



Fall is a wonderful time of year to enjoy camping trips, hiking and bonfires! Though the weather is cooling off, fleas and ticks are still roaming and looking for a good donor. Be sure to keep you and your animal companions protected. Purification essential oil blend is my favorite base for bug repellent. Contact me to find out how you can use this all natural, therapeutic-grade essential oil to help make a bug-free zone.

~Jenny

Events

Using Essential Oils with Animals Class



September 14, 2011
6:30 - 8:00 p.m.
\$15.00/person or \$20.00/couple
Canine Crossing: 1444 147th Ave. NE, Ham Lake, MN 55304

Attend this class to learn how to use therapeutic-grade essential oils as part of an integrative wellness plan for your furred friends. Attend to cuts and wounds, standard first-aid options, calm an anxious animal, bug repellent/flea & tick control, integrating in new family members and much, much more will be covered in class.

Please email or call to reserve your spot. We encourage you to register early as seating is limited: (952) 484-4396 / info@animal-intuition.com.

Share a Photo & Story with Peace of Mind, Body & Soul

Who wants to win prizes from Peace of Mind, Body & Soul? Use our social media to post a picture and story about your animal to enter our drawing.

1. Post a picture and write a short story about one of your animal companions to one of our social media sites:
 - QR code / www.facebook.com/animal.intuition
 - @AnimalIntuition
 - <http://www.linkedin.com/company/peace-of-mind-body-&-soul>
2. Share your story & ask your animal-loving friends to help you win by posting more to the story. This counts as another entry for you!

Prizes!

- **First Prize: \$30.00** Gift Certificate
- **2nd Prize: \$15.00** Gift Certificate
- **3rd Prize: \$5.00** Gift Certificate
- **All Winners:** \$0.25/gallon off gas coupons that do not expire!

Contest ends September 30, 2011.



WSCA Champ Show

September 21-26, 2011
MN State Fair Coliseum, St. Paul MN

Congratulations to everyone that qualified for the WSCA Championship Show! You and your horse



Wellness Tip

Lavender essential oil is one of my favorites. It is so versatile and can safely be used for calming, soothing skin irritations and even burns. Mix up 10 drops of Young Living's Lavender therapeutic-grade essential oil with 8 oz. of water and 1 T of Aloe Vera in spray bottle and use after exposure to sun to help soothe and regenerate your skin.

"Like" Peace of Mind, Body and Soul's Facebook Fan Page at www.facebook.com/Animal.Intuition for more tips!

About Peace of Mind, Body & Soul

Animal Communication

Equine Massage Therapy

Reiki

Young Living Products

Reference Materials

Testimonials

Jenny Gott, E.C.M.T

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worked hard this season and I know you had fun doing it! Be sure to stop by our booth supporting you and your equine companions! We'll be offering specials on animal communication, equine massages and chair massages.

Spectators welcome to come join the fun, see the horses & watch the competitions!

Canine Raindrop Technique & Acupressure Demonstration



October 5, 2011

6:30 – 8:00 p.m.

\$15.00/person or \$20.00/couple

Canine Crossing: 1444 147th Ave. NE, Ham Lake, MN 55304

Attend this demonstration to learn the most commonly used acupressure points for your dog and to see a live demonstration of the Raindrop Technique. The Raindrop

Technique[®] was developed in the 1980's by D. Gary Young, and was first used to aid in healing of spinal and related muscle injuries. Now it is known to be a powerful, non-invasive process for assisting the body in many ways such as:

- Infection
- Allergies
- Detoxify
- Arthritis
- Muscle fatigue, cramps and soreness
- Stress or trauma
- Boost immune system
- Increase mental alertness



Every person wants their dog to be healthy and help alleviate their stress. Giving your dogs a Raindrop Technique[®] semi-annually or quarterly, depending on the level of activity will help support your dog physically, emotionally and mentally.

Please email or call to reserve your spot. We encourage you to register early as seating is limited: (952) 484-4396 / info@animal-intuition.com .

Minnesota Equifest



October 15-16, 2011

Warner Coliseum, MN State Fair Grounds

\$8.00 admission fee

Children under 12 free when accompanied by an adult

Clinics, shopping and even a tack sale this year. Be sure to stop out and visit the 5th Annual MN Equifest!

