

Another Great Article by Val Heart, MBA, PaCBP!

Dedicated to assisting seekers ready to take a pro-active approach to improving their relationships with themselves & their animals through improved communications, energy medicine, health & balance for body, mind & spirit.

Are You Missing the 8 Signs of Illness in Your Animals?

Do you know the 8 common signs of illness for your animal friends? Things can go wrong in big or subtle ways, so be sure you are paying attention. The most distressing consultations are the ones when I am called in as the Hail Mary, the desperate plea of last resort, to help people or their animals who are suffering a health “emergency.”

In almost every case, there were signs for weeks or months before things became acute. Our animal friends show signs in every way they can, but are often ignored, mistreated, misdiagnosed or misunderstood – they got “missed”, often until it’s too late.

In my work I’ve proven my ability over and over again to discover problems brewing long before things got really bad, giving us time to address them. Among other things, I have pinpointed spinal misalignments, diet problems, allergies, brain dysfunction, broken bones, vaccination reactions, vision loss and hearing problems. My website is full of testimonials from clients so check it out, ok?

Lucky Lady, a warmblood mare, told me about a pain in her right hind hoof. It was the reason she wasn’t able to jump well anymore. She was hurting and unable to push off with her hind leg.

Then there was Percy, a Persian cat. He’d had a pressure and pain sensation behind his eyes for almost a year before they finally found the cancer tumor. But by then, it had grown so large they were unable to surgically remove it. *In case you missed Percy’s heartwarming and inspirational story, please go to www.valheart.com and look for it under Articles.*

Just yesterday, I worked with a wonderful therapy dog named Dougie. His owner wanted to know why he was behaving aggressively and growling a lot even though she’d been punishing him for it. It turned out he has a serious back and hip injury, and that he is eaten up with cancer. When she took him to the vet, they discovered a tumor in his anal sacs...

Matt, an Arabian stallion, was terrified of everything and nothing the trainer had done had made much of a difference. This beautiful black horse spooked dangerously at everything he saw, even though he saw the same view, things and people every day of the year. He was never able to calm down, find his confidence or balance. We discovered his neck and head had been injured and he was in chronic pain. Now, he’s calming down, is much easier to work with, and a lot safer to be around.

Our animals do what makes sense to them from their viewpoint, and they always communicate what they are thinking and feeling. Listening to them allows us to take appropriate action on their behalf by discovering from their viewpoint where the real

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problems are coming from, what the triggers are, and if there are other unknown factors we don't know yet which are critical to resolving things.

Knowing these things helps save us a lot of time, energy and money by choosing the right way to resolve the real problem. Being an animal behaviorist and communicator, I am also highly trained in alternative health modalities so once we know what is really needed, I will be able to help them heal too.

I have 2 goals in my work: one is to save you time and money by discovering and addressing the real problems, not just guessing and trying different things, hoping for the best. My second goal is to help you rebalance, regain your clarity, peace and sanity, and be as healthy and resilient as possible. We work in an experiential way where you are very much a part of the process.

Many signs of illness are nonspecific and can be associated with many different diseases. Each one is significant and should prompt your attention.

1. Lack of appetite is often the very first sign of illness. This can be difficult to determine if you let them 'graze' on dry food only and just keep their bowl full. I recommend scheduled feedings at the same time every day so that you can accurately assess their appetite.

2. Less activity can be a real important clue too. Many times this "less active" sign is mistaken for "getting older". We shouldn't lose our zest for life, playfulness, or ability to move just because we are 'older'! If we do, then something is definitely wrong.

3. Weakness can show up as being "less active" or by displaying a loss of balance and coordination. These are potentially serious and you should seek immediate evaluation by your veterinarian.

4. Lethargy is a general lack of interest in their environment. A common symptom sometimes mistaken for depression or sadness, it can show up early or as a late sign of illness depending on the severity.

5. Losing weight can be an indication of disease or illness. Be careful as this is sometimes difficult to notice, especially in longhaired animals that you see every day. It's easy to miss subtle changes. If they feel bonier, lighter, or you can easily feel the ribs, pay attention.

6. Drinking more water is often associated with certain diseases including kidney disease and diabetes mellitus. And not drinking enough water is also a problem clue, and can lead to dehydration or renal failure.

7. Animals that don't feel well don't groom themselves, or you may just notice a dull lusterless coat. If your animal's coat quality changes, have them evaluated. This can also be a sign of nutritional deficiencies.

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8. Bad breath (halitosis) can result from dental disease as well as other metabolic disorders, such as tummy trouble, toxic buildup or kidney problems.

Your biggest job as your animal friend's caretaker is to educate yourself. Prevention is the best cure for any problem, so choose to feed a high quality diet, give them plenty of exercise, and pay attention if you see any of these signs.

Do you know about author Jan Rasmusen? She wrote a delightfully informative multiple award winning book called Scared Poopless: the straight scoop on modern dog care. I interviewed her and the recording is available for free on my website.

And I can highly recommend every dog and cat owner get a copy of her wonderful book, for their pet's sake. Go here to get yours www.dogs4dogs.com.

Jan partnered up with nationally renowned holistic veterinarian and pet food expert Dr. Jean Hofve to offer you a rare opportunity to learn *everything you need to know* to protect your dog and cat's health in a series of 3 hour long audio classes. This priceless information is available at www.askthepetfoodexperts.com. Just tell them Val sent you!

Remember, a vet visit is always a good idea if you notice any of these signs of illness. But if you or your vet have trouble figuring out how to resolve things, then it's time to communicate with your animals directly. After all, who knows better how they are feeling? Where they hurt? What helps or doesn't? Or why they are doing what they are doing?

If you are ill, please ask for the support you need. If your animals are, please give them the gift of an animal communicator so they can have a voice in what happens to them.

To help you get started, I have a Free Report: 10 Things You Must Know Before Hiring An Animal Communicator. Just go to my website and ask for it, ok?
<http://www.valheart.com>

Don't let things get to the Hail Mary stage before you notice. Chances are that by then, it might be too late.

Val Heart, Expert Animal Communicator & Master Healer for You & Your Animals!
Dedicated to assisting seekers ready to take a pro-active approach to improving their relationships with themselves & their animals through improved communication, energy medicine, health & balance for body, mind & spirit. Val works with chronic pain, illness, trauma, training, behavior, performance, euthanasia. She specializes in meeting the needs of performance horses: dressage, show jumping/hunter jumper, reining, cutting... but works with all animals.

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