

Some parts of this case history have been  
removed for client privacy

# Diploma In Animal Sensory Enrichment

Case Study One  
5th July 2013

Pebbles and M\*\*\*\*  
K\*\*\*\*\*

by

Deborah J Benson

## Contents

Opening the session and attunement process

Closing the session and detachment process

Introduction

The Consultation

Self-selection of Macerated Oils and Healing Session

Second Consultation

Follow Up Consultation

Conclusion

Bibliography

## **OPENING THE SESSION AND MY ATTUNEMENT PROCESS**

I ensure I am grounded before commencing a healing by imagining my feet have grown roots and these descend deep into the earth to the crystal heart centre of Mother Earth herself, wrapping themselves around Her beating crystal heart, anchoring me firmly and allowing me to draw the healing Earth energy up through my roots, my feet, my legs, Base, Sacral and Solar Plexus chakras, until it reaches my Heart chakra.

I then draw golden healing Christ energy down through my Crown, Third Eye and Throat chakras until it also reaches my Heart chakra and this then flows from my heart centre, down each arm into the palms of my hands, where it emanates directly to the animal and/or guardian throughout the healing session.

**If the healing session is a distant healing, the energy will emanate in much the same way, but in a golden ripple effect until it reaches its destination.**

I protect my self by filling my aura with this same golden healing Christ energy and then seal my auric field with a silver reflective shield which deflects all negative energies and ensures I am surrounded and protected on all sides.

I ask Archangel Michael to protect the space in which I am working and all those therein,

myself included and that no energy outside the true Christ energy be allowed to enter the sacred healing space.

*DEBORAH J BENSON 2013*

I then call upon God, Jesus, Sarayu (the Holy Spirit), Raphael and all the healing Angels, St Francis of Assisi, St Roch, the patron Saint of Dogs who works with me no matter which animal I am healing, Spirits of the Animal Kingdom, Totem Animals, Mighty Wolf and Powerful Bear, Ancestors who love and respect me and those I am working with, both animal and guardian, Reiki Masters past and present and any other healers who work within the true Christ energy who wish to assist me.

**Sometimes I am directed to call in specific additional helpers such as whales or dolphins for example and they are also asked to join us. I may also be asked to bring in a particular human helper depending on the situation.**

Before I proceed with any healing I acquire permission and establish agreement from the animal and/or guardian that they are happy to accept healing. Agreement has been refused on occasion, but when the animal/guardian witness their guardian/animal receiving the healing, they have always asked to be included at a later stage.

At this stage I focus my mind and set my intention to give healing for the Higher Good of those concerned, as what I think may be right for an animal or their guardian may not be what is in their best interest, so that decision is left to the Creator of all living things and I simply focus on channelling the healing energy, in full trust that it will achieve the correct outcome for all. I am then fully prepared to commence the healing session.

**This is the process I follow for all my healing sessions but any deviation from the normal course of action would be recorded and included at the relevant point.**

## **CLOSING THE SESSION AND MY DETACHMENT PROCESS**

At the end of a healing session I first ensure the animal and/or guardian is grounded.

This involves placing my hands on the tops of the guardian's feet and exerting firm pressure. Sometimes this pressure needs to be applied for several moments to ensure the grounding has been effective.

Similarly when grounding an animal light pressure is applied to each of the four paws in turn until I am satisfied they are fully back in the moment.

I then give thanks to all those who assisted with the healing and ask that it continues for as long as it is required to achieve the Higher Good for all concerned.

I ask that all negative energies be sent into the Light and transmuted and returned as further healing energy.

I then fill the human and/or animals aura with golden healing Christ energy, sealing it with a reflective silver shield to deflect any negative energies from entering the auric field, as I did at the beginning of the session.

I then physically and emotionally step back from the client, brush any negative energies from my hands and draw all my own energy back to my heart centre using a circling motion to gather it in and folding my hands over my heart centre a total of three times.

*DEBORAH J BENSON 2013*

I then fill my own aura with golden healing Christ energy and encircle it with a reflective silver shield to deflect any negative energies which might wish to enter my auric field.

I ask for healing for myself to ensure that I am able to continue to function as a clear channel through which pure unconditional love may continue to flow for further healing as and when it is required.

I then extend my arms horizontally, palms upturned say the words "and so it is" to complete the detachment process and end the session.

## **INTRODUCTION**

I first met M\*\*\*\* at my Reiki Master workshop in June 2013.

