



The newsletter from Essentials for Equilibrium, supporting holistic health for animals and their owners

Hello!

I hope this finds you and yours well?

This newsletter will focus on our health and wellbeing needs throughout the autumn and winter. The seasons give us different things, and personally I do love the autumn, with the golden leaves and start of a chill in the air. However, I always am sad when the swallows leave us for warmer shores, I love to watch them flying, swooping around so gracefully in the sky. My one consolation is that they will be back next year, completing their wonderful cycle once more. The garden birds become more visible in the winter and I do love to watch them feeding, so that also cheers me up!

I am writing this on the 1st October which happens to be World Vegetarian Day; if you are veggie, a special hello!! If you aren't but are interested to find out more about vegetarianism feel free to give me a call for some tips or look online at the numerous organisations which can help you!

This Saturday(4th October) is World Animal Day; many people make a special effort to help animals in need, please join them in any way you can, even if it's just making a donation to your local rescue centre, it all adds up to the wellbeing of animals! And on the 10th December it is International Animal Rights Day (see www.uncaged.co.uk for details), should you wish to become involved in any way.

Anyway, I hope that you enjoy reading this newsletter and that it is of some real use to you, please feel free to share it with others.....I am happy to email/ send it out to anyone you know who'd like their own copy, just let me know!

Autumn and Winter Issues

As the nights start cutting in, cold and wet conditions increase (as if we haven't had enough dampness already!!), and the animals and us start to feel those aches and pains caused by rheumatism and arthritis. Circulation problems can be exacerbated by the cold, particularly felt by those whose fingers and toes go numb ...not great if you are looking after horses and dogs etc..who need you to be outside with them. In these cases my advice is always to try a Bioflow magnotherapy product, we have many fabulous products for people and cat and dog collars, horse boots and rugs, all of which come with a 90 day money back guarantee. I swear by them for my family of humans and animals, but I also encourage people to give them a go to see for themselves. Here are some testimonials from happy customers;

'I have been wearing my Bioflow for 3 weeks now and have had a lot of relief from my arthritis in my hip, knees and toes. I am also sleeping better, it's lovely to do the gardening without so much pain.' MJ Brown

Horse

I am so pleased with my Bioflow boots that I bought for my 27 year old horse, who I had retired due to arthritis. I have been able to start riding her again after a couple of days of using the boots. She has now been using them for a month and is going very well. RAHall

Dog

Our old black Labrador has very arthritic hip joints and has been on anti inflammatory pills for 2 years..well since his Bioflow collar arrived we have stopped his pills and he is better than I can ever remember, not just his back legs, but his general health. He is so much happier! J. Coulson.

These are simply examples from hundreds of testimonials, if you'd like to know about other animals/ conditions I am happy to send you information. Also I am happy to send out a brochure, just ask!

Web site updates;

I am very happy to say that as I type, my web site is being updated by the wonderful Trevor, my amazing friend and techno wizard..what he doesn't know about computers isn't worth knowing!

It will be I hope a very useful resource for those interested in natural holistic health for themselves and their animal companions. Included on the site will be a comprehensive list of ailments along with a checklist of the therapies which may be of use, so at a glance you will be able to see whether Reiki will be useful for your pain, or magnotherapy for your high blood pressure, or herbs and essential oils for your horses' skin problems, and so on. For anyone who doesn't have access to the internet, give me a call and I'll send you out a paper copy of this useful chart.

The site will also have a useful links page, listing other services useful for animals and human wellbeing, animal charities and so on.....if you'd like a link to your site, let me know.

Another new feature will be a listing page of my students who are now in practice offering Reiki treatments, aswell as distributors of Bioflow magnotherapy products and Forever Living Herbal products, so you can find help local to you.

Some interesting quotes

'The dog has an enviable mind; it remembers the nice things in life and quickly blots out the nasty.' Barbara Woodhouse.

'We can judge the heart of a man by his treatment of animals'. Immanuel Kant.

'I used to look at my dog Smoky and think, "If you were a little smarter you could tell me what you're thinking,"and he'd look at me like he was saying, "If you were a little smarter, I wouldn't have to".' Fred Junglaus.

