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BONUS FELINE SECTION **NOW INSIDE!**

YOUR DOG CAN PICK UP ON YOUR EMOTIONS AND STRESSES, AND MAY SUFFER BECAUSE OF IT. CHROMATHERAPY OR COLOR HARMONICS CAN HELP CALM AND BALANCE HIM – AND IT HAS MANY ADDITIONAL HEALTH BENEFITS AS WELL.



Lucy soaks up turquoise light during a chromatherapy session.

Photo courtesy of M. O'Connor

SEEING THE LIGHT

By Julianne Bien

Animals enable us to look more closely at ourselves. They mirror our emotions and give us the pure unconditional love we long for. Dogs in particular are very attuned to our emotional states and often suffer in silence because of our own unresolved issues.

The emotional state of all living creatures is “energy” in motion. These feelings reside within the auras around animals, as well as humans, and influence every thought and action we may have. This continues until they begin to impede the natural flow of energy that runs through our meridian system.

COLOR IS ENERGY

Animals communicate to each other and us through a method of telepathy in which they send pictures of what they are saying. Think of their “words” as waves of color energy slowed down to create an image. The use of color light therapy can help our four-legged friends release the pressures and turmoil that impact them from our own busy lives.

Color is energy, which is carried in light. Introducing various shades of the spectrum into the aura over acupuncture points may put the animal into a calm and relaxed state and allow healing to begin. This energy-based modality is also described as

chromatherapy or color harmonics, and goes beyond addressing the physical condition of a dog. Regardless of the language barrier, we can reach our dogs through light, which delivers their thoughts and desires to us in a subliminal way.

The visible light spectrum includes all of nature's shades and hues but there are also millions of invisible colors that can be perceived by our inner sight. Once colors enter our aura, they are absorbed, processed and responded to, all without our conscious awareness. Light helps to link our inner and outer worlds, and it's through this unique language that we are all able to receive color at a biological level.

LIGHT IS ESSENTIAL TO WELL BEING

Studies have shown that light is an essential ingredient for a healthy metabolism in all living creatures. Medical and holistic communities worldwide have researched the psychological and therapeutic aspects of individual colors, and successful clinical studies have shown reduced pain and emotional stress in patients. Used with other holistic, integrative and conventional therapies, chromatherapy supports one's ability to self-heal, self-maintain and repair imbalances.

Applications of color over acupuncture points and reflex zones can gently bring painful recollections to the surface, allowing us to clear them from within. This results in a reduction of internal clutter and helps us become centered to move more freely.

YOU CAN USE COLOR HARMONICS TO SUPPORT THE MANY STAGES OF A DOG'S LIFE, FROM BIRTH AND YOUTH TO ADULTHOOD AND HIS LAST YEARS.

HOW IT'S DONE

Although the potential of this therapy is still being explored, the field of light therapeutics is expanding within professional healthcare practices and homecare. You can apply non-invasive applications of colored light by using colored gels and a lamp, or use a more professional approach with a product such as the Lumalight (spectrahue.com). This ergonomic penlight enables the energy carried in individual colors to support the body's healing potential more efficiently.

All warm-blooded animals have a meridian system that channels energy in and around the body. Our open-hearted dogs will not interfere with natural healing, unlike some humans who have emotions that are difficult to release.

It is important to begin the healing process with care, since dogs, like most animals, may act irrationally if frightened or in pain. When in doubt, use a distance method or a toy the dog is comfortable with to act as a distraction. Never sneak up on him, and try to avoid any sudden movements during the session. Keep the environment calm.

When starting a color light session, stare deeply into your dog's eyes and listen to your heart. Begin by applying colored light 10" to 12" inches away from his body and slowly move it inward. Make sure the dog sees the penlight and is aware of what you are doing. Watch for any sudden movements, and comfort your dog accordingly with a soft voice and gentle touch.

Maybe you will get a sudden inspiration to shine shades of blue on your dog to alleviate the discomfort of his aches and pains. Red provides a morning boost to "get up and go" while yellow can ease the discomfort of a stomachache.

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Your dog will let you know once he has had enough. Stop and let him know you will continue again at another time.

There are four ways we can influence energy flow with color harmonics: raising, calming, balancing and clearing energies in the aura will integrate into the dog's system on its own. However, give him/her an opportunity to process each color session at its own pace. Remember, less is always more. Time is required for the "information" color carries to integrate. You may notice a gradual or immediate change in your dog's behavior as he too, makes choices as an individual in his life journey.