My initial impression was that she was unfocused, without a clear sense of her own self worth and was struggling to find her true path.

She appeared unsettled distracted and somewhat anxious and was prone to over compensate for this, particularly with her nearest and dearest, by trying to do everything possible to please others.

This often proved to her own detriment, as it led to feelings of frustration, resentment, being taken for granted and generally being unappreciated.

It was immediately apparent that she was also a born worrier.

M\*\*\*\* also came across as being fragmented due to being pulled in so many different directions and was in urgent need of grounding.

She was also feeling put upon and was struggling to balance her various commitments and achieve a healthy work life balance.

During the course of formal introductions the various students, myself included, were asked how we currently used our Reiki and what our plans were for incorporating healing into our futures.

M\*\*\*\* only wanted to use Reiki for her immediate family but there was no mention of her companion animal Pebbles at this time.

When it became apparent that I intended to use Reiki to heal animals and their guardians and I spoke about macerated oils and commencing an Animal Healing Diploma in September of this year, M\*\*\*\* asked if she could speak with me when the workshop was over.

She later asked if I would initially send distant healing to Pebbles her whippet as she had

kidney problems and also asked would I come to see Pebbles when I returned from The Certificate in Natural Food Animal Remedies course that I was due to attend at Chealsfield from 27th – 30th June.

### *DEBORAH J BENSON 2013*

I agreed to do both but encouraged M\*\*\*\* to use her own healing ability to work with Pebbles.

M\*\*\*\* felt she was too emotionally involved to be able to do so effectively and became visibly upset at this point and explained she felt she was letting Pebbles down.

I assured her that I would send the requested healing to Pebbles that evening and would come to see them both after my four day Certificate course and we exchanged contact details.

I engaged in a meditation and distant healing that evening when I returned home and this confirmed my first impressions that M\*\*\*\*'s nervous anxieties were being transferred to Pebbles and that this little dog's stress levels were extreme.

I also had a strong sense that the adrenal glands were the main problem and that the over production of adrenaline in response to various stress triggers was impacting on the kidneys, causing urinary incontinence and an accompanying electrolyte imbalance.

I telephoned M\*\*\*\* the next day and gently told her that her own stress levels were impacting on Pebbles and that she should do whatever she could to try to counteract these.

I arranged to visit both her and Pebbles on the Friday after my return from the Certificate in Natural Food Animal Remedies as I would then be able to use Pebbles for one of my case studies and be better prepared to help with her healing.

### **THE CONSULTATION**

On Friday 5th July 2013, I travelled twenty miles to M\*\*\*\* and Pebbles home as I knew Pebbles was easily stressed and felt it was best to see her in familiar surroundings. This would also give me the opportunity to assess the dynamics within her home environment and help identify any relevant stress triggers.

I had already alerted Pebbles to let her know I would be visiting and working with her when I was meditating in preparation for our session, prior to leaving my own house.

M\*\*\*\* showed me into the house and Pebbles initially approached me and then stopped and started to bark.

M\*\*\*\* was horrified and immediately apologised telling me that Pebbles never barked at anyone.

I assured Mandy that it was no cause for alarm as it was not an aggressive bark and I sensed that Pebbles instinctively knew I was there to help both her and M\*\*\*\* and was merely communicating this.

M\*\*\*\* and I sat at the kitchen table and started to chat about how the session would unfold and we filled in the consultation form.

### *DEBORAH J BENSON 2013*

It transpired that M\*\*\*\*'s main cause for concern was the possible damage long-term use of steroids could have on Pebbles general health and hoped we would be able to work together to either reduce the current steroid dosage or eliminate the need for them entirely.

I made her fully aware that she should only do this in full consultation with her vet as I would never recommend cessation of any veterinary prescribed medication.

M\*\*\*\* was in full agreement with this combined approach.

Pebbles alternated between sniffing round my feet, licking my free hand and wandering back and forward to her bed which was situated at the back door, overlooking the garden, during the consultation which provided the following information.

Pebbles is a white/brindle coloured, five year old, female whippet who has been spayed and has been with M\*\*\*\* and her family since she a puppy.

M\*\*\*\*'s vet has diagnosed Pebbles with Addison's Disease which primarily affects the adrenal glands and means there is often an associated electrolyte imbalance.([www.addisondogs.com/addisons/medlab/](http://www.addisondogs.com/addisons/medlab/)).