Essential Oils FAQ

I am often asked by people why I would want to massage animals with essential oils; they presume that part of my work incorporates 'aromatherapy' as we know it for humans with animals. The truth is that although aromatherapy for people is very helpful and an aromatherapy massage is one of the most wonderful ways to relax, this way of working is not translated into the way I work with our four legged friends. There are a number of reasons for this; firstly, most animals have hairy coats and oils would just create a sticky mess, which in turn would attract insects and dirt. Secondly, the way I work replicates as closely as possible how animals self medicate in the wild.....if they use anything topical on their skin it is usually dry (for example rolling in clay to cool the skin/rolling on herbal plants to deposit a small amount of their chemicals to deter pests and so on.)

Another presumption that some people make is that essential oils and herbs are 'nice' and lovely as a treat for the animals, but have no real medicinal power. This also comes from a belief that for humans aromatherapy is simply a nice pamper for rich women who have nothing better to do with their time!! The reality is that the planet provides us with the most amazing array of healing plants which have been used since time began. Caroline Ingraham, my teacher and the pioneer of this method of using natural remedies with animals describes it perfectly; 'Plants, their volatile oils and other natural non plant related remedies, were at one time the only medicine on this planet, utilised for the survival of the species and employed by mammals since the dawn of time. It is not an alternative or complementary therapy of recent years; it is the oldest therapy known to man that allows an animal to use its innate ability to select the remedies it needs and guide its dosage.'

Lavender essential oil is a well known oil to most people. It is a versatile oil which can help with a number of problems, including emotional issues, wounds, reproductive issues, aches and pains, skin problems and as an insect repellent. It is also useful in respiratory problems, and according to Robert Tisserand, vaporised lavender will destroy pneumococcus and haemolytic streptococcus within 12-24 hours.

All essential oils are a complex mixture of chemicals which can interact with the body on a physical, emotional and spiritual level. They are highly concentrated medicines, and all need to be handled with respect, recognising their medicinal potential, so please do consult with a qualified professional for yourself or your animals, but rest assured that used correctly they can have a profound and beneficial effect, often where all else has failed.

Brand New Course!

I am very excited to bring you news of a new course for 2009. I thoroughly enjoy teaching and my existing courses get much positive feedback and will be ongoing. The new course is a one day celebration of our animals and is designed to help their human caretakers ensure they are giving the very best care

to each individual animal. Called 'Understanding your Animal Companion' the course will help us to form an even deeper more spiritual bond, looking at the communication of the animal, and creating a special file of information to deepen your understanding of their needs. My aim is that through this course, our animal companions will have an even happier and more fulfilled life, and that the humans feel a deeper bond and connection.

The course will last one day, will have comprehensive notes and will help you create a unique document for your own use. The cost is £50, but as a special gift to readers, anyone who books a place on the first course (Saturday January 10th 2009) before December 1st will have a special discount to £45. Per person.

Reiki Update

I am very happy to report that I am in the middle of teaching my very first Reiki Masters!!! Having taught Reiki levels one and two for a number of years now, it was time to help some students on their journey to Master. It is a real privilege to be able to help others on their healing path, and I always love teaching Reiki and hearing my students' stories later about the people and animals they have been able to help gives me a very special feeling. With Reiki, people will often say that they had been keen to develop their healing abilities and were looking for a teacher, when our paths crossed and they had a feeling of knowing it was the right time to come and learn.

Some people stop at level one, as they simply want to bring you news of a new course for 2009. use Reiki for themselves, their family and friends, and of course their pets. Others choose to come back to study to Level Two, which is more in depth, more spiritual and leads to a professional qualification which can be used in business. The Master level is the third and final degree in Reiki and is a commitment to a healing lifestyle and gives the ability to teach others this healing art.

For me being a Reiki Master doesn't mean that I can sweep around in flowing gowns, healing everyone as I simply touch them in passing!! (sorry if I have spoiled the image in anyone's head!!) but it does mean that I can truly help others to connect to their spiritual being, through treatments, training and guidance.

One thing that people often ask me is whether healing is an inborn ability that some have and some don't. My answer is always the same; we are ALL born with an innate ability to heal ourselves and others. Like anything we can learn, some of us will decide to stop at the basics, and others will choose to go on to develop it in a deeper way. The important thing with healing is that we have to want to help ourselves and others.....once that desire to help/ heal is there, learning is easy, the energy will flow. Interestingly, there is much science from research to back up the power of positive intention in healing, and on my courses I help people to understand these studies, which give confidence and further belief in our healing abilities.

