

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

- nutrition • herbal medicine • homoeopathy • flower essences • iridology • craniosacral balancing • massage
 - manipulative muscle therapy • kinesiology • reflexology • reiki • Theta Healing
 - Thought Field therapy • Neuro-Linguistic programming
 - plus for pets:* • Tellington TTouch (Companion Animals) practitioner • canine craniosacral balancing
 - behavioural dog trainer • Tellington TTouch (Horses) practitioner-in-training
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WHAT IS TELLINGTON TTOUCH?

Tellington TTouch was developed by American Linda Tellington-Jones as a means of communicating with animals and improving their wellbeing. Tellington TTouch uses a combination of touches and ground exercises to improve an animal's physical, mental and emotional balance and wellbeing. Tellington TTouch is a very gentle therapy, suitable for all animals from the very young to the very old and frail.

“When you know what you do, you can do what you want”

Many animals lack awareness of their body and how they use their body. This creates stress and tension, leading to behaviour problems and decreased performance potential. Tellington TTouch influences the animal's nervous system and the way it organises and uses its body. This gives the opportunity for change, leading to improved awareness and movement patterns.

Tension in the body is associated with many behavioural problems such as lack of confidence, fear, defensive behaviour, fear of thunder, excessive vocalisation, inappropriate chewing and other destructive behaviours. Releasing this tension can allow the animal to express more appropriate behaviour.

Performance animals that never realise their potential and those that don't fully recover their ability after injury may be holding the memory of that injury, and the associated tension, at a cellular level (even if the injury is an old one). Tellington TTouch can help release these tensions and allow the animal to reach its full potential.

If your animal displays inappropriate behaviour or performs below its maximum potential, Tellington TTouch may help. I have seen profound changes in the behaviour and performance of animals after they have experienced Tellington TTouch

Tellington TTouch helps dogs reach their full potential whether they are performance dogs competing in obedience, agility, etc. or simply much loved pets.

For more information on Tellington TTouch for dogs, see the official TTouch website: www.ttouch.com; Linda's book "Getting in TTouch with Your Dog"; or her DVD "Unleashing Your Dog's Potential".

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