

Title : <b>AN 231</b>	<b>Tail O Bite</b>	<b>Set of 5</b>	5 Pages
Doc Name :	Pet biting /damaging backend /tail tip		Related Products :
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**Use the homeopathic and herbal medicines to assist in healing naturally for your pet, in conjunction with the T touch body touches and Magnesium for nerves. Working on the nervous system and habitual habits.**

**Magnesium: Meet the Most Powerful Relaxation Mineral Available** by Mark Hyman, MD

A DEFICIENCY IN THIS CRITICAL nutrient makes you twice as likely to die as other people, according to a study published in *The Journal of Intensive Care Medicine.*(i) It also accounts for a long list of symptoms and diseases — which are easily helped and often cured by adding this nutrient. In fact, in my practice, this nutrient is one of my secret weapons against illness. Yet up to half of Americans are deficient in this nutrient and don't know it.

I'm talking about magnesium.

**It is an antidote to stress, the most powerful relaxation mineral available, and it can help improve your sleep.**

I find it very funny that more doctors aren't clued in to the benefits of magnesium, because we use it all the time in conventional medicine. But we never stop to think about why or how important it is to our general health or why it helps our bodies function better. I remember using magnesium when I worked in the emergency room. It was a critical "medication" on the crash cart. If someone was dying of a life-threatening arrhythmia (or irregular heart beat), we used intravenous magnesium. If someone was constipated or needed to prepare for colonoscopy, we gave them milk of magnesia or a green bottle of liquid magnesium citrate, which emptied their bowels. If pregnant women came in with pre-term labor, or high blood pressure of pregnancy (pre-eclampsia) or seizures, we gave them continuous high doses of intravenous magnesium. But you don't have to be in the hospital to benefit from getting more magnesium. You can start taking regular magnesium supplementation today and see results.

**The Relaxation Mineral**

**Think of magnesium as the relaxation mineral. Anything that is tight, irritable, cramps, and stiff — whether it is a body part or an even a mood — is a sign of magnesium deficiency.**

This critical mineral is actually responsible for over 300 enzyme reactions and is found in all of your tissues — but mainly in your bones, muscles, and brain. You must have it for your cells to make energy, for many different chemical pumps to work, to stabilize membranes, and to help muscles relax.

That is why the list of conditions that are found related to magnesium deficiency is so long. In fact, there are over 3,500 medical references on magnesium deficiency! Even so, this mineral is mostly ignored because it is not a drug, even though it is MORE powerful than drugs in many cases. That's why we use it in the hospital for life-threatening and emergency situations like seizures and heart failure. Magnesium deficiency has even has been linked to inflammation in the body and higher CRP levels. In our society, magnesium deficiency is a huge problem. By conservative standards of measurement (blood, or serum, magnesium levels), 65 percent of people admitted to the intensive care unit — and about 15 percent of the general population — have magnesium deficiency. But this seriously underestimates the problem, because a serum magnesium level is the LEAST sensitive way to detect a drop in your total body magnesium level. So rates of magnesium deficiency could be even higher! The reason we are so deficient is simple: Many of us eat a diet that contains practically no magnesium — a highly-processed, refined diet that is based mostly on white flour, meat, and dairy (all of which have no magnesium). When was the last time you had a good dose of sea vegetables (seaweed), nuts, greens, and beans? If you are like most Americans, your nut consumption mostly comes from peanut butter, and mostly in chocolate peanut butter cups. Much of modern life conspires to help us lose what little magnesium we do get in our diet. Magnesium levels are decreased by excess alcohol, salt, coffee, phosphoric acid in colas, profuse sweating, prolonged or intense stress, chronic diarrhea, excessive menstruation, diuretics (water pills), antibiotics and other drugs, and some intestinal parasites.

