

WOOFS & HOOFS ANIMAL MASSAGE

NATURAL HEALING FOR PETS

BI-MONTHLY NEWSLETTER

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SUMMER FUN FROM WOOF & HOOFS

We are ready for the sunshine, and we hope that you and your pet are too. At Woofs and Hoofs, we want to help you keep your pet healthy and happy. In this issue, we learn about feline kidney disease and provide some interesting tips on teaching your dog how to swim. We also continue with our regular features—Acupressure Point, Rub the Right Way and Recommended Reading. And of course, we share a delicious recipe—one that should cool down your doggie.

FELINE KIDNEY DISEASE

Many felines, particular older ones, suffer from kidney failure. It is one of the most common health problems suffered by cats.

Kidneys provide a filtration system function for the body. The kidneys remove toxic waste products from the blood. Kidneys also regulate blood composition and pressure. The proper function of the kidneys affects every organ in a cat's body and the kidney's health is critical to your cat's wellbeing.

A cat that has kidney disease may have the following symptoms: poor appetite, extreme thirst, weight loss, dehydration, vomiting or frequent urination.

However, up to 75% of a cat's kidney function can be lost before any outward signs of ill health are visible to owners. Fortunately, early stages of kidney failure can be detected by screening tests. It is recommended that all cats have an annual physical exam; however, it is critical that cats over the age of seven years old definitely have one. Blood pressure checks and urine test can provide an indication of the onset of kidney disease. If the physical exam indicates the possibility of kidney failure, it is likely that your vet will recommend a blood test to confirm the presence of the disease.

If you do need to care for a cat with kidney disease, it is important to understand that any damage to the kidneys that is present is irreversible. There are a number of treatments, however, that can slow the progression of the disease and significantly improve the quality of life of your cat.

The exact treatment for each cat may be different so a treatment schedule should be developed with a qualified vet. It is likely that the vet will recommend one or more of the following treatments: diet changes, exercise, medication, and/or acupressure treatments.

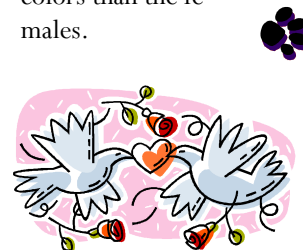
"Renal" diets are often prescribed by vets for cats with kidney failure. These diets usually restrict protein. As the body converts protein to energy, it creates waste products that then need to be processed by the kidneys. By reducing the amount

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ANIMAL TRIVIA

Did you know?

- Dragonflies are one of the fastest insects, flying 50 to 60 mph.
- Elephants can communicate using sounds that are below the human hearing range: between 14 and 35 hertz.
- In its entire lifetime, the average worker bee produces 1/12th teaspoon of honey.
- Lovebirds are small parakeets who live in pairs. Male and female lovebirds look alike, but most other male birds have brighter colors than the females.



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FELINE KIDNEY DISEASE (CON'T)

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of protein in your cat's diet, the amount of waste that needs to be processed by the kidney's will also be reduced. A renal diet is also like to have reduced phosphorus/phosphate, increased potassium and vitamin B and reduced sodium levels. It may also have an increased calorie content to help your cat maintain a normal body weight.

Angiotensin Converting Enzymes (ACE) inhibitors may also be prescribed since they have been found to reduce excessive amounts of protein in the urine and reduce blood pressure. Additional anti-hypertensive drugs may also be prescribed by your vet.

Cats with kidney disease are vulnerable to dehydration. Therefore, it is critical that the cat always has access to fresh water. If possible, the diet should be moist rather than dry. The normal diet can be supplemented with flavoured water or broths. Milk and salty liquids should be avoided. To encourage water intake, some cats may respond well to water fountains which are available from most pet shops.

There are also many natural treatments that may help a cat with kidney disease live a longer, healthier life. For example, acupuncture treatment has been used by many cat owners to help ease the symptoms and prevent the onset of feline kidney disorder. Also, Azodyl, a nutritional supplement of naturally-occurring beneficial bacteria that metabolises and flushes out toxins, has been used by some owners to help prevent further kidney damage by slowing down the toxin build-up in the blood.

