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Welcome to issue 40

I hope your first month of 2022 has been a good one. As I write this, it is the 2nd of January, and we are still going through the increasing cases of the Omicron variant. I find it quite tricky to predict how things will be in a few weeks when this magazine is published, so all I can do is hope that we are over the worst of the latest variant, and 2022 is looking to be bringing us back normality.

Inside this issue, we have our usual mix of features, and if you turn ever so quickly to pages 4 and 5, you will see our complete list of contents.

Remember to save the date for our first Edition Dog Live event. Almost three years in the making, it finally launches on the 28th of August this year.

Jennifer

x

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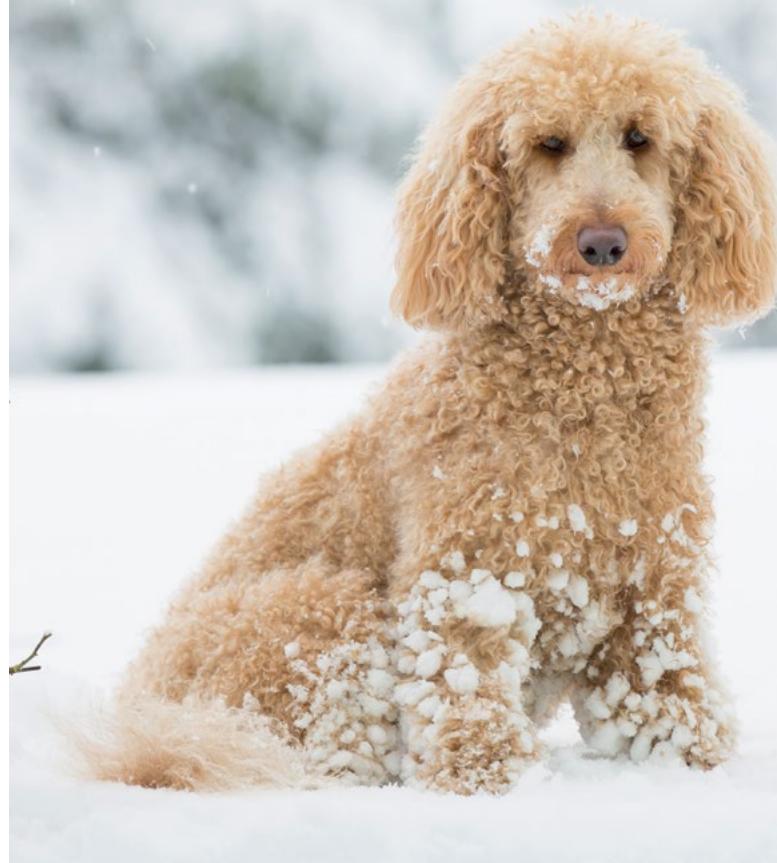
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Chew on this...

It's paw-fficial! Litterpicking Dog Owners group, Paws on Plastic, is awarded Scottish charity status

A website launch and a winter litterpicking campaign are in the pipeline for this online community of dog owners removing over 30 million pieces of rubbish every year.

Just in time for their third anniversary, Paws on Plastic became a Scottish Charitable Incorporated Organisation (SCI051306). The big announcement was shared with this online community of 21,000 dog owners in over 70 countries who pledge to pick up a few pieces of litter on their daily walks.

The initiative began as a Facebook group in November 2018, and was founded by primary school teacher Marion Montgomery in the Scottish coastal town of Stonehaven. As animals are naturally inclined to investigate discarded rubbish, the group has attracted dog owners who are keen to play their part in fighting plastic pollution. By removing the litter members are helping to protect animals and wildlife both on land and in the sea from injury or illness.

Since gaining charity status, Marion alongside Paws on Plastic trustees around Scotland have also been developing a new website and merchandise line.



Heather McLaughlin, Campaign Officer with Keep Scotland Beautiful commented: "We have been delighted to support Paws on Plastic over the past couple of years. It has been brilliant to see the group grow; supporting and encouraging dog owners to take simple actions to tackle the looming litter emergency, in Scotland and abroad."

"We are pleased to welcome Paws on Plastic as a new charity with aims similar to ours – and look forward to supporting the launch of a new campaign to encourage more dog owners to get involved in picking up a few pieces of litter on walks during the dark winter season."

