

WOOFS & HOOFS ANIMAL MASSAGE NATURAL HEALING FOR PETS BI-MONTHLY NEWSLETTER

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HAPPY CHRISTMAS FROM WOOF & HOOFS

Christmas is getting closer, and we hope that you are all prepared for the holiday. At Woofs and Hoofs, we are definitely in the holiday spirit. In this issue, we learn about reindeer and teach you how to decorate an animal-friendly outdoor tree. We also continue with our regular features—Acupressure Point, Rub the Right Way, and Recommended Reading. And of course, we share a delicious recipe. This edition's recipe is for turkey broth dog cookies.

From all of us at Woofs and Hoofs, we wish you and your special animal a very

Happy Christmas!



HOW MUCH DO YOU KNOW ABOUT REINDEER?

Reindeer are a popular animal at Christmas time, but actually many people do not know much about them apart from how they are portrayed at Christmas time.

As you may have guessed, reindeer are members of the deer family. They live in northern parts of Europe, Asia, and North America around the Arctic Circle. The name reindeer means “running deer” in one northern European language. In North America, reindeer are more commonly called caribou. Most reindeer are gray-brown, but some domesticated animals have been known to be white.

Reindeer have been and still are critical to the survival of indigenous people in the Arctic region. Reindeer provide milk, butter, cheese, meat, clothing, and tools. In addition, as the Christmas songs demonstrate, reindeer have been trained over the centuries to pull sleighs.

Naturally, reindeers are migratory animals. North American herds have been known to travel over 5,000 km. Their diets consist entirely of plants—lichen and tough grass—found in the tundra. Their thick coat and large hooves help them to survive the extreme cold and snow of their habitat.



Reindeer became associated with Christmas, when Clement Moore wrote *The Night Before Christmas* in 1822. Ever since, Santa Claus has been associated with the animal and the delivery of presents on Christmas Eve night.

ANIMAL TRIVIA

Did you know?

- In Puerto Rico, children leave grass under their bed for a camel at Christmas to celebrate the arrival of the Three Kings.
- Both male and female reindeer grow antlers in the summer each year. Male reindeer lose their antlers at the beginning of winter—usually late November to mid December. Female reindeer, however, keep their antlers until after they give birth in the spring. So all of Santa's reindeer are actually female!
- In many Scandinavian countries, a Christmas or Yule



goat is built in the center of town.



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DECORATING AN ANIMAL-FRIENDLY OUTDOOR HOLIDAY TREE

Often people decorate trees in their garden for Christmas. If you are thinking of decorating an outdoor tree this year, why not consider decorations that are animal-friendly and that can help your outdoor neighbours find food this winter.

1. Start by picking a tree that has easily accessible branches.
2. Decorate it as you normally would by placing strings of lights in the tree.
3. Next, cut a piece of heavy-duty thread approximately the same length as the lights that you used. Thread



popcorn onto the string and tie both ends in a knots. Use the string of popcorn as a garland around the tree. The birds will love it.



4. Make some natural birdfeeders by taking pine cones and smearing them with peanut butter. When the pine cones are completely coated, roll them in a dish of birdseed and tie a string to the top of each pine cone. Hang these as baubles on the tree.
5. Finally take some carrots and dig or drill a hole into the top of each one. Loop a piece of string through the hole and secure each of the carrots to the tree. The squirrels will love the carrots. And, if you live close to woodland, the deer in the area will also like the carrots, so be sure to hang some low enough for them to reach.
6. Make sure you put out some water too, because it can be difficult in the winter for wildlife to find a good supply.
7. Finally, sit in your warm house and enjoy watching the neighbourhood wildlife feast on your Christmas tree!



INTENSIVE HANDS-ON ON-SITE TRAINING

If you want to learn animal massage quickly and thoroughly, then our Intensive Programme may be just what you are looking for. During a series of jam-packed four day – very hands-on – sessions over several months, you learn everything you need to know to start your own business as an animal massage therapist.

