

# Fleas, Fleas, Fleas

If you have animals, especially dogs and cats, you need to know about fleas and how to prevent or get rid of an infestation. As you might imagine, I am not a fan of the chemical fixes, like the spot on liquids, pills or injections.

Even though they may promise a quick and easy solution and their makers show us some of the cutest TV commercials I have ever seen ("Ain't no bugs on me"), I believe these chemicals can be harmful to our animal friends and our environment. Believe it or not, staying flea-free without the use of these products isn't as difficult as you might think. All you need is Martha's four-step flea plan.

I am giving you this information now because fall is a critical time in the life of a flea.

Since fleas live outside during the warmer months of the year, now that the temperature is dropping, they will be looking for a ride indoors to survive the winter. They can enter your indoor environment via animal or human, so paying attention now can prevent a panic later.

Step one is preventative and involves making your dog or cat friend unattractive to fleas. Fleas don't like healthy animals. Fleas are at-



## Our Animal Friends

by Martha Norwalk

tracted to animals that are unhealthy or physically out of balance. Yes, they will get on healthy animals, especially if there are no unhealthy models available but they prefer sick ones.

One of the most important factors in keeping your animals in balance relates to what you feed them. I recommend that you feed the highest quality, all-natural diet you can. Pick simple formulas that are hypoallergenic for your animals and rotate the protein and grain sources so new allergies do not develop. This can consist of processed, dry and/or canned, dehydrated, raw, home-cooked or a combination of several of these options. Just remember to keep it simple and rotate.

During the colder months of the year you may need to add balanced omega 3, 6 and 9 oils to prevent dry skin. I like the Missing Link or Udo's Choice Oil Blend for this. During the flea season times, say May through October or November, you can add a supplement to help repel fleas. Bodyguard (a yeast and sulfur formula), and Vet Line (yeast and garlic formula) are the two products I have found to be most

effective. Some animals may need additional supplementation like antioxidants, probiotics or digestive enzymes to be balanced.

Step two is to get rid your animals of fleas and then to keep fleas off. A good bath will get rid of all fleas on your animal. No, you do not need to use a "flea shampoo" with insecticides. Any mild shampoo will kill fleas if you leave the lather on the animal for two to three minutes. Be sure to supervise and do not allow them to lick any of the shampoo off. Always rinse completely.

My favorite way to get the fleas off is to use a flea comb. When using a flea comb — unless you are just doing an occasional check — always have a bowl of soapy water next to you to drop the captured fleas into. Start by combing the neck, chin and chest area and then all the way down the spine and base of tail areas. Once you have combed the most popular areas you can branch out, but you will pick up the vast majority of fleas in the areas I mentioned.

If your animals are flea free, it is a good idea to do regular flea checks during the fall months, to catch any new arrivals and again when the weather begins to warm toward the end of spring and into summer, when hatching outside begins. To do this use a flea comb, check the belly area or run your thumbs backwards up through the haircoat from tail to shoulders, and watch for running fleas or "flea dirt." Flea dirt looks like little black specs and will turn red when crushed on a wet paper towel. Also, if you see your dog or cat scratching themselves, that is a good time to do a flea check.

If you take your animal friend off your property, especially if you are going to a potential flea area, like a dog park, it is a good idea to spritz them with an herbal flea repellent

before you go. You can get one from a holistic vet or a natural pet store.

Step three is to get rid of fleas in your house. My favorite household treatment is a product called Fleago, a safe powder you sprinkle on floors and fabric to dehydrate the fleas. It is available at most pet stores. If you do not have a serious infestation, simple flea combing a couple of times a day will usually do the trick. You will notice larger adult fleas to start and then very tiny ones as they hatch. Eventually, you will get them all.

Step four is to get rid of fleas in your yard. This is the most important step. Getting rid of fleas in your outdoor environment is truly the key to living flea free but you only need to do this if you have had an infestation the previous year. If you did, then as soon as the outdoor temperature gets consistently above 50 degrees, you spray all grassy and dirt areas of your yard with beneficial predatory nematodes. They are microscopic living creatures that eat the larvae of fleas. Apply them just before a rainfall or water them in well. They last six to eight weeks and a second spraying may be needed depending on your location and climate. They are available seasonally at garden stores, some pet stores and feed and grain stores.