Combining positive health benefits with environmental community action, the initiative has received national media attention and been nominated for awards such as the Surfers Against Sewage Plastic Free Awards and RSPB Scotland's Nature of Scotland Awards.

With around 12 million dogs in the UK alone,

just imagine how much litter could be removed and recycled if we all got involved! A simple act can have a huge impact when completed collectively.

People can get involved and be the first to hear news and updates by registering for official membership via the sign-up form on the website: www.pawsonplastic.org.uk



'Puparazzi': Over 77 million Photos of Dogs Taken By 'Pawrents' Every Week

There's very little our furry friends can do without getting papped by their 'pawrent' with new research from Natures Menu revealing that UK owners take over 77 million photos of their dogs every week.

With some insta-famous dog accounts boasting over 10 million followers, is it possible that owners prioritise pup-pics over selfies? This would likely apply to over a third (36%) of the UK's dog owners, who say their pooch is more beautiful than they are, rising to 42% amongst female owners.



But what are we doing to get our canines beautiful and camera-ready? Owners confess to looking after their dog better than themselves 'because they are worth it,' according to the research by Nature's Menu, Europe's leading expert in raw and natural pet food.

James Langan, Managing Director at Natures Menu, said: "Our research clearly shows that we have fallen in love with our best furry friends more than ever, and diet plays a crucial part in helping them to look and feel healthy and happy. Feeding raw is one of the best ways in which you can help your dog to look and feel its best."

In fact, nearly three quarters (70%) of owners say their pets are their top priority over personal care - with half even admitting to looking after their pooches' glossy coat better than their own hair!

And the nation's prettiest pups are literally stopping us in our tracks, with the vast majority (75%) of people stopping in the street to compliment a beautiful dog, and two thirds (64%) will also pass judgement on another owner based on how healthy their dog looks.

More than half (53%) consider the quality



of their dog's diet to be the most important factor when it comes to helping their hound look and feel its best. A third (33%) take better care to provide their four-legged friend with the right nutritional diet than they do for themselves, and 47% always ensure their pet eats first at home.

To help dog owners safely transition to feeding raw, Natures Menu has launched its brand-new Raw Starter Bundle to help make a seamless switch in just seven days. For more information visit: www.naturesmenu.co.uk/raw-food-look



Access free of charge: Seven new breed resources added to kennel club academy

Learning about the different dog breeds continues to be made more accessible than ever, with the launch of seven additional breed films on The Kennel Club Academy, the latest in a growing series of resources to be added to the leading online facility for those looking to improve their knowledge of the canine world.

The most recent of the breed-specific films to be launched is the Bedlington Terrier, which is now live, with the Chesapeake Bay Retriever, Lagotto Romagnolo, Afghan Hound, Polish Lowland Sheepdog, Australian Shepherd and Cavalier King Charles Spaniel having also been added in recent months. This brings the total number of breeds with films on The Kennel Club Academy to 37.

All the breed-specific presentations and films have been developed by experts in their breeds in collaboration with The Kennel Club and offer users an insight into their knowledge and experience. The learning resources provide a thorough introduction to the breeds, including their history, breed standard, a 'nose to tail' overview and movement in the show ring.

Gerald King, Chairman of The Kennel Club Training Board, said: "We are happy to announce the addition of another seven breed films to The Kennel Club Academy, with more to follow in the coming months. These films are a valuable resource for those within the breed, judges and those working towards becoming a judge as well as dog breeders."

Other breeds currently available to view online include: the Beagle, Bloodhound, Border Collie, Border Terrier, Boxer, Bull Terrier, Chow Chow,

Dachshund, Dalmatian, Dandie Dinmont Terrier, English Setter, Eurasier, Golden Retriever, Griffon Bruxellois, Italian Greyhound, Japanese Shiba Inu, Keeshond, Labrador Retriever, Manchester Terrier, Norwegian Buhund, Otterhound, Pekingese, Pembroke Welsh Corgi, Pomeranian, Rhodesian Ridgeback, Schipperke, Scottish Terrier, Siberian Husky, Tibetan Spaniel and Whippet.

To access The Kennel Club Academy, you need to log into your account on The Kennel Club website at thekennelclub.org.uk



Words: Holly Leake

DO I EXPECT TOO MUCH OF MY DOG?

