

A kinesiological approach to

Healthy Pets



Disclaimer

The following information is supplied on the understanding that it is not designed to take the place of your veterinarian. Its aim is to supplement your vet's advice and guidance. Diagnosis of a medical or surgical condition in your pet can only be carried out by a veterinarian. We are not responsible for decisions any person may make from reading the manual. Any application of the techniques and recommendations set forth in the following pages is at the reader's discretion and sole risk.

Acknowledgements

We are also grateful to our colleagues, friends and family for their contributions and support. Thanks also to the many pets we have cherished through our lives, and to those who showed such wonderful responses to our clinical approach .

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Healthy Pets

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Introduction



Healthy Pets has been designed to bring awareness and focus to the wellbeing of our beloved animal companions.

Kinesiology is progressing exponentially addressing the human condition but little attention, apart from those practitioners who specialise with animals, has been devoted to this area. Therefore, Healthy Pets, fulfils in part, a need that has existed for some time.

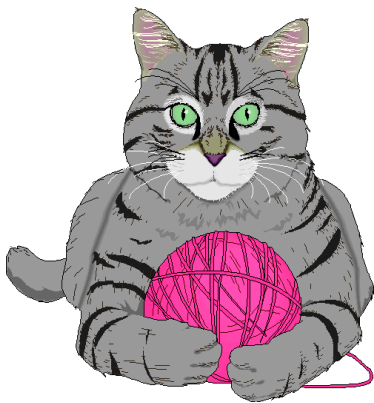
As a one day workshop, Healthy Pets cannot, nor does it attempt to address all possible imbalances that may exist in our canine and feline friends. It has been developed as in the case with all kinesiology courses to bring some system to a particular subject, which further research and practical experience will embellish and enrich.

This course, apart from the quintessential muscle testing and surrogacy, contains material, knowledge and application which is known to be paramount in the building and maintenance of health in all higher animals. This includes anatomy and physiology, nutrition, emotional and structural balancing through the use of vibrational and touch therapy.

We hope that Healthy Pets will contribute toward enabling us more adequately to fulfil our role as stewards and custodians of our fellow creatures.

Our History

*dogs, cats
and humans*



Dogs and cats have been our companions, servants and pets for many millennia.

The dog's psychological make-up approximates that of humans. There exists a mutual innate need for the tribe/family/pack. The present day wolf's need, like that of the African wild dog's is for co-operation for the common good of the group with strict hierarchical protocols very similar to the instinctive needs of humans. This quality ensured that the wild canine adapted extremely well to life with humans, coexisting symbiotically as a "pack" member.

As hunter-gatherers, humans and dogs had much in common in that canine and homo sapiens were both omnivorous. The human's diet at that time (30,000 years ago) was based on plant food - fruit, berries, nuts, roots, leaves and vegetable matter - with meat, fowl or fish when it was available. The dog's primary nutritional need was wild game but also plant matter was essential.

As hunter-gatherers sharing communal and nutritional needs, it is little wonder that people readily accepted the keenly intelligent and resourceful wild dog into the tribe. In exchange for assisting in the hunt and helping to protect the tribe, the new member was offered shelter, warmth and food.

Cats were originally domesticated in Egypt in order to protect the granaries from mice. They were deified not only by the Egyptians but by various other civilisations to which they were introduced - the Chinese, Greek, Roman, British and Nordic.

Our feline friends have filled a different role from dogs in their interaction with humans. The cat is individualistic in that, although it shares a need for family with both dog and human, it is not by nature a pack animal. Another distinction lies in the fact that the feline is basically a carnivore rather than an omnivore as are the other two. The cat's value has always been in its keen vermin hunting skills, its human-like need for accepting and extending affection (true also of the dog) and its pure aesthetic charm. The diminutive cat has not shared our hunter-gatherer past as has her more gregarious and

boisterous counterpart, but in our modern world of high density living, she has come into her own as a greatly valued pet and companion.

Today cats and dogs in the suburbs and cities are unfortunately subjected to restrictions, true also of their masters, that are not in accord with their natures and genetic coding. Lack of freedom, exercise and fresh air, along with poor diet and various forms of pollution have ensured that all three species are subjected to similar degenerative diseases.

Our furry friends are, like humans, highly emotional creatures. It is at this level of our being that imbalance, unfortunately, is commonplace. In any family or tribe there is a group energy that is feeling-based. The members of the group both influence and are influenced by this energy. Cats and dogs, “in service” to their masters are very much affected by

the emotional energy of their family. The health of the pet will suffer consequently along with that of the human members when there is conflict and turmoil present.

Modern living has taken us, along with our pets, into environments far removed from those encountered during our evolutionary past. All three species are nothing if not adaptable. However, there is an inevitable price to pay for removing ourselves from those conditions which coded us all genetically. The price is energetic imbalance and concomitant dis-ease and disease arising from such factors as those mentioned above.

Our is to develop in people more awareness around their pets’ wellbeing together with effective, natural, non-invasive tools for promoting vital health and longevity in their canine and feline friends.

Introduction to Muscle Testing

Muscle testing is the practical instrument used in the rapidly expanding field of kinesiology, a natural healing modality. Kinesiologists use “indicator muscles” so that they are able to access and obtain a read-out from the body’s “biocomputer” very much as a computer operator boots up, accesses, and obtains information from a man-made computer.

An indicator muscle has two operating modes i.e. it will either test weak - “unlocked” or strong - “locked”. In this way the muscle tester is able to obtain information from the body as it reacts to various input or stimuli introduced by the muscle tester.

Underlying this analogy is the concept that everything is energy in its various forms. We are energy and we are driven by energy. Our very essence is energy. The Ancient Chinese recognised this and today the very effective system of healing that is acupuncture operates on this concept.

So when we muscle test we are indeed accessing the biocomputer. We are also monitoring changes or disturbances in response to input or stimuli, in this fine energy that drives us. It is the balance or imbalance of fine energy or life force that ultimately determines our state of health or ill-health.



Assessing your pet's energy



Today, “energy” is a much used term. It is used in its traditional definition as the ability to perform physical work but more recently it has taken on a metaphysical connotation as well.

Einstein’s formula $E = mc^2$ clearly demonstrates that energy and matter are interchangeable i.e. energy and matter are different (it seems to us) manifestations of the same phenomenon. In other words everything is a form of energy.

