

August 7, 2023
God Bless America
**Woman's
World** *Make it
a great
week!*

Barbara
Costello,
TikTok
star at
age 74

**SWEET
RELIEF!**

Steal the
ancient pain
cure that's
better than
modern
Rx

Dr. Fred Pescatore: This sugar swap works

**LIKE NATURE'S
OZEMPIC** Lowers A1C +
speeds fat burn

MAKE & TAKE MAGIC



**SHE LOST -224 lbs!
HALF HER SIZE**

Amy Eiges' "secret weapon":
Top MD's burger trick cures
cravings even in food addicts

LOSE 12 LBS THIS WEEK

Study: Orange oil tip delivers a

**283% BOOST
IN LIBIDO**

Works
best in
women
over 50!

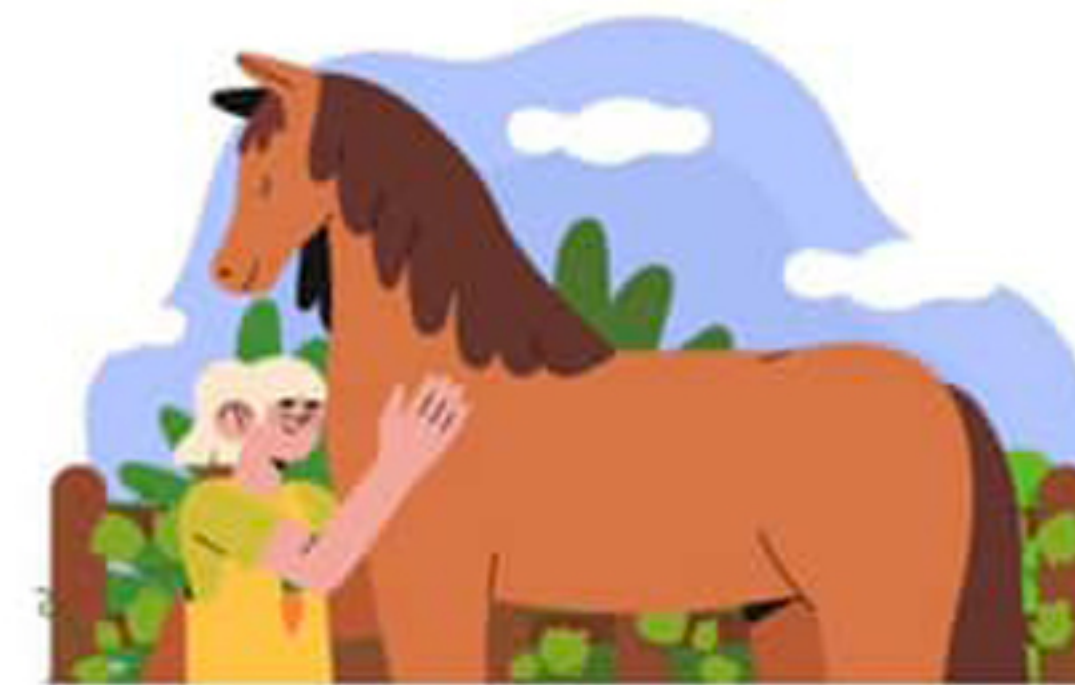
\$1 DEALS

Babs' bests

*Plus,
ice cream treats*



"Horses have the power to heal our broken hearts"



Get involved with animal therapy!

1 Partner up with this organization

Check out organizations like PATH International, which helps people with disabilities experience the benefits of equine therapy. Visit PATHIntl.org and click "Connect & Engage" to get involved yourself or to help others by volunteering or donating toward a scholarship for someone in need.

2 Certify your animal

Make your own pet a therapy animal by visiting PetPartners.org. Click "Volunteer" to register for the online Therapy Animal Program with a handler's course and a pet's skills evaluation to get your certification letter for \$95. Once your pet is certified, visit PetPartners.org and click "Act," then "Pet Partners at your facility," then "zip code search" to locate local schools, hospitals or virtual visits, where you can take your pet to use their skills.

3 Get outside

There are therapeutic benefits you can gain from the animals that live right in your own backyard. "Going for a 'wildlife walk' can dramatically improve your well-being," asserts psychologist Linda Wasmer Andrews, MA. How? Studies reveal that watching animals in nature for just 5 minutes soothes the mind and lowers levels of the stress hormone cortisol.



The horses help the children express feelings, putting them on the road to healing

After a traumatic upbringing with alcoholic parents, Liz Olszewski found peace and healing around horses. With a nudge on her heart to help other children like herself, she opened a therapeutic horse ranch and soon discovered her desire to pay it forward was saving lives!

Liz Olszewski slowed her steps as she came upon 13-year-old Brittany during a session at her Horses Healing Hearts ranch. Though she could only see the teen from the back, Liz could tell she was crying. Just two weeks earlier, when Brittany had first visited the ranch with a group of other children of addicts, Liz had explained that they must allow themselves to feel when they are with the horses.

Raising her hand, Brittany had asked, "What if you've forgotten how to feel?"

Now, Liz quietly looked on as Brittany brushed the horse's mane, her face nestled in his neck, softly weeping her pent-up tears.

"Are you okay?" Liz asked.

Brittany nodded. And later, as she was leaving, Brittany told Liz, "Miss Liz, I actually feel lighter all over my body since crying with Stitch."

Liz melted into a smile. *A child who couldn't feel is now healing because of horses. It's working. It's really working!* her happy heart rejoiced.

