

Overall Wellness
For Our Beloved Animal Companions, and their
humans, too!

By Joan Ranquet

Other books by Joan Ranquet:

Communication with all Life, Revelations of an Animal Communicator

(Hay House Publishers)

Animal Communication 101: Simple Steps to Communicate with Animals

Hear, Heal & Talk with your Pets to Know What They are Thinking

(Communication with all Life University Press)

And soon to be released:

*Energy Healing for Animals, Techniques to Enhance Health,
Longevity & Happiness of the Animals we Love (Sounds True)*

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I am so grateful you are interested in Animal Communication. At no time is this to be used in lieu of Veterinary medicine or Training. Animal Communication can be used in conjunction with veterinary medicine and training.

Animal Communication Housekeeping

As Animal Communicators, we must uphold a level of professionalism and discernment. This lays out some good ground rules that I'm sure I'm speaking to the choir on with the following:

- As an Animal Communicator, please have permission from the animal's human, caregiver, veterinarian or trainer before jumping in to see what is going on. This is just good clean karma.
- It is not okay to speak out of school about a session, meaning, we must be like priests in the confessional with the treasured information that an animal and their human companion have shared with us.
- As an Animal Communicator, please always remain neutral. Please always be aware of your own emotional level. Please be aware that as an Animal Communicator and healer, it is helpful to always have a solid self-awareness, check in with yourself and be aware of what healing work can be done on yourself. Our work on ourselves is never finished, as long as we are here in these human suits.
- At no time are you to diagnose. You may suggest an area where there is a blockage, you might describe symptoms, but please do not name diseases or conditions.
- Diplomacy and compassion go hand in hand. There is a person that is attached to the animal you are communicating with. Therefore, in order to make a change for the animal, please be kind and compassionate, use diplomacy and respect as you talk to the person. If you put the person on defense or make them wrong, you are doing more toward not helping the animal. People respond to kindness.
- Always honor the contract between the animal and God/Universe/Spirit and the contract between the animal and their human. Even if we think that we know something more or better about that animal or what the person can do to help, we can't have an agenda about it. It is up to them.
- Don't attach to information. If a person says, "That isn't my animal" quickly move on. Don't try to defend yourself. Use the "Yes, and...." approach. In improvisational theatre, if you were to stand on a stage and say "the sky is orange" and your partner says, "no, it's not", the scene would be over. Saying Yes, and....to clients, keeps the session moving along.

This book is dedicated to the students of Communication with all Life University. They are a collection of brave and wonderful people who teach me every day. Thank you!!

I would like to thank anyone who has walked through the door and taken one of my workshops.

I also would like to thank all the people that willingly pick up the phone and jump in with enthusiasm to the world of animal communication on teleseminars!

And I would like to thank all of my animal companions for providing me with love, laughter and plenty of material.

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COMMUNICATION  
WITH ALL LIFE UNIVERSITY  
CONNECTION WITH ALL LIFE JOURNEYS

## OVERALL WELLNESS

For our beloved Animal Companions and their humans too!

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## INTRODUCTION

As long as I can remember, I have been interested in health and healing. It was a hobby in the late 1980's and early 1990's and became a career mid 1990's. I started (but didn't finish) a PhD program in Energy Medicine with Dr. Norm Shealy and Caroline Myss. At the time, they were only working with the human energy field and so I would go home and apply my notes to the dogs, cats and horses of my early Animal Communication practice.

It became a daunting task and I didn't complete it. Between my first book, *Communication with all Life, Revelations of an Animal Communicator* (Hay House) and my second book *Energy Healing for Animals* (Sounds True) and all of the work I've done with clients, on an energetic level, the studies now have been complete! This little Overall Wellness paper started out as a class in 1998. What I have written in these pages are things I've shared across the country in little 3 hour classes. They are things I hold near and dear to me as an Animal Communicator and Energy Healer – that didn't make the *Energy Healing for Animals* final copy.

## Overall Wellness

This little Overall Wellness journey is not meant as an answer, necessarily; instead, it is a super broad brush stroke that will allow you to formulate some great questions when looking toward better health. These are questions you never stop asking! Let's start with one of the most important questions:

Is your animal companion in a state of thriving or surviving?

What would it take to make the shift toward thriving?

Whether our animal companion has had an emotional upheaval, injury, surgery, a rough start or an illness, it is up to us to move them toward thriving again. Sometimes, love, kindness and a little peace can help push an animal into thriving. Sometimes, it takes a little more effort!

By thriving, I mean:

Access to fresh water and healthy food

Your animal has a decent to shiny coat.

A level of fitness

being at a healthy weight

An opportunity to exercise, both for the physical body as well as the emotional life

Ultimately, thriving means, having a vibrant energy field!

In both of my books, *Communication with all Life* (Hay House) and *Energy Healing for Animals* (Sounds True), better behavior and wellness are achieved by recognizing that it is all energy! That is not to say that there is some arduous method of energy healing that you must learn now to achieve this. Rather, it is recognition of the present energy in the household. Awareness will help shift the energy and then educated choices will really move the energy toward thriving!

Sometimes it is a challenge to be the overseer of our animal companions. When they are in health crisis or not in exactly perfect health, we may not know what to do. You can check in with Dr. Google and find an outcome for anything these days. Everyone on the planet becomes a research expert as a result.

And, if you are on the Animal Communication path, you may be too close to your animal to see what to do next! As I said above, this little booklet should serve as a place to start asking questions of yourself, your animal and your animal practitioners.

Setting yourself up with a team for your animal(s) is a great place to start. If you are like me, you only use a holistic veterinarian. I still need to know where the emergency western medicine vet is! Sometimes a support team and a checklist will help to eliminate a panic later on.

### **Wellness Checklist**

Do you have a holistic veterinarian? Do you have access to:

- Acupuncture
- Chiropractic
- Chinese Herbs
- Homeopathy
- Nutrition

- Cold Laser
- ITherm

A good old fashioned western medicine veterinarian you trust for surgery?

Do you have a body worker (equine/canine/feline)?

- Massage
- TTouch
- Bowen
- Cranial Sacral

Do you have someone that does energy work?

- Scalar Wave
- Reiki
- Healing Touch for Animals
- Access Consciousness
- EFT (Emotional Freedom Technique) Tapping for Animals

Are you aware of anyone that uses healing machines like:

- Acuscope
- Rife machine
- Theraplate
- Water therapy
- Treadmill

### **Behavior**

- Do you have a good dog/horse trainer that you are in alignment with?
- Do you know of a behaviorist?

