

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

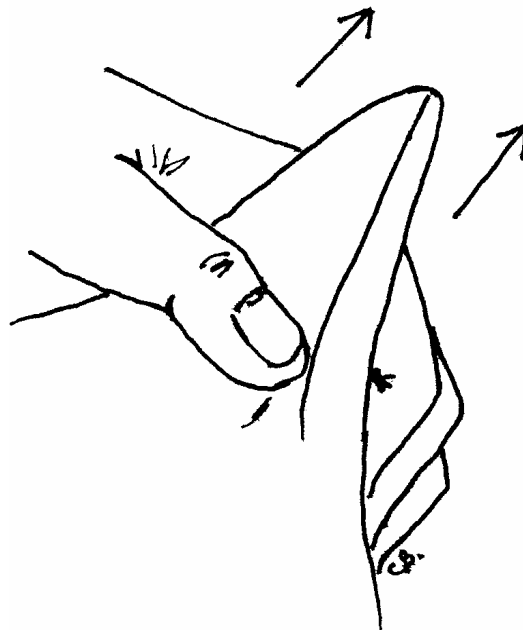
- nutrition • herbal medicine • homoeopathy • flower essences • iridology • massage • CranioSacral balancing
 - kinesiology • reflexology • manipulative muscle therapy • Theta Healing • Neuro-Linguistic Programming
 - Thought Field Therapy • Reiki
- plus for pets:*
- Tellington TTouch (Companion Animals) Practitioner • Canine CranioSacral balancing
 - Tellington TTouch (Horses) Practitioner-in-Training • Behavioural Dog Trainer
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TELLINGTON TTOUCH EAR SLIDES

Use ear slides any time your dog is anxious or stressed (vet visits, illness, before shows/trials, etc) or as a gentle way to connect with your dog, cat or other pet at any time. Most animals just love ear slides and will often position themselves to give you the hint that they would like you to work on their ears. My elderly cat asks for his daily ear slides each evening, then drifts off into a deep, peaceful sleep.

Remember to remain calm and breathe normally yourself (especially in stressful situations). Ear slides are especially good for shock, stress, digestive problems and car sickness.

To do Tellington TTouch ear slides, **gently** (imagine the ear as being as fragile as the petal of a flower) and **slowly** stroke the whole ear from the base to the very tip in the direction the ear grows. The ear contains acupuncture points for the whole body, so by doing ear slides you can influence the whole body.



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