

Holistic 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?

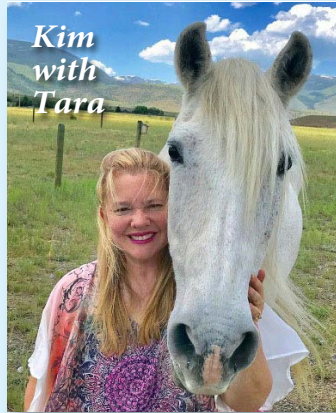
- With animal communication, you can ask animals what they want, why they are acting like they are, how you can help them and more. Talk to them daily. Be aware of what you think and say because animals feed off your thoughts, emotions and words.
- Energy work is simple but powerful. Even five minutes 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.



Marlie 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. ■

Kim Shotola is a professional communicator, animal wellness instructor and author. Students receive weekly intuition and spiritual development articles.



Kim offers enlightening, holistic-animal-care and spiritual-empowerment classes throughout the year that produce life-changing results. Visit the Classes & Events page at: TheLightfootWay.com/classes to learn about future offerings and to register.



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*

TheLightfootWay.com

(713) 822-4382

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

• **YOU CAN GET** •
Dr. Richard Schulze's
SUPERFOOD
— **PLUS** —
*Now with 100% Vit. C,
and More B6 and B3*
PICKED-UP OR SHIPPED



*Organic & Wild
Harvested Vitamin
and Mineral
Herbal Protein
Supplement*

This naturally-balanced blend of Botanical superfoods is formulated to provide Food- Source Vitamins, Minerals, Amino Acids & Essential Trace Nutrients. All ingredients are from the richest, whole-food sources on the planet. These are Nature's nutrients... NOT synthetic!

SUPERGOOD NUTRITION
224-2349 • Livingston, MT



**TOOT
YOUR HORN IN
Natural Life
News e-Magazine**

Best Advertising Value!

"Hey, I can't tell you how pleased we are with the response we've received from our ad! We had people coming from Bozeman & Livingston to our workshop here in Helena." —P.L., Helena, MT

"The best advertising dollars we've ever spent" —R.W., Noxon, MT

"Your Directory works, and I'm very satisfied with the results." —L.S., Whitehall, MT



Call *Natural Life* Today!
406-224-2349 or see page 4 for a rep near you.
Press Kit at NaturalLifeNews.com