My students always can contact me for help and support at any time, and we try to get together twice a year to have a catch up and do some treatments on each other. This is usually a lively affair, with lots of talking, eating, treatments and fun!

Fuel Costs and how to reduce them!!

OK now for a bit of a sales pitch.....I make no apologies though, as this may save you a fortune and reduce the amount of fuel you use, hence also helping the environment.

I have used the Ecoflow product for a number of years on my central heating boiler, and Motoflow on my diesel cars, having fabulous results with both.

Since moving out into the wilds of North Northumberland, I have had to rely on oil fuelled central heating..ouch is all I can say in terms of costs!! I soon learned about Ecoflows and gave one a try...fabulous!! the effect was almost instant, my radiators became hotter than they had previously been, meaning I could turn down the thermostat and have the same warmth with less fuel. The other bonus was that being completely uninterested in anything mechanical/ complicated all I had to do to fit it was to apply it to the pipe carrying the fuel in to the boiler thingy..easy!! It will never stop working so if and when I move house, I can remove it and take it to my new home, and use it on gas or oil pipes.

There is a similar device for cars called a Motoflow which also seems to make the fuel more efficient, and can be used on petrol or diesel engines...wonderful!(the DTI have tested them and support the claims made by the manufacturer)

The technology behind both products is magnotherapy and was devised by the clever people at Bioflow. The magnetic properties are guaranteed for life and the products come with a 100% money back guarantee.....what more can you ask for!???

I have many testimonials and further information for any techies who would like to know more...just ask!!

The cost is £55. Per unit for Motoflow (car) and Thermoflow (heating). We also have industrial size Thermoflows suitable for larger heating systems, such as those in schools/ hospitals etc..

House Parties!!

For anyone living in the North East/ Scottish Borders, I am now running 'Tupperware' style house parties with the Bioflow products. Special gifts/ discounts apply for the host(ess) and I am happy to have 1:1 time with guests advising them on health problems for themselves and their animals...please let your friends and families know about this, and if anyone would like to host a party, please ask them to get in touch. These afternoons/ evenings will be informative yet fun and a good way to help your loved ones to better health, aswell as an opportunity to buy gifts that people will be truly grateful for.

Demonstrations..Thank You!

Over the last few months I have been able to demonstrate my work with animals at a number of places and also at the same time ask for donations to the host's favourite animal charities.

These demos have gone very well indeed,with feedback including the following comments;

'Invaluable information...very informative and a great taster' A.E.

'Very interesting. Liked the relaxed format.' RR

'Interesting and well condensed.' KA

'Absolutely brilliant, particularly seeing the horse selecting the oils.' EK

'Fun, interesting, no pressure.' CB

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The hosts have been wonderful, and I'd just like to thank Irene Reddish of Walker (Newcastle Cat and Dog Shelter volunteer), Heather Vaulkhard of Netherton Park Stables, Caroline Baty of North Acomb farm shop and stables, and Liz Lowther of Towcett House near Shap in Cumbria...thank you all!!!

On the 15th October I will be at some new stables near Matfen in Northumberland, if anyone would like to come along, call me for directions.

As always, I am happy to come and do a demo for interested groups, so if your charity group, stables, riding club, dog agility team, kennels and so on would like to host a demo and raise money for a charity, give me a call and we'll organise a date!!! I am equally happy to talk about health for people, so if you are a member of a support group for perhaps people with skin problems/ arthritis/ digestive issues etc....and would like to know more about natural and holistic remedies I am happy to tailor make a session for you and give taster sessions of the therapies.

Business Opportunities

Never has this message been more important than now in the credit crunch. As you may know I am involved with 2 companies which distribute health and wellness products for people and animals. I am always keen to help others who wish to have a 'sideline' income, and offer ongoing support and advice.

The reasons I am involved in these businesses are listed below; if they resonate with you and you'd like more info, **give me a call for an absolutely no pressure information pack/ discussion.**

*as a Registered Nurse I am keen to help people find side effect free remedies for their ailments

*the quality of the products and the reputations of the companies are second to none.