With this in mind, the physical anatomy is a form of energy manifesting as matter. However, in order for this “sack of chemicals” to organise itself into the incredibly intricate interrelationship of many thousands of different biochemical processes occurring at any given moment (life!), finer forms of energy must act as the blueprint for this to occur. This finer energy is known as the etheric body or etheric double.

In the 1940s, Dr. Harold S. Burr of Yale University conducted extensive research into the electromagnetic component of this body surrounding and interpenetrating all living things. Around this time, Semyon Kirlian of Russia produced the first Kirlian photographs clearly depicting the electromagnetic corona emanating from all life forms.

Ancient wisdom and clairvoyant observation bears out the existence of this etheric field, along with the existence of more subtle energy bodies.

The etheric body comprises both the acupuncture meridians or channels of energy as well as the vortexian chakras or major energy centres.

Dr. Reinhard Voll of Germany electronically traced the meridians and acupuncture points, and verified from the Western standpoint the electromagnetic component of this aspect of the etheric body.

With these concepts in mind, considering the wellbeing of any organism, be it human, cat or dog, we need to do whatever is possible to promote balance in the finer energy bodies because there can be no real health at the physical level when there is imbalance in the metaphysical.

This is where kinesiology, with its instrument of muscle monitoring used with systematised and focused methodology, immediately and highly accurately “tunes into” the various energies.

When a kinesiologist assesses the energy of his/her client, “indicator muscles” are used as monitors. In truth, the assessor is using a physical (local) instrument - gently contracted muscles - to access symbolically non-physical or “non-local” information about the subject. It is believed the collective mind of the tester and testee are involved in this process.

The concept of the collective mind is further demonstrated when the assessor uses a “go-between” or “surrogate” to monitor a third person making physical

contact. It then goes a step further when this method is used in the physical absence of the third individual.

The collective mind encompasses all living organisms. We are therefore able to assess any absent animal, using a surrogate - another person, provided either the animal is known by assessor or surrogate, or a record of the animal is at hand e.g. photograph, hair sample, etc.

We are now familiar with the techniques involved in establishing a reliable indicator muscle. In order to assess the energy patterns of our pet, the surrogate may physically contact the animal or both surrogate and assessor may focus their attention on the absent pet during the assessment.

Surrogate Testing

Work with two people who have clear circuit indicator muscles, that is they can be unlocked and locked manually and emotionally (see page 26).

Ask if one is willing to act as the surrogate for the other. Use one of the indicator muscles (Anterior Deltoid) and unlock it manually while the other person touches the surrogate. Immediately test the other person’s corresponding Anterior Deltoid, which will now unlock. Manually turn on the surrogate’s Anterior Deltoid and retest

the other person’s muscle, which will now lock.

This shows the sharing of energy between the two people; the surrogate’s energy is transferred, showing the unlock in a previously locked muscle.

This concept will work equally well using a person to act as a surrogate for your pet. See later chapters for information about your pet enabling you to have a base of relevant information from which to test.



Comparative Physical Anatomy

dogs, cats and humans

By definition, all mammals have many similarities with respect to their physical anatomy. Cats and dogs possess similar cells, tissues, organs and systems to humans. Bones, joints, muscles, tendons and ligaments have certain variations in size, number and location between species but have many concurrences. Organs vary essentially only in size and shape but are located in approximately the same positions relative to anatomical landmarks, regardless of species.

It is beyond the scope of this course to have more than a cursory glimpse of anatomical comparisons. If you have training in Touch for Health, or Anatomy and Physiology, extrapolation of this knowledge is not difficult with pets. Once the positions of the corresponding bones and joints are established, the location of the respective major muscle groups becomes clear.

Differences between the species may best be demonstrated with the following table.



Physical Anatomy Comparisons

CHARACTERISTIC/FEATURE	CATS	DOGS	HUMANS
Bones	244	319	204
Skeletal Muscles	About 500	About 490	Almost 700
Type of Muscle Fibre Twitch	Almost all fast	Slow/fast	Slow/fast
Nictitating Membrane (third eyelid)	Yes	Yes	No
Tapetum Lucidum*	Yes	Yes	No
Adult Teeth	30	42	32
Resting Heart Rate	110 -180	70 -130	About 70
Breaths per minute (resting)	30 - 50	10 - 30	About 18
Body Mass	2 - 7 kg	1.5 - 90 kg	40 - 120 kg
Body Temperature	38.6°C	38.5°C	37°C
Gestation Time (days)	60 + 5	59 - 66	About 266
Hearing (highest frequency in Hz)	About 65 KHz	70 - 100 KHz	12 - 20 KHz
Best Senses	Vision/Hearing/ Smell	Smell/ Hearing	Vision/Hearing /Taste
Diet	Carnivorous	Omnivorous/ Carnivorous	Omnivorous/ Vegetarian
Intestinal Tract Length	Short	Short	Long
Synthesis of Vitamin C	No	Yes	No
Synthesis of Beta Carotene to Vit A	No	Yes	Yes
Jacobson's Vomeronasal Organ [†]	Yes	Yes	No
Anal Sac (marking & communication)	No	Yes	No

* A mirror-like surface that lines the back of the retina, and enhances the eye's sensitivity to low light

[†] In the roof of the mouth, it increases taste and smell sensitivity



Nutrition

Dogs, cats and humans as indeed other mammalian species, have various factors in common with respect to nutritional requirements. However each species also has very definite dietary needs which if not met, lead over time to poor health and degenerative diseases. This situation is all too often the case with people and their pets, unfortunately, as the foods that we and our pets consume is often not suitable to provide the nutritional requirements of the particular species in question.

Humans come from an evolutionary background as omnivores or hunter-gatherers largely eating raw plants, berries, wild fruits, berries, shoots, leaves, yams and game, the bulk being vegetable matter. We largely evolved as vegetarian with some flesh eating. The human intestine was not and still is not designed to properly digest large amounts of animal protein.

The canine species is omnivorous as well but their nutritional needs are such that for health they require a flesh-based diet along with a variety of vegetable matter.

Felines are obligatory carnivores. If cats do not have a predominantly flesh-based diet, health is severely compromised or in some instances, such a scenario is incompatible with life.



