



The Holistic Animal Handbook: A Guidebook to Nutrition, Health and Communication

By Kate Solisti-Mattelon, Patrice Mattelon, Robert Silver

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The Holistic Animal Handbook is the first book to bring together practical information about diet, nutrition, and training with animal communication and emotional balancing techniques. The book guides readers into helping their companion animals themselves and encourages them to work as well with veterinarians, trainers, and health care practitioners. It includes chapters that explain how to prepare healthy, holistic recipes and Bach Flower Remedies for restoring an animal's emotional balance, and solutions for common behavioral and training problems. Focusing primarily on dogs, cats, and horses, but relevant to virtually all animals, the book presents a dual premise: healthy companion animals are better equipped to help the humans they love, just as educated humans are better able to comprehend their animals' needs.

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Editorial Review

About the Author

Kate Solisti-Mattelon is a professional animal communicator, the author of *Conversations with Cat*, *Conversations with Dog*, and *Conversations with Horse*, and a coauthor of *The Holistic Animal Handbook*. **Patrice Mattelon** is the coauthor, with Kate Solisti-Mattelon, of *The Balanced Animal Handbook*. **Robert Silver, DVM, MS**, is the former owner and medical director of Boulder's Natural Animal: An Integrative Wellness Center for Pets and their People in Boulder, Colorado. He has served as a member of the board of directors of the American Holistic Veterinary Medical Association and was president of the Rocky Mountain Veterinary Holistic Association.

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