

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” Helen Keller

Hope you all had a great summer! My summer was filled with travel, new places, faces and fun. Now we have fall and the third newsletter of Paula Brown Animal Communications. Be sure to celebrate the fall equinox Sept. 23rd.... and, send me your photos, tips and ideas.

## EVENTS AND MY NEWS FLASHES

Noah's Ark presents Energy and Chakra Reads! Held on Saturday, August 11 benefiting The League.

Thanks to Noah's Ark clients both "suddsed" up as well as received energy & chakra "road-



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maps" with part of the reads proceeds going to Baja Rescue. Be sure to drop by Liz and Mary's Noah's Ark pet wash and boutique for holistic / natural food as well as a quick and fun scrub!

### SUNDAY SEPTEMBER 23: 10AM - 3:30PM

Nutrition and Intro to Animal Communications Workshop : Encinitas! Plan & make a nutritional menu for your pet with Margarit Nee (owner of *The Art of Dog...* and cats too!). AND start to learn how to talk with your pet (find out what they like to eat!) with me during an intro to animal communications. Held at my place in Encinitas.

Location information given after registration...

to register call me at 760.753,1954 or...

e-mail: paula@animalhearttalk.com

Fee: \$100. (registration must be received by 9.20.07)

For more information, please call or e-mail

### Saturday and Sunday October 6 & 7

Chakra Read event at Dexter's Deli, Carlsbad (Sat), Del Mar (Sun)

It's that time again! Dexters is taking reservations for Quick healing and calming energetic dowsings or "road maps" as well as Chakra reads at their two stores. Learn the where and whats about your animal's Chakras! Reserve your space, first come, first serve.

Fee: \$20. (A portion goes to charity)

760.720.7507 (Margarit @ Carlsbad)

760.753.1954 (me!)

## WHERE?

### Wildlife protected coast of Cambria, CA!

Cambria, CA (California's Central Coast) 7.19.07...Relaxing along the protected Central Coast with a few "residents")

My recent summer "Solar Return" took me to the wonderful Moonstone Beach, where ocean life and beaches are protected as well as one's opportunity to re-charge and re-fresh surrounded by the sea and visits from various wild friends. Check out the amazing Sea Elephant Beach and reserve as you drive up the coast just North of the beaches at Cambria, CA!



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## WHO, HOW AND WHAT?

Dog and Cat "product" Tip :

Or, how to get to the "undercoat" of things!: During a recent annual vet "check up" for my cat Rocky, I discovered a great new tool to help my cat with his loose coat shedding and full ball manufacturing.

Both dog and cat brushes called "The Furmanator" work extremely well in combing out the undercoat as well as loose hair. Brushes come specifically for dogs as well as cats and with the fur that comes from just a single brushing you could knit a vest!!! (Don't brush too hard!) Rocky cut way back in his fur ball "floor decorations" since being brushed! You can google Amazon.com for the FURmanator...or pick one up at your vet's...

Thanks Keith!

Dr. Keith Weingardt DVM, CVA,

The Animal Healing Center, San Diego, CA

### Be aware of these pet food chemical preservative.

From the latest e-mail letter from Dr. Andrew Jones, DMV, Copyright 2007 Four Paws Online Ltd.

Dr. Andrew Jones is a holistic DMV practicing in Canada who has sent many articles recently on the pet food "safe" list as well as the pros and cons of vaccinating. Check out his site at: www.theonlinevet.com.

Here's what he has to say about some ingredients to be aware of on your pet's food labels. He mentions that these are also found in our human food in many cereals and prepared foods. Keep your eyes peeled and try to avoid these! From Dr. Jones:

Here are some SERIOUS dog and cat food toxins:

The CHEMICAL preservatives..

...the TOP 3 preservatives to avoid in your dog and cat's food:

1. Ethoxyquin
  - promoted kidney carcinogenesis
  - significantly increased the incidence of stomach tumours
  - enhanced bladder carcinogenesis
  - significantly increased the number of colon tumours

#### 2.BHA

- causes squamous-cell carcinomas in rats and hamsters
- enhanced stomach and urinary bladder carcinogenesis

#### 3. BHT

- promoted urinary bladder carcinogenesis
- could be a promoter of thyroid carcinogenesis

Thanks and good to know!

Send in your thoughts, ideas and have a great Fall!

Thanks for reading...if you wish to not receive; e-mail me at: paula@animalhearttalk.com and ask to "unsubscribe"