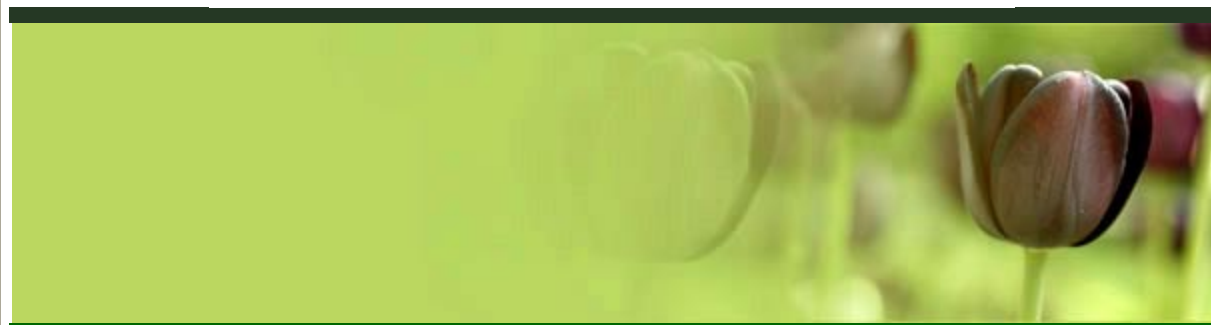


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SPRING IS HERE!

Spring/Wood

April & May 2009

Springtime Suggestions

Use neutral to cooling foods

Clean your pet's ears once weekly

Use Rosie and Friends Skin Therapy shampoo and conditioners

Use Omega 3 Pet fish oil twice daily

Add 1 capsule Whole-istic Antioxidant daily



Characteristics: Wood Element

Meridians: LV & GB

Season: Spring

Orifice: Eyes

Sense: Vision

In Traditional Chinese Veterinary Medicine (TCVM), Spring is the season of the WOOD element. This element houses the Liver (LV) and Gallbladder (GB) meridians. These meridians are at their most sensitive during Spring. When the Liver Qi stagnates it is much like the Tazmanian Devil....spooling up & creating heat (redness) & wind (itching). This translates into potential allergies for your pet. In this issue, we will give you some tips to help you & your pet through this Taz Time!



NEW PRODUCTS

Rosie & Friends

NEW Skin Therapy Conditioners

Formulated to nourish & soothe the skin! Vitamin E and avocado oil act to nourish dry & dehydrated skin, wounds, hot spots and eczema. Follow your favorite Rosie & friends natural SLS -free shampoo with its matching skin therapy conditioner. Apply conditioner & massage into skin & coat. Allow it to set for 5 minutes before rinsing. Dogs smell & feel fabulous! Choose from:

- Orange
- Lemongrass
- Peppermint & Jojoba
- Scent-Free shampoo with calendula paired with the avocado & lavender conditioner

Nordic Natural's Omega 3 Pet 180ct bottles

It's the same great product in economy-sized bottles for multiple-dog households!

NaturVet Ear Wash w/Tea Tree Oil

Emotion: Anger
Climate: Wind
Flavor: Sour
Color: Green
Cartoon Character: Taz



Therapeutic Actions of Celery:

- Cooling thermal nature
- Disperses Heat
- Drains Damp
- Reduces Wind
- Benefits Spleen-Stomach
- Calms Liver
- Purifies Blood

Interesting Fact:

Celery is rich in silicon and helps renew joints, bones, arteries, and all connective tissues.

- Dissolves ear wax
- Keeps ears dry and clean to avoid infection
- Tea tree oil acts as a natural disinfectant

FOOD THERAPY

Adjusting the diet during the spring can help keep the LV meridian under control. Some helpful hints include:

- Use neutral to cooling meats
- Use majority of cooling veggies like celery, cucumbers, yellow squash, zucchini, broccoli, spinach, asparagus, dandelion greens & mung bean sprouts
- Use minority of root veggies like carrots, beets, parsnips, turnips, winter squashes & sweet potatoes.
- Give melons and cucumber slices as snacks away from meats to cool your pet off
- Tonify Blood to reduce Wind (itching). Blood tonics include sardines in water, asparagus, spinach & carrots

THERMAL CHART

H=hot, **W**=warming, **N**=neutral, **C**=cooling, **CD**=cold

Protein

H: Lamb
H: Venison
W: Chicken
W: Trout
W: Egg Yolk

N: Pork
N: Rabbit
N: Salmon
N: Whole eggs
C: Beef
C: Buffalo
C: Turkey
C: Whitefish(except trout)

CD: Duck

Grains

H: Oats
H: Quinoa
N: Buckwheat
N: Barley

C: Millet
C: Amaranth
C: Egg White
C: Tofu
C: Brown Rice

Vegetables

Rule of Thumb: In general, fast growing surface veggies tend to be **cooling**, while slow growing root vegetables are **warming**.

UPCOMING EVENTS

Join us for a fundraiser for

the Dog & Kitty City-Humane Society of Dallas

Saturday, April 18th 2009

3pm - 6pm

Next to Lucky Dog Barkery @ Preston Center Plaza in Dallas

Get your tickets at Lucky Dog Barkery (free w/donation)

FROM THE MODALITY CORNER:

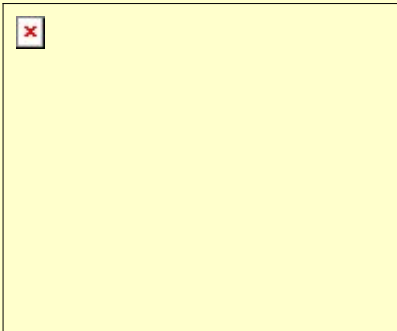
ACUTONICS®

Acutonics® is a system of sound healing rooted in Oriental Medicine that uses tuning forks rather than needles. During an Acutonics treatment, the tuning forks are applied to acupuncture points; this allows the specific frequencies of the forks to resonate throughout the body along energy pathways called meridians. The result is a gentle, relaxing treatment that enables the body to reset and rebalance. Acutonics blends harmoniously with acupuncture and has been used for many years as an effective alternative treatment for those nervous about needles. Animals are especially receptive to this treatment since they tend to be very in tune with their bodies.

Debbie Underwood
Acutonics Practitioner

April Special GOOD VIBRATIONS FOR SPRING SPECIAL

Experience the soothing vibrations of Earth, Sun and Moon with an introductory 30-MINUTE ACUTONICS SESSION for you and your pet for only \$25. Offer good through May. Please call for an appointment.
214-780-1818



Amelie Art Custom Pet Portraits

In the month of April, Amelie will **donate 10% of all proceeds to Operation Kindness**. Amelie captures the essence of each pet so vividly that your furry friend's personality radiates from each portrait as if they could talk! So call Amelie today for a customized pet portrait and help the pets of Operation Kindness!
214.366.9292 www.amelieart.com

"Addie" & "Kimba"

We hope you have found our first newsletter informative. These will continue with each seasonal change in order to help you & your pet. Please feel free to contact our office with any feedback so we can tailor this newsletter to your needs.

Vitality Pet Care
2727 Oak Lawn Avenue
Ste. 202C
Dallas, TX 75219
214-780-1818
www.vitalitypetcare.com

Save 15%

SPECIALS

Hurry While Supplies Last!!

For April & May

Buy Rosie & Friends shampoo & get a matching skin therapy conditioner for 15% off!

Offer Expires: June 1, 2009

SPRING SPECIAL!

Hurry While Supplies Last!!

For April & May

Ziwi Peak K9 Treats
Buy 2 treats & get third one at 50% off!

Offer Expires: June 1, 2009

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