



# The Intuitive Connection

## Inside this issue:

Flavor of the  
Month, Services  
& Referrals

2

## Summer Safety for Pets



As the temperatures rise with summer drawing closer, there are some safety tips to keep in mind when it comes to our pets. With the higher temperatures, there are higher risks for our fur babies. To help keep your pets happy and healthy, let's take a look at some do's and don'ts.

1. **Provide plenty of water and shade.** Pets can easily get dehydrated and overheated. Providing lots of fresh water and a cool, shady place to retreat to will help to prevent dehydration and heat stroke. Signs of dehydration include dry gums and excessive drooling.
2. **Recognize the signs of heat stroke.** The normal temperature for dogs is between 100°-103° and the normal temperature for cats ranges from 100.4°-102.5°. Temperatures higher than these ranges means your pet could be in danger. Drinking water and panting are the ways our pets cool down, since they don't sweat the same way that we do. Possible signs that your pet is overheated include: Heavy panting, difficulty breathing, dry or bright red gums and tongue, thick drool, vomiting, diarrhea, glassy eyes, wobbly legs, racing heart and seizures. If your pet is showing these signs, immediately move them to a cool place, give them water to drink and get them to the vet asap. Don't place your pet in cold water as this can shock their system. Instead, you can lightly spray their paws and stomach or use a wet towels to rub their paws or stomach to help cool them down.
3. **Never leave your pet in the car!** It may feel cool to you, and even if you crack the window the inside temperature of the car can rise quickly. If the temperature is 75° outside, it can reach 100° inside in only 10 minutes, and 120° in just 30 minutes. For their safety, leave them at home.
4. **Apply sunscreen to pets with short or light colored coats.** Don't apply just any old sunscreen as many ingredients in human sunscreen (such as zinc oxide) is toxic to animals. Look for pet safe sunscreen with natural ingredients with SPF (such as red raspberry seed oil or carrot seed oil) that is specifically designed for cats, dogs, horses or whatever type of pet you have. Apply approximately every 3-4 hours to bellies, ears and noses.
5. **Don't shave your pet.** You may thinking shaving them will help prevent them from being overheated, but the opposite is true. Their coats are designed to help keep them cool in the summer and warm in the winter. Its ok to trim the fur, but leave at least a full inch of hair to protect your pet's skin.
6. **Change your walking routine to the coolest parts of the day.** Avoid the middle of the day, and take lots of breaks in the shade with water available.
7. **Protect your pet's paws.** Pets heat and cool their bodies from the bottom up, so avoid hot surfaces like cement or asphalt. Not only can it burn their paws, but it can increase their body temperature putting them in danger of heat stroke. Also keep in mind the surface of vehicles get hot too, so avoid putting them in the back of a truck where the metal can burn their paws.
8. **Use bug spray.** The summer also brings out the parasites such as fleas, ticks, mosquitoes and other parasites. Make sure to use a pet safe repellent that is designed for your specific breed of pet.
9. **Use a pet life vest if going out on the water.** Not all dogs swim well, and there is a big difference between your pool in the backyard and a river or ocean with currents. Make sure the life vest fits them well and is a brightly colored so it can easily be spotted if needed.

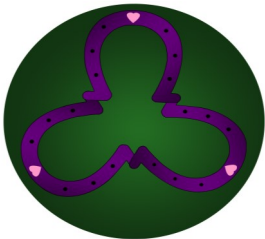
Taking a few precautions can mean the difference between an enjoyable summer and a tragic one. Have fun, stay safe, and don't forget the water, bug spray and sunscreen for you too.



Check out our alpaca inspired lip balm flavor of the month featuring Juno!

*“She’s a sweet and refreshing burst of sunshine, the perfect start to your summer fun!”*

## Blueberry Vanilla



### Trinity Healing

STACEY  
FERRELL

Prescott Valley, AZ  
Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

Store:

8260 E Plum Creek Way  
Prescott Valley, AZ

## Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled  
in person or remotely*

### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Cindy Holt, Holt Holistic Healing**

Medical Intuitive, Emotional Release Healing, Energy Healing

Website: [www.holtholistichealing.com](http://www.holtholistichealing.com)

928-273-8576