

# It's Time For "Spring Tone Up"!

Show season and competitions are right around the corner. Often, this time of year is spent getting ourselves and our horses back in shape to compete. Sore muscles, stiffness and even attitude adjustments are needed. Here are a couple natural ways you can help your horse.

## Equine Massage:

A horse will benefit from massage physically, mentally and emotionally. Massage can be effectively utilized on equine athletes to help prepare them for their competitive season and reduce chances for injury throughout it. Just look what massage therapy can do:

- Improves circulation and promotes healing of injuries
- Relieves muscle spasms
- Secretes toxins
- Lubricates joints and can help ease arthritis
- Reduces stress and tension
- Releases endorphins to calm and soothe your horse
- Increases range of motion
- Enhances muscle tone
- Promotes positive disposition
- Increases mental clarity required for training and performance



In addition, while performing a massage practitioners such as me can incorporate acupressure, Reiki and essential oils to heighten the experience and target specific issues. These tools become invaluable when taking a horse to the next level. Check with your practitioner as not all equine massage therapists have these skills or training.



## Equine Raindrop Technique®

Every person wants their horse to be healthy, alleviate their stress and help them to perform to their optimal levels. Giving your horses a Raindrop Technique® semi-annually or quarterly, depending on the level of activity will help support your horse on every level. I especially like performing Raindrop Techniques on horses in the spring to help them prepare for their busy show/competitive season because it boosts the horses' immune system. Stimulating the immune system before

the horse's stress level is increased & before exposed to all the additional germs will help generate productive and healthy cells, warding off infection & disease.

The Raindrop Technique® was developed in the 1980's by D. Gary Young, based on a Lakota Indian healing ritual 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 things such as:

- Founder
- Infection
- Allergies
- Detoxify from anesthesia, medications or poisons
- Arthritis
- Tying up or muscle cramps
- Muscle fatigue and soreness
- Stress or trauma; physical or emotional

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- Boost immune system
- Increase mental alertness
- Active and athletic horses

Knowing how much effort is put into getting back in shape for ride season, Peace of Mind, Body & Soul is offering a spring promotion. You, the rider, get a free 10 minute chair massage with purchase of an equine massage or equine massage Raindrop Technique® for your horse during the month of April. Contact us to find out more.



## **About Peace of Mind, Body & Soul**

Products and services to help maintain the health and wellness of animals and people using integrative methods: animal communication, equine massage therapy, Reiki, acupressure, Raindrop Technique®, Young Living therapeutic-grade essential oils, nutritional supplements & body care items. For more information

contact Jenny Gott, ECMT, (952) 484-4396, [Info@animal-intuition.com](mailto:Info@animal-intuition.com) or visit [www.animal-intuition.com](http://www.animal-intuition.com).

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