### **Other**

- Do you have a good groomer?
- Do you know where the nearest healthy pet store is?

- Do you know where a tack/feed store is that has healthy/holistic choices?

Some of you may live in areas where this is not available, so you may want to look on line to see where these things are available.

We want to create a great support team. I know when I have a health challenge, I feel like I'm the luckiest girl alive. I have support, far and wide from the specialists I know in the area and from other lovely helpers around the country. I feel supported and encouraged as I make choices about the health care of my animals.

When it comes to our animal's health, making an intuitive and educated choice becomes a challenge, in and of itself. At the end of the day, you have to weigh in on what your gut tells you and what your heart tells you. You can look to your veterinarian or your trainer, but it is your animal. You are making the ultimate decision; the others should be the total support team.

Most of Western Medicine for animals has the same model as the American Medical Association for humans. While there is a time and a place for western medicine, obviously, there are also alternatives. The ideas and practices that we have always taken for granted should always be looked at from multiple angles if we base our choices strictly on science and what is taught by western medicine.

I have always thought that health and healing should take on the "Lazy Susan" approach. A Lazy Susan is a rotating tray, like a turntable.



If the surface is filled with food, it is used as a simple way to serve the food, by rotating the top.

It offers choices.

I believe we have to consider many things on our Lazy Susan of healing. Let's learn to step back and look objectively at each thing that got us here, and what options we may have so that healing can begin. Sometimes, this is harder to do on behalf of our animal than we think!

The "things" to look at fall into categories. When we examine a few categories within a given situation, we may find themes or patterns. That's when we are cooking with gas when it comes to healing.

Creating a list of things to examine could include, but is not limited to:

- Emotional
- Spiritual
- Physical
- Mental
- Relationships (other animals and humans in the household)
- The past of the animal – though the "story" should be released
- What you can live with

- Financial
- What is realistic with our given circumstances.....and this encompasses a lot.  
Just the few circumstances below may give you an idea of how complex and vast this is:
  - Your givens may be that you show animals and must vaccinate
  - Your givens may include having one very antisocial animal
  - Your givens may involve the health challenge of an animal with a newborn baby on the way

And so on, and so on, and so on.

It is amazing what all goes into making choices on behalf of our animal companions. If you're becoming an Animal Communicator or working in the field of animals, the things on the above list weigh heavily when it is decision making time.

Your animal's health isn't just dependent on whether you are willing to look at the above list with any objectivity. An overall look at wellness would also require an overall look at the household. What is the general tone? Could you help to raise the frequency of the household or barn?

#### Frequency

Frequency is a method of measuring energy. I am going to steal from my own book here, from *Communication with all Life, Revelations of an Animal Communicator* (Hay House):

#### ***Frequency Explained***

Frequency is an important factor of energy or vibrational medicine. The higher the frequency, the better for health or happiness. For example if you think of an unpleasant situation in your life, your whole aura and being can get drained down to a downtrodden bedraggled place. If you focus on happier moment of your life, suddenly

that focus can uplift your whole spirit. It's nice to be in charge of your frequency, but your frequency can be affected by outside influences also. Things that affect your frequency in a negative manner include:

- pollution
- electromagnetic fields
- someone else's bad mood
- preservatives in food
- anything used in excess
- a job you hate
- a fight with a spouse
- living in limbo (unless you live in a state of expectancy that something fantastic will manifest)
- the news.

Things that raise my frequency are (you make your own list):

- dancing with abandon
- singing along to silly songs
- being at a beautiful, natural location
- doing what you love
- organic foods
- minerals and crystals
- puppy breath
- a monkey trying to get your earring
- laughter
- love
- having your cat chase a light
- horses a far in a field with their tails swaying in the breeze
- exercise
- a massage
- pampering yourself with salts in your bath or a nourishing lotion (as long as they don't contain parabens—then you're just breaking even)
- wind chimes
- a moment of success
- a really great daydream.

When we look at that list, we start to understand that our energy, our mood, our emotions and our actions contribute to the overall frequency of the household.

We will review some simple needs of all beings.....

## EXERCISE

Even with all of the healing modalities I know and apply, as well as all of the energetic technologies that I have at my fingertips, there is no replacement for plain old exercise.

Fitness begets more fitness. An aging animal needs to move to keep the creaking bones mobile, as much as a young animal needs to run the energy off and fall into a pile, sighing with exhaustion. In the wild, an animal's survival is dependent on motion. Their bodies, (and our bodies) are built for it.

For dogs, it is necessary. Most behavioral issues could be solved by getting your dog out for a good run. If you go to work when it's dark and come home when it's dark, maybe you want to get a treadmill? It's a thought! Even for cats.

Believe it or not, cats need exercise too. Getting cats to run around and play is the healthiest thing you could do for them mentally, emotionally and physically.

Like humans, animals get endorphins from exercise. These "feel good" hormones released through the system, enhance the opportunity for the animal to make better decisions, basically helping them react from a less anxious place.

Exercise also aids digestion. In the wild, cats and dogs are predators. The hunt is the only way they will survive. This includes crouching, chasing, even thinking. Their digestive enzymes are built around the thrill of it. We are doing no favors to our dogs and cats by leaving food down all the time. Specific meals are much better for them.

Horses are moving many hours of the day. Their motility is based on moving and eating. They meander and then run when in danger. There is constant motion.

Many horses live in stables. At the very least, making sure horses have proper turn out, enables them to move their body on their own. This alone will improve their mind and disposition.

### PLAY

Like exercise, play is necessary. How well an animal plays in their youth may determine how well they will hunt. Playing and socializing brings about balance for our animal companion.

Most species live in social groups: herds, packs, flocks, prides, pods, etc. When they live in our homes, this interaction is minimalized. We have to provide either friends or take the time out ourselves to be that friend!

Socialization:

Animals that have had proper socialization are healthy mentally and emotionally. Just like humans, our animal companions need friends! Healthy, fun, stimulating activities breeds balance!

Much of the scientific world is finally catching up with us empathic people, we all know that animal emotions are significant. Finally, animal emotions are being looked at. One of my favorite authors, Marc Beckoff lays out what he believes animals share as emotions....

