

## Building Blocks of Canine Health & Well-Being

### 1. BUILD YOUR DOG'S HEALTH TEAM WISELY

Carefully select the professionals --- veterinarians, groomers, pet sitters, trainers and other who guide you and care for your best friend. They should be flexible, listen well to your thoughts, be compassionate and experienced. Observe your dog's reaction to them.

### 2. YEARLY WELLNESS CHECKS VACCINE WISDOM

All dogs deserve a yearly wellness check. Throughout their lifetime, they experience aging and changes in their nutritional and vaccinating needs.

Vaccinations: Get educated and make informed choices. Protocols for vaccinations have changed! Be mindful of discussing the need of all vaccinations being given to your dog. Rabies is legally required. There are different approaches available. If something doesn't feel right, question it, like giving dogs multiple vaccinations at the same time. You dog's lifestyle makes a difference as does where they live, activity level and where the activity is (mainly outdoors, indoors).

### 3. CULTIVATE CHEMICAL AWARENESS

We encourage you to approach pharmaceutical drugs such as antibiotics and steroids with discretion, vaccinate wisely and avoid canine contact with household & lawn chemicals and pesticides. There is a time & place for agents like cortisone and antibiotics during a health crisis, but their long term efficacy is increasingly in question. Likewise, there is an appropriate way to immunize.

### 4. CONSIDER INTEGRATIVE MEDICINE THAT WELCOMES ALLOPATHIC & HOLISTIC CARE for OPTIMUM WELLNESS

Visualize your dog's wellness. The power of optimistic thoughts and imagery (a positive attitude) will

help to maintain wellness for you and your dog.

Explore the fascinating areas of acupuncture, massage, acupressure and Reiki and how they can assist in a range of physical and behavioral imbalances.

Taking a "whole approach" to your dog's health is a learning experience with positive trickling effects. Oftentimes, an immune-rebuilding program offers as good a result as "quick-fix" medications. Sometimes, both are required.

### 5. WHOLE NUTRITION FOR A LIFETIME OF HEALTH

Your dog's diet & ingredients should be as whole, pure and organic as possible, free of byproducts, pesticides, artificial preservatives or colors, hormones, antibiotics and refined sugars.

Read the labels. There are many good "whole" dog foods on the market. One size does not fit ALL. Then there is the choice of raw diets. It is a choice! We believe that dogs thrive on variety and whole foods, including raw meaty bones, veggies. That' doesn't mean we need to ditch the concept of a good whole kibble, as long as it isn't loaded with fillers and grains.

Adding fresh vegetables, fruits, enzymes, antioxidants and other healthy extras may supply your dog with the nutrients required for a robust immune system, skin and coat. Treats: When it comes to treats, keep the value level just as high as their main meals. Using kibble or treats is a great way to desensitize dogs while training in a positive way. It teaches them to accept food hands gently.

### 6. WIPE OUT FLEAS, TICKS & OTHER INVADERS SAFELY

It's easier than ever to create a non-toxic arsenal against fleas, ticks, mosquitoes and internal parasites. Taking into account your dog's precious immune system, toss out the old flea bombs, collars, dips and toxic sprays. There are better & safer

choices using targeted supplements, herbs and homeopathy. Explore your options and, as always consult with your veterinarian, which can include more than ONE (holistic and allopathic). Then you CHOOSE.

### 7. TRAIN YOUR DOG, CHANGE YOUR LIFE!

Only positive things can happen when you teach your dog (a different species and culture) how to adapt to a human family and environment. Positive training is an exploration that the whole family can learn from. It is a discover zone for children, dogs and adults.

### 8. LIFESTYLE, WELL-BEING & EMOTIONAL BALANCE

Your and your dog's emotions and sense of well-being can affect health. This is proven. Most dogs are born good-natured and eager to please. If your friend has deviated or is down in spirit, he may be experiencing changes emotionally. This can lead to behavioral or physical problems. Daily walks, good nutrition and play helps to boost your dog's immune system and inner puppy.

Be mindful of lifestyle changes (death, divorce, new baby, anger, overly stressed, moving). These affect your dog's life too.

LAST BUT NOT LEAST AND THE MOST POWERFUL AND EMPOWERING element is your mutual expression of physical and emotional love. If you have any doubts, one look into your dog's loving, trusting eyes AND they should be trusting, will give you the answer.

A. W. A. R. E.

Awareness - Well-Being - Attention  
Relationship - Education



