

*I hope you all enjoyed the 4th of July holiday weekend! It was hot and humid here in Minnesota, but for those of us natives, we should expect nothing less mid-summer. With summer in full swing I am looking forward to making the most of the season by camping, fairs and outdoor events. And, I always look forward to an evening on the deck with some good friends.*

~Jenny

## Events

### Canine Crossing Open House

July 16, 2011  
10:00 a.m. – 2:00 p.m.  
Canine Crossing: 1444 147<sup>th</sup> Ave. NE, Ham Lake, MN 55304

Canine Crossing is having an open house! Food, fun, dog related demos, prizes and mingle with other dog families.

Come check out their dog-friendly store offering pet food, supplies, toys and accessories. They even have an on-site groomer and animal chiropractor.

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

Wednesday, July 27, 2011  
5:00 – 7:00 p.m.  
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.

### Hands-on Raindrop Training With Your Horse!

This is currently set up as a hands-on class, but I am considering changing it to a demonstration. There would be a small fee of \$15.00/person to attend and room for many more seats. Please let me know your thoughts on what you would prefer by posting a comment at [www.facebook.com/animal.intuition](http://www.facebook.com/animal.intuition).



July 30, 2011  
\$275.00 per horse with their person  
10:00 a.m. – 2:00 p.m.  
HHH Ranch, Hastings, MN

Do you want to learn how to give a Raindrop Technique to your horse? Then come to this hands-on training 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

horse! You'll learn about the benefits of a Raindrop and about all the essential oils used in this process. Don't miss this exclusive opportunity to be a part of an interactive training class with your horse.

Learn more about the [Raindrop Technique](#) below.

Class size is limited! Registration and payment required by July 11, 2011. Price includes cost of class and Raindrop Kit. Contact me to register. Horse must have current coggins.



### Wellness Tip

Citronella, lemongrass, Rosemary, cedarwood and peppermint all help repel bugs. Try a natural form instead of DEET, a toxin and environmental pollutant. Purification essential oil is safe for pets, kids and adults alike and contains several of these plants.

"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

(952) 484-4396

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



July 2011

**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.

## "First Do No Harm" – Chiropractic Adjustments Don't Have to Hurt

Article submitted by Dr. Kayla Zirpel-Proctor of [Back To Wellness Chiropractic](#)

I am 1000% behind this! As a chiropractor, I take my job seriously when it comes to high quality HEALTHcare for my practice members.

In addition to "typical chiropractic adjustments," I specialize in gentle adjustments for practice members who need or want them. Recently, I received two testimonials from people who EXPECTED to be really sore for a few days after chiropractic adjustments based upon their past chiropractic experiences. After a Back to Wellness Chiropractic adjustment, they were pleasantly surprised at how great they felt with little if any soreness afterwards.

Along with these comfortable adjustments, I like to get an "inside look" to see what's going on with a person before I touch his or her spine; that's why I take x-rays before an initial adjustment to the spine. It's like an auto mechanic running diagnostics to determine the cause of a car's problems.

Once I get a good understanding of how the STRUCTURE is on the INSIDE, I get a very clear understanding of how a person is FUNCTIONING on the INSIDE. Using x-rays and specific chiropractic adjustments, I am able to come up with a unique chiropractic treatment plan specific to each individual. When Lakeville and its surrounding community members embrace the Back to Wellness Chiropractic lifestyle, they can reach their maximum health potentials!

## July Promotions

### FREE Citrus Essential Oils!



Place a single order of 180 PV\* or more from July 1–31 and receive a free 15-ml bottle of grapefruit, lemon, orange, and tangerine—a **retail value of \$66.12!**

Celebrate the warm weather with four of Young Living's most aromatic and versatile essential oils. The invigorating scents, refreshing flavors, and dietary benefits of citrus oils make them must-have products this summer season!

[Grapefruit](#), [lemon](#), [orange](#), and [tangerine](#) each have a unique aroma and energize the mind and body. Diffuse frequently throughout your home or at work and notice how good you feel throughout the day.

Citrus oils also taste great when used in summer recipes. Replace flavored waters—which often contain sugar or artificial sweeteners—with this healthy alternative. Fill your stainless-steel water bottle with 5–10 drops of any citrus oil or a combination of these oils, add a teaspoon of Blue Agave, shake, and enjoy!

If shorts or swimwear are in your summer plans, know that citrus oils promote the breakdown of cholesterol and fats in the blood. These oils are often used in conjunction with diet and exercise programs to assist in weight management.\*\*



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[Referral Program](#)

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### 10% Off Travel Fan Diffuser



This July buy a Young Living [Travel Fan Diffuser](#) and receive 10% off plus a free 5-ml [Purification® essential oil blend](#)!

Take the power of essential oils everywhere you go this summer with the Travel Fan Diffuser—the ultimate in convenience and portability!

This month the Travel Fan Diffuser comes with a free 5-ml bottle of Purification essential oil blend. Use this blend to keep away mosquitoes and other insects.

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

Thank you for providing animal communication sessions for my dog, Sheba. She had an attitude with me for a couple of weeks and I wanted to get to the bottom of what was wrong. Jenny told me that Sheba was very sick from something and felt disoriented and had extreme vomiting. I was shocked since I hadn't told her about that particular incident that occurred just a couple of weeks prior to this call. I live in southern Florida and in certain times of the year poisonous toads and frogs are out and Sheba was poisoned instantly after jumping on one of them. Sheba pulled through after appropriate treatment, thank goodness. The fact that Jenny was able to get that information amazed me, especially since I hadn't connected the incident with the current issues. Finding out how Sheba felt about that very stressful moment shed a lot of light. Jenny was also able to relay to me that Sheba needed to be walked more often and that the type of food she was getting was not very easy on her belly. So after the much needed insight we were able to change those things that caused our Sheba to have an attitude and it has helped me to better understand her needs in a way that we wouldn't have gotten any other way.

*Marie S., Naples, FL*

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.



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