- Joy
- Grief
- Love
- Fear
- Empathy
- Anger/Rage
- Jealousy
- Depression
- Pleasure
- Shame
- Embarrassment
- Resentment
- Respect
- Relief
- Sadness
- Despair

Did you notice, there is no hate?

I love to bring this up because we have a wide variety of things we make up for and on behalf of our animals. We are sure that our dog might hate men with hats or many other made up human emotions.

When we recognize that their emotions are pure and can come and go rather quickly, we truly see who they are and the teaching they can offer for our lives.

Even when we look at something like jealousy or envy, our animals don't live in a state of that. They simply experience it. And, move on.

The balance, the Lazy Susan approach, or whatever you want to call it, must include the emotional/mental life of the animal. The emotional/mental life of the animal is managed by us, but it is more of an external reality that affects the healing.

The body is another ballgame altogether!

## PH

Basically our system is alkaline by design and acid by function. Acid-Alkaline balance affects mood, performance, mental functions, behavior and our skeletal structure. pH means the potential for hydrogen. There is a pH of the stomach, a pH of the soil, it is a balancing act.

I have taken this page that circulated among distributors for a feed company that I am a distributor with – Dynamite Specialty Products. This is a human list, but it shows how we can do the balancing act on our own.

In order to maintain the natural body balance of 80% alkalinity / 20% acidity (the ratio of planet Earth) we must consume at least 80% **alkaline**-ash producing foods.

Foods are listed in diminishing order of their positive effect (**green**) in replacing **alkaline** reserves based upon a typical serving, i.e. raw spinach at 556 per 4c is approximately 100 times more effective than green peas at 5 per 3/4c.

Negative numbers (**red**) denote a depletion effect upon **alkaline** reserves.

|                                  |                                 |
|----------------------------------|---------------------------------|
| Raw spinach* 4 cups +556         | Fresh corn 1/2 cup -2           |
| Beet greens 1 cup +478           | Shrimp 1/2 cup -4               |
| Molasses 1 tablespoon +360       | Honey 4 Tablespoons -4          |
| Celery 5 stalks +341             | Pork chops 1 -6                 |
| Dried figs 5 each +297           | Whole wheat bread** 2 slices -8 |
| Carrots 3 each +282              | Eggs 2 -9                       |
| Sprouted beans (2") 1/2 cup +282 | Bacon 2 slices -10              |
| Chard leaves 1-1/2 cup +214      | Lamb chop 1 -10                 |
| Water cress 2-1/2 cup +192       | English walnuts 10 -10          |
| Sauerkraut 2/3 cup +176          | Wheat bran 1 tablespoon -10     |
| Lettuce 1/2 head +170            | White bread** 2 slices -15      |
| Green limas 2/3 cup +142         | Lamb 1/4 pound -17              |
| Dried limas 2/3 cup +123         | Veal chops 1 -21                |
| Rhubarb** 1 cup +117             | Barley 5/8 cup -21              |
| Cabbage 1-1/3 cup +111           | Turkey 1/4 pound -23            |
| Broccoli 1 cup +101              | Beef steak 1/4 pound -24        |
| Beets 2/3 cup +98                | Salmon 1 cup -26                |
| Brussel sprouts 6 +95            | White flour** 5/8 cup -26       |
| Green soy beans 2/3 cup +85      | Whole wheat flour** 5/8 cup -26 |
| Cucumber 10 slices +71           | Brown rice 5/8 cup -29          |
| Parsnip 1/2 large +67            | Wheat germ 1 tablespoon -38     |
| Radishes 7 +64                   | Pike 1/4 pound -39              |

Rutabagas 3/4 cup +62  
 Dried peas 1/2 cup +57  
 Mushrooms 7 +50  
 Cauliflower 1 cup +50  
 Pineapple 1 cup +44  
 Avocado 1/2 cup +44  
 Raisins 1/2 cup +42  
 Dried dates 7 +40  
 Green beans 1 cup +39  
 Muskmelon 1/4 +38  
 Limes 1/2 cup +33  
 Sour cherries 18 +30  
 Tangerines 2 +29  
 Strawberries 12 +28  
 White potato 1 +26  
 Sweet potato 1 +26  
 Grapefruit 1/2 cup +25  
 Apricot 2 +25  
 Lemon 1/2 cup +24  
 Blackberries 1 cup +22  
 Orange 1/2 cup +22  
 Tomato 1 +21  
 Peach 1 large +21  
 Raspberries 1 cup +19  
 Banana 1 small +18  
 Onion 1 small +14  
 Grapes 1/2 cup +10  
 Pear 1 +10  
 Blueberries 2/3 cup +5  
 Apple 1 +5  
 Watermelon 1/2 slice +5  
 Green peas 3/4 cup +5  
 Olive oil 0  
 Corn oil\*\* 0  
 Sugar\*\* 0

Chicken 1/4 pound -43  
 Peanut butter 3 tablespoons -49  
 Macaroni\*\*, spaghetti\*\* 7/8 cup -50  
 Codfish 1/4 pound -51  
 Soda crackers 8 -52  
 Haddock 1/4 pound -78  
 Peanuts 114 -78  
 Lobster 1/4 pound -78  
 Corned beef 1/4 pound -80  
 Oatmeal 1 cup -95  
 Sardines 8 -160  
 Sausage 6 links -160  
 Dried lentils 1/2 cup -171  
 Oysters 5 -209  
 Scallops 1/4 cup -226

(note - dairy products are acid-forming, too)

\* Best eaten raw

\*\* Not recommended for human consumption

Please copy and freely distribute this information!

Dr. Andrew Weil suggests that the stomach is actually the second brain. Look at how our animals react to barometric pressure changes, because their stomachs feel the effects long before the storm comes in.

If the system is not alkaline enough, the stomach cannot maintain the hydrochloric acid and ulcers result. Or if the stomach acid is weak ulcers result. It's all about balance.

Emotions, the human stressors, thoughts, lack of exercise – these all contribute to the pH of the gut. This is why I emphasize finding ways to raise the frequency of the household!

## FOODS

Illness can come upon us for a host of reasons, the least of which may be the foods that our animals are eating. As we mentioned above, there are still other things that will come into play for our animals, for example environmental toxins, genetic makeup and/or household emotional stress.

Let's start with foods.....the very best foods, of course, are the way nature intended them to eat their food: raw and after a big hunt. However, since we can't create hunting grounds out of our backyards or at the dog park, or letting mice go in the bathroom for our cats.....finding a healthy food is a place to start. (Setting up exercise that replicates this is good for the digestion, before meals.)

