

# Dear Louise

by Louise Hay



Dear Louise,

I am very interested in receiving the details of the natural diet for pets that you referred to in a recent column. Thank you.  
—K.L., Redford, MI

Dear K.L.,

Hay House published a book by Kymthy Schultze called Natural Nutrition for Dogs and Cats: The Ultimate Diet. In this book, Ms. Schultze writes:

"Dogs and cats are carnivores. Biologists have yet to discover any wild carnivore that cooks its food. A carnivore's body has been designed to derive its needed nutrients from raw food. Many successful zoos and other captive habitats have discovered that they cannot keep their animals healthy and able to reproduce unless they are fed raw food. Cooking actually changes the molecular structure of food. The outside appearance of our dogs and cats may have been changed by human selection, but the inside of our furry friends is still that of evolutionary design. The digestive design of your feline or canine companion is not changed simply because it's living in your condo. Your domesticated carnivore still needs species-appropriate nutrition to achieve optimum health."

I have been feeding my dog this diet for a number of months now and has noticed elim-

ination of body odor and breath, a healthy skin and coat, clean teeth, strong nails, healthy ears and a happy active animal!

Dear Louise,

What is the correct way to do affirmations, and how many times a day is best? I'm not sure I'm doing it right!

—D.S., San Dimas, CA

Dear D.S.,

You cannot do affirmations "wrong." What you can do is the "wrong affirmations." Every thought you think and every word you say is

an affirmation. When we talk about doing affirmations, we mean taking conscious control over our thoughts and words. The more times a day you can say your positive affirmations, the quicker you will get results.

Remember, most of us think over 60,000 thoughts a day. So make the most of the positive affirmations, and you will improve the quality of your life beyond what you can imagine. Have fun doing your affirmation, and have a good life.

Dear Louise,

I am at the end of my rope! I have been struggling to create peace and harmony in a relationship I've been having with a man for more than six years, and I'm also trying to trust him again. We have been to several marriage counselors, and he still continues to lie about little things. For example, he still keeps in contact with his old girlfriends. I find myself doubting him and doubting my own intuition about him. How can I get my power back? I really do love him, but six years of uncertainty can really get to a gal after a while, and this is beginning to affect my health. Help!

—K.M., Dallas, TX

Dear K.M.,

This is not love, my dear, it is self-hatred. Is this what you deserve? Obviously there are some hidden blocks and fears standing between you and the life you desire. You may want to look at the relationships that surrounded you as a child. Did your parents have a loving relationship? Did they treat each other with kindness, appreciation, and love? How did they treat you? Are you holding on to any resentments?

To get your power back, you need to love yourself enough to leave this relationship now.

Start to love yourself. Opt to use this time to really pamper yourself with small acts of kindness and appreciation. Buy yourself flowers; and surround yourself with colors, textures, and scents that please you. Life always mirrors back to us the feelings we have inside. When you are emotionally ready, the right person to share in your growing sense of self-love will be attracted to you like a magnet.

An affirmation to use is: I am discovering how whole and wonderful I am. I embody true inner happiness, and I am open to a wonderful, loving, intimate relationship.

Louise L. Hay is a metaphysical teacher bestselling author. For a free catalog of books, audios, videos, and other products by Louise Hay and other Hay House authors, please call (800) 654-5126

If you would like Louise to answer your letter in this publication, address your letter to Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100. Visit the Hay House Website at: [www.hayhouse.com](http://www.hayhouse.com). For information on becoming a certified teacher of Louise Hay's philosophy, call Patricia Crane at (800) 969-4584 in the U.S. and Canada, or at (714) 969-9383 internationally.



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