best parts of Halloween. This treat should be left to humans, though, and not given to your pets.

It is very tempting, especially when they look up at you with those sad eyes, but candy and chocolate can make your pet ill any time of year. Chocolate contains theobromine. Taken in large amounts, theobromine can cause severe nerve damage and even death. In small amounts, it can cause vomiting and diarrhea.

In addition to vomiting and diarrhea, some of the other symptoms of chocolate poisoning are excessive drooling, excessive urination, rapid heartbeat, and hyperactivity. If you suspect your pet is suffering from chocolate poisoning, seek emergency vet care immediately.

Pets can also digest plastic wrappers from other candies which can cause a risk of choking. Additionally, the high sugar content in candy is not good for your pet.

To avoid your pet being too tempted, make sure your pet’s meal time comes before the trick-or-treaters arrive. Also, explain to children that they should not feed candy to the pets, and make sure they dispose of their wrappers and cartons appropriately.

As an alternative, keep your pet’s favorite treat on hand so that you can share that with them instead of the candy or chocolate. Avoid overfeeding though. And check the sugar content on the list of ingredients. Sugar is a frequent additive in pet foods and can cause animals problems like tooth decay, hypoglycemia, and obesity.

Sliced raw carrots and apples can be a healthy alternative to humans and pets alike over Halloween!

### ACUPRESSURE TO IMPROVE YOUR DOG'S DIGESTION

Even when the best of attention is paid to a dog's diet. There are times when your dog will have an upset stomach or not be able to digest their food properly. Simple acupressure treatment may be able to help gently restore their body back into balance.

If you would like to try a short acupressure session, start by finding a comfortable location where your dog will be calm and you both can be relaxed.

Using the acupressure points illustrated (right), rest one hand on your dog. Perform the actual point work with the other hand, using either your thumb or two fingers.

Thumb technique: Place the tip of your thumb directly on the acupressure point at a 90 degree angle. Hold the point gently, but with intent, for about three to eight seconds.

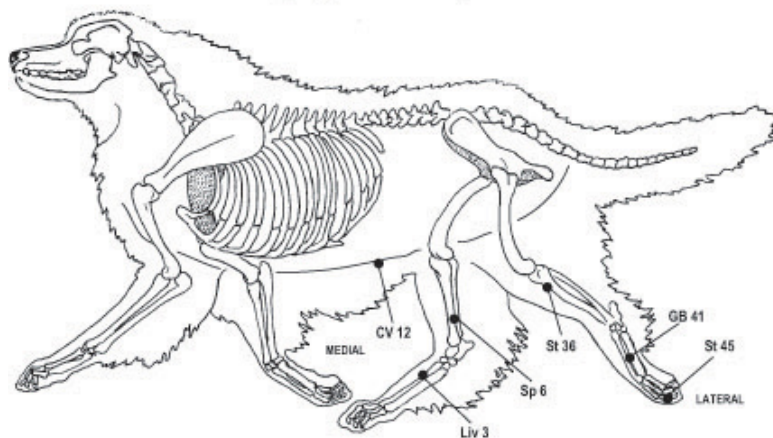
Two-finger technique: Put your middle finger on top of your index finger and then place your index finger at a 90 degree angle gently, but with intentional firmness, directly on the acupressure point for about three to eight seconds.

Observe your dog's reaction to the point work. Healthy energy releases include yawning, deep breathing, muscle twitches, release of air, and softening of the eye.

The above information is a shortened version of the article "Touch for Tummies" by Amy Snow and Nancy Zidonis ([www.whole-dog-journal.com](http://www.whole-dog-journal.com)). It is not meant to be a complete guide to acupressure. In addition, acupressure is not a substitute for proper veterinary care.

We hope it gives you some ideas about natural healing techniques for your pet. If you have any questions or need further information about acupressure, please contact us at Woofs & Hoofs and we would be glad to demonstrate the technique to you.

Healthy Digestion - Acupressure Treatment



Point	Traditional Name	Action/Use
St 36	Leg 3 Miles	On the lateral aspect of the hind leg, about .5 - 2 inches below the stifle (knee).
CV 12	Center of Power	Midway between the sternum and navel, on the ventral (underside) midline.
Sp 6	3 Yin Meeting	Medial aspect of hind leg, above the hock along the groove of the tibia.
Liv 3	Supreme Rushing	Medial aspect of hind leg, in the valley between the first and second metatarsal bones.
St 45	Evil's Dissipation	At the nail bed of the hind paw, on the medial aspect of the 3rd digit.
GB 41	Foot Above Tears	At the top of the hind paw in the valley where the 4th and 5th metatarsal bones meet.