Pebbles symptoms include weight loss, excessive urination particularly during the night, stress induced incontinence and marked separation anxiety and associated incontinence.

Pebbles has been prescribed Florinef 0.1mg twice daily and Prednisolene 1mg also twice daily.

Florinef is an oral medication which replaces aldosterone which is the hormone responsible for maintenance of electrolyte levels in the body and Prednisolene is administered to replace cortisol normally secreted by the adrenals.([www.addisondogs.com/addisons/medlab/](http://www.addisondogs.com/addisons/medlab/)).

Initially the medication prescribed by J\*\*\*\* one of the practice vets made Pebbles symptoms worse until D\*\*\*\* another of the practise vets reduced her dosage and the symptoms improved slightly.

M\*\*\*\* has also tried various herbal remedies, Noni Juice and Reiki treatments, in addition to prescribed medication, but has since discontinued these alternative therapies.

Pebbles diet consisted largely of Marks and Spencer's dried food sometimes mixed with "tit-bits" as M\*\*\*\* described them, which were largely chicken pieces and leftovers and various shop bought dog treats.

She is fed three times a day at approximately 8am, 2pm and 6pm, with her medication being given to her with her breakfast meal.

Pebbles has now been taking this medication for eighteen months.

Pebbles is an indoor dog but has access to a totally enclosed, secluded, small back garden and is walked daily.

Her physical condition was generally good although there was some hair loss on her back legs and her coat was slightly dull.

### *DEBORAH J BENSON 2013*

The vet had shaved hair from her throat for tests, the nature of which M\*\*\*\* was unsure of and the exposed skin was red and the area tender to the touch as she flinched when I stroked her neck.

M\*\*\*\* remarked that since she has started on her medication Pebbles is more sensitive to external reagents particularly cow and fox excreta and will scratch and lick her pads quite a bit when she has any contact with these substances..

I found Pebbles to have a pleasant temperament and although she was initially nervous she relaxed a little, but remained cautious and watchful for the duration of my visit.

She was also eager to please,, very much like M\*\*\*\* her guardian.

The problem with her incontinence started two years ago when M\*\*\*\*'s son K\*\*\*\*'s relationship with his then girlfriend S\*\*\*\*\* ended.

K was extremely upset for approximately six months afterwards and Pebbles who adored S\*\*\*\*\* was obviously affected both by K\*\*\*\*'s distress and the sudden absence of S\*\*\*\*\* from her environment.

There is no obvious pack leader in this house as Pebbles is looked after by whichever member of the family is available as they all work different shifts, so there is a distinct lack of continuity and Pebbles finds this confusing.

K\*\*\* now has a new partner and whilst Pebbles has grown attached to her they have not formed the same bond that existed between her and S\*\*\*\*\*.

M\*\*\*\*'s daughter S\*\*\* has a Jack Russell pup called Bud, who is a regular visitor but Pebbles is not keen on him and was initially very wary of him until Bud eventually deferred to Pebbles as pack leader.

Pebbles is very nervous of other dogs and goes out of her way to avoid them when she is out walking.

M\*\*\*\* told me she was not always like this as she had taken her to agility classes when she was still a pup, but these were not a success as Pebbles just wanted to play with all the other dogs and as this was distracting them from the class, M\*\*\*\* was asked to remove Pebbles. Pebbles was therefore denied this opportunity to actively socialise with other dogs and has largely missed out on any alternative socialisation process.

### **SELF SELECTION OF MACERATED OILS AND HEALING SESSION**

Once the consultation form had been completed I explained the process involved in offering the various macerated oils to Pebbles and the importance of allowing Pebbles to self-select the oils rather than simply offering her the oils we would assume she might need based on the different properties of each and her symptoms.

M\*\*\*\* was initially sceptical that this would work as she described Pebbles as an extremely fussy eater.

### *DEBORAH J BENSON 2013*

She also felt Pebbles would just take the oils to please her if she offered them to her so was reluctant to present them to her and requested that I do this in her place.

I asked M\*\*\*\* to closely observe Pebble's reaction to each oil and showed her how to complete the tick boxes for the Description of Self-Selection Session as she would have to complete this process herself on the Daily Monitor Chart over the coming week. (see completed Consultation Form Appendix A).

Pebbles was by this stage in her basket so I settled myself on the floor beside her and then proceeded to offer her the oils in the prescribed order, making my own notes on her reaction to each one.

Pebbles took her time processing all the oils as she sniffed them from the bottle.

