

old mother hubbard wellness

Old Mother Hubbard Wellness: Nurturing Your Well-being from the Inside Out

Are you feeling overwhelmed, depleted, or just plain "blah?" In today's fast-paced world, prioritizing self-care often falls by the wayside. We're constantly juggling work, family, and social commitments, leaving little time for the things that truly nourish our minds, bodies, and souls. This blog post dives deep into the concept of "Old Mother Hubbard Wellness," a holistic approach to well-being inspired by the timeless nursery rhyme. We'll explore how this framework can help you cultivate a vibrant, fulfilling life, addressing everything from mindful nutrition to stress management and building strong community connections. Get ready to rediscover the joy of self-care and create a life brimming with health and happiness!

Understanding Old Mother Hubbard Wellness: Beyond the Nursery Rhyme

The familiar tale of Old Mother Hubbard, searching her cupboard for a bone for her dog, offers a surprisingly relevant metaphor for our own well-being journeys. The "cupboard" represents our internal resources – our physical health, mental resilience, emotional intelligence, and social connections. Old Mother Hubbard Wellness isn't about finding a magic cure-all; it's about systematically checking our "cupboard" and consciously replenishing what's missing. It's about proactive, holistic self-care that prevents "empty cupboards" before they lead to feeling depleted and unwell.

Pillar 1: Nourishing Your Body – The Foundation of Wellness

Just like Old Mother Hubbard needed to fill her cupboard with food for her dog, we need to fuel our bodies with nutritious food. This doesn't mean restrictive dieting; it's about mindful eating. Focus on whole, unprocessed foods like fruits, vegetables, lean proteins, and whole grains. Pay attention to your body's hunger and fullness cues, and avoid emotional eating. Hydration is also crucial; aim for at least eight glasses of water daily. Regular physical activity, even a brisk 30-minute walk, boosts endorphins and improves overall health.

Pillar 2: Cultivating Mental Strength – Resilience

in the Face of Challenges

Life throws curveballs. Old Mother Hubbard Wellness emphasizes the importance of building mental resilience – the ability to bounce back from setbacks. This involves practicing mindfulness, meditation, or deep breathing exercises to manage stress and anxiety. Learning to identify and challenge negative thought patterns is also key. Consider journaling, therapy, or connecting with a support group to process emotions and build coping mechanisms. Prioritize sufficient sleep; aim for 7-9 hours of quality rest each night for optimal brain function and emotional regulation.

Pillar 3: Nurturing Emotional Well-being – Connecting with Your Inner Self

Emotional intelligence is a cornerstone of Old Mother Hubbard Wellness. This involves understanding and managing your own emotions, as well as empathizing with others. Engage in activities that bring you joy and relaxation – whether it's reading, spending time in nature, listening to music, or pursuing a hobby. Allow yourself to feel your emotions fully, without judgment. Don't be afraid to seek professional help if you're struggling with significant emotional challenges.

Pillar 4: Building Strong Connections – The Power of Community

Old Mother Hubbard wasn't alone; she had her dog. Humans are social creatures, and strong social connections are vital for well-being. Nurture your relationships with family and friends. Engage in activities that foster a sense of belonging, such as volunteering, joining a club, or participating in community events. Building a supportive network can provide emotional support, reduce stress, and increase feelings of purpose and belonging.

Pillar 5: Prioritizing Self-Compassion – Forgiveness and Acceptance

Self-compassion is often overlooked, yet it's crucial for long-term well-being. Treat yourself with the same kindness and understanding you would offer a friend. Practice self-forgiveness when you make mistakes. Acknowledge your strengths and celebrate your accomplishments. Remember that self-care isn't selfish; it's essential for your overall health and happiness. It allows you to be the best version of yourself for yourself and those you care about.

