



Holistic Behavior Solutions, LLC

Natural News

IN THE NEWS...

SOLDIERS & SHELTER DOGS

What do soldiers and shelter dogs have in common? Many have been through traumatic experiences.

Former Air Force senior airman, Dave Sharpe recognized a transformation in himself after adopting a pit bull puppy from a local rescue. Prior to the adoption, Sharpe found himself waking at night to episodes of violence. The puppy gave him someone to open up to without fear of judgment. He could unleash his feelings & experiences while the puppy listened quietly and then lick his face to assure him everything would be ok.

The dogs give these heroes something else to focus on other than their injuries and trauma experienced in the past.

Sharpe started Pets2Vets partnering with the Washington Animal Rescue League to pair military vets with shelter dogs. This program helps Vets who suffer from brain injuries and PTSD get matched with dogs appropriate for their families, who would otherwise not be eligible for a service dog.

Service men and woman at Walter Reed Army Medical Center are transported to the W.A.R.L. shelter where they are matched with suitable shelter dogs 60 days before they are released from the hospital. The program then sets up weekly visits with their new dog and finally provides transportation for the dog to any location within the U.S. and pays for the dog's first year of veterinary care.

Anyone who has shared their life with a dog knows

the health benefits they can have...we didn't need scientific studies to prove that one. Talk about a win-win!!!

For more information and how you can help support this wonderful work...visit <http://www.pets2vets.org>. They also have a Facebook page to follow the program.

COLD WEATHER ISSUES

Have you ever seen those over-priced ice salts that claim to be safe for dogs' paws as you walk through the entrance of Bed, Bath & Beyond? Maybe you've stopped and looked at them and then kept walking or maybe you've purchased them to keep your pets from burning their tootsies. I have done both and now I use basic table salt that I buy at the supermarket for \$.47 cents. I cover a good size area to include my cement walk-way from the gate to the garage and our large deck and I have to tell you it works great. It doesn't burn the dogs' pads, doesn't leave a chalky residue behind, and it is super cheap. Conventional ice melts are chock full of chemicals which can heat up to 175 degrees. Not only can it burn the pads of dogs' feet, but can be ingested when they play in and eat surrounding snow. *Safe Paws* for instance is one of those "safe" for humans & pets. It is made up of crystalline amide core infused with special glycols. While I don't know what that means in lay terms or if it is in fact safe, I'm not prepared to spend a possible 5 months out of the year wasting my money on ice melt when the smallest container is 8 lbs starting at \$20.00.

Keep in mind if you must walk your dog on the street or sidewalks you are now dealing with industrial-grade salts. Even if your dog walks along the side of the road in the snow, the salts have been plowed into the snow and can be absorbed or licked off the paws later on.

Another issue the winter brings for us is that one of our dogs enjoys "poopsicles"...ugh! I had heard of this disgusting habit from others, but never experienced it until last winter. Once the feces becomes frozen in our back yard they transform into a tasty frozen treat otherwise known as Coprophagy. We clean the yard once a day, however that's not always enough. A few things

we've found that seem to help is obvious supervision, not leaving the dog in question (we'll keep it anonymous to protect the identity of said dog) alone in the yard, but we've also added fresh pineapple chunks to the food once or twice a day and increased the amount of enzymes each dog receives. We use a product called Prozyme when any of the dogs eat kibble to help them breakdown the chemical coating used to increase the shelf life so they get the most nutrients to improve digestion. This is given to all dogs, not just the one with the dirty habits.

And finally, it seems dogs get less exercise in the winter unless you are into dog sledding. Talking your dog on a nature trail attached to a long line gives both of you needed exercise and allows the dog to exhibit his natural instinct to track small critters beneath the snow. Even if you don't like to be out in the cold, there are still things you can do inside to exercise your dog.

- Use a hallway or a staircase and play fetch with a favorite ball or toy. If the dog is into the game, you can get in a lot of repetitions.
- Get involved in a group class like Rally-O or Agility. Many trainers have indoor "arenas" that the dogs can practice in.
- Send your dog to doggie daycare a couple times a week.
- Visit your local dog park (you'll have to step outside, but you can bundle up and sip hot cocoa while your pup expels a ton of energy).

YOUNG LIVING ESSENTIAL OIL OF THE MONTH

R.C. stands for Respiratory Congestion. It contains Eucalyptus globulus, Eucalyptus radiata, Eucalyptus citriodora, Myrtle, Pine, Spruce, Marjoram, Lavender, Cypress and Peppermint. R.C. provides relief from the common cold, bronchitis, sore throats, sinusitis, and coughs. It decongests sinus passages, combats lung infections and relieves allergy symptoms. For sinus problems and pneumonia in dogs, R.C. can be diffused in the animal's sleeping quarters and applied to their bedding. If you are interested in ordering R.C. or any other therapeutic-grade essential oils, please visit www.holisticbehaviorsolutions.younglivingworld.com.