My first go to choice is raw food. There are even species specific diets. For those that don't want to chop up meat and prepare food this way, there are many companies cropping up that not only prepare the meat and vegetables, they deliver it frozen!

My second choice would be cooking. Though my logical brain says – wait, there’s no oven in the wild unless road kill has been sitting on hot pavement for a while. It is still a better choice than food in a bag.

On occasion, I hear the argument that raw meat would have bacteria and that would be hard on the dog or cat’s stomach. The stomach of the dog and cat is capable of digesting this. No coyote passes up road kill. Even if the road kill has been sitting there for days!

Not all of us are chemists, or we have fears, cost concerns, or can’t schedule in preparing a raw meal for our animal. Feeding raw or cooked food is out of the equation. Then it comes down to being mindful of what foods the pet food industry offer.

We must learn to read labels. I have been teaching a label reading class since about 1998. We usually pass around the labels and wonder where the food is! The “food” is usually the first five ingredients on a label. In other words, the top five ingredients contain the most important nutrition.

First we need an understanding of some of the words or terms on the labels. Reading a label can be like looking at a page written in Japanese! We will start with understanding what some of the words might be.

The biggest problem with commercial pet foods is they are full of preservatives:

BHT

BHA

ETHOXOQUIN

BHA and BHT are almost entirely out of the foods that humans consume, though some may contain them. THEY ARE KNOWN CARCINOGENS. Even if you were to consume one of them in a bowl of fruit loops one morning, you still may eat a banana that day or something else. Meanwhile, we feed the same thing OVER AND OVER to our dogs and cats and therefore, exposing them to high levels of carcinogens.

Ethoxoquin is what is used to preserve rubber in tires. So while it is excellent for our automobiles – you guessed it – bad for the animals!!

Melamine has fire retardant qualities.

In order to have AFFCO classification, meat has to be called chicken meal or beef meal. However, the quality of the meat depends on the quality of the company. Many unscrupulous companies just use beaks and feet. While some of that is good, a dog or cat in the wild is never going to go just for the chicken breast, it still needs to have much more substance than individual parts.

The next label lesson is: BY PRODUCTS. Many of the things that appear to be meat are actually meat by products. Some companies will strictly use feet and beaks.

Another common nonfood ingredient is wheat midlings. Many times this is something swept up off the floor, whether it is wheat, bran or flour.

Just a side note about mills in general.....many mills or processing plants are used for many things. One day it may be horse feed, the next two days it may be pig feed, the next day it may be chicken feed, etc. Many different ingredients are coming through for the specific species. The ingredients that it are fine for one species may be toxic for another.

Such was the case when hundreds of alpacas died around the country. They had been exposed to a toxin that had not been cleared out of the mill from the food that was being prepared the day before. This sort of thing is common and it makes something as innocuous as wheat midlings that much more of a potential bomb!

Wheat, Corn, rice and soybeans are fillers. They are known for being overproduced, full of GMO's (Genetically Modified Organisms) and not really the healthiest ingredient for dogs and cats. In fact, if given the opportunity for road kill or a corn stalk, it is doubtful that a dog or cat is going to pick the corn. These ingredients also get used in horse feed. Again, fillers.

Fats – this can actually be sprayed on and isn't a real "food". It has a pungent odor to entice your animal to eat the food.

Beet Pulp is the dried residue from sugar beets. This is added for fiber but is primarily sugar. This is used in dog and cat feed and can be one of the primary "foods" to help a horse gain weight. Beets are also known for absorbing pesticide and holding heavy metals.

Gluten is a source of protein – but it is the substance remaining when the grain has been washed to remove the starch.

One of the best books about what really goes into food is *Food Pets Die For* by Ann Martin. One of the best recipe books for dogs and cats is: *Natural Nutrition for Dogs and Cats* by Kymthy Schultze.

**Issues About Food by the editor, Whole Dog Journal, September 2000**

Developing your critical eye about the health of your dog is the key, she says. There are some great dog foods out there, some pretty awful ones, and a lot in between. Their hallmarks of a good food are: whole meats present in the first three ingredients, expressed for example as "chicken meal" rather than "poultry meal", no by-products, no artificial preservatives, etc. Needless to say, we meet all these and more. Then watch coat quality, energy level, presence or absence of vomiting, diarrhea, constipation, freshness of breath, etc. If the dog looks and feels great, go with it, some dogs who are extremely healthy can eat real horrible food and do fine.....for a while, but if things deteriorate, she recommends upgrading immediately. Better idea, as we know, is to upgrade from the start and avoid the silent destruction. Most of their mail, she says, comes from "sticker shock" from newer readers who are horrified that Iams, Science Diet, Purina etc. are listed as "junk food" by this magazine. The pet stores of course, and many vets, call these "premium foods" and charge the big bux for them. "We can't count the dogs we've heard about who were brought to the brink of death with a steady supply of these foods, and who were brought back to health by a change of diet". There may be some initial detox.

One of my favorite dog food sites is: <http://www.dogfoodadvisor.com/>. In the box below, you can see for yourself, how they rate food and what they consider food and nonfood and following along with their determination of what is toxic!

[Dogfoodadvisor.com](http://www.dogfoodadvisor.com) is an excellent resource.

**Kibbles 'n Bits Original Savory Beef and Chicken Flavor**

Dry Dog Food

Estimated Dry Matter Nutrient Content

Protein010023                      Fat010015                      Carbs010054

Ingredients: **Corn**, **soybean meal**, **beef and bone meal**, **ground wheat**, **animal fat** (BHA used as preservative), **corn syrup**, **wheat middlings**, water sufficient for processing, **animal digest** (source of chicken flavor), **propylene glycol**, salt, **hydrochloric acid**, potassium chloride, **caramel color**, sorbic acid (used as a preservative), sodium carbonate, minerals (ferrous sulfate, zinc oxide, manganous oxide, copper sulfate, calcium iodate, sodium selenite), **titanium dioxide** (color), vitamins (vitamin E supplement, vitamin A supplement, niacin supplement, d-calcium pantothenate, riboflavin supplement, pyridoxine hydrochloride, thiamine mononitrate, vitamin D3 supplement, folic acid, biotin, vitamin B12 supplement), choline chloride, calcium sulfate, **yellow 5**, **red 40**, **yellow 6**, **BHA** (used as a preservative), **wheat flour**, dl-methionine

Fiber (estimated dry matter content) = 4.9%

**Red items** when present indicate controversial ingredients

| Estimated Nutrient Content |         |     |       |
|----------------------------|---------|-----|-------|
| Method                     | Protein | Fat | Carbs |
| Guaranteed Analysis        | 19%     | 12% | NA    |
| Dry Matter Basis           | 23%     | 15% | 54%   |
| Calorie Weighted Basis     | 21%     | 31% | 48%   |

The first ingredient in this dog food is **corn**. [Corn](#) is an inexpensive and controversial cereal grain. And

aside from its energy content, this grain is of only modest nutritional value to a dog.