### 1-DAY SMALL ANIMAL MASSAGE WORKSHOP—6 DECEMBER 2008

One day workshop teaching you how to give your dog a relaxing massage which relieves pain, strengthens the immune system, and improves your bond with your pet.

The workshop includes an introduction to animal massage, practical exercises in learning to focus your touch, feeling and recognizing tension in an animal's body and an explanation of various massage strokes and how to use them.

You are encouraged to bring your own people/animal-friendly dog to discover which areas of his or her body could use a little attention. You will also have to

opportunity to compare your pet's bodies with the other dogs during the workshop.

The day starts at 10am and finishes at approximately 5pm. Refreshments will be provided. Please bring your own lunch or plan to visit a restaurant in the area.

Your Price: €125.00

(Minimum of 4 participants; maximum of 8.)

To join this workshop, send an e-mail to [register@woofsandhoofs.be](mailto:register@woofsandhoofs.be).





## WOOFS & HOOFS ANIMAL MASSAGE

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WE'RE ON THE WEB !  
[WWW.WOOFSANDHOOFS.BE](http://WWW.WOOFSANDHOOFS.BE)

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HELPING YOUR PET  
TO FEEL GOOD NATURALLY

At Woofs & Hoofs Animal Massage, our mission is to help pets live long, happy, comfortable lives through natural healing modalities, appropriate training methods, understanding of the physical and emotional connection, and needs of animals and through owner training and enlightenment.

We offer in-home massage and behavior consultations as well as owner training and workshops in massage and behavior at private homes, dog schools, stables, or at our practice in Helchteren.

We also provide professional level courses for those looking for a new career in animal health care and veterinary support.

Our current calendar of events, workshops, lectures and other associated activities can be found by clicking on the 'calendar' tab on our website [www.woofsandhoofs.be](http://www.woofsandhoofs.be)

For more information regarding our mission statement, methods and services, or to schedule a workshop in your area, please contact Linda via e-mail at [linda@woofsandhoofs.be](mailto:linda@woofsandhoofs.be).

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### SIGNS OF EQUINE COLIC

Colic or "pain in the belly" can have many causes from mild to life-threatening or fatal. It is often difficult with horses to diagnosis the difference between mild and dangerous colic. Therefore, it is important that all horse owners understand the signs of colic and take all cases of colic seriously.

The following list includes the common signs of equine colic:

- lying down more than usual
- getting up and down repeatedly

- standing stretched out
- standing frequently as if to urinate
- turning the head towards the flank
- repeatedly curling the lip
- pawing the ground
- kicking at the abdomen
- rolling

If you notice these signs, call your vet immediately. Take food away from the horse, and get them to an area where he can move around freely until the vet arrives.

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### SWEET POTATO CHEWS FOR DOGS

This issues fall recipe comes from [www.recipezaar.com](http://www.recipezaar.com).

Ingredients: 1 raw sweet potato or yam (the very orange type)

Directions:

1. Preheat oven to 250°F.
2. Wash the sweet potato or yam.
3. Cut down the middle lengthwise.
4. Then cut long lengthwise slices about 1/3 of an inch wide and place on a cookie sheet in a single layer.
5. Bake in oven at 250 F for about 3 hours.

This leaves them kind of chewy but you could also bake them a little longer to get them crunchy.



We love these animal pumpkin carving patterns. Patterns, including the one above, are available for download from [www.spookmaster.com](http://www.spookmaster.com).

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### ANIMAL COMMUNICATION WORKSHOP—8/9 MAY 2009

On 8-9 May 2009, Ms. Heidi Wright will be making a stop on her European tour to teach a 2-day workshop at Woofs & Hoofs in **Intuitive Animal Communication**.

During this practical weekend you will learn which intuitive method is natural for you as well as exercises and techniques to improve your skills and confidence. Many of the animals at Woofs & Hoofs will be used for the exercises as well as distance communication with your

own pets.

The workshop fee of €250 includes 2-days of instruction, practice, lunch, and refreshments on each day. A workshop handbook, yours to keep, is also included during the workshop. Both a minimum and a maximum number of people will be permitted to participate so sign-up now!

Register before 31 December and receive a 10% discount on the workshop fee. To join in this exciting weekend, send an e-mail to [register@woofsandhoofs.be](mailto:register@woofsandhoofs.be).

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