

# HOT SUMMER TIPS FOR ANIMALS

Kim Shotola

Summer is here, and that often means heat, traveling, and noise concerns. Here are some tips to keep in mind when it comes to your animals. Heat can be a factor, so think of ways you can bring the cool to your animals:

- Refreshing kiddie pools and troughs make great cool-down time for dogs. You can hook up a misting system for your animals that cools the area down.
- If you hose or bathe your horse, it's better to squeegee the water off afterwards so their coat doesn't retain the heat.
- Special, elevated pet beds can help keep your dog or cat more cool.
- Deshedding brushes or tools can help to remove the undercoat from dogs, cats, rabbits, and horses.
- Keep in mind that grains can heat up the body, along with 'hot' proteins like chicken and lamb. Your animals may need a 'time out' from these during the hot months.

When you travel with your pets, consider bringing items such as:

- Medication, food and supplements; include extras, should something happen.
- Water, especially if your animal is used to a certain type, as some won't drink unfamiliar water.
- A light-blue towel and the Bach Rescue Remedy for calming.
- Homeopathy kit as it can help both animals and people.
- Proper carrier, even if your animal doesn't normally travel in one; it might be needed.
- A current photo of your animal in case they should get away from you.

Many animals react to the sound of fireworks, gun shots, thunderstorms, and other loud noises so remember:

- When possible, get your animal indoors, so they don't injure themselves or escape, especially if you know they have issues.
- Talk out loud to your animal just like you would a child. Let them know they are safe and loved.
- You can put a light-blue towel, sheet, or blanket on the floor, and they may lay on or near it. If you are going to be with them, you can wrap them in it and hold them, if they will let you.
- If you're with your animal, you can wrap their body in an elastic-type bandage in a calming, wrap style. This method is more affordable than a body wrap like the Thundershirt.
- You can offer them basic energy work. While sitting on the ground or on a chair, tap your fingertips on your collar bone



and the center of your chest. Rub your palms together, then intend to send calming energy to your animal for their highest good. It's good to start ten feet away and see how they react, then move closer if they're receptive.

- You can offer them the flower-essence blend Rescue Remedy, 4 drops every 10 minutes if needed.
- You can spray lavender essential oil in the air. Put 10 drops in an 8 oz. spray bottle and fill with spring or purified water. If they are too scared, opening a bottle and allowing them to sniff probably won't work.
- Sound therapy may produce a calming effect, by playing music created for animals, such as Wholetones.
- Crystals such as rose quartz and amethyst may help with relaxation. Make sure your animals can't ingest the crystals.
- Homeopathic remedies like Geisemium and Phosphorus may help soothe the effects of loud noises. ■

When you plan ahead, summer can be a fun adventure for you and your animals. Sign up for our email list, where you'll receive a weekly, holistic animal wellness 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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