

Though we are almost midway through October, there's still plenty of autumn left to enjoy. Maybe you will still be able to fit in a couple more camping trips, relaxing on your deck sans bugs, and harvesting the last of your gardens. There's also Halloween – are you going to dress up your animals, take the kids trick or treating or make it a night out with friends? In any case, be sure to have some Di-Gize handy for upset stomachs!

~Jenny

## Events

### Minnesota Equifest



October 15-16, 2011  
Warner Coliseum, MN State Fair Grounds  
Booth 19 – just South of the Horse shoot  
\$8.00 admission fee  
Children under 12 free with an adult

Clinics, shopping and even a tack sale this year. Be sure to stop out and visit the 5<sup>th</sup> 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 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.

### Halloween Costume Party



Saturday, October 28, 2011  
1:00 – 4:00 p.m.  
Canine Crossing: 1444 147<sup>th</sup> Ave. NE, Ham Lake, MN 55304

Pet Costume Contest - Crazy Hair by Premier Cuts Plus  
Ham Lake Fire Department - Holistic Veterinary Care - Reading with Myrtle - Owl from the Wild Life Science Center - Paws N Motion - Rhythm of Life Animal Chiropractic - Peace of Mind Body & Soul

Bake Sale, Make Your Own Caramel Apple and Decorate Your Own Cookie all donations to benefit Save the Animal Kisses Rescue - Hot dogs - Chips - Raffles and Much More!

Spread the word! Everyone is welcome!

Event Hosted by: Canine Crossing & Rhythm of Life Animal Chiropractic  
[www.caninecrossingmn.com](http://www.caninecrossingmn.com) [www.rhythmoflifechiro.com](http://www.rhythmoflifechiro.com)



### Wellness Tip

Di-Gize essential oil blend is a must in every household! At some point you or your animal companions will get a tummy ache, food poisoning or your horse may colic. It's also great for chronic issues such as IBS. This blend contains ginger, fennel, spearmint, and other essential oils that sooth the stomach and promote the production of your digestive enzymes.

"Like" Peace of Mind, Body and Soul's Facebook Fan Page at [www.facebook.com/Animal.Intuition](http://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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[www.animal-intuition.com](http://www.animal-intuition.com)



October 2011

### Using Essential Oils with Animals Class



November 8, 2011  
6:30 - 8:00 p.m.  
\$15.00/person or \$20.00/couple  
[Ruff House](#), 6879 Washington Ave. S., Edina, MN

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](mailto:info@animal-intuition.com).

### Meet Peace of Mind, Body & Soul at Chuck & Don's

Wednesday, November 9, 2011  
5:00 – 7:00 p.m.  
FREE!  
[Chuck & Don's Pet Food Outlet](#), Lakeville, MN

Stop by pet-friendly Chuck & Don's to say hello to Peace of Mind, Body & Soul. You can choose to get a free 5 minute Reiki session or ask a question for your animal to see what your animal thinks. Bring your animal companion in if you want a free 5 minute Reiki session.

### K9 Wellness Class: Hands & Paws-on Raindrop Technique Class

November 13, 2011  
9:00 a.m. – 12:00 p.m.  
\$50.00/dog with their person  
[Canine Crossing](#): 1444 147<sup>th</sup> Ave. NE, Ham Lake, MN 55304



Do you want to learn how to give a Raindrop Technique to your dog? Then come to this training and bring your K9 companion with to help you through this hands-on class!

- You'll get written instructions to take with you and the class will walk through each of the steps as you perform them on your own dog!
- You'll learn about the benefits of a Raindrop and about all the essential oils used in this process.
- Small class size devotes time to answer your questions.
- Experience the therapeutic-grade essential oils

The Raindrop Technique can help your dog and other animal companions in many ways such as infection, allergies, detoxify, arthritis, muscle fatigue & soreness, stress or trauma and it boosts the dog's immune system. Learn more about the [Raindrop Technique](#).

