



Ruggles & Stopitall® Ltd

...utilising the Power of Nature, inside & out

**October/November 2009
Winter Newsletter #9**



What's in this issue from *Ruggles & Stopitall® Limited*? (roll cursor over the following headings)

- **NEW & In Stock - for Joint Stiffness, Ageing Bodies, Itchy Skin** – the Power of Omega 3
- **Dr Ferraro Equine Research** - serious Mud issues need immune system boosts
- **Pets - Rice Danger** – itchy Pet ears, feet, bodies show increasing connections
- **Spotlight** – re-training Deaf Dogs; Gifted Animal communicator
- **Straw & Mould** – use Caution in horse & alpaca feeds; straw bedding
- **Alpaca Deaths** – badgers may be threatening Alpaca herds
- **Price Increase** – effective 15/11/09

VETERINARY MEDICINES COMPLIANT

1. NEW PRODUCTS in Stock - for Ageing Bodies, Joint Stiffness++

Our research indicates that **Omega 3** levels within any body **are key** for helping slow down the onset of 'old age' & stiff, sore joints (let alone skin issues, immune & nervous system issues). It's a fundamental building block of good health...yet it's frequently deficient. It's also a 'multiple-trick-pony' so the potential benefits are various for all sorts of health issues...which can save you & yours suffering & ££ too!



The average diet (human, horse, pet) can have approximately **20-25 times TOO MUCH Omega 6 Essential Fatty Acids** compared to **Omega 3**.

Put simplistically, Omega 6 (OM6) tells the body to get "very pro-active" which is vital when ill but not good for stiff joints, ageing bodies & itchy skin.... Omega 3 (OM3) helps calm & soothe the body... Whilst all bodies need a balance of OM6 to OM3 (the ideal is approximately 1:1 to 4:1), the current 25:1 is **very disturbing** – take a look at any feed label & the ratios can be shocking. So increasing OM3 appears important.



We believe that if we nourish the 'engine' then the body's innate ability to remain healthy can just get on & do its job. As ever, if we can help the body 'prevent' issues, then everyone wins. **FREE** Salmon Oil & Natural Treat samples available whilst stocks last...be sure to ask for them with any order!

There does not seem to be a single product that offers all the answers...so it's about finding what each body responds to best & trying to ensure all the key elements are optimised.

Click [HERE](#) to view our new web page. From **just £13/month** we have **IN STOCK**:

1. For **pets only**. Salmon Oil – 100% natural, fresh, wild Scandinavian salmon (not farmed fish, frozen nor mixed with other oils/water), high in OM3. Not to be confused with other salmon oils!
2. For **horses, humans & pets**. Green Lipped Mussel tablets (Pernamax) – extracted from the best New Zealand GLM, high in OM3 – fast-acting, highly palatable & crushable. Veterinary Approved.
3. For **pets & humans**. Flaxseed Oil – 100% pure, organic, high OM3 content, vegetarian & Kosher (the key is in the processing & where it's grown!). An all round 'tonic' for good health.
4. For **pets only**. Lakse Kronch - a pure fish treat or training treat for dogs (and cats)...that's full of Omega 3 & also good for their health!

2. Dr Ferraro research - Mud Issues NEED immune boost

Whilst Ruggle-it has proven to be highly beneficial for mud issues, we've long said that for the most serious cases, the immune system must be boosted to work from the insides – i.e. Probiotics.



Dr Ferraro & his team at University of California Center for Equine Health clearly support this thinking. Although the research was conducted some years ago (and long before Ruggle-it was available!) we hope it'll give you peace of mind that nourishing the engine is a powerful tool alongside topical applications. Combining Ruggle-it & probiotics for extreme cases can offer excellent long-term results.

Click [HERE](#) to read the paper. (If you don't want to read it all, you can find all the times the story mentions "immune" which is relevant to probiotics & what they can do, by pressing your "Ctrl" & "F" keys. This opens up a "FIND" box somewhere on your screen so you can then find each time it's mentioned.)

Anyway, before the wet weather really sets in, apply your Ruggle-it to help ward off moisture & feed Protexin to empower the immune system to help deter it from within.

If you need more stocks, click [HERE](#) to order today or call 01823 259952. *Postal strikes – click [HERE](#)*

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3. Pet – itchy ears, feet, bodies....Mites or Rice?

Whilst itching may be mites (the Harvest Mites have been terrible this Autumn), fleas & a host of other things (including shampoos with chemicals, sodium lauryl sulfate, phenoxyethanol & parabens), we are **increasingly concerned about rice** - in fact, much more so than cereals. Please see some of our web testimonials, the feedbacks can be pretty shocking. We see Potato as a much kinder ingredient.



Up until recently it's been hard to find feeds that don't contain rice...it's everywhere since cereals were branded 'the enemy'! So on the web on the [RUGGLE-IT PAGE](#) under the 'Diet' sub heading, we've listed some comments & some easily available yet competitively priced options. We also see the importance of boosting Omega 3 levels (see item 1 on page 1) to help the body 'calm & rejuvenate' the skin & body. **FREE** Salmon Oil & Natural Treat samples available whilst stocks last...be sure to ask for them when placing any order! And in some cases, using [PROBIOTICS](#) can be highly beneficial, almost like a 'system re-boot'.

Finally, if not feeding a 100% raw diet (which many of us don't!), we believe that feeding 100% complete feeds unduly stresses the body because it demands our pets take on much more water than is intended to process it. Yet many pets don't drink more so it's probably being drawn from natural moisture within the body...which may mean the digestive process actually becomes a burden. Thus, we believe feeding at least 50% 'wet/tinned' feed with a plain mixer biscuit (not a complete feed fed as the mixer element), is a kinder way to nourish our pets when not using the BARF or similar 'raw' diet.

