

Holistic Pet Care: The Spine and Nerves Run the Show



Suzanne Walski, DVM, MSS has an office in Ottsville, PA. She established Meadowbrook Animal Hospital, 1987, now called Meadowbrook Animal Healing, and soon to be Meadowbrook Healing Sanctuary, for people AND pets!!!

If I was only able to offer one healing modality to my animal friends, I would choose chiropractic care or as it is called in the animal world "spinal manipulation".

Communication pathways to all tissues in the body are the nerves that connect to the brain—the master computer. The nerves run through bones called vertebrae which are collectively called the spine. Nerves exit out through an opening on both sides of the vertebrae and course through all the tissue and organs.

There is a cushion called the disc and joints that join the vertebrae together. Ligaments keep the spine together working as a whole unit. Yet each vertebra must have a small degree of mobility. Performing spinal manipulation on an animal's spine restores motion to vertebrae that become locked.

Spinal manipulation can include the sacrum, which attaches to the spine, along with the pelvis in the rear end. Losing the ability for vertebrae to move leads to undo stress on the disc cushion, which can cause a bulging or even prolapsed disc. This leads to back pain from inflamed nerves or paralysis so the nerves aren't conducting messages to tissues. **Remember that movement is key to spinal health!!**



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Women Are Magical!



Lyn Hicks is a published Author of The Lotus Project, The Art Of Being a Woman, Sacred Feminine Arts Educator/Mentor, Eastern Movement Instructor, Organic Flower Designer and Coordinator for The Room at Meadowbrook. 215-813-4073 www.lynhicks.com.

I love being a woman and consider it a magical experience. I notice how women with their sweet voices and graceful ways orchestrate the simplest to the most elaborate occasions in beautiful, sensual, playful creativity. Like a dance, they do the impossible with ease and flow. They unite others, gathering in commonality, nourishing them, entertaining, and creating spaces for rest.

Two of the six petals of the creative chakra, located at our womb, are youthfulness and charm. These are qualities of creativity that are often overlooked yet are the keys to our magic. We are the child-bearers for good reason, and our natural, light, flowing attitude supports the world magnificently.

Youthfulness and charm conjure up play and less-serious attitudes toward all things. Curious, open, inquiring. We charm things into being, using our sweetness, singing

sounds and girly gestures as children and animals do to get things done. Our giggles, femininity, and alluring ways help others to be open, involved, inspired, and relaxed. Natural ways of women which ignite creative solutions. We are not as stoic or rigid as men. We have a flowing, open, adaptable nature that supports all in life, health, and beauty.

I remind you to remember these natural qualities in yourself. Magically Magnificent are we!



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www.theroomatmeadowbrook.com

To register go to
www.theroomatmeadowbrook.com
and open Calendar of Events

February Love Yourself Workshops

Sunday Celebration of Spirit
Sun. Feb. 10, 24; 9:30 am, Free

Sensual Dance for Our Temple Bodies
Mon. Feb. 11, 7:30 pm, \$15 per class

*Vision Board Workshop with Candace Yaeger
Day of Loving, Indulge in Pampering Yourself*
Sat. Feb. 9, 9-5pm, half-day \$75, full day \$150

Manifest True Love with Nina Sidell, MA
Sat. Feb. 16, 1-4 pm, \$40

Sound Bath with Sharon Kachel
Tues. Feb. 19, 7 pm, \$20

Jin Shin Jyutsu Self Help with Sue Walski
Wed. Feb. 20, 7 pm, \$15

Sacred Sisterhood Circle
Thurs. Feb. 21, 7 pm, \$15

Paint Your Pet Portrait
Sat. Feb. 23, 11 am, \$45
Must submit photo week before

Your Wise Magical Voice with Ruth Ratliff
Sun. Feb. 24, 4 pm, \$20

Basic Nutrition for Your Pet's Health
Wed. Feb. 27, 6:30 pm, \$15

Spring Into March Workshops

Sunday Celebration of Spirit
Sun. March 3, 10, 24; 9:30 am, Free

Woman, Lymph and Bodies Beautiful
Sun. March 3, 1-3 pm, \$35

Intro to Healing With Crystals with Caitlin
Sat. March 9, 2-4 pm, \$35

*Fortify Your Joy, Yoga and Sound Healing
with John Moraco*
Sat. March 9, 7-9:30 pm, \$35

Sacred Sisterhood Circle
Thurs. March 14, 7 pm, \$15

How Lovely to Be Queen Day-Long Retreat
Sat. March 16, 8 am - 9 pm, \$199

Healing With Living Food with Mike
Sun. March 17, 2-4 pm, \$20

Sound Bath with Sharon Kachel
Tues. March 19, 7 pm, \$20

Tap Into the Empowered You with Heidi Grais
Wed. March 20, 7 pm, \$27

Free Spring Equinox Celebration
Thurs. March 21, 7 pm, Potluck donation

Free-Form Writing Class
Sun. March 24, 1 pm, FREE

*Essential Oils for People and Pets
with Sharon Cowell*
Wed. March 27, 6:30, \$20

Awaken Your Spring Goddess with Lyn Hicks
Thurs. March 28, 7 pm, \$25

From Aha to Haha with Edie Moser
Sat. March 30, 2-4 pm, \$45