It was immediately obvious she was giving the whole process a great deal of thought as she would sniff the bottles thoroughly and then stare into the distance in quiet contemplation, before licking the bottles.

The exceptions to this were Linseed and Mint which she just sniffed from the bottle.

She was particularly keen on the Rosehip, Calendula, Chickweed and Catnip and finished all the offered amounts, even taking seconds of the Rosehip, but displayed slightly less interest in the Nettle and Seaweed, although she still took most of the oil leaving only a small amount both times.

She sniffed the Linseed bottle but when offered it on a saucer, she took two small licks and then got out of her basket and went outside.

She returned after several minutes and when offered the Mint she again sniffed the bottle but didn't lick it, displaying no interest in taking any either from my finger or from the saucer and definitively turning her head away on both occasions.

When the self-selection process had been completed I asked M\*\*\*\* to join me in a healing session, ensuring that we were first fully grounded and asked Pebbles permission to commence the healing.

Pebbles relaxed noticeably during the healing but didn't go to sleep although she settled deeper into her basket and emitted several deep sighs.

I discovered areas of heat around the adrenal and kidney area but also in her throat corresponding with the location of her thyroid and the shaved area where the skin was inflamed.

The thyroid gland and adrenal glands are both parts of the Endocrine System and if one gland is under performing this places additional pressure on the entire immune system and the remaining glands are required to work harder in an attempt to compensate for the malfunction.

There was also heat in her stomach region corresponding with the digestive system which can be adversely affected by medication, particularly steroids.

### *DEBORAH J BENSON 2013*

I concentrated the healing in the affected areas although I treated Pebbles body in its entirety to re-establish overall balance during the course of the session.

Once the healing was complete I disconnected and ensured M\*\*\*\* did the same.

Pebbles got up to go to the toilet at this point and once she had completed her business she returned to her basket, settled down and went to sleep.

M\*\*\*\* said she now felt more confident about working with Pebbles on her own and agreed to continue to offer her the selection of oils over the next fortnight.

I arranged to see both her and Pebbles on Friday 19th July.

### **SECOND CONSULTATION**

M\*\*\*\* had contacted me both by email and telephone to keep me updated on Pebbles progress in the preceding two weeks and was delighted at the improvement in her much loved companion's condition.

When I arrived at the house I was to be met by a much more confident and relaxed dog.

Pebbles came bounding towards me and jumped up to greet me, bouncing on her hind legs and frantically licking my hand in what I can only describe as a gesture of thanks.

Her coat was glossy her eyes were shining and she was grinning from ear to ear.

M\*\*\*\* explained that the incontinence had stopped, Pebbles no longer needed out to go to the toilet at nights and that M\*\*\*\* had been able to stop one of her Prednisolene as a result.

M\*\*\*\* also said that Pebbles was a completely different dog when she was out walking.

She no longer actively avoided other dogs and was openly friendly to them and was happy to walk off the lead at M\*\*\*\*'s side although M\*\*\*\* thought she preferred walking around the quiet streets near her home to the expanse of the noisier park area.

M\*\*\*\* found Pebbles to be less excitable, nervous and jittery overall and my immediate feeling was that this was definitely the case but that M\*\*\*\* was also calmer, more focused and relaxed.

M\*\*\*\* showed me the Daily Monitor Chart of the oils Pebbles had taken the first week and these indicated a sustained and similar interest in Calendula, Rosehip, Chickweed, Catnip, Seaweed and Nettle.

There was intermittent interest in both Linseed and Mint culminating in no interest in either at the end of the first week.

M\*\*\*\* had not kept a record of the oils taken on the second week but said a similar pattern had emerged and she wanted to keep offering Pebbles Rosehip, Calendula, Chickweed, Catnip, Seaweed and Nettle for as long as she continued to self-select.

### *DEBORAH J BENSON 2013*

M\*\*\*\* then proceeded to tell me that she had brought an old Swiss Ball home from the gym where she works and had left it outside in the garage with the intention of washing it and returning to the gym.

She came back out into the garden to find Pebbles chasing it around the garden and tossing it around and that she spent over an hour playing with it before she stretched out on the patio and settled into a deep contented sleep.

M\*\*\*\* was pleasantly surprised by her playful enthusiasm and found the fact that Pebbles was sufficiently relaxed to go to sleep on the open patio rather than retire to the sanctuary of her basket very encouraging as it meant her stress levels had been considerably reduced.