Peace of Mind, Body & Soul will be there this year offering specials on animal communication sessions. In addition, find out about acupressure, massage, Reiki, and how to use essential oils with your horses and other animals.

Great Prairie's Fall Jumper Schooling Show

October 22, 2011

River Falls, WI

Peace of Mind, Body & Soul is a proud sponsor for Great Prairie's Fall Jumper Schooling Show. We will be there supporting the event, offering chair massages, and to answer questions you may have about integrative wellness options for your animal



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companions. Questions are not limited to just those about your horse - we help all kinds of animals. Also, special rates on animal communication sessions will be available to participants and guests of the event.

Future Events If you would like Peace of Mind, Body & Soul to host a clinic/seminar, or participate in an event or fundraiser for your organization please contact me to discuss the opportunity in more detail. Clinics, seminars, hands-on demonstrations and training can be customized to meet your needs and be held either as a private or public event. There are many great causes and groups I would love the opportunity to help.

The Importance of Stretching!



Horses instinctively stretch when they feel the need, tuning up muscles they use the most and those that are sore, stiff or tired. In addition, we can easily make stretching part of a preventative maintenance plan because all horses can benefit from it. Whether they are performing as athletes, aging or recovering from injuries, it is often helpful to incorporate stretching in as part of their exercise routine. Often times, stretches

are done after an [equine massage](#) and before and after competitions or exercising. Stretching a horse's muscles and soft tissue will help them in many [ways...](#)

SCRUMPTIOUS Pineapple Chicken Bake Recipe!

Dr. Kayla from [Back to Wellness Chiropractic](#) loves this recipe and says, "This balanced dish of proteins, carbohydrates, and healthy fats will leave you feeling full AND your blood sugars balanced, which is what you should want for better health! Chow down with some roughage and you are good to go! Also, if you have a few busy days and not much time to cook, this recipe will give you leftovers that will healthfully sustain you during those days when you need it most! Also, consuming animal protein multiple times per day balances blood sugars and boosts brain chemicals important for creating a healthier body and depression, anxiety, stress-free mood." Thanks for the [recipe](#) Dr. Kayla!

September Promotions

FREE Joy & Valor!

Place a single order of 215 PV or more from September 1-30 and receive TWO free essential oil blends, [Valor®](#) and [Joy™](#)—**a retail value of \$75.33!**

Valor essential oil blend balances energies and promotes greater confidence and self-esteem.

- Diffuse during meditation, yoga, or massage
- Add 2-4 drops to bath water

Joy essential oil blend produces a magnetic energy, brings happiness to the mind and body, and inspires romance.



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- Diffuse this blend and enjoy its beautiful aroma throughout your home.
- Dilute with V-6™ Enhanced Vegetable Oil Complex for a romantic, full-body massage

10% White Angelica and Harmony

Get 10% off [Harmony essential oil blend](#) September 1–30! Harmony is beneficial in reducing feelings of stress and creating a positive attitude.



Tip! Did you know that Harmony is great to diffuse when adding a new foster animal to your pack or herd?

- Apply 1 to 2 drops on edge of ears, wrists, neck, temples or heart
- Add up to 10 drops to a wet cloth and put in clothes dryer

Get 10% off [White Angelica essential oil blend](#) September 1–30! White Angelica promotes feelings of strength, protection, and security. This oil can also be used to guard against negative energy.



- Diffuse or directly inhale
- Apply topically to feet, shoulders, or crown of head

Full details for Young Living promotions can be found on [Young Living's website](#).

* Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Testimonials

We had a great time at last weekend's Essential Oils for Dogs class presented by Jenny from Peace of Mind, Body & Soul. One of the best take-aways? Lavender is an extremely versatile oil, able to be used to help dogs with skin allergies and to help calm dogs with anxiety. I look forward to incorporating some of the new information in my own household, as well as with clients!

Sarah Smith
Paws N Motion
Minneapolis, MN
www.pawsmotion.com



Read more [testimonials](#) from Peace of Mind, Body & Soul's clients. To submit your own testimonial, please email info@animal-intuition.com. Include your testimonial and optionally, a picture.

Suggestions

Do you have suggestions about what you would like to see in the monthly newsletter or have feedback to share? Please contact Peace of Mind, Body & Soul at info@animal-intuition.com to let us know what you think!



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