In fact, in one study in Kosovo, people under chronic war stress lost large amounts of magnesium in their urine. This is all further complicated by the fact that magnesium is often poorly absorbed and easily lost from our bodies. **To properly absorb magnesium we need a lot of it in our diet, plus enough vitamin B6, vitamin D, and selenium to get the job done.**

A recent scientific review of magnesium concluded, "It is highly regrettable that the deficiency of such an inexpensive, low-toxicity nutrient results in diseases that cause incalculable suffering and expense throughout the world." (ii) I couldn't have said it better myself. It is difficult to measure and hard to study, but magnesium deficiency accounts for untold suffering — and is simple to correct. So if you suffer from any of the symptoms I mentioned or have any of the diseases I noted,

don't worry — it is an easy fix!! Here's how.

**Stop Draining Your Body of Magnesium**

Limit coffee, colas, salt, sugar, and alcohol. Learn how to practice active relaxation. Check with your doctor if your medication is causing magnesium loss (many high blood pressure drugs or diuretics cause loss of magnesium)

**Eat Foods High in Magnesium** Include the following in your diet as often as you can: Kelp, wheat bran, wheat germ, almonds, cashews, buckwheat, brazil nuts, dulse, filberts, millet, pecans, walnuts, rye, tofu, soy beans, brown rice, figs, dates, collard greens, shrimp, avocado, parsley, beans, barley, dandelion greens, and garlic

**Take Magnesium Supplements**

The RDA (the minimum amount needed) for magnesium is about 300 mg a day. Most of us get far less than 200 mg. Some may need much more depending on their condition.

**Most people benefit from 400 to 1,000 mg a day.**

The most absorbable forms are magnesium citrate, glycinate, taurate, or aspartate, although magnesium bound to Krebs cycle chelates (malate, succinate, fumarate) are also good.

**Avoid:** Magnesium Carbonate, Magnesium Sulfate, Magnesium Gluconate, and oxide.

They are poorly absorbed (and the cheapest and most common forms found in supplements).

**Side effects** from too much magnesium include diarrhea, which can be avoided if you switch to Magnesium Glycinate.

Most minerals are best taken as a team with other minerals in a multi-mineral formula.

Taking a **hot bath** with **Epsom salts (magnesium sulfate)** is a good way to absorb and get much needed magnesium. People with kidney disease or severe heart disease should take magnesium only under a doctor's supervision.

**Different types of Magnesium available.**

<p><b>Magnesium Glycinate powder</b> is a chelated form of magnesium that tends to provide the <b>highest levels of absorption and bioavailability</b> and is typically considered ideal for those who are trying to correct a deficiency.</p> <p><b>This form of magnesium will NOT cause DIARRHEA "IF" needing to take a lot of Magnesium for therapeutic benefits</b></p>	<p><b>Magnesium Oxide powder</b> is a non-chelated type of magnesium, bound to an organic acid or a fatty acid. Contains 60 percent magnesium, and has stool softening properties.</p> <p><b>* Avoid - poorly absorbed (and the cheapest and most common forms found in supplements).</b></p>
<p><b>Magnesium Chloride / Magnesium lactate</b> powder contain only 12 percent magnesium, but has better absorption than others, such as magnesium oxide, which contains five times more magnesium</p>	<p><b>Magnesium Sulfate / Magnesium hydroxide</b> (milk of magnesia) are typically used as a laxative. Be aware that it's easy to overdose on these, so <b>ONLY</b> take as directed</p> <p><b>* Avoid - poorly absorbed (and the cheapest and most common forms found in supplements)</b></p>
<p><b>Magnesium Carbonate powder</b>, which has antacid properties, contains 45 percent magnesium.</p> <p><b>* Avoid - poorly absorbed (and the cheapest and most common forms found in supplements)</b></p>	<p><b>Magnesium Taurate powder</b> contains a combination of magnesium and taurine, an amino acid. Together, they tend to provide a <u>calming effect on your body and mind.</u></p>
<p><b>Magnesium Citrate powder</b> is magnesium with citric acid, which has laxative properties</p>	<p><b>Magnesium Threonate</b> is a newer, emerging type of magnesium supplement that appears promising, primarily due to its superior ability to penetrate the mitochondrial membrane, and may be the best magnesium supplement on the market.</p>