Old Mother Hubbard Wellness: A Lifelong Journey

Old Mother Hubbard Wellness isn't a quick fix; it's a continuous process of self-discovery and growth. It requires consistent effort and self-awareness. By focusing on these five pillars – nourishing your body, cultivating mental strength, nurturing emotional well-being, building strong connections, and prioritizing self-compassion – you can create a life filled with vitality, resilience, and joy. Remember, your "cupboard" is always refillable; the journey to wellness is a lifelong adventure!

Frequently Asked Questions (FAQs)

Q1: How is Old Mother Hubbard Wellness different from other wellness approaches?

A1: Old Mother Hubbard Wellness emphasizes a holistic approach, integrating physical, mental, emotional, and social well-being. It uses a relatable metaphor to simplify the concept of self-care and make it accessible to everyone. Other approaches may focus more narrowly on specific aspects of well-being.

Q2: Is Old Mother Hubbard Wellness suitable for everyone?

A2: Yes! The principles of Old Mother Hubbard Wellness are adaptable to individuals of all ages, backgrounds, and health conditions. The key is to find ways to incorporate these principles into your own life in a way that feels sustainable and enjoyable.

Q3: How much time commitment is required for Old Mother Hubbard Wellness?

A3: The time commitment varies depending on individual needs and preferences. Even small, consistent actions, like a 10-minute meditation or a mindful walk, can make a significant difference.

Q4: What if I don't see immediate results?

A4: Building well-being takes time and consistency. Don't get discouraged if you don't see immediate changes. Celebrate small victories and remember that progress, not perfection, is the goal.

Q5: Where can I find more resources on Old Mother Hubbard Wellness?

A5: While "Old Mother Hubbard Wellness" is a newly coined term, the principles are rooted in established wellness practices. You can find further information on mindfulness, stress management, nutrition, and emotional intelligence through various online resources, books, and workshops. Start with searching for keywords related to each pillar mentioned above.

old mother hubbard wellness: *Natural Dog* BowTie Inc., 2011-04-26 In Dr. Khalsa's Natural Dog, pioneering veterinarian Deva Khalsa comes to the aid of dog owners by sharing her effective, integrative approach to natural health and healing for dogs. BONUS! 50 healthy and tasty recipes - including doggy birthday cakes!

old mother hubbard wellness: *The Dogs Who Found Me* Ken Foster, 2006-03-01 Now regarded as a classic in dog literature, Ken Foster's memoir chronicles his journey from first-time dog owner to rescuer--and all the lessons and mistakes he made along the way. Bookended by the tragedies of 9/11 and Katrina, Foster finds that dogs open his eyes to the benefits of compassion, selflessness, and the chaotic beauty of living each day in the moment. But more than Foster's own story, readers remember the dogs. Among them are Duque, a Costa Rican stray; Brando, Foster's first adopted dog and a supposed pit bull mix who outgrew his Manhattan studio apartment; Rocco, a clownish red pit bull whose owner mistakenly gives him away to the wrong person; Zephyr, a cheerful Rottweiler mix who awakens Foster by sitting on his chest when his heart stops working; and Sula, the tiny lost pit bull who showed up at Foster's door one day and stayed. Whether bearing witness to national tragedy, grieving the death of a friend, or dealing with his own mortality, Foster finds strength in his dogs, and in the reciprocal nature of rescue.

old mother hubbard wellness: *Digestive Wellness for Children* Elizabeth Lipski, 2006 Covers nutrition awareness and digestive conditions including food sensitivity and allergies, leaky gut syndrome, colic, reflux, Hirschsprung's Disease, coeliac disease and Crohn's disease.

