

"I want to realize brotherhood or identity not merely with the beings called human, but I want to realize identity with all life, even with such things as crawl upon earth."

--Mohandas Gandhi



## Traveling With Your Animal Companions

By Christina Chambreau, DVM

Many people travel with their animals in the summer and fall; and just like people, every animal has a different tolerance for car or plane rides. Healthy dogs and cats are more likely to tolerate car rides, even long ones, so the long term goal is to discover what contributes to your companion's maximum health.

First, plan ahead and practice car rides. Cats, and some dogs, may need a few days to become used to a carrier (feed them in it, put treats in it, talk about it, etc.) before taking the long car ride. Most animals do best if not fed within 12 hours of a trip yet a few are better with a light meal. Remember your state of mind is important here, if you are nervous or anxious, your animal companion will be as well.

Second, be sure to not vaccinate within a month of travel as I see many behavioral and health issues starting after vaccines. If you must, be sure to follow protocols that may help prevent negative reactions to vaccines.

Third, be sure to have proper ID on the animals and relevant phone numbers on their carriers or in their bag of goodies. After the practice rides, you will know what the animal needs assistance with, primarily you will treat anxiety or digestive upsets.

Most problems, even nausea, are related to anxiety, so bring familiar toys, bowl, blankets, et al. and try the following for anxiety (even if the symptom is vomiting or drooling). The following treatments are good options to have on hand once you

know what will need to be treated:

**Reiki or Healing Touch** are wonderful in reducing stress and anxiety (I encourage every person in the world to learn Reiki.)

**Tellington Touch Anxiety Wrap** with an ace bandage - directions are at <http://www.crvetcenter.com/bodywrap.htm>.

**Flower Essences** like Rescue Remedy (available at stores) and others. Flower essences are totally safe and can be administered in many ways. Add a few drops to an ounce of water, then offer a few drops to your animal companion; rub a drop neat or diluted in the hairless part of the animal's ears; spray the carrier, or car blankets or

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## Essential Oils—Healing Our Animal Companions

By Shari Sternberger

Therapeutic quality essential oils are currently being used to assist animals in a variety of ways: pain reduction, anxiety, flea/tick control, training, and healthy immune systems.

When selecting therapeutic oils consider the following: how long has the company been in business? Where do they get the botanical components? How have the

plants been grown and harvested and tested? Read the list of ingredients on the bottle; therapeutic quality essential oils are pure and unadulterated: there are no synthetics added to the essential oil. Cost is a good indicator, for example Lavender essential oil of a therapeutic quality should cost around \$26.00 for 15 mls and be in a dark colored bottle.

- Use only therapeutic quality essential oils
- Try putting a drop of an essential oil mixture on your hands. Let your dog smell your hands and decide whether she likes it or not.
- oils should not be used with pregnant dogs or dogs that have seizures. - Older dogs and puppies need special consideration, too.

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“Lots of people talk to animals.... Not very many listen, though.... That’s the problem.”

*-Benjamin Hoff, The Tao of Pooh*

## Telling Your Pets About Your Vacation Plans—Easing Their Anxiety

When you’re on vacation and your pet stays home, it helps them to know clearly when you are returning. Animals are tuned into us all the time, and they communicate by feelings, images and thoughts. When you think vacation, they feel the excitement, they know they’re not going, and have no idea if or when you’re coming back.

Here are some ideas to lessen their anxiety:

- If they’re staying at home, visualize yourself saying good bye and leaving with your suitcase. Then visualize the

number of days you’ll be gone (by, e.g., sunrises, food bowls, windows where the top is light and the bottom dark, etc.). Then – and this is the key - visualize coming back into the house, with your suitcase, and greeting them. Also tell them who will be taking care of them.

- If they’re being boarded or staying with friends, visualize taking them where they’ll be staying and saying good bye. Then tell them the number of days you’ll be gone, and then visualize

yourself picking them up and bringing them home.

Visualizing clear images gets the message across, but we are so accustomed to talking to them that adding your voice helps to reassure both of you.

*Terri Diener, M.A.* is committed to bridging the worlds between animals and humans, and promoting mutual respect between animals and their human friends. Terri also includes Reiki Ama Deus and flower essences as part of her healing practice. Ms. Diener is the Author of *The Pets Speak*.

