

The Holistic Approach

Newsletter Autumn 2009

Dear Friends,

I would like to introduce you to the newest member of my family. I first met this pretty mare in August of last year, her general condition and severely sun burnt face tugged at my heart strings. She was part of a large herd of breeding mares and seemed desperate for individual attention. From that first meeting I knew she would be my next rescue. It took until June this year for me to convince her owner to part with her. In the three weeks prior to her coming home she sadly lost her 5 week old foal and became deathly ill herself. The vets had no answers and at the time she had all but given up on life. I begged and pleaded for her to remain on fluids to give her a chance to come to terms with the loss of her young colt and on day five she turned a corner. From that day to this she has made continual progress. I have named her Tehya.



Tehya is a native American name meaning precious, this little mare with her delicate skin and her incredible inner strength has won my heart. As with all the animals I have shared my life with I look back at the amazing ways they have presented themselves to me, at how the reasons for our connections have become so clear. I am enjoying every minute of being a horse owner again; already Tehya is teaching me so much. I will keep you posted as we take our journey into the ridden world. I will be taking everything slowly, naturally and allowing Tehya to guide the way, listening and hearing her as I introduce her to a whole new way of life.

I hope you have all enjoyed the summer months with your animal friends and that this news letter finds you happy and well! Best wishes Dena x

www.theholisticapproach.co.uk

There are medicinal plants all around you. Are you enjoying them???

Ash The leaves of this native tree are full of goodness. In some parts of the country they are fed to cows when the grass is scarce. Medicinally they have diuretic and purgative properties & are used in modern herbal medicine for their laxative effects. The horses love them!!!

Blackberries are a wonderful tonic for us and our animals, they aid digestion and can counteract diarrhoea, they also support joint and heart health and to top it all they are delicious!



Did you know...The practice of using medicinal plants as natural medicines has existed since prehistoric times. There are three ways in which plants have been found useful in medicine. First, they may be used directly as teas or in other extracted forms for their natural chemical constituents. Second, they may be used as agents in the synthesis of drugs. Finally, the organic molecules found in plants may be used as models for synthetic drugs. Research continues and new medicinal plants and their benefits are discovered every day!

Magnetics for animal Health

This is the most amazing magnetic horse rug I have ever used. Sadly stock is running low and there is a chance it will not be available in the future. If your horse has sarcoids, arthritis, muscular complaints or just wants to feel at his or her absolute best then email me for info and testimonials!



Saturday 19th September 10.30 - 4.30pm
Natural First Aid 4 People & Animals.

Discover the most effective plant remedies to treat common complaints & minor injuries. This is a practical one day course suitable for anyone with an interest in natural medicine. During the day you will be making, smelling & tasting useful therapeutic remedies. When you head home you will feel confident in handling all minor ailments in a gentle & holistic way.

Venue: Remus Horse Sanctuary,
Buttsbury, Essex

Cost: Remus members £35 per person
Non members £45, refreshments inc

Saturday 26th September
Gambia Horse and Donkey Quiz Night!

Fun and laughter, drinks, food, camping and good company to help raise much needed funds for this essential charity.

Please call or e-mail me for more details. Raffle tickets with fab prizes also available!!!

Venue: Nr. Cheltenham

Sunday 4th October 10.30am-4.30pm
Natural First Aid 4 People & Animals.

Discover the most effective remedies to treat common complaints and minor injuries. Learn the healing benefits of herbs, plant oils, extracts and clays.

Venue: Nicholls Farm, Redbourn, Herts
Cost: £45 per person inc refreshments

Friday 23rd October 7pm for 7.15pm start
Animal Aromatherapy Lecture Demo

Join me at the BHS Bedfordshire's annual meeting. I will be giving a power point presentation followed by some unplanned, unrehearsed demo's with the colleges own horses, guaranteed to be highly entertaining. There is no charge for this event and BHS and non BHS members are very welcome. Please be in touch for further details

Venue : Shuttleworth College, Beds

Sat & Sun 13th & 14th November 2009
Your Horse Live Weekend

Come and visit me with your questions at this year's Your Horse Live Event. I will be available at the Interactive area on both the Saturday and Sunday and at the Natural Horsemanship Magazine stand. Looking forward to seeing you there, lets learn and shop till we drop!

Venue: Stoneleigh, Warwickshire