old mother hubbard wellness: *Digestive Wellness for Children* Lipski, Elizabeth, 2009-06-19 The health of our children is determined by their environment, the food they eat, the media they consume, the way they use their bodies, the love (or abuse) they receive, and the chemicals to which they are exposed. We've recently become aware of the increasingly large numbers of children who are overweight and/or suffer from mental illness and other health problems. Fortunately, it's not too late to do something about this sad state of affairs. Children are extremely resilient, and a great deal of research on the role of nutrition in health, development, and disease is pointing the way toward natural approaches to our children's health care. *Digestive Wellness for Children* is a primer for all parents who are interested in learning about, and actively supporting, their children's digestive health.....The first part of this book is an overview of children's health issues. The second part is a crash course in nutrition awareness. The third part examines numerous digestive conditions from infancy to adolescence and from mouth to bowel - including food sensitivities/allergies; leaky gut syndrome; colic, teething, and spitting up; gastroesophageal reflux/hiatal hernia; Hirschsprung's disease; celiac disease; ulcerative colitis; and Crohn's disease. The fourth part discusses and offers natural supportive and healing options for digestive and other issues associated with a myriad of medical problems including arthritis, asthma, attention deficit disorder, autism, cystic fibrosis, diabetes, Down syndrome, influenza, migraine, and more. Included are detailed, easily navigated appendices on laboratory tests and disease-healing options. *Digestive Wellness for Children* is one of the most useful and comprehensive tools for parents to use in the vital quest for their children's best health.

old mother hubbard wellness: *The Naturally Healthy Dog* Sandra Bailey, 2007-11-01 Bailey provides natural remedies for pet lovers to ensure their pets health and longevity.

old mother hubbard wellness: *Natural Pet Care* Gary Null, 2011-01-04 Right now, there are more pets in America than people, and many count their pets among the most beloved members of their family. However, a surprising number of pet owners are not aware that the lifestyle they provide their companions may not be a healthy one. Gary Null has helped countless Americans improve their diets and their health with his natural approach to healthy living and scepticism of the healthcare and pharmaceutical industries. Now, with *Natural Pet Care*, he carefully and compassionately lays out the ways we can improve our pets' health and lives. *Natural Pet Care* includes *Animals on the Move*, which explains the importance of proper exercise, *Everybody in the Tub!*, which covers natural bathing and grooming products and techniques, *The Impetuous Pet*, which helps in understanding your animal's behavior, and appendices for those seeking holistic

veterinary care, pet friendly lodgings and animal friendly organizations. Natural Pet Care also provides sources for natural pet foods and products, while scrutinizing the pet food industry. He describes, for instance, that almost any dog owner would be horrified to learn what really goes into most commercial dog foods—even some of the more expensive brands—including slaughterhouse throwaways and diseased animal parts. As an alternative, Null offers *The Tao of Chow*, in which he recommends countless natural alternatives that can easily be made at home—recipes included—and which can prolong and improve your pet's life. With this book on your reference shelf, you and your spectacular pet will be ready to tackle anything naturally! Natural Pet Care deals extensively with the health of dogs and cats, but also is devoted to other common pets, including birds, rabbits, ferrets, fish, horses, rodents, and snakes. Long overdue, Gary Null's Natural Pet Care will help pet owners provide their furry, feathered, and scaled companions with the healthy lifestyle they need and deserve.

old mother hubbard wellness: Exercise, Nutrition and the Older Woman Maria A. Fiatarone Singh, 2000-04-21 *Exercise, Nutrition and the Older Woman: Wellness for Women Over Fifty* is a comprehensive guide to the major wellness issues for women over fifty. The author is a physician who explores diet, exercise and lifestyle choices from a medical perspective. The book assists in the design and implementation of programs to optimize good health and quality o

old mother hubbard wellness: Digestive Wellness for Children Elizabeth Lipski, PhD., C.C.N., 2006-07-15 A perfect primer for all parents who are interested in learning about, and supporting, their children's digestive health.

old mother hubbard wellness: The Ultimate Pet Food Guide Liz Palika, 2009-04-29 The 2007 pet food recalls followed a multitude of pets getting sick and dying from contaminated food; now pet owners must take charge of what they feed their dogs and cats. With *The Ultimate Pet Food Guide*, veteran dog trainer, behaviorist, and author Liz Palika focuses on nutritional needs and covers every type of feeding, including controversial raw diets, homemade cooked food, and commercial foods. Palika also addresses introducing new foods; what “human foods” pets shouldn't eat; free-feeding; responsibility for food safety; where ingredients come from; and red flags in ingredients. Included are over fifty veterinarian- and pet-nutritionist-approved recipes and diets tailored to special-needs pets, such as puppies/kittens and pregnant, older, overweight and/or more sedentary animals.