Cats in this sense, nutritionally speaking, are almost at the other end of the spectrum from humans. Some people lead exceptionally health lives as vegetarians provided they make allowances for certain inadequacies and ensure a well-balanced intake of grains, nuts and legumes and seeds to ensure sufficient of the essential amino acids and iron-containing plant matter. This exercise certainly could not be duplicated for cats and would severely compromise the health of dogs.

Because of unsuitable nutrition, in many instances the health of all three species is poor. Degenerative

disease abounds. People are afflicted with many forms of chronic disease states - arthritis, cancer, heart disease, diverticulitis, Crohn's disease, Ulcerative Colitis, diabetes, multiple sclerosis, SLE, skin disorders, allergies - to name a few, all largely due to improper nutrition. Similar diseases and others are common among our pets for the same reasons.

Processed, highly refined, chemically contaminated convenience foods for people are responsible for a tremendous amount of disease as quite simply this foreign denatured fare is not what our bodies are designed to process. The differences between what we ate during our hunter-gatherer ancestry and what most people consume today are profound.

Cats and dogs are faced with similar problems with pet food. The differences between what these foods offer and what these creatures ate as wild animals are immense. Our pets, similar to humans, have digestive tracts the same as their ancestors, prior to the advent of denatured, highly refined foods.

In his book "Give Your Dog a Bone", Australian veterinarian Dr. Ian Billinghurst describes how the diseases prolific among cats and dogs today were much less a problem a few decades ago when he was a student, compared with the American condition. The reason, he claims, lies in the fact that pet food had not really made the scene here at that time but has been an American reality for much longer.

The observation of progressive degeneration in our pet's health is

supported by Dr. Pitcairn in "Natural Health for Dogs and Cats", adding that an accumulation of poor health is being passed on from generation to generation. Beginning veterinarians without the comparison afforded by several decades of experience believe degenerative conditions in younger animals are "normal". This scenario of progressive degeneration closely approximates the human condition.

What these experienced veterinarians and others are saying is that if we feed our pets predominantly processed pet foods it is inevitable that both the quality and length of their lives will be considerably diminished.

There are a number of reasons:

The further foods diverge from the evolutionary diet, the more the health of the animal (or human) suffers. For example, the Pottenger Cat Studies revealed that cats do very poorly on largely cooked foods. Dr. Pottenger compared cats fed on entirely raw and natural foods with others fed the same foods partially or completely cooked. The following observations were made:

Cats fed on the raw diet were entirely healthy, not needing veterinary attention. The greater the amount of cooking, the poorer the health of those cats eating this food, partly due to the almost total destruction by heat of taurine, an essential amino acid for cats only found in animal tissue. Health problems noted in those cats eating the cooked food were similar to those found in cats today - thyroid disorders, bladder inflammation, mouth and gum problems. After three



generations, cats on the cooked diet could no longer reproduce and were mentally and emotionally disturbed. Four generations were required eating raw, natural foods to completely reverse these effects.

Yet another observation was that relating to the manure of the different groups of cats. It was noticed that grass in the region where the faeces and urine of the healthy cats was deposited, was much more luxuriant than the grass fertilised in a similar way with the other cats' waste products. This probably implies something about the life force of the cats of the different groups.

Pet foods may contain ingredients known to damage health. For example the following chemicals are commonly included -

propylene glycol - inhibits bacterial growth and maintains texture and moisture. It is known to cause illness in dogs.

Potassium sorbate - a commonly used preservative chemically similar to fat

Ammoniated glycyrrhizin - a sweetener but also classified as a potent drug

Sucrose - table sugar, a preservative as well as sweetener, depletes essential nutrients, promotes tooth decay and dysbiosis in the gut

Propyl gallate - retards spoilage, may cause liver damage

Ethoxyquin - a common preservative suspected of causing severe health problems in dogs

Butylated hydroxytoluene (BHT) - a preservative shown by some scientists to be implicated as a causative factor

in liver damage, metabolic stress, fetal abnormalities and serum cholesterol increase.

Sodium nitrite - a red colouring agent and a preservative - gives rise in the bowel to nitrosamines which are powerfully carcinogenic

Various artificial colouring agents some of which are possibly carcinogenic and immuno-suppressive.

It seems that pet foods are nutritionally unbalanced despite the claims of the manufacturers to the contrary. As well as those problems due to cooking mentioned above, processed dog foods sometimes lack essential fatty acids leading to skin diseases, and often contain excessive protein, calcium and phosphorus which damages the kidneys.

Calcium excess prevents the absorption in the gut of other minerals such as iron, copper, zinc, selenium and chromium. Zinc deficiency, the most common outcome, leads to skin problems, growth retardation, reduced resistance to disease and reproductive problems. Other excesses are salt and sugar, salt leading to cardio-vascular problems and sugar to diabetes, pancreatic deficiency, and micro nutrient deficiency due to the empty calories.

Some pet foods create addictions in animals so they will have cravings for a particular brand, based on masked or hidden allergies. Dog foods high in sugars are examples of this practice. This may be excellent for the profits of the company but very detrimental to the health of the animals.



Vitality is lacking in processed, cooked foods. The life force has been destroyed. The finer energies necessary for health inherent in all raw foods cannot be provided by denatured, refined foods. The Pottenger Cat Studies revealed this not only by the manner in which the animals' health and wellbeing was very noticeably affected, but even by the obvious differences noted in the consequences of the different life force of the waste products of the animals.

This vitality abundant in raw fresh natural foods and absent in pet foods cannot be reintroduced and no additives, for example in the form of synthetic vitamins, can counteract this deficiency. Some forms of synthetic vitamins are poorly tolerated by both humans and their pets. In such cases the addition of such substances merely adds to the imbalance and toxic overload inherent in processed foods.

Further, it is no exaggeration to say that pet foods are usually manufactured from the cheapest animal and vegetable sources, i.e. by-products. For example, beef by-products commonly are made of cow hooves, horns, bones, hide, hair, oesophagus, udders, pig snouts, tails, cheeks, and leftover organs and glands. Chicken by-products include feathers, beaks, feet, claws, waste material and left over parts after processing. Some by-products may include condemned disease-ridden organs. What is not directly harmful may be indigestible and labelled "vegetable fibre" and be made of such waste products as corn husks and peanut shells.

Unfortunately, even animal products classified fit for human consumption contain a veritable cocktail of residues, among them growth hormones, antibiotics, heavy metals and agricultural poisons.