**Magnesium (mineral supplement)**

**Work on home prepared foods, with some (human grade) Colostrum or Probiotics powders in coconut milk or water for a least a month for both yourself and your older or young animals and pets.**

**Add: approx.** ¼ to ½ teaspoon of Magnesium Glycinate powder (small dog or pet) or ½ teaspoon for med to large dogs and horse \* Magnesium Glycinate powder is a chelated form of magnesium that tends to provide the highest levels of absorption and bioavailability and is typically considered ideal for those who are trying to correct a deficiency. (do not use other magnesium's as there are several other types)

**Signs of Magnesium Deficiency**

**The classic physical signs of low magnesium are:**

<p><b>Neurological:</b></p> <ul style="list-style-type: none"> <li>Behavioral disturbances</li> <li>Irritability and anxiety</li> <li>Lethargy</li> <li>Impaired memory and cognitive function</li> <li>Anorexia or loss of appetite</li> <li>Nausea and vomiting</li> <li>Seizures</li> <li>Insomnia</li> <li>hyperactivite</li> </ul> <p><b>Muscular:</b></p> <ul style="list-style-type: none"> <li>Weakness</li> <li>Muscle spasms (tetany)</li> <li>Tics</li> <li>Muscle cramps</li> <li>Hyperactive reflexes</li> <li>Impaired muscle coordination (ataxia)</li> <li>Tremors</li> <li>Involuntary eye movements and vertigo</li> <li>Difficulty swallowing</li> <li>reflux</li> </ul>	<p><b>Metabolic:</b></p> <ul style="list-style-type: none"> <li>Increased intracellular calcium</li> <li>Hyperglycemia</li> <li>Calcium deficiency</li> <li>Potassium deficiency</li> </ul> <p><b>Cardiovascular:</b></p> <ul style="list-style-type: none"> <li>Irregular or rapid heartbeat</li> <li>Coronary spasms</li> </ul>
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**You might be magnesium deficient if you have any of the following symptoms:**

- Insomnia
- Irritability
- Sensitivity to loud noises
- Anxiety
- Palpitations
- Anal spasms
- Headaches
- Migraines
- Fibromyalgia
- Chronic fatigue
- Asthma
- Kidney stones
- Menstrual cramps
- Irritable bladder
- Irritable bowel syndrome
- Reflux

**Body work called "T-touch" Therapy for ALL Animals**

**I have found the Ttouch has been so invaluable. It is easy to do for your pets or farm animal at home or property.**

**PLEASE READ.** Linda Tellington-Jones, developed a technique that works wonderfully for modifying negative behaviours, taming wild or unsocialized animals gently, increasing trust and reducing aggressiveness, and for accelerated healing. The technique is named by its inventor the Tellington TTouch. It is derived from the human technique of Feldenkrais.

This is a method that opens new neurological pathways to the brain by us of nonhabitual movements. The concept is based on the life-force intelligence of each cell of the body, each cell's connection with whole organism animal or human, and between. "At a cellular level", says Linda Tellington-Jones, "we're all the same". The TTouch stimulates cell intelligence, and "so turns on the corresponding brain cells like so many light bulbs."

Use of the Ttouch to stimulate the body cells and corresponding brain cells activates the brain and changes old habits and patterns. By asking and allowing the animal to think, and by an attitude of conscious respect and cooperation with her, the cellular intelligence becomes two-way communication. The result is behaviour and personality changes, along with increased speed of healing for wounds, injuries or stiffness.

**The following Ttouches are single clockwise circles with the thumb anchored and the fingers resting on the animal start at 6 o'clock ( the bottom of the circle ) and push the skin around in a circle and a quarter then pause and release.**

The hand and arm should remain soft. Be aware of your breathing.

The Ttouch moves the skin rather than rubbing as a massage would . The intention is to activate neural pathways to the brain & to improve the function of the cells. When you affect the nervous system it also affects the muscle. With light ...firm ....slow...steady pressures the idea is to affect the **nervous system and cells** not the muscles.