LUCY'S IN THE PINK

State licensed acupuncturist and massage therapist, Jeanne Denaro, has used color light to enhance results in her practice for a few years now. She also applies the modality to animals, including her Yorkie, Lucy.

"I start by asking her if she is ready for a treatment and then place her on my table," says Jeanne. "I usually rub her belly to help her feel safe and calm. One time, I gave Lucy a treatment just before going to bed. I started to work on her chest and ran pink up and down her central line and spine and the top of her head. Then I continued with turquoise all over her body.

"It is clear Lucy loves the sessions," Jeanne continues. "She lies back and simply absorbs all the color. At times she even hogs the experience and doesn't let my other Yorkie have some time. Although Lucy can be a little high strung, I have noticed she is sleeping better and not waking up during the night. She even woke me with her snoring, she was in such a deep sleep. She definitely seems more relaxed and calm now after the treatments."

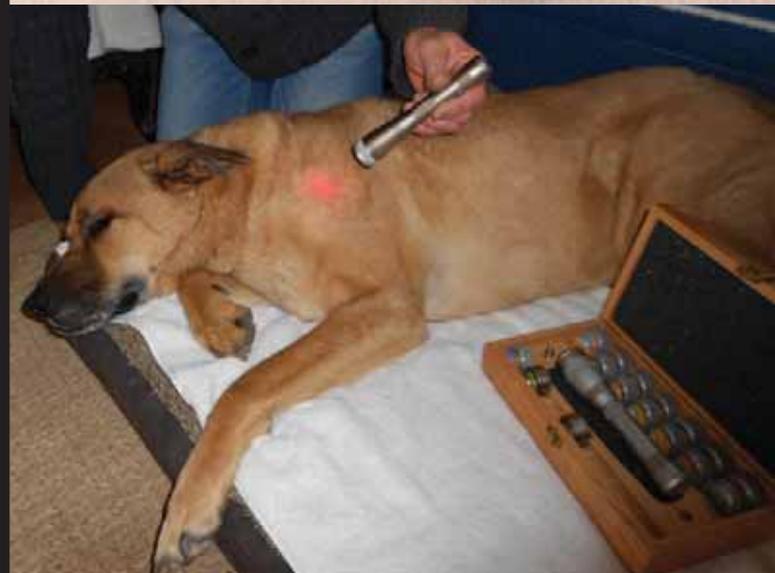
Color harmonics is very useful for wellness when used professionally and at home. It is a communication link between people and their animals. Being able to speak to your dog in this manner will not only enhance your relationship but also improve his well being and your peace of mind. 

N.B. No medical claims are made or implied in this article, and the information does not replace the advice and care of a veterinarian.

Top: Ollie is an athletic dog. Blue light relaxes and soothes his muscles while white light balances his energy field.

Center: Boswell was rescued from a dog fighting ring. Light therapy has helped with both his emotional and physical issues.

Bottom: Chromatherapy helps relieve Buddy's joint pain.



COLOR ATTRIBUTES

Here is a small but helpful guide to some of the beneficial colors for your dog. Keep in mind that the warm reds, oranges and yellows are the daylight hues, while the cooling, calming colors of blue and violet are evening colors. Green is the great equilibrium, and every color in between has its place on the wellness pallet.

RED – Essential for physical and emotional transformation, red restores depleted energy reserve. It stimulates circulation as well as the muscular and cardiovascular systems.

ORANGE – This warm encouraging color has a vitalizing radiance. It can be used to relieve nervous tension, arthritis, fear and loss of appetite when related to depression and abandonment issues.

YELLOW – Used to heal arthritis and stimulate eye and ear functions, yellow has a warm purifying effect. It can also be used to strengthen the nervous system and assist the metabolism. It is helpful with digestive issues.

GREEN – A cooling and balancing color, green helps reduce the swelling and inflammation of joints and tissues as well as calm the body. It also helps purify the blood.

SKY BLUE – The perfect choice for bronchial and lung issues, sky blue has a cool and calming effect that also facilitates the breaking down of emotional barriers. It aids in relaxation and sleep, soothes skin irritations and relieves itching and pain.

INDIGO BLUE – Peaceful and calming, indigo blue is ideal for restlessness and pain, especially in geriatric dogs. It helps calm skin eruptions, oozing sores and external bleeding. It's helpful for bacterial infections.

VIOLET – This color may be used for itching, inflammations, burns, anxiety and nervous disorders. It has a tranquilizing effect when a dog has gone through shock, for example after an accident.

PINK – This color is the essence of love and helps establish a heart connection. It may also reduce fear and skittishness, such as can often be found in rescue dogs.

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