I left a delighted M\*\*\*\* with a top up of the six oils Pebbles had regularly self-selected over the preceding two weeks and agreed to return for a third consultation after Pebbles had been to the vets for her routine blood screening.

### **FOLLOW UP CONSULTATION**

M\*\*\*\* had emailed me to enquire if the macerated oils would have given Pebbles diarrhoea but she also mentioned visitors staying at the house with their dogs and that things had been very hectic.

I emailed her back and advised her that the change to routine may have been traumatic for Pebbles, as it had certainly seemed to be for M\*\*\*\* herself and this may have caused the tummy upset.

I told her I personally felt that it was the disruption to normal routine that had acted as a stress trigger and the resultant diarrhoea.

I advised her that it would be extremely unlikely that the oils would have caused this problem, especially as Pebbles had been taking them for several weeks without the occurrence of diarrhoea and that she would not continue to self-select something which her body no longer tolerated.

I also asked if she was aware that one of the symptoms of Addison's Disease is diarrhoea which is created by the associated electrolyte imbalance and that this can be exacerbated by the prolonged use of steroid medication ([www.addisondogs.com/addisons/medlab/](http://www.addisondogs.com/addisons/medlab/)) and she said she had been aware that this was a possible side effect.

After various email conversations I didn't hear from M\*\*\*\* again but returned to M\*\*\*\* and Pebbles home on Tuesday 6th August, primarily to check on Pebbles continued progress but also to deliver the oils M\*\*\*\* had ordered.

I had expected to see M\*\*\*\* but it was M\*\*\*\* her husband and Pebbles who met me at the front door.

I found Pebbles to be slightly more subdued but still inquisitive and she licked my hand in

greeting.

Her coat had lost a little of its gloss but was still healthy and the hair loss had not recurred.

### *DEBORAH J BENSON 2013*

My initial thoughts were that she had not been getting her full compliment of six oils.

M\*\*\*\* had apparently had to go to work unexpectedly but had not contacted me to let me know and as M\*\*\*\*\* was obviously still extremely tired after his night shift I asked him to get M\*\*\*\* to telephone me and we could discuss Pebbles further.

I was glad I had seen Pebbles while I was at the house, even if M\*\*\*\* was unable to be there as it gave me a clear indication that all was not as it should be.

I was unable to contact M\*\*\*\* until several days eventually having to contact her at work and I received a detailed progress report by telephone.

Pebbles had been back to the vet for her routine check-up the previous week and M\*\*\*\* had mentioned that she had been using the macerated oils and that these had completely stopped the incontinence but that she was currently still experiencing diarrhoea.

Her vet said she should stop the use of the oils as a precautionary measure as she had no way of telling if it was the oils or an electrolyte imbalance that was causing the diarrhoea.

M\*\*\*\* also told the vet that she had decided to reduce Pebbles to one Prednisolene tablet a day instead of two and the vet agreed she could remain on this dosage.

M\*\*\*\* told me she stopped the oils as instructed but the diarrhoea continued.

She then told me that she had started to let Pebbles inhale the oils without administering them orally, as she recalled that I had told her animals can receive the benefits of the oils by processing their aromas alone, due to a combination of the potency of the oils and the animals enhanced olfactory systems. She then gave Pebbles some Seaweed and Calendula orally.

When I asked her why she had done so rather than allow Pebbles to self-select she told me it was again because I had mentioned that two of the properties of the Seaweed macerated oil was that it can be used to replace depleted electrolytes and boost the immune system.

She had given the Calendula oil as Pebbles had been habitually licking her paws and her back legs where the previous hair loss had occurred and I had told her it was good for skin complaints.

I gently explained that Pebbles should be allowed to continue to self-select as she was best placed to decide what her body needed and that if M\*\*\*\* was still concerned about the oils giving Pebbles diarrhoea as, then she only had to let her lick a few drops from her finger tips as she did not need to ingest large amounts of any of the oils to reap their benefits.

M\*\*\*\* then admitted that she had decided to eliminate carbohydrates from Pebbles diet and was now feeding her more protein as in the form of chicken, cooked mince and Marks and Spencer own brand wet dog food.

I suggested she re-introduce carbohydrate in the form of oatmeal and also the potatoes rice and vegetables that Pebbles would normally have been getting with the left overs previously included in her staple diet.