*the financial rewards are significant and will keep on growing at the pace I am comfortable with.

*the companies are very stable so will withstand the years ahead, giving me a sound source of income as long as I work for it.

*I get to help lots of people and animals, and get lots of lovely phone calls thanking me for my help, when all I have done is recommend they buy a certain product.

*I can work from home and at hours to suit my lifestyle.

*Unlike a franchise the start up costs are minimal.

*Ongoing support and training is always available.

Like any business, work is required to earn a decent income, but the beauty with these opportunities are that they are flexible and can give you whatever you want, from an extra £50 a week to unlimited amounts.

Dates for your Diary

15th Oct; demo near Matfen Northumberland, 6.30 pm start (we will be undercover!)

18th -19th October Holistic Animal Health Level One course, Byrness, Northumberland.

29th and 30th November Herbs and Essential Oils for Animals course, Byrness, Northumberland

10th January Understanding Your Animal Companion' course Byrness, Northumberland.

Anyone interested in any of these courses, please get in touch with me and register for your place asap.

If you are unable to attend on these dates let me know and I will inform you of the next dates.

I am also happy to travel to present these courses, if you have an interested group. Let me know...free place for the host(ess).

Final Thoughts

I hope you have enjoyed this newsletter! Please do pass it on to any friends or family who will also be interested in it, or ask me to pass one on to them.

Have a happy and safe time and I hope you enjoy any festivities you celebrate through the winter!

If you have any thoughts of what you may find interesting for next Spring/ Summer newsletter, please get in touch!!

A thought to contemplate;
'The soul is the same in all living creatures, although the body of each is different.' Hippocrates.

Useful Contacts;

Northumberland/ Tyne and Wear pet services

Sue McCabe dog training/ walking services

www.muttamorphosis.co.uk

sue@muttamorphosis.co.uk 07725053482

Jane Jeffrey dog walking and cat sitting in Gosforth

07931946343/0191 2171556

Barking Mad home from home dog sitting

Jude.bell@barkingmad.uk.com

01207 571845

Tina.young@barkingmad.uk.com

01665 710444

Hadrian Pet Hotel Matfen 01661 886675

Pheasant Rise boarding kennels near Hexham 01434 672017

Lisa Morton mobile dog grooming

Soapy_mutt@yahoo.com

0796469445

Julie Maclennan dog grooming/ holistic health Smart Pets dog grooming Blaydon; 0191 4146783.

Nicole Macintyre Woof n Wash, Wideopen 0191 2171250

Roz Dawson Doorstep Petfoods, Tynedale

01434 220999.

Serena Ternent Woof Cutz, Shilbottle 01665 575889

Quaker concern for Animals

www.quaker-animals.org.uk

Catholic Concern for Animals

www.catholic-animals.org

Health 2000 ; Newcastle GP practice, Incorporating complementary therapies. www.health2000.co.uk

VIVA ;Vegetarians International Voice for Animals.

www.viva.org.uk

The Vegetarian Society www.vegsoc.org

www.veggieglobal.com

WSPA ; World Society for the Protection of Animals

www.wspa.org.uk

Geoff Francis; web site www.bonobo.tv which looks at the beauty and positivity of the natural world, celebrating animals.

www.advocatesforanimals.org

Lifescape magazine; www.lifescapemag.com

Equestrian Establishments North East.

High Plains www.high-plains.co.uk at Riding Mill in Northumberland.

Leamside Equestrian www.whfstud.co.uk; Leamside, Co Durham

Holmeside Hall www.holmesidehallequestrian.co.uk Burnhope in Co Durham

Accommodation; should you wish to come on one of my courses in Byrness, and you'd like to stay over (well recommended, situated in Kielder Forest it is a beautiful base for walkers/ those wishing to spot some wonderful wildlife). I recommend Forest View walkers accommodation in the village; call Joyce or Colin for details on 01830 520425/ 07928376677.

Contact me at Essentials for Equilibrium;

Leigh Smyth, Reg Nurse, BA (Hons) Nursing Practice, Reiki Master, Member of The Reiki Association, Diploma in Animal Aromatics, Independent Distributor of Bioflow Magnotherapy Products and Forever Living Products Aloe Vera and herbal products.

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