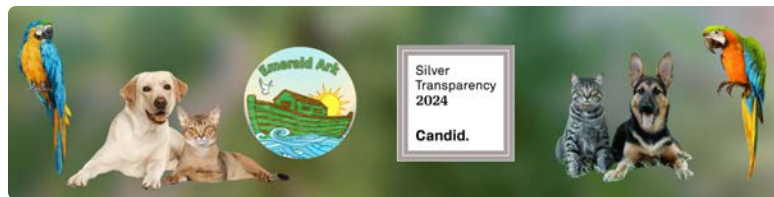


Emerald Ark

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Mental Health Awareness Month & Therapeutic Nutrition

Published 10 months ago • 3 min read



Emerald Ark Monthly Newsletter — May Edition

Dear Emerald Ark Family,

May is a special month—it's both Mental Health Awareness Month and National Pet Month! At Emerald Ark, we're honored to recognize the vital role animals play in emotional wellness and healing. This month, we're sharing how therapeutic nutrition not only supports physical recovery but is deeply connected to mental and emotional well-being—for pets and humans alike.

Oreo's Recovery Journey: Hope, Healing & Holistic Support



We're thrilled to share an update on Oreo, one of our most resilient rescues. After weeks of personalized therapeutic & holistic care — daily therapy, and plenty of love, she's showing signs of incredible healing. From wagging her tail to responding to gentle massages — her body is speaking!

Oreo's journey is a living example of how nutrition affects not just the body, but the spirit. Just like in humans, gut health and mental well-being are intricately connected. Nutrition isn't just about feeding—it's about healing. Balanced, species-appropriate food rich in nutrients like omega-3s, probiotics, and calming herbs supports not only physical health but also behavioral and emotional regulation in animals.

The Link Between Therapeutic Nutrition & Mental Health

Mental health isn't just a human issue—our animals feel stress, fear, and anxiety too. Our mission at Emerald Ark is to treat the whole being. That means using nutrition as a therapeutic tool, healing foods, gut-balancing

herbs, and toxin-free environments all contribute to a more balanced emotional state.

Just like our animal companions, our mental well-being is influenced by what we eat. Whether it's B vitamins for mood regulation, fermented foods for gut-brain balance, or magnesium for stress relief—therapeutic nutrition plays a key role in how we feel. This month, we encourage you to nourish both yourself and your pets with healing foods. Small changes can make a big difference.

Wellness Tips for Humans & Pets

- ✓ Daily fresh air & movement (yes, walk your furry friend and breathe deep!)
 - ✓ Limit and work to eliminate processed foods and sugars—for both of you
 - ✓ Consider adding omega-rich foods like sardines or flaxseed
 - ✓ Create a calm space
 - ✓ Hydration matters—fresh filtered water for all!
-
- ✓ Consider a nutrition tune up with a Personalized Balanced Food Plan for your furry or feathered babies.

**A Heartfelt Thank You
& Oreo's Healing**

Journey Begins

We're thrilled to share that thanks to a generous \$2,000 donation from an anonymous supporter—who heard our story during our recent interview with KKFT 99.1 FM Talk—we were able to take Oreo to her first veterinary appointment! This marks a powerful step forward in her healing journey.

Oreo is now on a personalized care plan that includes therapeutic nutrition, diagnostic follow-ups, and emotional enrichment—all made possible by your support.

Please click on the [DONATE button below](#) to contribute toward her medical care and therapy. Or visit our [Chewy Wishlist](#) to see the full list of items Oreo needs for her care and comfort. Every single dollar gets us closer. Whether it's \$5, \$50, or simply a share — **you can be part of Oreo's comeback story.**

[Donate](#)

Hear the Story That Sparked Hope

If you missed our segment on KKFT 99.1 FM Talk, you can still tune in! In the interview, we share our mission, Oreo's story, and more.

 [Click here to listen](#)

Want to Volunteer with Us?

Do you love animals, holistic health, and helping grassroots nonprofits grow? We'd love to hear from you! Whether you're local or live miles away, we welcome your talents.

Reply to this email to learn more about volunteering opportunities.

Thank you for being a part of our community, and for helping Emerald Ark take flight—one paw, wing, or tail at a time.

With love and light,

The Emerald Ark Team

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