When the touch is done properly (circles closed) it generates all four brain - wave patterns in the animals receiving it, alpha, beta, theta, and delta. e.g. Normal daily activity uses the beta pattern, alpha is equivalent to human concentration or meditation, theta is deep trance, and delta is the Level below consciousness usually associated with sleep Using the touch to stimulate the body cells and corresponding brain cells activates the brain and change old habits and patterns. **Example** It enables the animal to think through rather than automatically reacting by instinct. Instead of the habitual fight or freeze, fooling around or flight response, the animal evaluates the situation - and calms down.

#### **Physical Injuries, paralysis or Degeneration:**

Refer to: Raccoon Touch next page.

It even helps repair and reconnect nerve cells and and strengthen bone injuries, works on the spine and brain connection, if neurological damages or degenerations and paralysis weakness and atrophy.

**The faster beginning circles awaken** the animal's body.

**The slower** allow deep relaxation, release muscle tension, deepen and enhance respiration, aid physical and emotional healing.

Ttouch techniques that work on the cellular memory of the animal.

**Lying Leopard** - instead of the fingers being curved they are lying flat and spreads over a larger area - less invasive touches all over the body )

- Comforting to some animals. \* Calming for thunderstorms as well applying the **Clouded Leopard** as well if this stroke is less effective.

**Raccoon Touch** - Tips of fingers (very light pressure) start six of clock position and finish off at 8 O' Clock. (small light touching circles) Remember to breath, slow deep breaths.

- Especially good for Injury, surgery, arthritis, bruising.

Eg **Spine degeneration or injuries, wobblers, paralysis** etc

- Just apply around injury or soreness, lightly.
- Animals that chew everything (apply touches gently and lightly around the mouth and gums)
- Fearful animals that bite or growl.

**Lick of the cow's Tongue** - Spread fingers apart, with long diagonal strokes across the lay of the hair.  
Down the shoulders, legs -

- Connecting the Back/behind to the front,
- For animals who are sore or fearful of being touched behind areas.

**Python Lift** - This lift can be used on the shoulders, forearm, girth area, neck and hind legs. The whole hand is placed on the body or around the leg with enough pressure to gently lift the skin and support the muscle. The lift is only 1/2 " to 1". Hold for about 4 seconds and then **SLOWLY** return the skin to the starting position and then release.-- If you **lift too much up** the animal will hold its breath which we don't want.

- Use on the arthritis leg a little below the joint of were the **arthritis**.
- Start top and work down.

**The Clouded Leopard** - Using the pads of the fingers lightly curved, do circles keep all three knuckles joints soft and moving as you make each circle.

- For anxiety, pain, and all fearful animals
- Calming at times of thunderstorms Massage tail Joint - for fear biters, animal who are scared of loud noises,  
**Example: thunder, gun shots, fireworks etc.**

**Massage Ears** - (gently) for animal in shock (e.g. car accidents on the way to hospital.) car sickness, digestive problems, to relax a cat or dog. ( Massage puppies who are teething with small tiny circles around mouth and work gums regularly). **Feral kitties or nervous kitties and cats**, really helps calm them with gentle ear work slowly rotating the base of the ear for 5 minutes.

**Belly Lifts** -Animals with bloating, intestinal disorders, hip dysplasia, sore back (hold 10 sec to 1 min then slowly release)

You can apply the touches everyday or only a couple of times a week is fine no more than 5 minutes required (max, of 5 minutes ONLY if animal is ill e.g. after surgery or very stressed) - Use touches only after observing what your animals needs at the time, watch for changes and new responses, then work can be stopped on the animal, or you may need to work on another problem! **You will notice, your pet will give a sigh or yawn in relief during or after a session. Horses and cattle will go to the toilet as well.** Physically injured or impaired animals will start to relax and sleep differently. And changes are seen that day and continual improvement each day as you do some work on them during the week/s