old mother hubbard wellness: Illinois Commercial Feed Laboratory Analysis Report, 2009

old mother hubbard wellness: Gold-Plated Porsche Stephan Wilkinson, 2005-09-01 This isn't a book about Porsche restoration. It's about Wilkinson's colorful life. That, along with elegant writing, is what makes this book so endearing—the tales are told without ego. This is less a tale about a machine than a tale about a man enjoying a machine.--Car and Driver Stephan Wilkinson was looking for something to do. So he bought an old, run-down Porsche and over the next two years tore it apart and rebuilt it in a garage behind his house. The project cost him a small fortune, and it started him thinking about many other things. Quirky, cool, entertaining, and opinionated, *The Gold-Plated Porsche* captures Wilkinson's inspired digressions on his various other careers and misadventures. As he recounts his own personal history, Wilkinson also waxes eloquent on the history of Porsche, American engineering and culture, status, and all things mechanical.

old mother hubbard wellness: About Dogs Nicolae Sfetcu, 2014-05-02 Dog anatomy, breeding, breeds, equipment, health, law, monuments, organizations, related professions and professionals, shows and showing, sports, training and behavior, types, working dogs. Dogs in popular culture, famous dogs, fictional dogs, films. The dog is a canine mammal of the Order Carnivora. Dogs were first domesticated from wolves at least 12,000 years ago but perhaps as long as 150,000 years ago based on recent genetic fossil evidence and DNA evidence. In this time, the dog has developed into hundreds of breeds with a great degree of variation. This guide details the dog anatomy, breeding, breeds, equipment, health, law, monuments, organizations, related professions and professionals, shows and showing, dog sports, training and behavior, dog types, working dogs, as well as dogs in popular culture, famous dogs, fictional dogs, films about dogs, dogs

as pets, and many other related aspects.

old mother hubbard wellness: Feed Your Pet Right Marion Nestle, Malden Nesheim, 2010-05-11 Human nutrition expert and author of the critically acclaimed What to Eat, Marion Nestle, Ph.D., M.P.H., has joined forces with Malden C. Nesheim, Ph.D., a Cornell animal nutrition expert, to write Feed Your Pet Right, the first complete, research-based guide to selecting the best, most healthful foods for your cat or dog. Human nutrition expert and author of the critically acclaimed What to Eat, Marion Nestle, Ph.D., M.P.H., has joined forces with Malden C. Nesheim, Ph.D., a Cornell animal nutrition expert, to write Feed Your Pet Right, the first complete, research-based guide to selecting the best, most healthful foods for your cat or dog. A comprehensive and objective look at the science behind pet food, it tells a fascinating story while evaluating the range of products available and examining the booming pet food industry and its marketing practices. Drs. Nestle and Nesheim also present the results of their unique research into this sometimes secretive industry. Through conversations with pet food manufacturers and firsthand observations, they reveal how some companies have refused to answer questions or permit visits. The authors also analyze food products, basic ingredients, sources of ingredients, and the optimal ways to feed companion animals. In this engaging narrative, they explain how ethical considerations affect pet food research and product development, how pet foods are regulated, and how companies influence veterinary training and advice. They conclude with specific recommendations for pet owners, the pet food industry, and regulators. A road map to the most nutritious diets for cats and dogs, Feed Your Pet Right is sure to be a reference classic to which all pet owners will turn for years to come.