## Upcoming Events July 1, 2011 to December 31, 2011

### Second Sunday Workshop Series:

Just announced, the Second Sunday Workshop Series at Dogs & Co. in Columbia, MD. Join Dogs & Co. for coffee and bagels on the second Sunday of the month to keep up to date with all the latest information in natural pet care. Each workshop will focus on a different topic, you can come to one workshop or all three.

#### Diet & Nutrition

Sunday, August 14<sup>th</sup>

#### Introduction to Complementary Care for Animals

Sunday, September 11<sup>th</sup>

#### Pet 911: First Aid for Animals

Sunday, October 9<sup>th</sup>

**Time:** 10am to 12pm  
**Location:** Dogs & Co.  
 6925 Oakland Mills Road, Suite R  
 Columbia, MD 21045  
**Cost:** \$10 per workshop  
**Registration:** [www.animalreikialliance.com](http://www.animalreikialliance.com)  
 (Click Events and select the individual workshop)  
 Email: [klester@zubhaa.com](mailto:klester@zubhaa.com)

### Upcoming Trainings

#### Animal Reiki Level I

Highland, MD  
 September 18, 2011/10am to 6pm  
 Cost: \$100  
[klester@zubhaa.com](mailto:klester@zubhaa.com)  
[Registration Form](#)

#### Animal Reiki Level II

Highland, MD  
 October 16, 2011/10am to 6pm  
 Cost: \$150  
[klester@zubhaa.com](mailto:klester@zubhaa.com)  
[Registration Form](#)

#### Animal Reiki Level I

Bel Air, Maryland  
 Barron’s K9 Country Store  
 October 15, 2011/10a,m to 6pm  
 Cost: \$100  
 410-838-MEOW (6369)

### Upcoming Workshops

#### Introduction to Animal Reiki

Kathleen Lester  
 Baltimore, MD  
 August 6, 2011/1pm to 3pm  
 breathe books  
 Cost: Free  
 410. 235.7323

#### Flower Power: Healing with Plants

Christina Chambreau, DVM &  
 Shari Sternberger  
 Barron’s K9 Country Store  
 Bel Air, MD  
 August 21, 2011/1pm to 3pm  
 Cost: \$15  
 410-838-MEOW (6369)

#### Animal Communication Workshop

Howard Co. Community College  
 Terri Diener  
 August 9, 2011/7pm to 9:30pm  
[rfarrar@howardcc.edu](mailto:rfarrar@howardcc.edu)

#### Animal Communication Workshop

Terri Diener  
 Breathe books  
 Baltimore, MD  
 October 29, 2011/1pm to 3pm  
 Cost: \$15  
 410. 235.7323

#### Flower Power: Healing with Plants

Christina Chambreau, DVM &  
 Shari Sternberger  
 Breathe books  
 Baltimore, MD  
 October 30, 2011/1pm to 3pm  
 Cost: \$15  
 410. 235.7323

## Traveling With Your Animal Companions (Continued from P. 1)

the animal if they are willing; add them to the animal's food or a separate bowl of water. Use the essences for a week or so before the trip. The following are a few recommendations for both anxiety and digestive:

- Bach Rescue Remedy is readily available (health food stores, holistic pet stores, even many grocers and pharmacies). It combines five of the Bach essences into a blend. Crab apple for digestive problems.
- Spirit Essence has Easy Traveler to relieve anxiety and nausea. Happy tummy may be good.
- Green Hope Farms has Anxiety and Digestive Wores.
- Anafloa has Tranquility, Special stress, Calm kitty.

**Essential oils or hydrosols** – Please purchase only food grade and organic oils that have been sustainably harvested. Cats may do better with hydrosols (much debate about this now). Lavender is the main calming oil. Many companies have made combination anti-anxiety oils and hydrosols. For cats, and many small dogs, it is important to dilute the oils with grape seed or another mild "carrier" oil. Start with one

drop essential to 10 drops carrier oil, then make it more concentrated if needed and there are no side effects (acting upset when you put it on, behavior changes). The following companies make food grade oils:

- [www.aromaleigh.com](http://www.aromaleigh.com)
- [www.YoungLiving.com](http://www.YoungLiving.com)
- [www.newdirectionsaromatics.com](http://www.newdirectionsaromatics.com)
- [www.ForeverGreen.org](http://www.ForeverGreen.org)

Using the same companies, ginger and chamomile help with digestive issues.