Quite simply, if one were a purist, it would be almost impossible to find suitable diets for our cats and dogs, as it would appear to be impossible to escape contamination with toxic products, whether the animal products are processed or raw. Wild uncontaminated game is not available to almost all pet owners. However, the reality of the situation is that as for humans, we must accept a compromise. In short, we must accept the fact that some intake of toxic products is unavoidable and opt for those foods with most life force, nutritional balance and least toxicity. If this is done, the toxin eliminative pathways of our pets are probably more than adequate to maintain health and longevity.

The only plus that cooked processed food has over raw food is its absence of parasites and germs. We should remember however that the resistance of an animal fed on raw foods to parasites as well as harmful microorganisms, is much higher due to its greater health and vitality. It is nevertheless a good practice to worm our pets on a regular basis, preferably with natural methods.

Cats, being close to the true carnivore, literally turn their noses up at food that is not fresh. Our scavenging omnivorous canine friend is very different. Dogs eat and derive food value from practically anything - soil, tree bark, rotting carcasses, faeces, and of course, raw bones.



According to Billingham, the consumption of faeces (coprophagy) a practice totally repugnant and harmful to humans, is a promoter of health in dogs. The relatively very concentrated gastric juices of dogs destroys harmful bacteria. Faeces provide high quality protein, essential fatty acids, fat soluble vitamins, particularly vitamin K, the full range of B group vitamins, antioxidants, enzymes and minerals - far more beneficial than pet foods!

If we wish to prevent our dogs from eating faeces, we should replace them with such foods as yoghurt, brewers yeast, eggs, polyunsaturated oils, enzyme supplements and crushed raw vegetables.

On the other hand, cats are “picky” eaters and may go a few days without eating the food placed in the dish, and then eat voraciously for a day or two. This is in keeping with the behaviour of the “big cats” in the wild. After the kill, there is engorgement of the choice portions, offal and organ meats in particular, to obtain concentrated nutrients as well as chlorophyll, sugars, health promoting bacteria and fibre. Scavengers are left with the rest. Then there is rest and play for a few days as the food digests. Similar to her wild cousins, the loose skin under your cat's tummy is testimony to this, allowing for relatively large amounts of food to be consumed at once.

Processed milk is not necessarily healthy food for pets or humans. Both lactose and milk protein intolerance is common. Therefore it is a good practice to use kinesiology to determine whether or not dairy is tolerated.

Water, the second most important nutrient in nature after oxygen, must not be overlooked. The practice of chlorination adds extra toxicity and inhibits the growth of healthful bowel flora. If purified water is not available, leave tap water in a clear glass container in direct sunlight for several hours, allowing chlorine to evaporate. Do not use demineralised or distilled water.

Food ‘harms pets’ A Sydney veterinarian has launched a campaign to investigate the pet food industry after research allegedly revealed processed food gave cats and dogs an AIDS-like condition which sent them to an early grave. Tom Lonsdale has called for a committee of inquiry to be set up to investigate the industry's food and its effects on animals. He said once the information became public knowledge the \$700 million-a-year pet food industry would “wither and die”. His research showed almost all domestic animals suffered from an acute mouth disease and diet-induced AIDS which had the effect of decreasing the number of white blood cells in the immune system - a condition similar to that of HIV/AIDS in humans.

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Emotions and your pet



The proportionately massive neo-cortex or fore-brain in the human is, as far as health is concerned, a “double-edged sword”. The reasoning abilities of the homo sapiens (wise man) appears to be unmatched in the animal kingdom, with the exception of dolphins, due to this anatomical characteristic. However, the implications concerning our wellness are that humans, to some extent, set up imbalances through the ongoing unresolved negative emotional charge so often caused by inflexible belief systems, based chiefly on inappropriate childhood conditioning. It would seem that our pets, along with very young children and infants, do not have such problems to contend with, as such belief systems do not exist, and health is far less adversely affected by negative thought and emotion.

As arrogant as we humans may feel about our superior intellect, we must remember that this is only one portion of mind. Cats and dogs have very highly developed limbic (emotional) and reptilian (instinctive) brains which compare more than favourably with their counterparts in our brains. This explains why our pets are able to sense things that we overlook or do not notice. These highly tuned survival areas of the brain, with superior sensory input - smell, taste, auditory, tactile - is where our pets excel. They are predominantly limbic-reptilian in their functioning; as adults we are predominantly limbic-forebrain in ours. As such, our pets are feeling and reactive creatures.

The infant or young child whose forebrain potential is largely unrealised, reacts immediately to his or her every emotion, just as our pets do. In this sense “what we see is what we get”. Our pets are honest and guileless as are young humans in their emotional expression and mental processing.

Emotions are at the core of our very existence, causing an infant to gurgle with joy or cry in anguish, a cat to purr or hiss, or a dog to bark playfully or growl with aggression.

In contrast, the older human may laugh nervously to cover fear, hostility, embarrassment or guilt, or remain

deadpan when internally all of the above emotions and more may be battling with each other for pride of place!

Excessive prolonged unbalanced emotion is now known to create corresponding physiological imbalance and dis-ease. Hans Selye's model of the General Adaptation Syndrome relating to our body's adaptive physiological responses to cope with ongoing stressors may be equally applied to our pets.

Since our pets are in service to us, they surrogate or take on our emotional imbalances. We set them up and they "wear" them. Neurotic families beget neurotic pets, aggressive families, aggressive pets, and happy families, happy pets.

Pressures of modern living have taken a heavy toll on the emotional health of the populations of industrialised countries. In response, massive numbers of people have sought relief by partaking of mind-altering substances - recreational drugs both legal and illegal, and prescriptive substances such as "minor" tranquillisers.

A growing number of people realising the utter folly of seeking answers to psychological imbalance with chemical agents, are using stress management methods that work with nature and not against. Such strategies include reading literature and undertaking courses based on enhancing self-awareness, appropriate physical exercise, meditation, creative hobbies, consulting stress management professionals and taking more responsibility for mental and emotional wellbeing.

In order to have emotionally health pets, we need to strive for emotional health in ourselves as a priority. If your pet exhibits emotional disturbance, readily discernible in its body language and behaviour, firstly assess your own emotional state and that of other members of the household. This will need clearing, if it exists, before your pet will take on a balance.