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Dog Parks

The good, the bad & the ugly

As I mention taking your dog to the dog park for winter exercise, I thought the topic deserved some further mention.

There are good and bad dog parks out there. The dog park we go to from time to time is one of the better ones. There are 8 acres of wide open space. There is a smaller pen for small dogs, there are signs when you enter that instruct you to remove the dog's leash in the entry pen prior to entering the play yard and there are plastic bags provided to help influence you to pick up after your dogs. Pretty basic instructions, yet I am continually amazed at how many people do not follow these simple directions.

Many people have the misconceived notion that if they leave the leash on the dog they will have "control" over the situation. I've heard a man say "my dog doesn't really get along with other dogs", so he put him in the very uncomfortable position of being on leash while all the other dogs are running circles around him. Why would you bring a dog to the dog park who doesn't like other dogs? One of the last times I was there, a man was walking a Rottweiler on leash to the center of the park. As I watched from a distance I could see the dog stiffening more and more. The dog continued to receive a leash correction from the owner every time he would pull towards another dog to play mistaking it for aggressive behavior. I could not watch anymore as I knew what was about to happen, so I approached the owner and offered him my suggestion of releasing the dog. He said he was just "easing the dog into a new situation" and reluctantly listened to me. The dog went on to play very nicely with the other dogs. It is these kinds of situations that set the stage for dog fights. Most dogs unless genetically predisposed or trained to, would rather be friendly or ignore other dogs rather than engage in a squabble. When a dog is confined to a leash, it knows it has limited boundaries to work within. If it feels threatened, the dog will react in a fight or flight response. If the dog can not flee due to the leash, it is likely to turn to fight mode within a matter of seconds.

On the other hand...dog parks can provide a great place to exercise, socialize and play fun games with your dog(s) and meet other dog lovers in your neighborhood. I suggest visiting your local dog park for the first time without your dog to simply observe the setting. Watch how the people are monitoring their dogs. Are they all clustered by the entrance while the dogs are a mile away or are the people spread out interacting with the dogs? Are kids using the agility equipment intended for the dogs? If a fight breaks out, how is it handled?

I prefer to go when only a few people are there. You know when it is 20 degrees and snowing you are sharing the park with true dog people who have at least a little knowledge about dog-to-dog interactions.



Tucker playing with his new friends

FEATURED DOG FOR ADOPTION



This sweet girl is Tammy. She was rescued from a shelter where her owner surrendered her because they could no longer care for her. She loves people of all ages including little ones. She is not fond of cats and it is unknown how she would be living with another dog at this time. HeavenSent has provided her with much needed medical treatment so she is ready to go to her new forever home. Tammy would like a home where someone is home most of the day. If you'd like to meet her, please email HeavenSent at hsrescue@aol.com AFTER you've completed the application. For an application, please visit <http://www.heavensentbulldogrescue.com/application.html>.

Doggie Treat Recipe

Here is a simple recipe:

- 1 lb. beef, venison or commercial raw dog food
- 2 eggs, beaten
- 3 cups oat flour (don't use wheat or white as many dogs are allergic to wheat and cannot digest it)
- 1 cup quick cooking rolled oats
- 1 cup water (if using commercial raw...reduce the water a little)

1. In a blender or food processor, combine beef & beaten eggs until well blended and set aside.
2. In a large mixing bowl, combine flour & rolled oats. Gradually mix in beef mixture with your hands, until well blended.
3. Add water and stir to form a sticky dough
4. Divide dough into 2 balls, so it is easy to work with
5. Knead each dough ball on a well floured surface, about 2 minutes, adding flour until the dough is no longer sticky.
6. With a rolling pin, roll dough to between 1/4" and 1/2" thickness.
7. Cut with cookie cutter and place on lightly grease baking sheet.
8. Bake 1 hour at 350 degrees F.
9. Cool on a rack and store, at room temp, in a container with a loose-fitting lid.

As with all treats...give sparingly as to not encourage your dog to gain unnecessary weight.

Recommended Book Of the Month

Culture Clash

By Jean Donaldson

Jean Donaldson is one of the foremost leaders in dog training & behavior modification. Jean backs all of her theories with scientific research. This book offers a different view point from most dog training books out there. It is the perfect book for a first-time dog owner or for someone who has had the pleasure of sharing a lifetime with dogs.

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