

Exclusive news on dog therapy from **One Body**

Covering Berkshire, Hampshire and Surrey

1st Issue – Free!



RUPTURE AND REPAIR

How breaking my body led to my dream job with dogs

In my mid-20's, after a career change from desk-based to gym instructor, I found myself with a chronic back issue. On bad days it saw me relying upon a walking stick to stay upright!

I tried multiple methods of rehabilitation, which provided temporary relief, but the results never lasted. One day I was stood in the gym, evidentially in discomfort, when a Pilates class emptied from one of the studios. The Pilates instructor noticed my condition and asked, "Can I just try something?". I responded "Of course" thinking at this point I would be willing to try absolutely anything. She then proceeded to perform, what I described at the time, as "weird, touching". I felt embarrassed and kept looking around the gym hoping that no one was watching. After

the Pilates coach had finished her ministrations, she stepped back and said, "There you go". I responded, "What do you mean, 'there you go'?". She said, "Try to move around." I proceeded to move around, bend and flex and to my astonishment, for the first time in 6 months the pain had disappeared.

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A MAGICAL TRANSFORMATION

Ted's Emotional Journey

Everyone says Ted is beautiful. They're right!



Unfortunately, Ted's aggression issues once caused people to be wary and tense up around him. Sensing the negativity, Ted became anxious. It was difficult for him to socialise.

Then he came to visit me at One Body.

When I first met Ted, he was very cautious of his surroundings. He explored every corner of my treatment room but made an obvious effort to stay away from me.

Ted seemed very uneasy around strangers. When it came time for me to treat him he wouldn't let me touch him and even tried to bite me.

However, the magic of Emmett Therapy prevailed. By the second session Ted had relaxed enough to allow me to touch his head and neck.

On his 4th and last session, Ted ran into the room and practically jumped on me. Tail wagging, and with a big doggie grin, he gleefully presented himself to receive Emmett Therapy. I am now affectionately nicknamed "Uncle Alex" by his owner.

Week on week Ted's owner has made a point of contacting me to happily tell me just how amazing his transformation is and that Emmett Therapy has allowed him to show his true, marvellous and playful personality.

I'm sad not to be seeing him on a weekly basis but very happy that he's far more comfortable and relaxed and happy within himself.

Ted's owner is so thrilled with the result that she's already booked on to our next Introductory Course, in Yateley. If you come along, you may get a chance to meet him in person!

You can check out Ted's reaction to treatment on our Facebook page! See below for details.

SNOOZE TIME

The Powerful Effect of Muscle Release

You know that feeling you get in your shoulders when you're stressed? The aches? The pain? That distracting tension?



It's horrible, isn't it? Well, we're not the only animals who store our negative emotions in our muscles. Dogs can suffer from anxiety, stress, and depression just as much as we can.

These negative emotions can invoke muscular tension and restriction, which may affect the poor animal's personality. Enter Emmett Therapy!

Emmett Therapy is non-invasive and uses light touch to aid in muscle release, relax stressed areas and create ease. The effects are often immediate, especially in dogs!

You know that feeling you get after a nice relaxing massage? The immediate sense of relief? The feeling of "Ahhh, that's better". Doesn't it make you a bit sleepy?

With dogs an Emmett treatment can have this effect instantly. The quick and gentle release of tension creates a huge sense of relaxation in animals, that often results in them having to take a quick nap! In treatments and on our courses, we often spend time allowing the dogs to "process" the therapy by having a little snooze in the corner.

OUR RESCUE DOG

Meet Mystie



Aka. Mystie Moos

Aka. The Mizog Dog

Aka. Madam
Scrounger

Aka... well she has
about 101 different
nicknames these days!

Mystie is a wonderful
companion and very

good at clean-up after spillages. She is our best friend. We like to think we've made a good home for Mystie over the 8 years she's been with us. But she hasn't always had the best life.

We rescued Mystie from Many Tears Dog Rescue in Wales in 2013. Her story was a tragic one. **Warning: some people may find the following disturbing.**

The lady who brought Mystie to her first animal shelter reportedly said: "Please, you must take this dog from me. I've stolen her from my daughter."

Said daughter was a heroin addict. One minute she was Mystie's best friend and the next she was beating seven shades of blue out of her with blunt implements. The mother, horrified at what she'd witnessed, rapidly stole Mystie away for her own good.



When we first brought Mystie home, she was obviously extremely distrustful. She was particularly mindful of females, most likely due to her past. She didn't immediately take to our Doberman-Labrador cross, Barry, and was very easily startled. If we so much as picked up a bag for life, from the supermarket, the small noise it would make caused her to jump and immediately sprint from the room to hide.

We also found it was difficult to socialise Mystie. She simply did not have any interest or desire to mix in with other people or animals.



Since that time, Mystie has accompanied me on many Emmett 4 Dogs courses during which she

received plenty of treatment. We have all witnessed such an amazing change in her! Her confidence has grown in such a way we never expected. She is now able to mix with all manner of human and dog and if we accidentally make a loud noise she simply gives us the side-eye as if to say "Yeah? And what of it hooman?".

Mystie attends as many of our Emmett 4 Dogs courses as possible. She is often first to line up when we're demonstrating a new move to our students. She is so well versed in receiving Emmett Therapy that she will happily stand and allow anyone to practice their light-touch moves on her. We're fully convinced she loves having Emmett so much that she's become what we affectionately refer to as an "Emmett Tart".

You'll get to meet and hear all about Barry in our next edition.

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I asked to the Pilates coach what she told me it was called Emmett Technique.

I immediately booked myself on to the Emmett Practitioner Course. I became fascinated by the Emmett Technique. Attending the courses felt more like a holiday; the atmosphere was very friendly; the attendees and instructors were enthusiastic, and the immediate results were incredible. I soon heard about "Emmett for Dogs". My reaction was "You can do this on dogs!?". Before I knew it, I had booked on to Emmett 4 Dogs Level 1.

I knew I couldn't really afford to spend more money on courses but by lunch time on the first day I'd approached the senior instructor and requested "Please sign me up for the rest of the course; I *have to* know this stuff!".

Just over a year later I was fully qualified and incredibly fortunate to be asked to become one of the Emmett 4 Dogs instructors in the UK. I simply love providing Emmett 4 Dogs treatments and have set my sights on helping dog lovers around the UK learn this amazing therapeutic technique.

THE PROOF IS IN THE PUDDING

Check Out Our Results

I am currently in the process of attempting to keep up with social media (I know, it's a pain in the neck, right?). I am constantly updating our



Facebook and Instagram feeds with before and after results videos, client testimonials, events, course dates and other need-to-know facts about Emmett Technique for dogs.

Be sure to follow us on at least one of our platforms and check out feed to see client reviews, before and after results videos and snapshots of our course days. It's the best way to keep up with Emmett 4 Dogs in our local area.

Contact Alex

07795 650964

alex@1-body.co.uk

www.1-body.co.uk/emmett-4-dogs

Don't let your animal stay in discomfort, contact me to find out how I can help. It will be the best decision you have made today.

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