Frequently, nutritional factors are responsible in both humans and pets for emotional disharmony. The explanation, following Selye's model, lies in hormonal imbalances due to overtaxed endocrine glands. Under prolonged emotional stress, endocrine glands require higher levels of nutrients. Often the diets of people and their pets are inadequate in this capacity. The chapter on nutrition may be helpful, or consult your naturopath and vet for advice.

Homoeopathic remedies balance the whole organism when appropriately chosen, including the "mentals" which encompass emotional disharmony. The other vibrational strategies such as those based on flowers, shells and gems are very potent for stabilising emotional

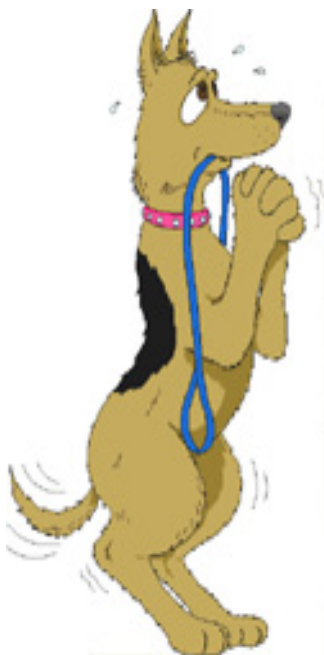


energy (see chapter on Vibrational Remedies).

Finally, simply extending love and giving your pet the attention it craves, is at the core of this section. Part of this

attention may involve gentle massage and stroking, and holding the Emotional Stress Release (ESR) points as taught in Touch for Health kinesiology classes, with yourself as the surrogate, on behalf of both you and your pet.

Keeping your pet healthy



Chances are, if you reading this manual, you are an animal lover and desire the best for your pet. Cats and dogs relate easily to humans that love and nurture them and will give back tenfold in appreciation and affection. It is now a well known fact that people who handle pets in a loving way enjoy lower blood pressure, less stress, better health and a more relaxed and fulfilled lifestyle.

Meal times

Whether cat or dog, your pet likes a set routine around feeding. Meals given at the same times each day promote better digestion and emotional security. Bowls should be clean and the food fresh and attractive. Water should also be changed daily and kept in a clean container that is not easily knocked over. Lift uneaten food and keep fresh for later.

Exercise

The need for exercise is absolutely basic to the dog and will probably be the biggest demand he makes on his owner. Most small breeds need only 1.5 km per day, but most big mongrels, hounds, terriers and working dogs need up to 16 km per day. In residential areas, exercise on a lead is essential since it is risky to leave the dog roaming free.

He also needs several hours of freedom every day otherwise he may become ill tempered and bored. Since he is a pack animal, and you are the leader of the



pack, he may fret if locked inside all day while you are at work. It is best to make a safe enclosure or construct a running wire to allow freedom of movement. Dogs' claws need to be clipped regularly and your vet or dog "beauty parlour" can do this for you if necessary.

Cats need less exercise but do need freedom. Some varieties such as the Siamese can be trained to walk on a leash. All cats need a place to scratch in order to keep their claws in good condition. The early investment of a scratching post is worth the effort of training the young cat to use this rather than your furniture. Even though they are nocturnal by nature, cats are best kept in at night and can be trained from kittens to accept this. Both cats and dogs enjoy a game, though the more boisterous dog is happier when you participate with him.

Bedding

Cats and dogs do not like cold, damp and draughts, and their bedding is best raised onto small legs to avoid this. Dogs particularly are fussy about the site of their bed and will not use it if they dislike its position. Bedding should be washable and kept clean of fleas and mites.



Grooming and bathing

Dogs can be taught from puppies to stand on a raised surface to enable brushing and grooming. It quickly becomes an enjoyable experience for them if they are led up to it gradually. Puppies under six months should not be bathed as they are liable to catch colds. Older dogs should only be bathed when necessary.



Most cats enjoy being brushed and welcome the removal of excess hair, burrs and twigs from its coat. It is best to condition them to brushing from an early age. Flea combs are available for dogs and cats.

Training

Dogs and cats are learning from us all the time. They respond to our tone and inflection of voice. Basically it is best to decide what behaviour you want from your pet and be consistent in your reaction to this behaviour or lack of it. Don't assume your pet has the same reasoning power as you do. For instance, if your animal jumps up onto the couch to be near you and you fondle him while sitting there, it is unreasonable to scold him if he jumps up while you are not sitting there.



As established by psychologists many years ago, rewarding acceptable behaviour and ignoring unacceptable behaviour where applicable is the keynote to successful training. Excellent training schools are also available for dogs of all breeds.



Cats are less trainable and will patiently wait until you are absent before embarking on their delinquent activities. They are more likely to behave if the unacceptable activity appears to be the disciplinarian rather than you. In other words, if your cat is scratching your lounge, from a secluded location, use

a pair of rolled up socks as a missile when your cat is misbehaving. Instead of you being the “bad guy”, the cat will think the lounge is the disciplinarian and scratching on the lounge is not a safe thing to do.

There are many books available with information on caring for puppies and kittens and older animals, and the pregnant queen or bitch.

And lastly, dogs and cats who mostly live inside should have regular access to grass which is a natural medicine, to relieve sourness or excess bile. It also acts as an emetic, helping to induce vomiting when necessary.



Vibrational Remedies

The word “vibrational” is a term now used to describe several modes of healing that directly address imbalances in the energetic blueprint. Subsumed within this category are the disciplines of Homoeopathy, Flower / Gem / Shell Essences, Aromatherapy, Colour and Sound, Acupuncture and Reiki.

Vibrational healing is experiencing a renaissance. It is based on Ancient Wisdom or Folk Medicine but is now being validated by its obvious effectiveness and by leading edge science, i.e. the New Physics. Books such as Gerber’s “Vibrational Medicine”, Dossey’s “Recovering the Soul”, Chopra’s “Quantum Healing”, the Garudas series on flower and gem essences, and Brennan’s “Hands of Light” are assisting people to grasp an intellectual understanding of the background of the revolution that is now unfolding in healing.

