

**H**olistic animal care works on the whole animal to prevent and resolve issues on a body, mind and soul level, just like it benefits humans. What are some of the benefits of holistic animal care (HAC)?

- Ability to help ANY animal, ANY age, while in the comfort of their home.
- Assists with physical conditions, such as arthritis, pain relief, digestive issues, skin conditions and ear problems.
- Aids emotional and behavioral issues, such as anxiety, fear, aggression, hyperactivity and low confidence.
- Spiritually, it can help animals cross over by bringing both of you comfort and peace. You have a connection that never ends.
- Can save you time, money and an animal's well-being.
- Easy to learn when taught in a fun and simple way for children and adults.
- It can be done by distance because HAC is energy based.

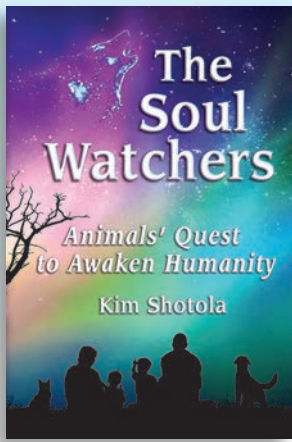
## How does HAC help animals?

- With animal communication, you can ask animals what they want, why they are acting like they are, how you can help them and more. Talk to them daily. Be aware of what you think and say because animals feed off your thoughts, emotions and words.
- Energy work is simple but powerful. Even five minutes daily can benefit both animals and people.
- Muscle testing can help you determine the best HAC methods that will help an animal. It also shows you the core diet, supplements, and amounts the animal needs.
- Color therapy can be offered by placing a towel, sheet or blanket on the floor where the animal can lay on or near it. For instance, light blue may help anxiety, light pink separation anxiety and yellow grief/depression. Muscle testing shows you the best color.

- Flower essences work gently to release buried emotions that can manifest into health conditions. A custom, Bach Flower Essence blend using muscle testing is ideal.
- Mother Earth has so much to offer, including herbal therapy, crystals, essential oils, homeopathy and more.
- With a growing interest in the well-being of animals, more animal professionals are offering HAC services.



**M**arlie was a yellow lab rescued by Cindy from a puppy mill. While vets had healed her physically, she was emotionally scarred. She would stay in her crate and not engage with Cindy's other lab. We spoke to Marlie to find out that she never got a chance to be a mom and worried about her puppies and future. We did energy work on her. We told her it was ok to let the past trauma go and that she had a forever home with Cindy. As Marlie lay on the floor, her body started shaking with tremors. She let out the longest and loudest moan. She released her horrible past. She then got up off the floor and wagged her tail for the first time ever. Marlie was forever changed. ■



Pick up "The Soul Watchers—Animals' Quest to Awaken Humanity" wherever books are sold.

Whether you are a pet parent or an animal professional, perhaps you'll be inspired to learn more. When you learn to help animals, the knowledge applies to your own wellness.

Since 2006, Kim Shotola has taught HAC classes to vets, groomers, pet sitters, boarders, trainers and other animal lovers. You can learn from the comfort of your home.

UPCOMING: February 7th and March 7th Animal Communication Teleclass; March 11th Animal Wellness Coach certification program starts. Register by January 31st for early-bird pricing. Visit [TheLightfootWay.com/classes](http://TheLightfootWay.com/classes).



**The LIGHTFOOT WAY**  
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**Kim Shotola**

Holistic Animal Care Instructor,  
Wellness Coach & Animal Communicator

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## MASSAGE & BODYWORK


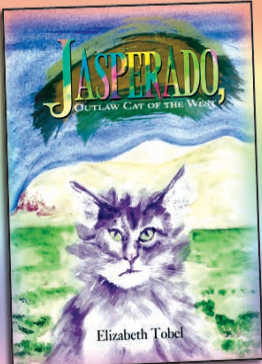
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What could possibly turn a mild-mannered grey cat into an outlaw? For Jasper, it began when he was adopted by me and taken to the wilds of Montana. Follow my cat's journey from a shy farm cat to one whose real-life adventures earned him the name...

## Jasperado, Outlaw Cat of the West!

GET YOUR AUTOGRAPHED COPY TODAY!  
Contact Liz Tobel at (406) 439-6109

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