

Next Month's Spotlight:

Vibrational Essences for Animal Care

SPRING! Back into Shape

Now is the perfect time to get your horse ready for the warm weather activities ahead. Massage therapy is a great way to keep those working muscles supple and prepared for the work ahead this season!

Workshops

“Holistic/Natural Nutrition for Animals”

“Massage for a Happier and Healthier Horse”

Would your group or organization like to host a class or workshop? Please visit our website or contact us for a complete list and fees.

For More information

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Holistic Connections
Equine Massage Therapy

Holistic Connections

This month is all about Nutrition. Spring time is a time of transition and change, especially when it comes to your companion animal's diet and exercise programs. Did you know the number one way to avoid disease is prevention? A healthy lifestyle for yourself and your pet includes proper exercise and nutrition. Yes, the experts have been telling us this for a long time. But here's some information you may not know about your animal's nutritional needs.

Wishing health and happiness to you and yours!



Jennifer Stern

Community Spotlight

The #1 nutrient for your animal is: WATER! Water is a must, as it maintains intercellular and extracellular health. Simply put, it keeps things lubricated and moving. Always make sure your animal has access to clean and fresh drinking water.

Spring is a time of transition, which includes gradually increasing your horse's time in the pasture. Remember that in the wild, horses are not feeding on lush beautifully maintained pastures. Though they may not look pretty, your scrub pastures are the healthiest for your horse, as they contain not only the grasses they need, but also a variety of herbs that help to maintain your horse's digestive health. Want to know what should be in that scrub pasture? Try Equilite's "Sow Your Seeds" Pasture Blend, which you can purchase directly from Holistic Connections. You can also visit www.equinemaster.info for more information on pasture health and maintenance. Our local organic feed shop **J and L Feed** has some wonderful feed and supplements for your equine companion, visit them at www.jandlfeed.com.

Cat and Dog foods are controlled by the Association of America Feed Control Officials (AAFCO), but did you know that they are a private, national organization of state officials, and NOT required by the government. So what does that mean for your pet? If the food you are feeding them doesn't have AAFCO on the label, it may not meet the minimal guidelines. Spring can be a great time to take a look at your cat or dog's diet. Transitioning over to a new food or supplement should be done gradually so that your cat or dog's digestive system can adjust. Abruptly changing their diet, can cause problems. Visit **Auroras Only Natural in East Aurora** or **Natural Pet Wellness in Hamburg**, both carry holistic pet foods, that meet or exceed the AAFCO standards. Visit them at: www.aurorasonlynatural.com or www.naturalpetwellness.com for more information and business hours.

Newsletter Signup and Suggestions/Comments

If you would like to be added to the list for our monthly newsletter; or if you have any suggestions or comments please e-mail jennifer@HolisticConnections.net