For this reason, we do not consider corn a preferred component in any dog food.

The second ingredient is **soybean meal**, a by-product of soybean oil production more commonly found in farm animal feeds.

Although soybean meal contains 48% protein, this ingredient would be expected to have a lower [biological value](#) than meat.

And less costly plant-based products like this can notably boost the **total protein** reported on the label — a factor that must be considered when judging the actual meat content of this dog food.

The third ingredient is **beef and bone meal**, a dry rendered product from (beef) tissues, including bone, exclusive of blood, hair, hoof, horn, hide trimmings, manure, stomach and rumen contents”.<sup>1</sup>

Beef and bone meal may have a lower [biological value](#) than most other meat meals.

Scientists believe this decreased protein quality may be due to the ingredient’s higher ash and lower essential amino acid content.<sup>2</sup>

On the brighter side, beef and bone meals are [meat concentrates](#) and contain nearly 300% more protein than fresh meat.

In any case, beef and bone meal is not considered a better quality dog food ingredient.

The fourth ingredient is **wheat**. Wheat is another cereal grain and subject to the same issues as corn (previously discussed).

The fifth ingredient is **animal fat**. [Animal fat](#) is a generic by-product of rendering, the same high-temperature process used to make meat meals.

Since there’s no mention of a specific animal, this item could come from almost anywhere: roadkill, spoiled supermarket meat, dead, diseased or dying cattle — even [euthanized pets](#).

For this reason, we do not consider generic animal fat a quality ingredient.

What’s worse, this fat is [preserved with BHA](#), a suspected cancer-causing agent.

The sixth ingredient is **corn syrup**. Corn syrup is a glucose-rich, high-calorie item of questionable nutritional value to a dog.

The seventh ingredient is **wheat middlings**, commonly known as “wheat mill run”. Though it may sound wholesome, wheat mill run is actually an [inexpensive by-product of cereal grain processing](#).

Unfortunately, the variations in nutrient content found in wheat middlings can be a critical issue in determining their suitability for use in any dog food — or even livestock feeds.<sup>3</sup>

In reality, wheat middlings are nothing more than **milling dust** and **floor sweepings** — and an ingredient more typically associated with lower quality pet foods.

The eighth ingredient is **water**, which adds nothing but moisture to this food. Water is a routine finding in most canned dog foods.

The ninth ingredient is **animal digest**. Animal digest is a chemically hydrolyzed mixture of animal by-products that is typically sprayed onto the surface of a dry kibble to improve its taste.

From here, the list goes on to include a **number of other items**.

But to be realistic, ingredients located this far down the list (other than nutritional supplements) are **not likely to affect** the overall rating of this product.

With four notable **exceptions**...

First, this food contains the controversial food moisturizer, [propylene glycol](#). Propylene glycol has been banned by the FDA for use in making cat food.

But it can still be found in some lower quality dog foods.

Next, we note the inclusion of **hydrochloric acid**, also known by its chemical formula, HCl. HCl is most likely used here to help prevent mold growth by making the product more acidic.

While high concentrations of any acid can be dangerous, very small amounts of low-concentration HCl can be considered safe for use in both pet and human foods.

Next, we're always disappointed to find **artificial coloring** in any pet food. That's because coloring is used to make the product more appealing to humans — not your dog. After all, do you really think your dog cares what color his kibble is?

**Caramel** is a coloring agent made by caramelizing carbohydrates.

And **titanium dioxide** is a white coloring agent. Although most claim the pigment to be a safe food additive, one international agency<sup>4</sup> has classified titanium dioxide as a "Group 2B carcinogen" possibly linked to cancer in humans.

And lastly, this food is [preserved with BHA](#), a suspected cancer-causing agent.

### **Kibbles 'n Bits Dog Food**

#### **The Bottom Line**

Judging by its ingredients alone, Kibbles 'n Bits looks like a **below average dry dog food**.

But ingredient quality by itself cannot tell the whole story. We still need to **estimate** the product's **meat content** before determining a final rating.

The dashboard displays a [dry matter](#) protein reading of 23%, a fat level of 15% and [estimated carbohydrates](#) of about 54%.

As a group, the brand features an average protein content of 24% and a mean fat level of 12%.

Together, these figures suggest a [carbohydrate content](#) of 56% for the overall product line.

And a fat-to-protein ratio of about 49%.

Below-average protein. Below-average fat. And above-average carbs when compared to a typical dry dog food.

When you consider the protein-boosting effect of the soybean meal, this looks like the profile of a dry product containing a **limited amount of meat**.

Bottom line?

Kibbles 'n Bits Dog Food is a **plant-based** kibble using a limited amount of **beef and bone meal** or **meat and bone meal** as its main sources of animal protein, thus earning the brand **1 star**.

Not recommended.

#### **Special Alert**

[Rice ingredients can sometimes contain arsenic](#). Until the US FDA establishes safe upper levels for arsenic content, pet owners may wish to **limit the total amount** of rice fed in a dog's daily diet.

### A Final Word

The descriptions and analyses expressed in this and every article on this website represent the **views and opinions** of the **author**.

Although it's our goal to ensure all the information on this website is correct, we **cannot guarantee** its completeness or its accuracy; nor can we commit to ensuring all the material is kept up-to-date on a daily basis.

Each review is offered in good faith and has been designed to help you make a more **informed decision** when buying dog food.

However, due to the biological uniqueness of every animal, none of [our ratings](#) are intended to suggest feeding a particular product will result in a specific dietary response or health benefit for your pet.

For a better understanding of how we analyze each product, please read our article, "[The Problem with Dog Food Reviews](#)".

Remember, no dog food can possibly be appropriate for every life stage, lifestyle or health condition. So, choose wisely. And when in doubt, **consult a qualified veterinary professional** for help.

