

# YOUR ANIMALS IN SPRING

Kim Shotola

**D**aylight savings time occurs on March 14th, where we “spring forward,” while the spring season officially starts on March 20th. We understand the many ways that spring affects us, but it’s also important to be aware of how these changes can affect your animals.



The days grow longer, and there’s more sunshine. When you’re leaving your home, you can tell your animal out loud that you will be back in a specific number of hours or while there is still sunlight. If you are going to be home at night, you can let them know you’ll be home when the moon is out. When traveling for an extended period of time, like three days, you can let your animal know you will be gone for three suns or three moons. Speaking to your animal every time you leave can really help put them at ease that you will return around a certain time, especially for those pets that are anxious.

In traditional Chinese medicine, spring is the liver season, and this organ can greatly benefit from detoxification. During the spring, many dogs, cats and horses will have issues, especially involving the eyes, nails, hooves, joints, and muscles. The liver and gall bladder meridians open to the eye, so you may see watery or mucus secretions if there is an imbalance. If the nails or hooves are brittle or cracking, this could indicate issues with the tendons and ligaments. Anger, irritability and depression are emotions associated with the spring, so you may observe any of these behaviors from your animal.

When muscle testing (also known as Applied Kinesiology) is used, you’ll normally see that these animals need milk thistle or dandelion to cleanse their liver. An herbal tincture is ideal, and you’ll muscle test the number of drops to offer daily along with the duration, such as ten drops a day for two weeks. After that time, re-evaluate your animal and muscle test again to see if additional supplementation is needed. Windy weather is also about the liver, and if the animal is scratching, look at stimulating the liver.

The proteins in liver, beef, fish, and pork are good to feed to dogs and cats during the spring/liver

season. Horses may benefit from additional herbs such as calendula, licorice and marshmallow. The color green is grounding, and the energy from this color can help support your animal during the spring. Offer a green towel, sheet or blanket your animal can get on or near. The flower essence Crab Apple is cleansing and while best taken orally, it can also be applied topically to paw pads and ears. Use muscle testing to determine what is best for your animal. ■

*When you learn to help animals, the knowledge applies to your own wellness. Since 2006, Kim has taught animal professionals, pet parents and other animal lovers. You can learn from the comfort of your home. Sign up for our email list where you’ll receive a weekly article, have access to over 300 articles in the archives, stay tuned to learning opportunities, and receive special gifts just for our readers, at: [TheLightfootWay.com/join-our-email-list](http://TheLightfootWay.com/join-our-email-list).*



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