Four-legged therapy

By age 5, Liz already had wounds she thought would never fade. She had moved with her family multiple times, had a mother, father and stepfather who were all alcoholics. Family fights, drinking, violence and neglect were Liz's "normal." Her survival mechanism was to not trust, talk or feel, as it was easier to stay numb than to be in constant pain. But life changed in the summer of 1981, when Liz was sent to Pennsylvania to stay with her Aunt Suzy, who'd rescued a Mustang named Jonathan. The moment Liz saw him and the scars on his back, she knew they had a lot in common.

"Your scars are on the outside, while mine are on the inside," Liz told Jonathan, as she stroked his soft muzzle. "You've been rescued, and I would like to be too."

As Liz spent time with Jonathan, brushed and talked to him, all her inner pain began to melt away. Nothing before had brought her such solace. Liz knew then that horses were her safe place, and with their help, her broken spirit came back to life.

Liz went on to college and got married, and she and her husband built a happy life. By her 30s, Liz even owned a horse. Yet she yearned to do more; to somehow help other children traumatized by the adverse impact of parental substance abuse. And one day, it hit her...

Horses saved my life. Maybe they can help others set their pain free too, her hopeful spirit echoed.

"Horses continue to heal me to this day, and, in turn, I get to help so many others"

Transforming lives

In 2009, with no barn or stable of horses to use as a base for her dream, Liz followed her heart and founded Horses Healing Hearts (HorsesHealingHeartsUSA.org). The non-profit is the only program of its kind for children of addicts. After researching, Liz learned she could use affiliate barns and horses to host kids for a few weeks at a time and keep alternating. Currently, she is based out of a barn in Delray Beach, Florida.

With funding from donors and a team of peer counselors, licensed mental health professionals, recovery coaches, mentors and certified equine specialists, the organization offers a variety of programs, all in a safe and unique environment. To date, hundreds of children and even adults have received the emotional support and tools necessary to heal and move beyond their trauma to build good, healthy lives.

Tiffany took part in Horses Healing Hearts every week from age 11 until she turned 18.

Scarred from an upbringing with an alcoholic parent, she fell in love with the horses and the unique ability they have to heal the soul. Today, she is a successful realtor and is also studying to be an equine specialist. "The organization probably saved my life," Tiffany shares.

With each life transformed, 52-year-old Liz fills with pride and peace. Her hope is to ultimately expand Horses Healing Hearts nationally.

"I have no doubt that starting Horses Healing Hearts is why I was put on this Earth," Liz says with a smile. "The struggles I survived fueled my motivation to create something no one had ever done before, and it continues to heal me to this day, and in turn, I get to help so many others!"

—Diane Nichols



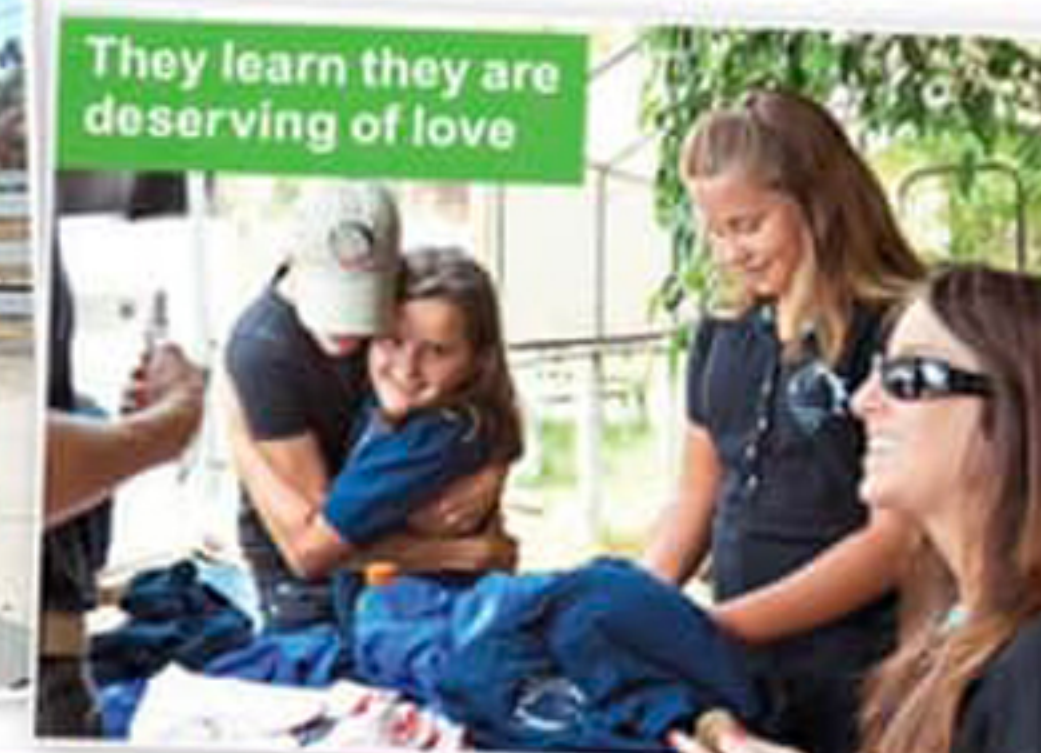
Riding brings peace



"Horses saved my life," says Liz, here with Stitch. "I wanted to share that gift."



Grooming gives kids purpose



They learn they are deserving of love

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