In closing, we do not accept money, gifts or samples from pet food companies in exchange for special consideration in the preparation of our reviews or ratings.

To learn how we support the cost of operating this website, please visit our public [Disclosure and Disclaimer](#) page.

Have an opinion about this dog food? Or maybe the review itself? Please know **we welcome your comments**.

### Notes and Updates

12/26/2009 Original review

07/31/2010 Review updated

05/17/2012 Review updated

11/27/2013 Review updated

11/27/2013 Last Update

1. Adapted by the Dog Food Advisor and based upon the official definition for beef published by the Association of American Feed Control Officials, 2008 Edition [↵](#)
2. Shirley RB and Parsons CM, , Effect of Ash Content on Protein Quality of Meat and Bone Meal, Department of Animal Sciences, University of Illinois, Poultry Science, 2001 80: 626-632 [↵](#)
3. [Wheat Middlings as defined in an article by Wikipedia](#) [↵](#)
4. [International Agency for Research on Cancer](#) [↵](#)

I know you get the idea here, but thought I would add a few more dog foods and their first 5-7

ingredients:

Eukanuba – Chicken, chicken By-Product meal, corn meal, ground whole grain sorghum, ground whole grain barley.....

lams – chicken, corn meal, ground whole grain sorghum, chicken by product meal, chicken fat.....

Science Diet – Lamb meal, brewers rice, rice flour, ground whole grain wheat, ground whole grain sorghum, corn gluten meal.....

Purina One Chicken and Rice – Chicken, brewers rice, corn gluten meal, whole grain corn, poultry by-product meal, whole grain wheat.....

CATS

Hill's – chicken, whole grain wheat, corn gluten meal, animal fat, brewers rice.....

So far, if the first five ingredients are the main food source and the rest of the ingredients are worse than this, it's a wonder any animals have stayed alive!

Now the trend for these pet food companies is to justify through marketing, the ingredients. My new favorite is Hillspets.com, they have a page dedicated to reading labels for your cats. The veterinarian quoted says:

For starters, to ensure that your cat gets enough good sources of protein – think chicken, beef, fish and lamb -- check the first three ingredients on the label. [Pet food labels](#) list ingredients in order of the weight of the ingredient, starting with the heaviest.

If chicken meal tops the list, it usually means more protein, says Hughes. Regular chicken is 80% water, which can move up the ingredients list even based on water weight — water that is then removed to make dry cat food. Products like chicken meal (and other protein meals) are dehydrated, meaning that if it's at the top, it will provide an appropriate level of protein.

Protein is one of those buzz words that if a veterinarian says there is ample protein, then we are brainwashed to believe this.

Purina has a new page out called “The Power of Grain”. It is amazing! They say that they don’t look at ingredients, they look at nutrients and the best way to deliver them.....ah, marketing!

Horse feed can be equally as intolerable when it comes to fillers and by products. On top of it all, when you are feeding a horse a diet of man-made stuff, in lieu of grass and grazing, minimizing their exercise in a stable setting, it’s a wonder they are nice to us at all! The lifestyle and feeding habits should be examined with any behavioral challenge.

Any grazing animal is picking up bits of dirt as they move through the grass, the dirt coursing through their system helps them to detox what isn’t needed and gives them instant access to the minerals of that section of soil. Watching horses in the wild, they move to the mineral rich areas where the pH of the soil is balanced.

Grains for horses started out to be very simple, Corn, Oats and Barley (COB). Both corn and oats can be a “heater” for the system, meaning a horse can get very “hot” on these two ingredients. Another “heater” are the preservatives, binders and additives in most grains. Barley is a cooling agent – it can cool a hot horse down a bit and is full of trace minerals.

If you are going to do grains, COB or barley individually is a decent option. Also, Timothy or Orchard grass pellets. I personally do timothy pellets as a delivery source for vitamins.

Commercial foods are full of sugars and carbs. This creates an imbalance in the pH of the stomach. Alfalfa usually has too much protein and is very acidic. It is believed that close to 80 % of performance horses and working horses have a big proclivity toward ulcers.

Sometimes, I walk through a barn and smell the smell of ammonia. That is the smell of too much protein and not enough processing in the system.

Sadly, we have created a lot of insulin resistance with the high sugars and starches in the diet. Insulin resistance in horses can lead to other chronic health challenges.

Again, we feed a lot of things that aren't really food – like a processed grain like rice – to horses – and then we take it a step further and actually feed rice bran which is two times removed fake food!

Here are some horse labels:

Purina Equine Senior Horse Feed – wheat middlings, dehydrated alfalfa meal, cane molasses, ground peanut hulls, dried beet pulp.....

Nutrena Safe Choice – wheat middlings, rice bran, soybean hulls, dehydrated alfalfa meal, yeast culter, cottonseed meal, cane molasses.....

Super Horse Manna Senior (Manna Pro) – Wheat middlings, rice hull feed, beet pulp, soybean meal, dehydrated alfalfa meal, can molasses, vegetable oil.....

*Did you know that horses don't have a gall bladder and have no way to process oils? It sits in the intestine and eventually comes out the skin – this practice is used by certain people that show horses. The coat looks good but the intestine is clogged with oil.*

Strategy – Wheat middlings, ground corn, ground soybean hulls, cane molasses, dehydrated alfalfa, soybean oil, rice bran.....

Where is the food? It is like Hamburger Helper!

With these options for food, no wonder we need to supplement! Actually, even if all were perfect and they are getting organic foods and filtered water, the soils aren't what they used to be.....supplements are necessary!

#### Vitamins and minerals

When searching for foods, vitamins or minerals always look for things chelated in amino acids. This means that they are absorbable. Chelation means that it is bound in an amino acid and therefore protected as it enters the intestinal wall and into the blood stream. That's the only way to metabolize the mineral. If your supplements (human, dog, cat, horse, pig) are solely oxides, sulfates or carbonate, there is a good chance they won't be absorbed because they are inorganic. On occasion there will be a mix of inorganic with chelates, but because of the chelation process, it is more absorbable than if it stood on its own and entered the system. Crudely put, chelation is the only way to make sure that basically you don't pee it out.

#### VACCINATIONS

No matter what species you are, vaccinations are a very controversial subject. Vaccinations are a choice. If your animal is not exposed to many other animals, you may choose not to vaccinate. Know what you are vaccinating for. If there are no cases of some illnesses in your area, you may not really need that particular vaccine. Sometimes vaccines are given 'just because.'