Programme modules based on the on-site training presentations are provided at the start of each session. These act as the student study texts while completing the homework and online tests between sessions. Students have full access to the student forum and webinars for one full year. Detailed homework corrections are provided and may be discussed during the following session if desired. Students can expect to already start handling animals from the very first session. Two case studies are completed during the programme and the student's details are added to the site immediately after successful completion of the final exam and awarding of the "Intensive Programme" certificate. Due to the level of personal attention and commitment required for this programme, participation is limited to 6 students per series.

All sessions are provided at Woofs & Hoofs in Helchteren. Course for the 2011 calendar year are currently being expanded to meet requirements from the accreditation board. A new series is planned to begin in June.

Do not miss out! To enrol [click here](#).



ACUPRESSURE POINT

by Linda M. Gould - SAMP, LAMP

As temperatures outside begin to drop, some animals start to feel the effects of the weather in their bones. Arthritis is a degenerative process that slowly reforms bone, making the space between joints more narrow. In our 4-legged friends, arthritis is generally seen in the hips, low back, knees and ankles. A good massage will go a long way in keeping your pet comfortable and can also be complemented using “distant” acupressure points. These points are called “distant” since they are not located directly on the area they affect, but instead are located a bit away from it.

A good point to help with arthritis pain and discomfort is the third point on the Liver meridian (LIV3 or “Great Pouring”). It helps break up stagnation and encourages the flow of qi and blood through the liver and the liver meridian.

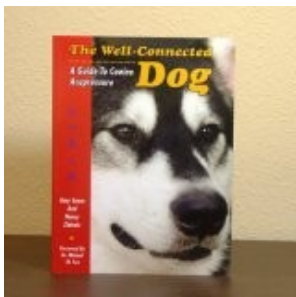
The liver meridian starts at the nail of the inner most toe of the hind foot and moves up the inside of the leg. Our point is located on the inside of the foot on the midway between the tip of the toes and the joint of the ankle. You’ll feel a little depression when you find the right spot. Hold the point for 10-15 seconds, or use an upward sweeping motion, to encourage energy in the meridian to circulate.

As an added bonus, this point is considered to be helpful in creating a sense of calm and relaxation. If your pet is irritable or anxious, restless at night or lashes out at other dogs, this point can help. Why not give it a try? Start slowly and give your pet’s body time to adjust to the increased flow of qi and just observe what happens.

Please remember acupressure is a complementary therapy and not a replacement for proper veterinary care.



RECOMMENDED READING



This month’s recommended book is *The Well-Connected Dog* by Amy Snow and Nancy Zidonis.

Amy Snow and Nancy Zidonis are the co-founders of the Tallgrass Animal Acupressure Institute in Colorado. They have

written *The Well-Connected Dog* to explain the theory behind traditional Chinese medicine. Traditional Chinese Medicine uses eight guiding principles to diagnosis a patient. This method can be difficult for those of use who grew up with Western medicine; however, the book is well-written, easy to understand, and includes plenty of examples.

Each meridian in the canine body is described in detail, including the acupressure points along each meridian and how treating each point can help with a specific condition. Acupoints and canine stretches are also described.

Detailed instructions are given on how to treat your dog with acupressure. Even if you do not confident enough to practice the entire system on your pet, the book gives you great insight into techniques that a massage therapist who works in acupressure will use to help your dog.

WOOFS & HOOFS ACTIVITIES CALENDAR

Wondering when your favourite workshop is planned at Woofs & Hoofs? Here’s our latest dates. Remember that participation is limited so register early by [clicking here](#).

2 April ‘11 - Massage for Pet Owners
28 May ‘11 - Reiki 1 for People and Pets
1 July ‘11 - Animal Communication - Beginner
2-3 July ‘11 - Animal Communication - Advanced

And don’t forget, we also offer programmes through our School of Animal Massage. You can choose from three options depending on your needs: Self-study, Combined Learning, and the Intensive Programme.

