

Imperfectly natural



Janey Lee Grace The home of natural alternatives

Home About us Ezine Features Directory Free Stuff! Downloads Contact Forum Search

Forum

- Anyone done hypnobirthing???
- Vegan multivitamins???
- I made a spring tonic!
- please complete my survey...win ?75 hamper
- May Day Weekend party?

Company of the week



Tags

about addicted to chocolate alimentarius alpha baby amazing health amy warburton and answers anti cancer diet antioxidants apollo health apples are you a chocoholic aromatherapy oils augill augill castle awards b12 deficiency

badger balm



Health news

- Heart attack survivors 'fear sex'
- Scientists make 'artificial life'
- Synthetic life
- Conjoined twins back in Ireland
- Sausage watch
- Three kidneys

Radio



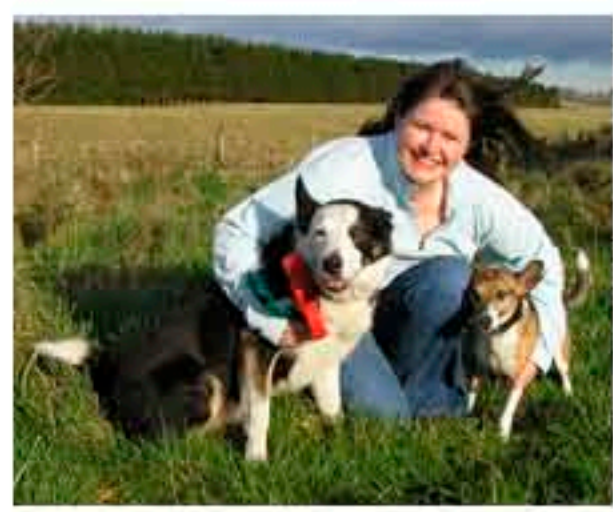
Listen to Janey on the Steve Wright Show BBC Radio 2 Tues/Wed/Thurs 2-5pm

Janey's tips

Fill out your e-mail address to receive our newsletter!

Subscribe Unsubscribe

Imperfectly Natural Animals



Just as we can strive for a more natural lifestyle for ourselves, so too it is appropriate for our animals. In the wild, animals have the perfect conditions for their lives, yet for those who are domesticated we humans often remove these natural conditions and impose our own living standards on them. There is no escaping this; we can't just put Tiddles or Bruno out on the street and tell them to return to the wild, just as we can't let the horses run free from their paddocks. Happily, there is a middle way, and I hope to be able to help you be 'imperfectly natural' with your animals!

My interest in animals has been a life long one, and I am very lucky and proud to be able to do the work that I now do, using and teaching holistic health methods for both animals and people. With a background in Nursing and Management in the NHS, I realised long ago that there must be 'another way' to well being for ourselves and our animals. I discovered holistic therapies; Reiki, magnotherapy, the use of herbs and aromatherapy. I have trained and use these therapies with great result for numerous complaints over the years. I never promise miracles (although they do happen now and again), but what I do offer is a way to explore different options to solve physical and emotional issues.

In our homes, domesticated animals are subjected to our environment; just as some things in the environment harm us, so they can harm the animals. Here is a checklist of some potentially harmful items, you can use it to review your home in relation to your pets

- cordless and mobile phones (and masts); creating potentially very harmful electromagnetic smog on a daily basis. This is very worrying all round, but in my view particularly so for animals who are unable to leave the home (house cats, birds, hamsters etc...) Horses and farm animals enclosed in fields with pylons and masts can also suffer effects.
- plastic feeding / water bowls. Some harmful chemicals may leach from the bowls into the water/ food. I always use ceramic or stainless steel bowls.
- cleaning chemicals; just as these may harm our bodies, so the animals are at risk. Use natural products as far as possible, and please, please do not spray your pet bed with air fresheners, or use any artificial air fresheners in the home (the sense of smell of most animals is much more acute than ours; imagine living in a place where you hated the smell, or it gave you a headache? Imagine not being able to get away from it, ever!)
- cigarette smoke, and other airborne pollutants. The lungs of animals are similarly affected by these things; how do you think a small pet such as a bird, cat, hamster can cope with breathing in poor air?

All of these pollutants can potentially put the lives of our animals at risk and certainly won't do anything to strengthen their immune systems. Part of my role is to help people and animals be as well as they possibly can be given the circumstances they find themselves in. My advice always is first and foremost, remove what you can from the environment, then ensure a diet which fulfils the needs of the particular animal (or human!) which is as close to the natural diet as possible, then find ways to strengthen the body and immune system. There are numerous ways to do this, depending on the individual's own personal circumstances and other needs, but the most frequently used botanicals I find are aloe vera, spirulina, barley grass, wheat grass and alfalfa. Magnotherapy products can boost the systems of the body and improve resistance to pollution, as can energy therapies such as Reiki. All of these can improve the inner terrain of the body, protecting against the external threats to health and well being.



I hope that my message hasn't been too depressing or distressing ; it is my aim that we recognise these real threats to our well being, and the well being of our animals, then take some action to help improve and maintain good all round health. I am happy to be contacted for further help on these matters.

In my work, I offer 1:1 consultations, either face to face or at a distance by telephone/ post/ email, helping people and animals with a range of issues, from emotional issues resulting from trauma, to physical ailments, both acute and chronic; please feel free to contact me to discuss your/ your animals' case. I also run training courses; Holistic Health for Animals level one and two, Holistic Health for People levels one and two, and Herbs and Essential oils for Animals. My details are:

Leigh Smyth, Reg Nurse, BA (Hons) Nursing Practice, Reiki Master, Diploma in Animal Aromatics.

Tel 01830 520098 / 07814 822531

www.essentialsforequilibrium.com

email