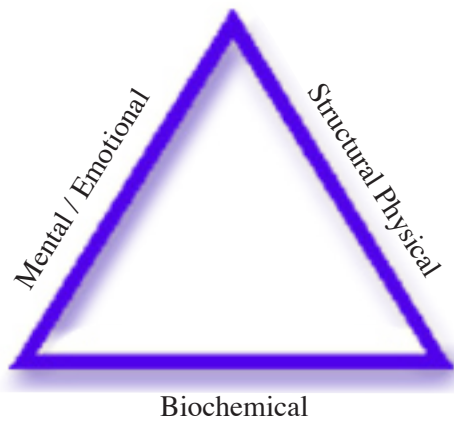
All life forms are both local and non-local in nature. Vibrational healing balances the non-local anatomy. Therefore, what therapeutic methods used with people - homoeopathy, essence, colour, acupuncture etc, are equally applicable to animals.

With both humans and animals, nutritional imbalance and polluting toxic chemicals are extremely potent local promoters of both dis-ease and disease, but at the finer non-local energetic levels the etheric, astral and mental anatomies are largely unbalanced by emotional disharmony ultimately manifesting in the physical as the signs and symptoms of medically diagnosed disease states.

The local and non-local levels do not exist in isolation. Whatever affects one level directly, has concomitant effects on all other levels. The kinesiological construct, the Triangle of Health, excellently demonstrates this concept .

For example, if physical injury is sustained, both biochemical and mental/emotional levels are obviously affected. If a person or animal is put into a very emotionally stressful situation, thinking is influenced adversely

(mental), structure and biochemical levels both undergo compensatory changes, manifesting symptoms if the emotional stress is of sufficient intensity and duration.



In modern living, both people and their pets are confronted with many stressors due to the many changes and associated necessary adaptations occurring at this time.

Kinesiology is a wonderful tool for assessing energy imbalances and for selecting appropriate methods of clearing such imbalances regardless of the species of organism. In this chapter, the focus is on the etheric, astral and mental levels using vibrational therapies coupled with kinesiological techniques to optimise effectiveness.

Homoeopathy

Homoeopathy, literally means “like suffering” and is explained by the fact that a sick animal or person given an appropriate homoeopathic remedy, will respond favourably if the remedy matches the “picture”- the picture indicating the sum total of signs and symptoms of the disorder. Were the organism in a

state of wellbeing, the same remedy would induce a similar set of signs and symptoms producing what is known as a “proving”. Homoeopathy uses the concept that the more dilute the “drug” the greater is its potential effect i.e. the higher is its “potency”.

This paradigm based on awareness of the finer energies is at odds with the pharmacology of mainstream medicine which uses the premise that a specific dose of the material drug must be ingested in order to produce the pharmacological effect.

Both approaches are correct. If a powerful medical drug is indicated or if specific minerals and vitamins are deficient, specific gross amounts of these substances must be administered for the desired result to be achieved at the biochemical level. When the priority is for the etheric double to be directly addressed, an appropriate homoeopathic remedy similimum or several compatible homoeopathic remedies (complex) need to be given to achieve balance of this level.

Homoeopathy is a system of medicine complete within itself. In fact, during the nineteenth century many mainstream doctors used homoeopathy. The advent of the rise of the pharmaco-medical industry, brought with it the demise of homoeopathy in large part. In countries such as India where “modern medicine” with its chemically-based approach did not take hold, homoeopathy continued to thrive.



In recent decades, for a variety of reasons, this non-invasive and effective healing system has experienced a wonderful resurgence in Western countries.

Animals usually respond very well to homoeopathy, as with all other vibrational remedies. In fact, it would appear that animals and young children share this quality. This is not to say that adult human beings do not benefit from appropriately selected remedies.

The common factor shared by young children and animals is the lack of a mental state that may interfere with the healing effect of homoeopathy or any other vibrational remedy for that matter.

“Placebo” controlled experiments demonstrate that the mind has a very powerful, curative effect if people think they are taking something to make them well. The placebo effect is used frequently in all forms of medicine because of its power. Just as the mind may heal, it may also choose pathology. In so doing, its effects may override the subtle energies of vibrational remedies.

It has sometimes been contended by those dogmatically upholding the concept of the “pharmacological dose” that the successes attributable to homoeopathy are placebo based. This does not explain why animals and infants oblivious to suggestion usually respond extremely positively to the correct homoeopathic approach.

Homoeopathy, being a self-contained healing system requires considerable study and experience for an individual to be proficient with it. This does not, however, preclude other people from using homoeopathics for First Aid and for complaints that are not a medical emergency, or of a deep seated pathological nature. In both instances, for both humans and our animal pets we need to consult appropriate professionally trained health care practitioners.

In the nineteenth century Dr. Schüssler introduced Tissue Salts to homoeopathy. Administration of homoeopathic dilutions of essential human (and animal) salts contained in the body and essential for life is today used extensively by Naturopaths because of the efficacy of this strategy in promoting health. These salts may be readily obtained by non professionals.



Flower Essences / Gem Elixirs

Whereas homoeopathic remedies, as described by some esoteric homoeopaths work at restoring balance to the etheric double, flower essences and gem elixirs, it is believed, access the finer, more subtle vibrations of the organism. The Garudas books cover this concept in considerable detail.

As effectual as the correctly chosen homoeopathic may be for treating ailments of pet or person, this system is complex and, as mentioned, requires considerable training for proficiency and use with serious conditions. Secondly homoeopathic remedies are often not easily accessible to untrained people.

Flower and gem vibrational remedies are different in that aggravations, always a possibility with homoeopathics, seldom occur in individuals being treated. Whereas homoeopathics are susceptible to being neutralised by “inimical” other homoeopathic remedies or gross “antidote” substances such as coffee, camphor, wintergreen and other strong smelling substances, flower and gem essences are not affected.

These vibrational remedies are wonderful for directly addressing in particular psychological imbalances but according to Garudas many conditions apart from those of a direct mental-emotional nature, may be successfully treated by administration of carefully selected essences.

HOMOEOPATHICS

Assuming you have access to the following remedies, they may be administered to your pet for these First Aid conditions:

Allergic reaction	Urtica urens	Cat flu	Arsenicum alb.
Anaphylaxis	Aconite	Fright	Aconite
Bee stings	Apis mellifica	Grieving, fretting	Ignatia amara
Bites, stings, wounds	Ledum palustre	Gums, ears (abscessed)	Mercurius vivus
Biting (fear, intolerance)	Arsenicum 200	Labour (prolonged)	Arnica montana
Bleeding	Phosphorus	Lonely, despair	Mag. Phos 4X
Bleeding	Ferrum phos.	Pain	Arnica
Bones, teeth	Calcarea phos	Scratches	Calendula
Bruising	Arnica montana	Scratches (infected)	Hepar sulph.
Bruising	Ruta graveolens	Skin rashes	Sulfur
Dermatitis	Rhus tox	Vomiting, diarrhoea	Arsenicum alb.
Ear canker	Hepar sulph.	Vomiting, diarrhoea	Veratrum alb.
Eyes/nose runny	Euphrasia	Whelping (for uterus)	Arnica montana
Fleas	Nat. Mur 4X	Worms	Nat. Phos. 4X
Car sick	Ipecacuanha 6X	Wounds (slow healing)	Silica



The following vibrational remedies lend themselves admirably to kinesiologists with only a minimum of training and practice. If you have access to kits, test for more options.