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## Managing a Compassionate Life

By Kim Illig

If you believe a spiritual life is part of being a balanced person in this world and are already on your path, you know cultivating compassion is part of the journey. There are a number of great books out there on the value of compassion, but integrating a pragmatic approach to compassion into everyday life often feels much more complicated than the books might lead you to believe.

In my practice as an intuitive counselor, people come to me with questions about implementing compassion. It's a skill set worth learning. Attitude shifts that involve managing the world from a stance of faith instead of fear, moving from needing to control to choosing to trust, and adopting a perspective of gratitude instead of yearning enhance the manifestation of a compassionate understanding.

We often think that being compassionate means making other people and their hardships our priority. If we neglect to include ourselves in the equation, our efforts to give compassion often fall short or feel somehow hollow. If we can't be compassionate with ourselves, how can we be sure our perspective with others is an authentically compassionate one? When we don't hold ourselves as a priority in implementing compassion it isn't long before the impact of our lack of integrity starts to affect us and those around us. Compassion for others without compassion for self can lead to feelings of resentment and disappointment. And the relationships based in this kind of interaction will often encounter deep conflicts after a time.

Many of us attempt to live a compassionate life from a place of thinking that we can make up for our belief of unworthiness by doing good deeds for others. This is a backwards approach. From an energetic perspective,

compassion for others can only come from a strong foundation of care for the self. Doing the personal work of establishing strong self-esteem and then reaching outside of ourselves to help heal and soothe others is a more powerful stance for bringing compassion to the world.

When you commit to living a spiritual life with compassion for yourself, the concept of disciplining yourself to do it will usually bring up some fruitful personal work. When we fail at something (in this case failing to be compassionate), we may judge ourselves or be judged, harshly. Because a common definition of discipline is inclusive of hardship and pain, this is in direct opposition to being compassionate with ourselves.

Let's look at the attitude shifts that enhance the manifestation of compassion to see if we can apply compassion to ourselves. Managing life from faith instead of fear is desirable. If we go through life making decisions based from beliefs of fear or from a "cup half empty," we attract and manifest people and events that will substantiate the fear perspective. Conversely, if we manage life from a faith perspective we will attract and manifest a world that substantiates that trusting view point. To act from faith rather than fear, we must move from needing to control a situation to trusting that it will work out for the best.

What if you decide to choose an attitude of trust the next time you are faced with a situation you would normally prefer to control? For example, what if you have planned a trip from your home in Los Angeles to Australia? You purchased tickets six months ago and all the arrangements have been made. Three days before you are scheduled to go you come down with strep throat and stomach cramps. You go to the doctor and get antibiotics and 24 hours

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## IF YOU SLEEP...

it may be time to wake up to what you are sleeping on.

Sleep constitutes an entire third of your life and your bed plays a critical role in your achievement of a wakeful and dynamic state of being. We are all trying to wake up and be present in the moment, finding that anytime we reside in the dead past or the non-existent future, it hurts. When we allow ourselves to be in the present moment we are alive—fully alive! Though not always easy, this is the most loving and gracious action we can perform for ourselves, everything and everyone.

We ask that you please take the time to wake up to what you are sleeping on and consider how sleep is often the most overlooked element of optimum health.

So, what are you sleeping with? Unlike beds of forty years ago, mattresses are now manufactured with increasing amounts of petroleum-based foams, volatile chemicals and fire retardants. In fact, you can be made ill by repeated exposure to these chemical emissions during the sleep process.

What can you do? You've taken responsibility for your food, your exercise, your environment...Isn't it time to take responsibility for the one third of your life over which you have absolute and complete control? A commitment to your well being is a blessing. It is a conscious creation of an alter/bed which provides you with the necessary profound rest essential for a dynamic wakeful life and the ultimate attainment of a relaxed and forgiving state of being.

Please, please allow us to serve you. We have found that the more we know about something the more we can appreciate it. We offer links to other like-minded sleep conscious companies along with exceptional resources through our website. We strongly encourage you to do your own research. Finding the right bed for you is our motivation—and it might not be one of our beds. All we ask is that you consider us in your process.

Visit us at <http://www.soaringheart.com> or we'd love to hear from you (206) 282-1717.

Thank You and Sleep Well!

**SOARING HEART**  
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