

“Pets, like their owners, tend to expand a little over the Christmas period.”

*Fanny Wright*

It's the Holidays! Be full of joy, peace, good health. I am celebrating by offering folks who do a DEC. remote read a FREE small animal portrait! Keep your pets safe, please be careful and have a great holiday: <https://bit.ly/1MIOM05>

### EVENTS AND MY NEWS FLASHES

Been concentrating on my fine art and gallery showings the last two months. You can find my art now “on the wall” at OVA gallery in Ojai: <https://ojaivalleyartists.com/> I am leading Sketch Journaling experiences in Ojai, CA (you don't need to be an artist, and you choose your date.): <https://bit.ly/2MZDy-HJ> And, I am offering sketch pet portraits (gift certificates too). Fur Shui's 2nd release: Larger format and Kindle. To purchase click on the green dot at [www.furshui.com](http://www.furshui.com)



### WHERE?

Been mostly working on helping folks with their pets and doing my fine art and Quick Sketch Quests! Check out my site at [www.picturestorming.com](http://www.picturestorming.com) to see how I help folks communicate their purposeful lives and ideas. Spoke at the Ojai Men's Retired Club in Nov. and was given a great poem by John G. about his cat Felipe. Opening with “A very common cat he is -- An ordinary pet. You would not think of him as dark or menacing, and yet --” I will leave you in suspense about Felipe's hunting talents...



*At the San Diego Zoo with my friend Diane...beautiful day, thanks Diane!*

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### WHO, HOW, AND WHAT?

#### Loving the Holidays!!!

Wishing you all a safe and joyful holiday. Try using aroma therapy of Mandarin Orange to mix with the scent of evergreens for destressing both fur and non-fur folks. Below are some tips and info to help keep your pet healthy and happy!

**Rooibos tea can be a healing drink for you and your dog.** This is a powerful healing drink with lots of antioxidants that is rich with vitamin C and two flavonoids called quercetin and luteolin, which have cancer fighting properties! Helping your animal with hot spots to digestive issues... check out the article from Animal Wellness:

<https://bit.ly/2AT6ZTI>

**Help for pet bad breath!** Dr. Andrew Jones has good advice for sweetening up pet breath: <https://bit.ly/2Ee-WbDz5> 1. More water. 2. Add veggie or chicken stoke into water. 3. Try brushing teeth...baking soda (make it into a paste) takes the mouth into alkaline rather than acidic environment. 4. Flush you can make at home... after they eat with green tea (flush and antibacterial)

Flush...with large syringe. Antibacterial, other benefits, apple cider vinegar...add to green tea, a teaspoon to 1/2 cup of green tea. 5. Treats like carrots or veggies (apples) to get rid of food particles.



*Rumi Cat (Portrait above) sending you all his holiday purrs!*

Thanks for reading, if you wish to unsubscribe, mail your request to me at: [paula@animalhearttalk.com](mailto:paula@animalhearttalk.com)