Self-study:
Start Anytime

Combined Learning:
Module Pack 1 - Starts 13 December

Intensive Programme:
Hands-On On-Site Training - Begins 2 June

Why not join us!



COMMENTS? IDEAS?

Natural Healing for Pets is created by Triangle Ink Limited. Their editor, Renee McClellan, is interested if you have any comments about this issue or any ideas for future newsletters. Please send comments and ideas to comments@triangleinkediting.co.uk.





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WE'RE ON THE WEB !
WWW.WOOFSSANDHOOFS.BE

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

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.

CHRISTMAS DOG COOKIES WITH TURKEY BROTH

This issue's recipe comes from Healthy Recipes for Pets (www.healthyrecipesforpets.com). If you enjoyed a traditional Christmas turkey or goose this holiday season, use the left over carcass to make a delicious broth that us included in this recipe. Use cookie cutters to cut out festive shapes and your dog will love you more than he loves Santa!

Ingredients:

2 cups whole wheat flour
2/3 cup yellow cornmeal
1/2 cup sunflower seeds -- shelled
2 tablespoons corn oil
1/2 cup turkey broth (or chicken)
2 eggs
1/4 cup low-fat milk
1 egg - beaten

Preparation & Cooking:

Heat oven to 350 degrees. In a large bowl, mix together the flour, cornmeal and seeds. Add oil, broth and egg mixture. The dough should be firm. Let sit 15-20 minutes. On a lightly floured surface, roll out dough 1/4 inch thick. Cut into Christmas shapes and brush with beaten egg. Bake for 25-35 minutes, until golden brown. Remove and cool. Store in airtight container.



RUB THE RIGHT WAY: MASSAGE TECHNIQUES FOR YOUR PET

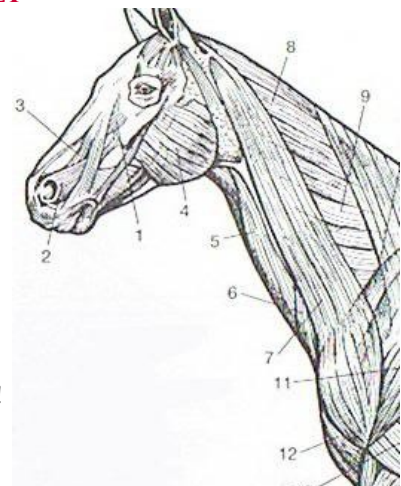
by Linda M. Gould - SAMP, LAMP

As its name implies, the brachiocephalicus muscle attaches to both the arm (brachi-) and the head (cep-) of an animal. It is located, and makes up a substantial amount of the muscle mass, in the neck. This muscle is only present in creatures that walk on 4 legs and can generally be felt quite easily. It attaches to the wing of the atlas, the mastoid process and the temporal bone at the head before crossing over the cervical vertebrae (which were the subject of our last newsletter) to the deltoid process of the humerus. Okay, it all sounds very technical, I know so maybe a picture will help.

You can massage this muscle quite easily by simply rubbing up and down the entire length of the muscle. This massage technique is referred to as "friction." It causes an increase in blood flow to the muscle from the heat generated by your hands. Depending on the size of your pet, use your fingers (rabbits, cats and small dogs), the heel of your palm (medium-large dogs and small ponies) or your entire hand or even the side of your fist (D-ponies and full-size horses) and adjust your pressure to take into consideration the size of the animal.

The faster you apply this technique, the more friction that will be generated. But be warned, you'll generate heat on the rubbing surface of your hand too! I had one person at a workshop nearly get "fur-burn" by trying to rub too fast! Find a comfortable, even pace that both you and your pet enjoy.

If you add this stroke to the massage sequence created by the other head and neck techniques described in our previous newsletters, you will have taken the first step in improving the comfort, balance, health and longevity of your pet's body. Nicely done!



Brachiocephalicus is # 7 in this picture