### *DEBORAH J BENSON 2013*

I advised M\*\*\*\* that this change of diet with its increased protein intake may have been responsible for the sudden diarrhoea especially as prior to commencing the use of oils Pebbles diet had been fairly good, with the exception of the high dried dog food content and the shop bought doggy treats.

I asked her had she re-introduced either of these items and she said she hadn't.

She also asked why oatmeal was good for dogs and I told her that it was a nutritious source of fibre which would bulk up Pebbles faeces.

I advised her that it had various healing properties, but would be particularly good for Pebbles as it acts as a digestive aid, calming the intestinal tract and because it is also a nervine, which means it acts as a general nerve tonic, calming the nerves when necessary and stimulating their activity when required.

It also has anti-inflammatory and anti-itch properties so aids in the healing of irritated skin and wounds.

I was aware of these various properties from personal experience as I have been giving it to my own dogs for the last eight months to effectively increase their fibre intake safely.

I suggested that M\*\*\*\* try giving Pebbles some Yeo Valley Natural Yoghurt as this would maintain the balance of beneficial bacteria in the gut thereby helping to alleviate further bouts of diarrhoea. (Elizabeth Whiter; The Animal Healer; A Unique Insight into the Healing Care and Well-being of Animals;. Hay House 2009).

M\*\*\*\* happily agreed to re-introduce the oils orally and to allow Pebbles to self-select what she required, rather than just giving her Seaweed and Calendula macerated oils because M\*\*\*\* herself thought these were the best choices.

She also agreed that with hindsight the dietary changes she had introduced were most likely to have caused the diarrhoea and also said that she had forgotten to mention these to the vet and perhaps if she had done so the vet would not have recommended that she stop giving Pebbles the oils.

She said she had noticed there was less of a shine to Pebbles coat but this had improved when she had reintroduced the Calendula and Seaweed oils and she was confident that she would regain any loss of condition very quickly with continued use of the range of oils.

M\*\*\*\* herself appeared happier more focused and much less anxious and when I commented on this she confirmed that this was most definitely the case as she was not constantly worrying about Pebbles and becoming increasingly stressed about the inability of her medication to cure her incontinence.

When I asked her about Pebbles interaction with other dogs she said she had banned all dogs from the house as she felt this was a stress trigger for Pebbles and was going to re-introduce Bud gradually to see how she tolerated him.

I suggested that perhaps the presence of other dogs and a constant stream of visitors were perhaps more of a stress trigger for M\*\*\*\* herself and that Pebbles picked up on her anxiety and M\*\*\*\* reluctantly agreed that this was most likely the case.

## *DEBORAH J BENSON 2013*

She also told me that she got herself stressed out at the thought of going for a walk in the park because she didn't know how Pebbles was going to react with other dogs and that it was she herself who felt happiest walking the quiet streets near her home and avoiding the open expanse of the park, as she felt more in control of the situation.

She also said that she felt most at ease in her own little home when it was just herself and Pebbles there and that she enjoyed their quiet times together.

She talked about her relaxing mini-break and this was in a quiet little village in a rented cottage near the beach with close family but she was still glad to get home to her own little corner as there is no place like home.

Pebbles stayed at home with M\*\*\*\*'s son K\*\*\* when she was away and I got the distinct impression that M\*\*\*\* did not like leaving her even for short periods like this and she admitted this was the case as she says Pebbles would sometimes go off her food but she was fine this time and continued to take her oils for K\*\*\*.

M\*\*\*\* then said she was heading off on a weeks holidays and K\*\*\* would again be looking after Pebbles, but this time she had arranged for a friend to come and walk Pebbles and spend some time with her every day which she had never done before.

I asked her why she hadn't made this sort of arrangement previously and she told me that she didn't feel confident enough to leave Pebbles with anyone outside the family as she would be constantly worrying about how Pebbles would behave when she was out walking and that someone who wasn't a family member wouldn't give her the love and attention she was used to.

I then asked her what she felt had changed and she said that Pebbles was so much more relaxed, enjoyed her daily walks acknowledging other dogs she met whilst out and about and was generally much more settled so she felt able to bring a non-family member into the equation to help out while K\*\*\* was at work.

M\*\*\*\* also told me that she herself felt happier about leaving Pebbles and going away for an extended break as she wouldn't be constantly fretting about her.

I told her that Pebbles would realise this and would be less stressed by her absence than on previous occasions.

M\*\*\*\* thanked me for all my help and again stressed how relieved she was that we had been able to eliminate the incontinence and how happy she was that Pebbles was so much more relaxed and confident when she was out and about.