FLOWER ESSENCES

Abuse (physical/mental)	Star of Bethlehem
Aggression, panic	Vine, Rock Rose
Aloof (part wild)	Water Violet
Allergies	Rescue Remedy
Anxious	Centaury
Arthritis	Crab apple, larch
Bad digestion	Olive
Bad habits	Walnut,
Boredom	Clematis, Walnut
Car sickness	Scleranthus
Co-dependency	Chicory
Coat out of condition	Cherry Plum
Coat and skin problems	Crab apple, Larch
Constipation/diarrhoea	Crab apple, Vine
Depression	Gorse, Mustard
Excessive barking	Gorse
Excess exuberance	Honeysuckle
Fatigue	Hornbeam, Olive
Fear	Aspen, Mimulus
Fear	Rock Rose
Fear, intolerance	Olive, Beech
Grief, homesickness	Honeysuckle
House training	Chestnut Bud
Insecurity	Holly, Larch
Jealousy (aggression)	Holly
Over-excitability	Wild Oat, Vervain
Over-excitability	Rescue Remedy
Shock (physical, mental)	Rescue Remedy
Timidity	Impatiens
Timidity, fear	Rescue Remedy
Worms	Scleranthus

GEM ESSENCES

Aggressive	Emerald
Frightened of traffic	Topaz
Insecure	Citrine
Insomnia (cats)	Pearl
Insomnia (dogs)	Selenite
Jealous (cat)	Ruby
Jealous (dog)	Garnet
Lack of energy	Ruby
Mental Abuse	Rose Quartz
Nervousness	Sugilite
Physical Abuse (cats)	Red Jasper
Physical Abuse (dogs)	Tourmaline (Gr)
Psychological healing after physical trauma	Lapis Lazuli
Restless	Clear Quartz
Stressed (cats)	Opal
Stressed (dogs)	Malachite
Tension (cats)	Kyanite
Tension (dogs)	Aquamarine

SHELL ESSENCES

Eczema (dogs)	Pheasant Shell
Eczema (dogs)	Callala Bay Scall.
Eczema (dogs)	"I Allow"

TISSUE SALTS

Calc. fluor.	Preserves tissue elasticity
Calc. phos.	Rickets, growth, digestion
Calc. sulph.	Blood purifier
Ferr. phos.	Inflammation, pain, fever
Kali mur.	Sluggish conditions
Kali phos.	Nerve nutrient
Kali sulph.	Discharges (sticky yellow)
Mag. phos.	Nervous, muscle cramps
Nat. mur.	Excessive wetness or dryness chronic diseases
Nat. phos.	Acid neutraliser, digestion
Nat. sulph.	Liver tonic, excess fluid
Silica	Abscesses, sties, splinters, chronic diseases

Not usually used with other homoeopathic preparations.



Acupuncture, Massage, and Touch for Health



Acupuncture, the piercing of specific body points with fine needles is one of the oldest methods of healing known. It is done by a qualified professional for both humans and animals. It is very successful in treating such dis-eases as hip dysplasia, spinal and disc problems, arthritis, lameness, nerve deafness, dermatitis and behavioural problems. It is also used with high success rates for pain, chronic digestive disturbances, nerve injuries, epilepsy, chronic respiratory dis-eases, allergies, distemper and feline leukaemia. Ask your vet for more information about animal acupuncture.

Dogs and cats also enjoy a general massage along their back, particularly the lower back. Other areas of the body also benefit from this stimulation.

There are points on the feet and ears that can be stimulated, and most animals enjoy massaging of the ears particularly. Cats are often “foot shy”, and dogs frequently have hard calloused footpads, so work gently at first so as to gain your pet’s confidence.

Touch for Health, a self help programme for professionals and non trained people teaches a natural system of health care. It describes in details the acupuncture meridians, and the organs and glands and muscle tests associated with them. After learning the muscle tests for each of the 14 major meridians, it is then possible to balance the body’s energy for better health and wellbeing. This works as well for humans as it does for animals. The energy balance can be directed at specific problems or areas of the body.

Visit the website below to find information about registered Touch for Health Instructors.

www.ikc-info.org

Appendix 1

Putting it all together

Pretests	Accurate Indicator Muscle Monitoring (see next page)
	Dehydration (see next page)
	Clear Surrogate (see next page)

Determine Need (Indicator Muscle change)

Nutrition

Diet	Addition
	Deletion
Supplementation	Addition
	Deletion
Hydration	

Vibrational Remedies

Flower Essence	}			
Gem Essence	}			
Shell Essence	}	Which one?	How much?	How long?
Homoeopathic	}			
Tissue Salt	}			
Other	}			

Emotional Stress Release

Source of Disharmony	Relationship with owner	Boredom
	Territorial problems	Jealousy
	Need for affection	Anxiety
	Outside stress	Family stress
	Timidity	Other

Physical Stimulation

Massage	General	Specific
Touch for Health	14 Muscle Balance	
	Other techniques	

Other

Environmental	Bed position
Priorities	Exercise
	Play time / activity
	Grooming
	Bathing - shampoo etc
	Fleas, parasites



Appendix 2

Accurate Indicator Muscle Monitoring

To switch on for neurological organisation ...

- Hold the navel and rub below the collar bone/breast bone junction both sides.
- Hold the navel and rub the upper and lower lips.
- Hold the navel and rub the tail bone.

