

CHAPTER ONE

METHODS FOR

BALANCING PHYSICAL BODIES

The aspects and attributes of all physical bodies are the following:

ROOT CHAKRA – the first, lowest chakra (spinning energy center) at the base of the spine (tail area) whose color is Red and musical note is C. The root is associated with *grounding* of the embodiment.

HARA CHAKRA – the second chakra upward/forward at the genital area whose color is Orange and musical note is D. This chakra is associated with reproduction.

MOVEMENT is the balancer of the physical self.

DIMENSIONAL PLANES associated with the physical are the First through the Third.

ENERGY FIELD of the physical is gravity (gravitational fields).

EARTH is the element.

SPRING is the season.

Our animal companions are creating their physical bodies each day using the foods and water that they ingest, the air that they breathe and the use of their musculature in exercise and stretching. When we provide for them an environment that is as close to a natural condition as possible (for each species), we give them the best chance for building strong and healthy physical bodies.

While a feral state includes dangers such as predators and lack, even foul weather; when we diminish the hardships and retain the “natural” conditions of balance that a species developed, we find our animals can truly thrive.

It is valuable to understand the physical functioning of various body systems to best comprehend just **how** we can influence body health and vitality. A bit of description and explanation in this chapter should help

you visualize the inner workings of your animals and serve as a reference to guide you when there is distress.

Most of our pets have a skeleton, a structure of great complexity that is the armature onto which the rest of the physical body is attached. The bones are made of minerals (supplied by the diet) and are not static. This means that if other body systems require a mineral that is not being given sufficiently in the food (such as calcium for a gestating or lactating mother), the bones will release the mineral into the bloodstream.

Flat bones protect vital organs. Long bones support the body. The spinal column is composed of the Cervical (neck) bones, the Dorsal (back) bones, the Lumbar (loins) bones, the Sacrum (usually 5 vertebrae that are united in an adult) and the Coccygeal (tail) bones. The tail is a barometer of how the back feels. Tightness on one side of the tail generally indicates which side of the back is sore. The ribs are considered “true” when they meet and are attached, and “false” when they are separate.

A joint is a moveable union between two or more bones. Articular cartilage covers the surfaces between bones and synovial fluid lubricates the unions to reduce friction. This fluid is formed by a membrane protected by the capsular ligament surrounding the complex system that is a joint.

With *dogs* we find that we can strengthen the bones and heal injuries with supplementation of dolomite (a natural calcium and magnesium source). In my family, we have raised and loved many Dachshunds and through the years some have had back trouble, even paralysis. We learned to keep them quiet, safe and immobile while feeding up to 750 mg. of dolomite, 500 mg. Ester-C (a buffered vitamin C supplement) and yucca root capsule daily during their recoveries. We use exercise as a preventative, a white willow bark capsule as a pain reliever (**NEVER give white willow bark, meadowsweet herb, feverfew or, especially aspirin to a cat – it can kill them**). Vitamin E (200 to 400 I.U.s) supports the muscles that support the spine. These muscles can spasm, causing more pain, so working on their health is important, also.

Cats should receive daily multi-vitamin/mineral supplements designed specifically for felines. A trace mineral supplement can help strengthen their bones.

Horses need to have free choice blocks kept in their pens or stalls. They need a white salt block, a trace mineral block and a major mineral – calcium/phosphorus block (sometimes called a 12/12 block). The block is a fifty or so pound cube (that’s like a rock) that the horse will lick or chew as his body tells him to. At first he may devour a block, but his requirements should taper off as his body balances the minerals.

Sheep and goats require access to salt licks. So do cattle, deer and other ruminants.

Minerals are obvious as builders of bones, but are necessary to **all** body systems from hair and skin to blood formation to musculature.