She told me she would keep in touch and let me know how they both coped with their time apart but she felt reassured that all would be well and that Pebbles would be fine.

## **CONCLUSION**

Pebbles was diagnosed with Addison's Disease eighteen months ago and has been on prescribed steroid medication since then in an attempt to counteract the symptoms of the disease and in particular the associated incontinence.

## DEBORAH J BENSON 2013

M\*\*\*\* her owner was concerned about the effect of long-term steroid use on her health.

Pebbles and M\*\*\*\* both suffered from high levels of stress which meant walks were severely traumatic, rather than an enjoyable experience for both owner and companion animal.

M\*\*\*\* asked for my help in alleviating the symptoms Pebbles was experiencing, her main concerns being the incontinence and stress factors and laterally the occurrence of diarrhoea.

During the self-selection process we identified the macerated oils that Pebbles had chosen for herself as Rosehip, Calendula, Chickweed, Catnip, Seaweed and Nettle and these continued to be her oils of choice over the following two weeks.

M\*\*\*\* decided to purchase these six oils and continue to offer them to Pebbles for as long as she required them.

Within two weeks of Pebbles taking the oils the incontinence had stopped completely, the hair which she had lost on her back legs had regrown, her coat was glossy and smooth, her eyes shining and she was a happier more content dog.

M\*\*\*\* was delighted with these results and has continued to offer the macerated oils to Pebbles.

She asked me to explain the various properties of each oil and make a possible connection as to why Pebbles may have selected them.

I explained that all the oils were highly nutritious and gave the following explanations as to why Pebbles may have chosen the different oils.

These findings are based largely on information supplied by Elizabeth Whiter in her Certificate In Natural Food Remedies Handbook 2013.

I have acquired a working knowledge of the various systems within the body and how different substances can be of benefit to them during my Reflexology and Reiki training and as these systems are similar in both humans and animals I have used this knowledge to provide further detail of how the selected oils may have helped Pebbles condition.

Pebbles selected Rosehip (*Rosa Canina*) which has an anti-diarrhoeal action and its strongest affinities are the digestive system, the urinary tract and the skin.

As Pebbles symptoms include urinary incontinence, diarrhoea a dull coat and often itchy skin we can clearly see why her innate intelligence prompted her to select this oil.

Pebbles then selected Marigold oil (*Calendula Officinalis*) which has an anti-inflammatory action, increases lymph circulation, and acts as a liver stimulant.

The anti-inflammatory action would soothe an irritated digestive tract and sensitive skin both complaints often being associated with long-term steroid use as in Pebbles case.

The increase in the lymphatic circulation would allow Pebbles to eliminate toxins, absorb nutrients and fight infections more efficiently.

## *DEBORAH J BENSON 2013*

Similarly acting as a liver stimulant Calendula will assist Pebbles with the breakdown of nutrients and chemicals such as medication, into forms that the body finds easier to use and also to clear the blood of unwanted toxins in the body.

Calendula is highly effective in restoring poor coats and dull eyes and is an excellent aid in the treatment of emotional trauma, also helping to promote confidence in timid animals.

Pebbles next selection was the Chickweed (*Stellaria Media*) macerated oil whose strongest affinities are the skin and digestive tract.

It acts as a digestive tonic and soothing protecting and lubricating the digestive tract there by relieving any minor irritation whilst helping to support the immune system.

Pebbles would benefit from this as the digestive tract could be irritated by her medication and her immune system compromised.

Next Pebbles chose Catnip (*Nepeta Cataria*) which particularly surprised Mandy as she thought that only cats would select this oil.

Catnips strongest affinities are the digestive and nervous systems and it has an anti-spasmodic action and helps to expel intestinal gas helping to relieve flatulence and stomach upsets.

It also has a mild sedative effect helping to calm the nerves and promote restful sleep.

Pebbles has again indicated that she knows what her body requires to help it heal as she has selected an oil which will help with the relief of her stomach upsets and diarrhoea and help to soothe her overworked nervous system which is adversely affected by the deterioration in her adrenal glands.

Pebbles identified Seaweed macerated oil as another of her requirements.

The seaweed used in this oil is Bladder-wrack (*Fucus Vesiculosus*) and contains iodine which is vital for correct thyroid function.