Testing for Accurate Indicator Muscle

Test the muscle first

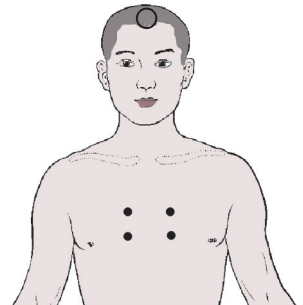
- Ask the person to lift their straight arms to 30° in front of the body. Push on the arms above the wrists to move them back to the sides of the body. Use less than 2 lbs. of pressure for about 2 seconds through 2" or 6 cms, to see if the muscle locks.

The arms will either stay firm and "lock" or feel mushy and "unlock"



- If "mushy", use balancing reflexes to stimulate energy to the muscle....

Place the fingers of one hand on the Anterior Fontanel of the head while using the other hand to rub the third, fourth and fifth rib spaces beside the breast bone on the front of the chest. The muscle should now lock.

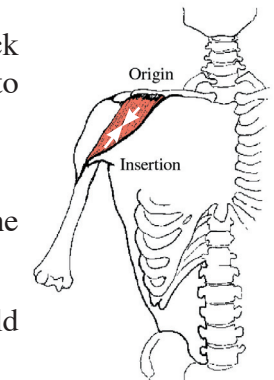


Physical Challenge

- Introduce a physical stress by manually "turning off" the muscles which are located on the front of the shoulder. Push together in the belly of the muscles and retest. They should now unlock. If not, ask the person to take a few deep breaths and relax their shoulders before retesting.

- Now pull apart in the belly of the muscle and retest. The muscles should lock.

If the muscle did not unlock, ask the person to take a deep breath, unlock their knees and relax their shoulders, and pretend to push their hands into the floor while the muscle is being tested.



Emotional Challenge

- Test the muscles while thinking of something embarrassing or scary. The muscles should unlock, which is the usual stress response.

- Have the person think of something pleasant and happy. The muscle should now lock.

Biochemical Challenge

- Give the person the choice of smelling industrial grade ammonia or permanent markers. The muscle will invariably unlock.

- After breathing fresh air, retest the indicator muscle which should now lock.

Hydration challenge

Have the person tug their hair, then test the Indicator Muscle. If the I.M. unlocks, offer a drink of water. Afterwards, tug the hair and retest the I.M. which should now stay locked. (If you are testing on behalf of your pet, offer a drink of water to your pet too.)

This muscle is now ready as an indicator muscle for stress responses in the body.



Appendix 3

Suggested meals for cats

1. Raw chicken - wings, thigh etc so long as it includes bone, skin and flesh. Allow it to come to room temperature (blood temperature is best), rub in some brewer's yeast. It may be necessary at first to break down the pieces with a cleaver, exposing some of the bone and flesh.
2. Fresh, meaty off cuts with bone, prepared as above. Fresh raw liver or chicken "patè" may be added, and perhaps some raw egg occasionally.
3. Freshly minced meat (lamb, chicken, beef), add finely chopped chicken liver (10%) and/or heart/kidney etc. plus a small amount of finely chopped herbs (garlic, parsley, chives), including sprouted legumes, a teaspoon or two of natural yoghurt and a raw egg.
4. Small amount of rolled oats or cooked rice, raw egg, tspn olive oil, brewers yeast, any finely chopped herbs as above, yoghurt, liver, raw minced meat etc.
5. Whole fish or several small ones. You may remove the scales. Leave the head and intestines.

These suggestions may be varied as long as you follow the principles outlined. That is, the components are present in much the same proportion as in live prey. In the case of changing the diet of an older (or fussy) cat, perseverance is the key. Feed cats only when they are hungry. It may be necessary to feed thin and hungry cats several times a day. Take their food away if they are not hungry.

Suggested food for dogs

The bulk of a dog's diet (60%) is raw **meaty** bones. The rest should consist of *good quality* human food. Include lots of green vegetables (to mimic stomach contents of prey), some offal such as liver, kidneys), eggs, brewer's yeast, yoghurt and small amounts of grains and legumes. Apart from meaty bones, no other single food item should ever become the main part of your dog's diet.

Animal products suitable for dogs are:

raw meaty bones from chicken (raw only), lamb, beef, rabbit, pork

muscle meat from chicken, lamb, beef, pork

organ meat - liver, kidneys, heart, brains

eggs, especially the yolk

cheese, cottage cheese, yoghurt, milk (no soya milk as it is poorly digested), butter (not margarine)

seafood - any fatty fish, herring, salmon, sardines, etc.

Plant products include:

Fresh, green leafy vegetables such as spinach, outer leaves of lettuce, cauliflower, broccoli, Brussel sprouts etc.

corn, sweet potatoes (yellow), pumpkin, squash

mushrooms

root vegetables, potatoes, carrots, radishes, turnips, parsnips, fresh and dried fruits

legumes - peas, beans, baked beans etc.

whole grains including brown rice and oat flakes, wheat germ, wheat bran, wholemeal bread.

Miscellaneous

Brewer's yeast, kelp powder or tablets, molasses, cod liver oil, corn oil, soya bean oil, wheat germ oil, cotton seed oil, safflower oil, sunflower oil, peanut oil.

To get your dog used to the above diet, steam and mash some vegetables and add to cottage cheese or minced meat. Raw pulverised vegetables may be treated in the same way.



About the authors

Toni Lilley FMAKA Dip.Clin.Nut., Dip. Kin.

Toni began her career in kinesiology in 1983. In 1987 she was appointed to the Faculty of the Touch for Health Foundation of U.S. and in 1990 to the Faculty of the International Kinesiology College in Switzerland. From 1994 to 2008, she held the position of inaugural Dean of the Touch for Health School of the IKC, now in Australia, and is currently serving as IKC president (2015 -). She was also owner and CEO of The Kinesiology Academy, a registered training organisation delivering Certificate IV in Kinesiology and Diploma of Kinesiology. Toni has taught kinesiology in thirteen countries and regularly teaches kinesiology classes around Australia. She has also written other evening workshops "Perceptive Vision" and "Kinesiology for Kids".

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Greg uses kinesiology extensively in his clinic. Together they have written "Eat Right, Live Right" and the Applied BioKinetics series of workshops. Greg's considerable clinical experience with people from all walks of life applying, in addition to kinesiology, nutrition, homoeopathy, herbalism and body work, ensures a well balanced approach to his work. Like Toni, he enjoys working with animals and the invariable success that comes with this work.

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Recommended reading

Lilley, Toni *Kinesiology Principles in Practice*

Lilley, Toni *Touch for Health - a Step by Step Guide to Natural Health*

