

## Next Month's Spotlight:

Animal Communicator  
Kristin Thompson

## Come And See The Show!

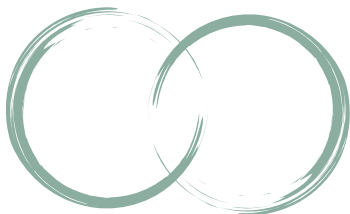
I am pleased to announce that for the second year in a row I will be the official Equine Massage Therapist for the Walnut Hill Driving Competition in Pittsford, NY. Come and get a taste of the sport and tradition of driving from "The Gilded Age" of the late 19th Century. Visit [www.walnuthillfarm.com](http://www.walnuthillfarm.com) for more information. Hope to see you there!

## Workshops

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

## For More information

[www.HolisticConnections.net](http://www.HolisticConnections.net)  
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**Holistic Connections**  
Equine Massage Therapy

## Holistic Connections

This month completes the three part series on homeopathy, the system of medicine that naturally stimulates the body's own healing ability. Below you will find more information on the storing, handling, and taking of homeopathic remedies.



Wishing health and happiness to you and yours!

**Jennifer Stern**

## Community Spotlight

The taking of a homeopathic remedy is done by dose. One dose is 4-5 pills, with the standard of 1-3 doses per day until the symptoms improve. In most acute cases, an improvement should be seen within a couple of hours, and can sometimes be seen immediately.

Administer a dose by pouring the pills into the cap, or on a spoon and then toss in the mouth, under the tongue. Doses can also be put between the cheek and gum line, or put into water and given orally. The pills dissolve quickly when given orally. Avoid touching the remedies with your hands.

The strength and potency of a remedy is identified by a number and a letter (example 30C Potency), the higher the number and letter, the more potent the remedy is. I recommend staying with a 12C or 30C potency for acute conditions, such as those discussed in July's newsletter. Remedies should be given 15 to 20 minutes before or after meals.

Homeopathic remedies should be stored at room temperature, in a dry dark place. Avoid directly touching the pills, as this can contaminate them as well as deactivate the remedy's potency. Strong odors such as menthol, mint, and coffee can also deactivate the remedy.

Homeopathy is a great and natural way to aid the body's natural healing ability. Remedies come in a variety of forms from pills to ointments and sprays. The next time you or your animal get a scrape, bump, or snuffle...reach for your homeopathic first aid kit, and let nature take its healing course!

The above information is for educational purposes only, and does not take the place of veterinary medicine. You should consult your veterinarian with specific questions or for specific diagnosis of your animal's health.