old mother hubbard wellness: Dog-Friendly New England: A Traveler's Companion (Third) Trisha Blanchet, 2014-06-30 Planning to bring your pup with you to New England? If so, this book will be your second most trusted companion. Completely revised and updated, this bestseller covers dog-friendly attractions, activities, lodgings, restaurants, and more. There are so many places to go in the northeastern US where your dog is also welcome, and Blanchet and Warder have found the best of them throughout all the New England states. Replete with new listings, entries include a wide array of details to help you and your dog choose where to roam. Included are restaurants that allow dogs in their outdoor seating areas; dog-friendly bookstores, historic sites, and recreational trails; doggie daycares and boutiques; dog parks; veterinary services; pet stores; and helpful organizations such as animal shelters and humane societies. This popular guide will be an invaluable resource for anyone exploring New England with a canine companion.

old mother hubbard wellness: City Dog Cricky Long, 2004-11-28 Each of these city-specific dog-resource directories takes all of the guesswork out of finding new dog shops, services and places, including dog day cares, boarding facilities, pet sitters, dog parks, dog trainers, pet boutiques, alternative therapies, and neighborhood pet-supply stores. Each listing includes not only the address, phone number, hours of operation, and payment information, but also an original review that offers readers the inside scoop on each business. Also included is an emergency directory that's essential for middle-of-the-night ailments, a dog rescue directory, puppy starter kit, and lost dog help. The listings are arranged in an easy thumb-through layout and the book is perfectly sized to fit in a pocketbook or glove box.

old mother hubbard wellness: The Happiest Dog on the Block Taylor Finton, 2024-11-12 Bring happiness, calm, and confidence to your dog and your home! Let your dog be a dog in ways you'll both love! From DIY puzzle toys to backyard adventures, The Happiest Dog on the Block is packed with easy, research-backed enrichment activities designed to keep your furry friend at their best—physically, emotionally, socially, and cognitively. You don't need a PhD in dog training or a million fancy toys to - Banish boredom - Keep your canine's mind sharp - Ease separation anxiety - Burn off high energy - Offer positive outlets for chewing, digging, and more No matter your dog's size, age, breed, or temperament, get ready to see an immediate change in their behavior, develop a stronger bond, and get your vet's nod of approval!

old mother hubbard wellness: About cats Nicolae Sfetcu, 2014-04-29 A guide for the cat

lovers about the cat behavior, cat attractants, cat breeds, cat health and food, type of cats, cats as pets, fictional cats, films about cats, historical cats. A book full with pictures of the most important cat breeds, tips and advice for cat behavior, cat diseases and how to take care of the cats. The cat, also called the domestic cat or house cat, is a small feline carnivorous mammal of the subspecies *Felis silvestris catus*. Its most immediate pre-domestication ancestor is the African wild cat, *Felis silvestris lybica*. The cat has been living in close association with humans for at least 3,500 years; the Ancient Egyptians routinely used cats to keep mice and other rodents (mostly rats) away from their grain (and also believed that cats were sacred to the goddess Bastet). The history of the domestic cat may stretch back even further, as 8,000-year-old bones of humans and cats were found buried together on the island of Cyprus.

old mother hubbard wellness: Better Nutrition , 2002-08

old mother hubbard wellness: Brands and Their Companies , 2004

old mother hubbard wellness: The Complete Idiot's Guide to Pugs Liz Palika, 2005-03-01

You're no idiot, of course. You know Pugs are cute dogs, with their stocky little bodies and happy-go-lucky expressions. But these dogs are bred to be companions and can be stubborn if you get them to do something they don't want to do! The Complete Idiot's Guide® to Pugs shows how you and your pug can enjoy each other and still follow some house rules. In this Complete Idiot's Guide®, you get:

- Advice on locating a reputable Pug breeder and knowing what questions to ask.
- Common Pug behavioral problem and tips for correcting them.
- Helpful information on feeding your Pug.
- The eight basic commands that make further training easier.
- Hints for finding a trustworthy veterinarian to keep your Pug healthy.