Secondly become aware of what it would take to make a super high immune system for your animal companion. Some of the fallout from vaccines are worse than catching and curing the actual disease.

Third, is the animal healthy enough to vaccinate? Vaccinations are given as a matter of course, not taking into account the fact that the vaccinations of two years ago may hold, the animals health may be at risk, etc.

Some of the actual ingredients in the vaccines are challenging for the system. For example, aluminum, formaldehyde, ammonium sulfate, butylphosphate, glutaraldehyde, mercury and much more. Many of the listed ingredients are toxic to the actual organs of the system, or work like neuro toxins. In other words, not fit for consumption.

However, if you do choose to vaccinate, make sure you truly support the immune system.

Consider adding the following:

- Pump up the system with Vitamin C, A & E
- Consider SOD (Superoxidedismatuse – antioxidant)

- Use Homeopathic THUJA before, during and after to help assist the vaccine and limit toxins
- Use Bentonite clay (like Dynamite's Miracle Clay) on the spot to pull toxins out topically.

## **ARTICLES**

### **Test of the Titers by Virginia Parker Guide, Whole Dog Journal, September 2000**

Though vaccines can be miraculous, more and more vaccine-related problems both acute and chronic have become common as vaccine use has become more prevalent. The author points out that with any medical breakthrough, there is a long period of adjustment and modulation as treatments are refined and the practitioners learn how to use the new tools. As examples, the strength of radiation used in X-rays now is far less than originally used, birth control pills contain far lower levels of hormones than they did 10, 20 and 30 years ago, and antibiotic use is no longer so cavalier in the face of resistant bacteria strains. Similarly, vaccines do not appear to be the panacea that many thought, and in fact may do a lot of harm. Dr. Jean Dodds suggested clear back in 1983 that vaccine over-use was contributing to auto immune diseases in pets. Many vet schools, including Colorado State, are now recommending that there is no basis for annual vaccinations. For dogs, their recommendation is the standard 3 rounds of puppy vaccines (parvo, adenovirus, parainfluenza and distemper) plus rabies given after 16 weeks. The biggest problems seem to be autoimmune hemolytic anemia in dogs, and sarcomas in cats, both precipitated by over-vaccination. Dogs with allergies, who are elderly, who have a fever, etc. should not be vaccinated at all. Akitas and Weimaraners are particularly susceptible to vaccine reactions. Antibody titer tests are available for \$15 to \$40 per test, one for each disease in question, and can verify the presence of adequate antibodies. The titers are expressed as a ratio, as in 1:2 or 1:200, etc. The higher the second number, the better the immunity factor. Interestingly, the higher titers are found in animals who have contracted the disease previously, than in vaccinated animals who have not had the disease. Mother Nature does the best job!

Dogs with low titers but high T-cell counts will still be protected, so you need to consider other factors than just the titers, too. Researchers feel that any positive number in the titer, even a low ratio, means they have cellular memory for the antibodies. In one test, a dog expressed low titers, was vaccinated, and still expressed low titers, so there was virtually no immune response to the vaccine. So, here is a tool if you choose to use it, rather than just vaccinating mindlessly year after year, or even at all. Your vet can send the blood samples to Cornell Diagnostic Lab, and you can make an informed choice!

#### Other known everyday toxins

Certain things have basic “kill” energy such as pesticides, fly spray, wormers. We are putting these things into our animal’s body in order to make their life better. That said, we are also poisoning our animals.

Sadly, as an Animal Communicator, I have seen a lot of tragic situations as a result of toxicity. I will break down a few of these just as a reminder to keep an eye on your beloveds.

- Round Up – that is probably one of the fastest ways to destroy a liver. This rarely turns out well.
- Antifreeze – again, this is one of those that seems like candy for a moment and it has almost 100% fatality involved.
- Pill cabinets – I know of a dog that just lost her fight with Kidney failure after 8 years. As a puppy, she got into her owner’s Midol and never fully recovered.
- Fly spray – much of this is very toxic. The barns that drop fly spray on the horses often have chemicals that would be throwing off their polarity, at the very least, and could be doing neurological damage.

- Pesticides – this comes into the pads of our dogs and cats, they may lick their feet, it is a slow and insidious way to diminish the immune system at the very least. (You could always try 1 gallon vinegar and 2 cups Epsom salts and ¼ cup of dawn)
- Flea meds – this is very hard on their system.
- Heart worm – when you see those yellow stains in the grass, know that your dog with heart worm medication is peeing the toxins right into the lawn. But, how much of it is still in the system.
- Wormer – this is such a battle – worming medications have such a long slow breakdown on the system. Ivermectin in particular is tough on the system. It is a neurotoxin.
- Cleaners – like pesticides, the chemicals you use in your home absorb into the feet of our dogs and cats and can't leave their system. Their noses are close to the ground and also takes in a great deal of the toxins. (There are so many organic cleaners out there. You can also make your own. Even the simplicity of white vinegar and baking soda can do wonders! Many essential oils have been used for hundreds of years.)

There are so many ways to treat the systems from a holistic perspective. First and foremost, if you are feeding the immune system, that is your best first line of defense. It is said that a good immune system could fight off many of the things our animals are vaccinated for.

If you have to make choices like vaccinating or chemical wormers, do your due diligence on how much damage you are doing and mitigate with diet and supplements. Also, consider doing it all at different times so that you are not hitting your animal with a toxic overload.

Modalities beyond Allopathic

- Massage
- Acupuncture
- Chiropractic
- Cranial Sacral work
- Reiki
- Healing Touch
- TTouch
- Aromatherapy
- Magnets
- Laser Therapy
- Rife Machine
- Theraplate
- EFT (Emotional Freedom Technique) Tapping
- Herbs
- Homeopathy
- Flower Essences

The following has been excerpted from *Energy Healing for Animals, Techniques to enhance the health, longevity and happiness of the animals we love* (Sounds True)

#### Energy Healing

Energy Healing can help or even reverse the symptoms of almost anything you can think of including, but not limited to, allergies, diabetes, cancer, aging, nerve challenges, insulin resistance, infections and much, much more. I can't stress enough how valuable it is in true healing. Energy Healing can support the nervous system, cardiovascular system, immune system, endocrine system, digestive system and, of course, the chakra system and the meridian system. It's also wonderful for challenges including hip dysplasia, arthritis and overcoming major injuries. Energy Healing is excellent for enhancing post-surgical healing and especially when your animal is fighting for his or her life.