As the thyroid is part of the endocrine system along with the adrenals it will be adversely affected by their malfunction and consequently has to work harder to compensate. This would explain the tenderness in Pebbles throat area which is the area that corresponds with the location of the thyroid

The coarseness of her coat and lack of shine could also be attributed to an under-performing thyroid.

Both these symptoms were relieved by the action of iodine on the thyroid.

Of primary importance to Pebbles is the high concentration of electrolytes found in Bladder-wrack as it is the imbalance and depletion of these substances from the body that result in a variety of her symptoms.

Pebbles last selection was Nettle macerated oil (*Urtica Diocia*) which is a blood tonic, a circulatory stimulant, a diuretic and beneficial to the skin and eyes.

## *DEBORAH J BENSON 2013*

M\*\*\*\* was concerned that it had diuretic properties as she feared this would make Pebbles incontinence worse but when I explained that the kidneys need to be operating efficiently to eliminate toxic waste products as a vital part of the process involved in facilitating the

body's natural ability to heal itself and that perhaps Nettle was what Pebbles required to ensure they were healthy and functioning correctly M\*\*\*\* was happy.

I also explained that Nettle is high in both iron and Vitamin C and that the high Vitamin C content allows the iron to be more easily absorbed.

The iron is required for the renewal of red blood cells and correct production of these is necessary to prevent anaemia and the resultant increased susceptibility to stress and further disease.

Nettle also contains chlorophyll which is a highly alkaline substance and as Pebbles alkaline levels in her urine might well be low due to the recent increased consumption of meat protein which is highly acidic, she possibly required this imbalance be addressed. Chlorophyll contained in the Nettle oil also effectively aids digestion and cleanses the blood.

Nettle is rich in silica which is essential for optimal skin and coat health so again an excellent choice for Pebbles.

M\*\*\*\* was amazed that all these healing properties were contained in the macerated oils and began to appreciate just how extensive their curative powers can be.

She also stated that she would not hesitate to recommend them to any of her contacts who were experiencing health issues with their own pets and could only hope that they were able to achieve the same wonderful results both she and Pebbles had enjoyed during their treatments.

M\*\*\*\* and Pebbles have my contact details and know I am only a telephone call away should they need further healing treatments or wish to order any more oils.

M\*\*\*\* has agreed to keep Pebbles on her balanced diet, offer her the oils for continued self-selection on a daily basis, interact with her more and allow her continued access to the Swiss Ball for play and exercise and attempt to reintroduce her to the park during her walks to allow her to run freely and socialise with other dogs.

M\*\*\*\* admitted she was more up-tight about the walks than Pebbles and fully accepted that it was her own behaviour which adversely affected Pebbles, coupled with the lack of previous socialisation.

Provided M\*\*\*\* sticks to the agreed treatment plan for Pebbles I would expect continued improvement from them both and a vast reduction in their stress levels and I will continue to send distant healing to them both.

## Learning Outcomes for Mandy and Pebbles Kirkpatrick

1. Identify and harvest local culinary herbs specific to this course.
2. How to use fresh and dry herbs for simple remedies
3. Equipment needed, drying and storage of herbs.
4. How to create a herb garden.
5. **How to use specific culinary Macerated Oils; Nettle, Marigold, Rose-hip, Mint, Catnip, Chickweed, and Seaweed infused oils and cold pressed Linseed Oil.**
6. Create delicious, culinary, herbal pet treats specific to this course.
7. Make simple animal topical preparations such as insect repellent and cooling gel using plants, herbs, clays and honey.
8. **Have a clear understanding of what animal self-selection is and how animals can benefit from an enhanced, nutritional, healthy, balanced diet, containing plant material.**
9. **Able to work and communicate with pet owners vets and other healthcare professionals.**
10. **How to keep professional standard records of all animal self-selection sessions undertaken.**
11. **Be aware of the importance of personal and animal safety as well as the relevant insurance, the law and vet liaison.**
12. **Be able to observe and understand why animals self-select culinary macerated oils/herbs/clays/honey specific to this course at animal rescue centres and with private clients.**
13. Be aware of when not to conduct an animal self-selection session.
14. **Be more aware of yourself as an animal healer and consider how and when you will use your training and experience from this course.**

## Bibliography

Elizabeth Whiter; *The Animal Healer; A Unique Insight into the Healing Care and Well-being of Animals*; Hay House 2009

Certificate In Natural Food Remedies Handbook Elizabeth Whiter 2013.

([www.addisondogs.com/addisons/medlab/](http://www.addisondogs.com/addisons/medlab/))