old mother hubbard wellness: Akita, Treasure of Japan Barbara Bouyet,

old mother hubbard wellness: Eco Dog Corbett Marshall, Jim Deskevich, 2011-04-29 If the family is eating organic foods, recycling, and steering clear of chemicals, why shouldn't it be the same for Fido? Eco Dog is a comprehensive guide to nontoxic and planet-friendly dog care. It delivers information on the potential dangers of conventional pet food, grooming products, and accessories and then offers shopping tips and 25 homeprojects for all-natural alternatives. Rosemary Conditioner replaces chemical-laden flea collars while a Felted Dog Blanket recycles sweaters long past their prime. With cheerful photos of doggies enjoying organic treats, Eco Dog is a clear reminder that a healthy dog is a happy dog.

old mother hubbard wellness: Official Gazette of the United States Patent and Trademark Office , 2001

old mother hubbard wellness: Canine Cuisine Carlotta Cooper, 2013 This book walks you through the seemingly complex process of formulating and making your own dog food so that you can ensure your dog remains as healthy as possible while enjoying some of the best food available for any pet canine.

old mother hubbard wellness: The Better World Shopping Guide: 6th Edition Ellis Jones, 2017-10-01 Small enough to fit in your pocket, this practical little book will help you change the world as you shop! While we strive to make our vote count every four years, few of us realize that our most immediate power to shape the world is squandered on a daily basis. Every dollar we spend has the potential to create social and environmental change. In fact, it already has. The world that exists today is in large part a result of our purchasing decisions. The Better World Shopping Guide rates hundreds of products and services from A to F, so you can quickly tell the good guys from the bad guys and ensure your money is not supporting corporations that make decisions based solely on the bottom line. Drawing on decades of meticulous research, this completely revised and updated sixth edition will help you find out who actually walks the talk when it comes to: Environmental sustainability Human rights Community involvement Animal protection Social justice Small enough to fit in a back pocket or handbag and organized in a user-friendly format, The Better World Shopping Guide helps you reward companies who are doing good, penalize those involved in destructive activities, and change the world as you shop! Ellis Jones, PhD is the award-winning, bestselling author of five previous editions of The Better World Shopping Guide , and co-author of

The Better World Handbook . A scholar of social responsibility, global citizenship, and everyday activism, he has dedicated himself to uncovering practical ways for people to make a difference in the world. He currently teaches at Holy Cross College in Worcester, MA.

old mother hubbard wellness: *The Better World Shopping Guide: 7th Edition* Ellis Jones, 2022-03-15 EVERY DOLLAR IS A VOTE. MAKE YOURS COUNT. Every dollar we spend has the potential to create social and environmental change. In fact, it already has. The world that exists today is in large part a result of our purchasing decisions. Now in its seventh edition, The Better World Shopping Guide continues to be the gold standard for socially and environmentally responsible consumers. Pick-up the seventh edition of this perennial bestseller and find out which companies actually walk the talk when it comes to: Environmental sustainability and climate change Human rights Community involvement Animal protection Social justice From cereal to computers, meat alternatives to outdoor gear, and pet care to toys, check the rating before you buy. Drawing on decades of research, this comprehensive resource rates hundreds of brands, products, and services from A to F so you can quickly tell the good guys from the bad guys – turning your shopping list into a powerful tool for positive change. 6000+ hours of research 2000+ companies evaluated 70+ product categories 50+ reliable sources 5 essential issues 1 report card Small enough to fit in a back pocket or handbag, easy to use, and covering more brands than ever, The Better World Shopping Guide helps you reward companies who are doing good, penalize those involved in destructive activities, and change the world as you shop!

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old mother hubbard wellness: *Old Mother Hubbard* Chad Thompson, 2009-08-04 Old Mother Hubbard works hard to take care of her pet dog. Read about her troubles as she travels around town to find her playful pup everything it needs. This book has been translated into Spanish and allows for a wonderful shared reading experience for children who are just beginning to learn to read. The familiar rhyme and images help new readers tell the story either as they read or as they are read to.