While Energy Healing addresses the physical demands of an illness, injury or condition, it also helps to release any emotional baggage that comes with the illness, injury or condition. If the challenge is simply emotional, Energy Healing will help rapidly as animals can't go to talk therapy. Okay, they *can* with a good Animal Communicator – but you still have to move the emotion up and out! Energy Healing can do that – and so much more.

### SUGGESTED READING FOR DOGS AND CATS

- Foods Pets Die For by Ann Martin
- Natural Healing For Dogs & Cats by Richard Pitcairn
- The Nature of Animal Healing by Martin Goldstein
- Homeopathic Care for Cats and Dogs by Don Hamilton
- The Encyclopedia of Natural Pet Care
- The Tellington Touch by Linda Tellington Jones

### SUGGESTED READING FOR HUMANS

BODY BALANCE Vitalize Your Health with PH Power

By: Karta Purkh S. Khalsa

DIET FOR A NEW AMERICA –

BY: JOHN ROBBINS

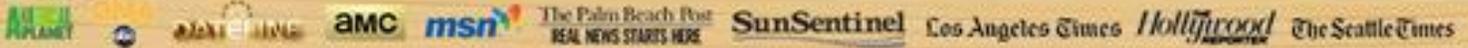


**Joan Ranquet**

Animal Communicator, Author & Speaker

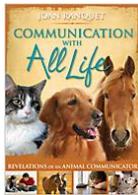


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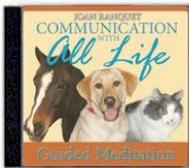


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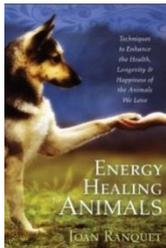
### Joan Ranquet - Products & Services



***“Communication with all Life, Revelations of an Animal Communicator,”*** published by Hay House.



***“Communication with all Life Guided Meditation,”*** CD or Mp3, produced by Audisee.



***“Energy Healing for Animals, Techniques to Enhance the Health, Longevity and Happiness of the Animals We Love,”*** published by Sounds True, out late 2014.



Dynamite products are vitamins and minerals for all species and the soil! There are unique products for all sorts of conditions – if you have a specific request and would like to create a program please contact Joan or visit

<https://www.dynamitespecialty.com/joanranquet>.



For more info about Joan Ranquet private or group Animal Communication sessions, trips, weekend workshops, teleseminars, speaking or more, please go to: [www.joanranquet.com](http://www.joanranquet.com).

**Communication with all Life University (CWALU)** has comprehensive programs for deepening your skills in Animal Communication.



**Professional Animal Communication Mastery Program** is for the person that wants to become an Animal Communicator. This includes 4 weekend workshops with Joan, 3 specialty classes: Energy Healing for Animals, Death & Dying and Animal Biz – working on marketing and building your animal business. It also includes Animal Education Teleseminars – with experts from training to healing to energy techniques, Bi-monthly Advanced Animal Communication Teleseminars and Mentor Calls. Requirements are homework and an elective in an energy and body work. (Virtual weekend workshops – via teleseminar available and count as credit toward the Full Time Certification.)

**CWALU Animal Communication Home Study Course, Basic Animal Communication and Energy Healing Home Study Course** is designed for the student to study in the privacy of their own home. Weekly lessons are available via audio, video and/or PDF files for the student to study. This is an introduction to Animal Communication and healing techniques and modalities. This should whet the appetite of the student who wants to work with animals but isn't sure just how, yet. The Animal Communication Home Study Course is designed to be something you can do at your own leisure as well as participate on the live calls.

For information on the above products or services, please go to:  
<http://joanranquet.com/cwal-university/>

Animal Communicator, Author, Speaker, Founder of Communication with all Life University, Joan Ranquet is an internationally renowned Animal Communicator and bestselling author of *Communication with all Life, Revelations of an Animal Communicator* published by Hay House. Joan conducts private sessions, teaches Animal Communication in Teleseminars, weekend workshops and is the founder of Communication with all Life University, a comprehensive certification program for Animal Communicators. She just released an e-book: *Animal Communication 101* and the companion workbook. Her next book, *Energy Healing for Animals, Techniques to enhance the health, longevity and happiness of the animals we love* will be out Summer 2015, published by Sounds True. Ebooks from Joan include *Animal Communication 101*; *Animal Communication 101 workbook*; *Animal Communication 101: How to Enhance Intuition*; *Overall Wellness*; and *End Stages and Beyond*.

Joan Ranquet has started Sacred Connections – Journeys to feed your soul – wildlife and sacred site trips to connect all life! Joan has taken several groups to swim with Dolphins in Bimini and trips to Africa and India are being planned.

Joan has worked with thousands of individual pet owners, dog, cat and horse trainers, barn managers and vets. She troubleshoots behavioral and medical issues, helps stimulate healing in conjunction with conventional treatment, and facilitating clients to deepen their ability to care for and understand their animals.

In addition, she teaches Basic Animal Communication, Advanced Animal Communication internationally, and has an Animal Alchemy series of energy and body work for animals and their people. She speaks all over the country and frequently donates her speaking fee to help rescue and rehab organizations raise awareness and money.

Most recently, Joan has been featured in The Hollywood Reporter as well as a media flurry that went viral when Joan found Gemma the lost horse. She was chosen by MSN as one of the “Top 25 People Who Do What They Love”. Her University was featured in the Orlando Sentinel. Joan has been featured in dozens of media including Pet Nation on Dateline NBC, The Today Show on NBC, Good Morning America on ABC, Animal Planet, the National Enquirer, The Los Angeles Times, The Sun Sentinel, and The Palm Beach Post. She was the “celebrity animal communicator” in a short documentary on the AMC Channel. Joan writes for The Horse Connection magazine.

Joan attended Stephens College in Columbia, Missouri where she received a BFA in Theatre. Prior to being an animal communicator, Joan worked as an actress and writer in both Hollywood and NYC. She has been working with animals for as long as she can remember.

Today, Joan’s animal family includes Gabrielle, an Arab mare, Rollie, a Thoroughbred gelding, a Warmblood named Anya, a Border Collie mix named Olivia, a lab named Isabella, a Border Collie cross name Delilah, a cat named Francesca and her three kittens: Queen Latifah, Buster Keaton and Henry.

[www.joanranquet.com](http://www.joanranquet.com).