#### **Registration:**

Class size is limited! Raindrop Kit must be purchased separately by November 4, 2011 to ensure delivery prior to class. Register and purchase kits through:

Dr. Stacy Land, (651) 278-8940  
[stacy.land.dc@gmail.com](mailto:stacy.land.dc@gmail.com)  
[Rhythm of Life Chiropractic](#)



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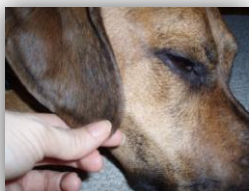
[www.animal-intuition.com](http://www.animal-intuition.com)



October 2011

### **K9 Wellness Class: Raindrop Technique & Acupressure Demonstration**

**\*\*Benefits Local Rescue: Wags & Whiskers\*\***



November 20, 2011  
11:00 – 12:30 p.m.  
\$15.00/person  
Park Crest on Nicollet. 12501 Nicollet Ave. Burnsville MN 55337



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 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, stress or trauma, boost immune system and increases 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.

**A portion of the proceeds from this class will be donated to Wags & Whiskers Animal Rescue!**

**Registration:** This event is open to the public so bring a friend or two...or three with you! Please email or call to reserve your spot. We encourage you to register early to help us prepare for the event: (952) 484-4396 / [info@animal-intuition.com](mailto:info@animal-intuition.com).

*There will be a demo dog on-site, however we ask that you leave your loved animal companions at home for this class. Thank you!*

**Future Events** If you would like Peace of Mind, Body & Soul to host a clinic, seminar, class 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.

### **Equine Acupressure. *Easy, Do-it Yourself Method***

Acupressure can be helpful in relieving pain, increasing circulation and for aiding in healing of certain issues and diseases. The great thing about acupressure is that it can be learned in a relatively short amount of time and be successfully used in conjunction with many other integrative wellness modalities for your horse or other animal companions.

Some common uses:

- Arthritis
- Founder
- Allergies
- Stimulate hunger/thirst
- Anxiety and stress
- Colic



Read the [full article](#) to see how it works.

*P.S. This works for other animals too!*



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October 2011

## October Promotions



### FREE Inner Defense and Thieves Hand Purifier

Place a single order of 190 PV or more from October 1–31 and receive a FREE bottle of Inner Defense™ and THREE free bottles of Thieves® Waterless Hand Purifier—a retail value of **\$50.66!** These products provide a safe, natural way to protect your body inside and out during the winter months.

**Inner Defense** uses a wide variety of essential oils such as oregano, thyme, and Thieves essential oil blend to strengthen your body systems. Inner Defense also provides the following benefits:

- Reinforces systemic defenses
- Supports digestive health
- Promotes healthy respiratory function
- Provides immune support through thymol, carvacrol, and eugenol

**Thieves Waterless Hand Purifier** promotes cleanliness on the go while using the powerful cleansing benefits of Thieves essential oil blend. Thieves purifier also:

- Is safe for both children and adults to keep hands clean anytime, anywhere
- Contains moisturizing ingredients to prevent dry hands
- Continues to purify long after application

### 10% ImmuPower

Receive 10% off ImmuPower™ essential oil blend from October 1–31! ImmuPower is formulated to support your body's natural defenses while increasing positive energy.

- Diffuse ImmuPower daily to protect your home environment.
- Apply ImmuPower to the bottoms of the feet, at the base of the neck, and along the spine feet, shoulders, or crown of head



Full details for Young Living promotions can be found on [Young Living's](http://www.YoungLiving.com) 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

I just wanted to thank you for massaging Rocket's back. He was really stiff and uncomfortable after months of poor saddle fit and thanks to your careful work he is actually willing to engage his back again and step under himself much better. He wouldn't be this good without you.

*Jessica R., White Bear Lake, MN*

Read more [testimonials](#) from Peace of Mind, Body & Soul's clients. To submit your own testimonial, please email [info@animal-intuition.com](mailto: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](mailto:info@animal-intuition.com) to let us know what you think!

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