TEACH YOUR DOG TO SWIM

Believe it or not, but not every dog knows instinctively how to swim. Some dogs, much to their owner's surprise, can't swim at all. However, if you have one of these dogs, don't worry; you can teach them how to swim yourself.

Not surprisingly, the rules for teaching a dog to swim, are very similar to those used to teach children to swim. Most importantly, never leave a dog unattended at a pool. The dog may be quite capable of jumping in, but they might not know how to get out.

Here is a checklist for canine swim lessons:

- Avoid excessive noise.
- Use encouragement.
- Never throw them in.
- Support their weight until they paddle.
- Show them how to get out.
- Keep an eye on them.

Soon your doggie will be paddling just like all of his friends.



TRADITIONAL TCM & ANIMAL ACUPRESSURE

If you enjoy our regular articles on acupuncture points, don't wait a whole year to learn just 6 points! Join us for a workshop to understand the full meridian paths and how to use them to keep your pet healthy and comfortable.

Learn techniques developed over 5000 years ago to balance the body's natural energy system and kept it working in harmony with its environment. Join us for a one day workshop in the underlying principles of Traditional Chinese Medicine and how it affects your pet.

We explore the teachings of the 5-element theory, trace the energy meridians on both dogs and horses and discover the link between Eastern and Western medicine.

When you complete the workshop, you receive a diagram of the most useful acupuncture points and techniques you have learned. Our 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. Minimum of 4 participants; maximum of 8.

To register, just complete [this form](#). Now where was I? The stomach or the spleen meridian...



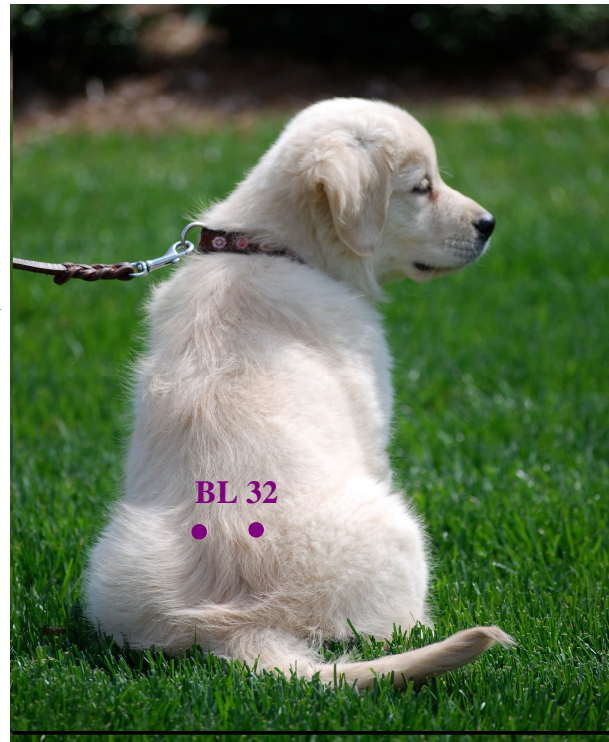
ACUPRESSURE POINT

BL 32 – “Second bone hole”

Perhaps a strange name for an acupressure point, but absolutely correct nevertheless! This point on the Bladder meridian is located in a depression behind the hip bone at the second foramen (hole) of the sacrum on each side of the spine.

It is especially useful for older animals, dogs in particular, that experience low back pain and urinary incontinence. It can also be used to help relieve young animals of a retained testicle or to regulate their “heat” cycles. Just use consistent medium pressure on both points for approximately 10-15 seconds - you can even do both points at the same time! Repeat the treatment daily until the problem subsides.