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4. Spotlight. Animal Communication & Hands-On; Training Deaf Dogs

i. Deaf Dogs. Today's breeds seem to have so many more issues than in the 'good old days'...? Deaf dogs are often confused with being disobedient or stupid. Then they're frequently abused and/or abandoned. Through no fault of their own, many have no future at all.....until now!

Enter WWW.DEAFDAL.CO.UK – a wonderful group of volunteers with a website offering help, ideas, relevant links & even physical training on how to train deaf dogs (Dalmations & others) towards quality & contented lives. If your dog or a friend's one might be deaf, if you need advice and/or might want to offer one a home, see their web or call Jan Gent or Sue Hemmings on 01983 525335.

ii. The Gift of Insight. Many of you know that prior to establishing Ruggles & Stopitall Ltd, we were involved with [TOUCH PLUS+](#) & the hands-on & intuitive work for animals. Recently our attention has been drawn to a rather remarkable lady – Liz Loader. Whilst 'healers' & intuitives receive much mockery (some justifiably so!), finding ones with remarkable gifts & who remain humble is sadly still rare - Julie Dicker

was one of them & is hugely missed today. A strong indicator of such a gift can be 'hot hands' in childhood.....frequently misunderstood by the child who experiences it. Liz writes:

As a child I was totally unaware I had a 'gift' for hands-on work. Although I would get intense 'hot' hands, I didn't understand what this meant. I also seem to have inner knowing, an intuition about people or situations, which I thought, as a child, everyone did & it was normal.

I have always had a passion for horses, riding from a child, then training as a riding instructor, which I've been for 17 years. I've always been interested in complementary therapies & was inspired by another Healer & Communicator. Several years later, a chain of events led me to meet a Reiki Master, who helped me in realising my 'gift' for healing with animals & humans.

Sessions are either in person or via long distance, using mane or tail hair and/or photo. I specialise in horses but also offer "Healing/Schooling" livery at my stables (near Tiverton in Devon), which can be more helpful for some horses with behaviour issues.

More information & testimonials can be found on [RACKENFORD EQUESTRIAN CENTRE](#) or calling Liz on 01884 881444 or 07817 746112.

If you want to know more, do make contact. As ever, always consult your Vet (or Doctor) first.

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5. Straw – beware of mould in FEEDS & Bedding

With two wet harvests in 2008 & '09, finding straw (let alone hay) that was baled in hot & dry weather may well be difficult. With dampness comes potential mould. Recent articles are also raising awareness...so as ever do your own research.



It's one thing if bedding might be a bit mouldy but as it's now found its way into so many horse & alpaca feeds, it concerns us. So not only can shaking new straw into beds release mould particles into the air but with some of today's feeds encouraging animals to eat straw, there's the added risk of inhaling & eating mould (or if not mould, the chemicals that are included to suppress it). Call us old-fashioned but why straw & its 'sidings' are now 'bulking out' so many feeds seems very strange...perhaps we need modernising?! Until such enlightenment arrives, none of the above sounds good to us.

If in doubt, it's another good reason to ensure your animals' immune systems are on 'top form' & able to cope. If you're not already using [PROBIOTICS](#), then please consider them. If you're already using them for other issues, then you're already supporting the body for no additional cost!

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6. Alpacas – now also gravely threatened by Badger issues

We are well aware of the terrible plight affecting so many cattle farmers from illness supposedly connected to badgers. Well sadly it's also affecting the very lovely & gentle alpaca herds here in the UK. Whilst it's received virtually NO media & in some cases has been actively suppressed, please believe us that this is a VERY serious threat. We know it's not just 'scaremongering' as too many of our clients have told us they've had alpacas die from it.

It's a complex & frightening issue...but if the industry stick their heads in the sand, only heartbreak beckons for these charming animals, their offspring & their owners' livelihoods. If you own alpacas (or have goats or cattle), please join those who are trying to minimise its potential impact. With awareness comes an ability to help prevent & protect – denial is sadly no longer an option. Do check out the British Alpaca Society's web on www.bas-uk.com and their newly formed [ACTION GROUP](#)

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7. Price Increases – from 15 November 2009

As you know we became VAT registered on 1 July & have been carrying the 15% for the last 4 months (it goes up to 17.5% on 1 January). Along with the strength of the Euro, postal charges having gone up in April (7 months ago), let alone diesel, very sadly we cannot sustain the current prices.

We sincerely apologise for any inconvenience but hope that the products' results & our constant attempts

to help you make them go further & save you money longterm, will make up for this frustrating news. Thank you for your continued support...please know we've not made this decision lightly.

So order before 15/11/09 or send a cheque in with the order form that came with your last parcel & you'll **beat the increase!** And don't forget the new Omega 3 products for joint stiffness or the remarkable FRESHA water discs. **FREE** Salmon Oil & Natural Treat samples available whilst stocks last...be sure to ask for them when placing any order!

Click [HERE](#) for the order form (just cut & paste it into your e-mail) or call 01823 259952. *Postal strikes – click [HERE](#).*

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8. NEW PRODUCTS - Part 2 – Fresha Discs

July 2010. ALL THESE PRODUCTS ARE NO LONGER ENDORSED, PROMOTED OR SOLD THROUGH US.

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Postal Strikes

We still send out parcels by First Class Royal Mail but during the National Strikes we also offer a subsidised courier service at £8.00 for any weight within mainland UK. We apologise for any inconvenience during these difficult times.

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