

HOLISTIC Animal Care...

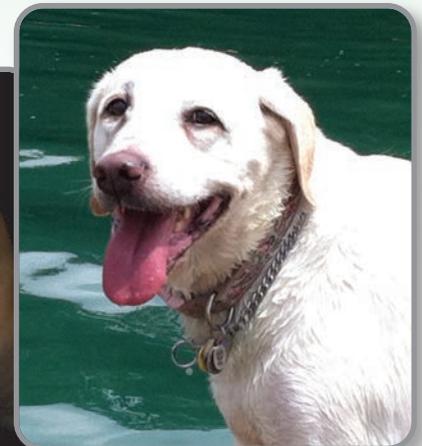
Why GO NATURAL?

Kim Shotola

Holistic animal care (HAC) focuses on the whole animal—body, mind and soul. Just like humans, holistic care can prevent and resolve physical, mental, emotional and spiritual issues, resulting in a happier, healthier and longer life.

What are the benefits of HAC?

- ◆ Can help any kind of animal of any age from the comfort of their home.
- ◆ Helps with physical conditions such as arthritis, pain relief, digestive issues, allergies, and ear problems.
- ◆ Aids emotional and behavioral issues such as anxiety, fear, aggression, hyperactivity, and low confidence.



Marlie was a rescued, puppy-mill, yellow lab. 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 and found 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 release the past trauma 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 that relinquished her horrible past. She then stood up and wagged her tail for the first time ever. Marlie was forever changed.



The LIGHTFOOT WAY
Making cutting-edge holistic animal care fun, simple and life changing!

- ☑ **Strengthen your heart and soul connection**, help prevent illness and heal the animals in your care.
- ☑ **In-person and distance classes, professional programs & consultations**

Kim Shotola

*Holistic Animal Care Instructor,
Wellness Coach & Animal Communicator*

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*Empower Yourself to Change Your Life
& Help the Animals in Your Care!*

- ◆ On a spiritual level, you can find out an animal's meaning in your life and assist those ready to cross over, knowing you have an everlasting connection.
- ◆ Easy to learn—fun and simple for children and adults.
- ◆ Can be done by distance because HAC is energy based.
- ◆ Able to save you time, money and your animal's well-being.

How can HAC help animals?

- ◆ Muscle testing can help you determine the best methods to benefit your animal along with details, such as the core diet, supplements, respective amounts and duration.

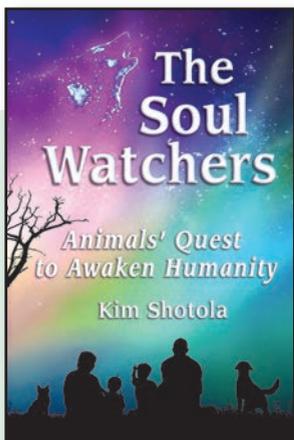
- ◆ With telepathic animal communication, you can ask animals what they want, why they are acting like they are, if they are in pain, how you can help them and more. Talk out loud to them daily. Be aware of what you think and say because animals feed off your thoughts, emotions and words.
- ◆ Basic energy work can benefit both the animal and human on all levels. Ask Kim for complimentary instructions.
- ◆ Color therapy can offer help with fabric that the animal lays on or near. Light blue can be calming; light pink can assist with separation anxiety; yellow can bring joy. With so many colors and respective energies, muscle test to find the best one.
- ◆ 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.
- ◆ EFT/tapping works on acupressure points, but the technique used for animals is a bit different than for people, due to their sensitivity.

- ◆ Mother Earth has so much to offer including crystals, essential oils, homeopathy and more.

The most common mistake people make is applying human holistic protocols to animals, because animals are far more sensitive than we are. With proper knowledge, holistic methods can be learned, even from the comfort of your home. If anyone tells you they're 'gifted,' please know that everyone is capable of learning HAC, including animal communication. When you learn HAC, these techniques can be applied to yourself, along with enhancing your intuition with all of life. ■

Perhaps you'll be inspired to learn more. Kim has taught HAC classes and offered consultations in-person and by distance since 2006. Certification programs as an Animal Wellness Coach, Animal Communicator and Medium/ Spirit World Ambassador are available. To receive weekly articles, archive access, and updates on classes and events, get on her email list at: TheLightfootWay.com/join-our-email-list.

Kim's book, *The Soul Watchers, Animals' Quest to Awaken Humanity*, looks in depth at the mission of the animals and how you can help them accomplish their heart-and-soul vision. Learn more at: TheLightfootWay.com/The-Soul-Watchers. Kim has taught holistic animal-wellness classes since 2006.





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