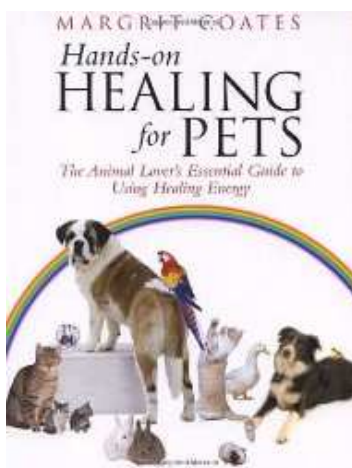
With so much influence on the urogenital system, it’s no surprise that this point should NOT be used on pregnant animals. And if you were wondering where the FIRST bone hole is, well, it’s just in front of this point at acupressure point number BL31...and it’s actually called the Upper Bone Hole. But we’ll leave that one for another edition. ☺



By Linda M. Gould - SAMT, LAMT

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

RECOMMENDED READING



This month’s recommended book is *Hands-on Healing for Pets: The Animal Lover’s Essential Guide to Using Healing by Margrit Coates*.

Margrit Coates is the UK’s best-known animal healer and communicator. This book will help you use hands-on energy healing to make a difference to your pet’s happiness and well-being.

Energy healing has been used by Margrit at her holistic health centre for animals as a non-invasive, complementary therapy to improve animal’s health and behaviour. The book provides advice on when, where and how to use hands-on healing. The essential steps are able to be used on any type of animal. The book also contains information on other alternative treatments such as crystals, massage and flower remedies and pet horoscopes. Margrit includes case study information from animals that have been treated by her methods so that you can understand the results that can be achieved. 🍀

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](#).

- Basic Intuitive Animal Communication Workshop**
—1 July
- Advanced Intuitive Communication Workshop**
—2, 3 July
- Reiki 2 for People and Animals**
—21 August
- Massage for Pet Owners**
—21 August, 27 November
- Introduction to Equine Massage**
—15-16 October

And do not 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:

— *Online training, begin anytime*

Intensive Programme:

Hands-On On-Site Training

— *Summer 2011 Module 2—12-14 August*

— *Summer 2011 Module 3—7-9 October*

— *Fall 2011 series starting 11-13 November*

Why not join us! 🍀



WOOFS & HOOFS ANIMAL MASSAGE

Sonnistraat 106
3530 Helchteren

E-mail: linda@woofsandhoofs.be

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 behaviour consultations as well as owner training and workshops in massage and behaviour 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.

ICY PAWS FOR DOGS

This issue's recipe comes from Healthy Recipes for Pets (www.healthyrecipesforpets.com). Your dog will be so pleased to be able to cool down with this meal!

Ingredients:

2 cartons plain or vanilla yogurt (32 oz each)
1 small can tuna (or canned chicken) in water (8oz.)
24 3 oz. plastic cups (not paper)

Preparation & Cooking

Open yogurt, if cartons are full to the top use a spoon & scoop out one cup (these will be frozen as plain yogurt). Put half of the can of tuna in each yogurt container & stir thoroughly. Use a spoon & scoop the mixture into the cups. Place on a tray & freeze overnight. Makes about 24 treats.

For an extra potassium boost: Add in a mashed banana.



RUB THE RIGHT WAY: MASSAGE TECHNIQUES FOR YOUR PET *By Linda M. Gould - SAMT, LAMT*

Effleurage

Though stroking and spending quality time with your pet is great, sometimes petting just isn't enough and those little everyday tensions and discomfort start to build up.

Perhaps you notice the animal is not enjoying its normal activities as much or that your daily walk has gone from "brisk" to "dragging". But what can you do to help?

One of the easiest massage techniques is called "effleurage" from the French meaning "to skim" or "touch lightly". It is used in Swedish massage as a way to warm up muscles before deeper techniques are used and to "close off" an area or as a transition stroke. Effleurage encourages circulation, improves the animal's proprioception and removes toxins in the muscles.

You probably already know how to do effleurage since it is very similar to petting. The main difference is that the pressure you use is slightly more than petting so you can feel the bones and muscles under your hand, and the stroke is made a bit slower than normal petting.

You can use your whole hand, your fingers only or just the side of your thumb depending on the effect you want to create and the amount of tension in the muscles.

This technique is very effective on tight muscles in the back and the neck. Give it a try. Just slow down your normal petting speed and add a touch more pressure so you can really feel the structures of the body. Repeat several times and watch your pet's reaction to see where he or she is really enjoying it. And when someone asks why you are petting so slowly, tell them, "I'm not petting, I'm effleurage-ing!"