**Nutritional Supplements** such as melatonin calms some dogs (purchase at the health food store) and use a dose of 1 to 6 mg depending on weight. Composure from VeteriScience has B vitamins, a calming decapeptide and L-theanine.

**Herbal supplements** such as Valerian root work well for treating anxiety. Animals' Apawthecary Tranquility Blend has the Valerian Root along with Skullcap, Hops and Oatstraw. Animal Essentials is a Very trustworthy company: [www.AnimalEssentials.com](http://www.AnimalEssentials.com). For digestive upsets Animals Apawthecary – Phytomucil. World Herbs for Pets combines Chinese and western herbs with stevia. You could try Travel-Ease or Pet Calm ([www.Herbs4Pets.com](http://www.Herbs4Pets.com)).

Ginger, Marshmallow root, Slippery elm, or Aloe are effective for digestion.

**Homeopathic Remedies** such as Aconite 30c is a good remedy for fear, especially if your companion seems really terrified. It can also be used after a trip if you realize there have been behavior changes. I recommend that you give it 30 minutes before departure, then repeat when getting into the care and as needed. If cuddling helps a lot, then Pulsatilla 30c may be needed. If there is a lot of restlessness and pacing, and heat seeking, try Arsenicum album 30c. If the digestive upsets trigger irritability, grumpiness or aggression, try Nux Vomica 30c. Depending on the specific symptoms, there are hundreds of remedies that could help. I would try the more general treatments first unless you have some training in homeopathy.

Christina Chambreau, DVM, is an internationally known homeopathic veterinarian, author and speaker. She lectures and teaches classes at conventions, schools, clubs and to anyone who is concerned about improving the health of animals, people and the planet.

[www.christinachambreau.com](http://www.christinachambreau.com)



*"People inflict pain on others in their selfish pursuit of happiness and satisfaction. Yet true happiness comes from a sense of brotherhood and sisterhood. We need to cultivate a sense of universal responsibility for one another and the planet we share."*

*- His Holiness Dalai Lama*

## Essential Oils— (Continued from P.1)

- Test essential oils that will be used on the skin to make sure the animal doesn't have an allergic reaction.
- One or two drops of an essence can go a long way, and you should use less on small dogs than on large dogs. Get expert help. Some essential oils can be harmful to dogs, and other animals. Certain

oils should not be use with pregnant dogs or dogs that have seizures. - Older dogs and puppies need special consideration, too.

Since this field is so new for animals, it is difficult to find a source you can trust. Holistic veterinarians are just beginning to learn about essential oils and how to use them in their practice. Take

time to do your research; work with your veterinarian and other practitioners schooled in this modality.

Shari Sternberger is a Holistic practitioner serving both animals & people with Color, Flower Essences, Healing Touch, Reiki, Sacred Geometry, Sound, and Young Living Essential oils. In-person and Distance/Remote sessions, Highland, MD.





*Treating all animals with compassion and kindness.*

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*Our Mission:*

The Animal Reiki Alliance promotes the field of complementary healing with animals, treating all animals with compassion and kindness.

*Our Goals:*

- To educate animal health practitioners regarding the benefits of Reiki and other complementary healing practices.
- To develop and maintain a Directory of Animal Reiki and Energy Healing Practitioners that is recognized by veterinarians and other animal health care practitioners.
- To support Practitioners through networking, workshops,, etc.
- To give back to the community through our healing gifts.

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## Reiki Tails

### Molly

Molly, a 12 year old yellow lab, and in her end stages due to old age: incontinence, needed assistance in getting up, muscle atrophy, arthritis, dementia, etc. She was holding on and afraid to transition. After 3 Reiki sessions Molly transitioned peacefully.



### Khan



Khan was found roaming the streets of Baltimore and pregnant. She came to the shelter and due to the stress of being in the shelter, was having a difficult pregnancy. After 1 Reiki session, Khan was able to relax and sleep; after her second session, she delivered 10 healthy puppies and found her forever home.

### Pepper

Pepper has been through many accidents and had his face ripped by some barbed wire. As a result he is anxious and afraid of people around him,



especially his face. Through Reiki Pepper began to trust again and loves to go out on trail rides.

### Henry

Henry had digestive issues, most likely Irritable Bow



Syndrome (IBS) and traditional medicine and diet had not worked. Through Reiki Henry was able to relax and let his body heal and his digestive issues are a thing of the past.