old mother hubbard wellness: *Der Anti-Aging-Code für Ihren Hund* Rodney Habib, Dr. Karen Shaw Becker, 2022-03-14 Jeder Hundebesitzer wünscht seinem geliebten Vierbeiner ein möglichst langes und gesundes Leben. Doch wissen wir, was unser Tier wirklich braucht? Wie legen wir den Grundstein für ein glückliches Hundeleben? Rodney Habibs und Dr. Karen Shaw Beckers jahrelange internationale Forschungen zeigen, welche große Rolle die artgerechte Ernährung spielt und wie sich über die richtige Haltung die Voraussetzungen für ein aktives und gesundes Hundeleben schaffen lassen. In dem Nr.-1-New-York-Times-Bestseller erfahren Sie alles über die Anti-Aging-Formel für Ihren Hund und Langlebens-Superfoods, inklusive praktischer DIY-Tipps und gesunder Futterrezepte zum Nachkochen.

old mother hubbard wellness: *The Blue Pages* , 2006

old mother hubbard wellness: *AKC Gazette* , 2004

old mother hubbard wellness: *The Home Spa Book for Dogs* Jennifer Cermak, 2005 Are you giving your dog the treatment he or she needs? Dogs are like people because they too can become stressed and fatigued or experience poor health conditions due to lack of attention and care for their needs. Now, here is a guide where you can find all the tips and tricks for better canine health and grooming. In this fun, informative handbook, you can easily learn how to treat your pet as

well as you should. From tips on grooming, massage, and even canine yoga, *The Home Spa Book for Dogs* instructs you in the many ways of keeping your dog healthy and happy. In learning the simple techniques of complete canine care, your own home will double as a canine-care retreat. Not only will you save money in vet bills and grooming but, more importantly, you will have more one on one time with your dog--who will thank you for that.

old mother hubbard wellness: [Kiplinger's Personal Finance](#) , 2004-07 The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.

old mother hubbard wellness: ***Pets Gone Green*** Eve Adamson, 2011-06-14 In *Pets Gone Green*, New York Times best-selling author Eve Adamson explores how pet owners can have a positive effect on the environment and their pets' place within it. This engaging and enlightening book outlines strategies that pet owners can pursue to reduce the family's carbon foot- and pawprints, from using less toxic flea repellent to offering earth-friendly treats and toys to our much-loved pets. Adamson's goal in writing *Pets Gone Green* stemmed from her desire to find ways to save her dogs from the increasingly toxic environment around us. "...we are obligated to speak up for our furry companions, who are unable to think or act green on their own." *Pets Gone Green* remains a timely exploration of many of the hot-button topics in our world today, from eating local and animal rescue to activism and recycling! The book offers practical advice for owners of all pets, from dogs and cats to birds, small mammals, and more. As pet rescue has increasingly become "the thing to do," the book begins with a chapter on "Recycled Companions: The Ultimate Earth-Friendly Act," in which the author discusses the many advantages of rescuing a pet from a shelter or rescue society. Pet food, another hot topic in the pet world, is the subject of "Green Food," which includes a brief history of commercial food and the pluses and minuses of using natural, homemade, raw, and vegetarian diets for pets. The chapter "Altered States" is devoted to the importance and health benefits of spaying and neutering pets. Buying and eating local, diminishing consumerism, organic materials, holistic pet care, and recycling are all discussed in terms of improving humans' and pets' lives and reducing waste on a community, national, and global level. Printed with soy ink on recycled paper, *Pets Gone Green* presents the original artwork of New England painter and woodblock printmaker Willy Reddick. The book includes over 50 woodblock images of her beautiful peaceful animals, lending a down-home organic feel that is truly unique for a pet book. The ultimate message of the book is summarized in the final chapter "Animal Wisdom," in which Adamson focuses in on what our pets can teach us about the world around us through their natural instincts, simplicity, and view of the world. She concludes, "...animals are companions worthy of our respect, love, and care, and because they are so close to nature in ways we can only begin to comprehend, they are also the key to our salvation....Animals understand how to live lightly on the earth, and we can learn from them." Resources of animal welfare websites and agencies, green organizations, holistic resources, green product manufacturers, and green websites and publications included. Fully indexed.

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