Holly discusses if the expectations of our dogs are too high.

The symbiotic relationship between humans and dogs spans thousands of years. In the early days of canine domestication, it became evident that both species could mutually benefit from close co-existence. Dogs were bred to hunt and pull sledges to acquire resources, and they also provided security for the villages. In return, the dogs had consistent access to human waste and food scraps, which is believed to be the most plausible reason domestication began. From then on, breeds were developed to fulfil a specific occupation, such as herding, tracking and guarding. Since then, our lives, and the lives of our dogs, have changed beyond all recognition.

Regardless of the breed, dogs rarely engage in the work they were bred for and are now regarded as close family members; it's becoming increasingly common for couples to have dogs instead of children. In some ways, life has significantly improved for the dog population. The development of new technology and scientific studies has vastly improved dog healthcare and our understanding of the canine brain. This has improved our understanding of how dogs learn and

GREAT EXPECTATIONS



GREAT EXPECTATIONS

the emotions they feel, which in turn has revolutionised dog training methods to ones more ethical and dog centred.

On the other hand, some of the changes have been detrimental in ways we rarely consider. Instead of sleeping in the barn, dogs now live in the comfort of a house or apartment. Instead of freely roaming the land, their exercise is limited to the confines of a fenced-in garden. When they leave their home, they must be tethered to their guardian, limiting their choices to sniff, explore and greet other dogs. For many dogs, their most stimulating hour of the day is a walk around residential areas, with little or no opportunity to engage in routine behaviours, such as sniffing, digging and hunting.

The family dynamics have also changed significantly, as most work full time, leaving the dog home alone for most of the day. For the unfortunate few, this may even involve being left alone in a crate for many hours at a time. Despite these changes, we may argue that most dogs still have everything they need to be happy and healthy, but there is a truth that we have to acknowledge. Since dogs no longer have the same freedoms they once did, they rely more on us to fulfil their needs. This dependency equals more responsibilities for us as dog guardians, which, if neglected, creates behavioural issues.

With our dogs becoming such a close part of our family, there is a danger of forgetting that they are still animals. We want them to be our companions, but at the same time, we find many things dogs do unacceptable. Are our expectations of dogs realistic?

*"We set them up for all kinds of punishment by overestimating their ability to think. The myth gives problems to dogs they cannot solve and then punishes them for failing." — Jean Donaldson, *The Culture Clash*.*

Well, often, we base our expectations on the emotions we believe our dogs can experience. If we feel that our dog truly understands the difference between right and wrong, we are misled to conclude that they are naughty and deserving of punishment. We become disappointed with their behaviour because we feel they are choosing to misbehave, but the truth is, dogs don't know the difference between right and wrong. It is human nature to attribute human characteristics to other species to understand and bond with them; however, our conclusions about our dog's behaviour aren't always accurate. Dogs understand actions and consequences and what is rewarding and unrewarding. So if jumping on the kitchen worktop results in finding tasty foods, the dog will find the

"This dependency equals more responsibilities for us as dog guardians."





behaviour rewarding, regardless of whether you perceive it as good or bad behaviour.

Destructive dogs are often punished when their guardian returns home. The dog's body language is perceived as an admission of guilt, leading them to believe their dog knows what he has done is wrong. When the punishment does not prevent the behaviour from being repeated in the future, the dog falls very short of expectations, placing a strain on the relationship. When addressing behaviour, we need to discern the true reasons behind it, rather than our preconceived ideas of their motives and emotions. For instance, a dog may be destructive, not because he is naughty, but because he is anxious about being left alone, and chewing alleviates his stress. We can become so focused on attributing complex emotions to dogs; we can miss what is driving the behaviour, which is why it's essential to understand what emotions dogs are capable of, so we can readjust our expectations.

All behaviour has a function, and often what we view as bad is just normal dog behaviours. Many want their dogs to not sniff on walks, stop barking, stop jumping up, stop digging, and stop lunging at cars when in reality, these are all normal behaviours that are simply inconvenient to us. A dog's primary

sense is its sense of smell. They rely on this sense to acquire information and learn about their environment. Therefore it's unfair to expect a dog to go against its instincts. Barking, while annoying when excessive, is a form of communication and self-expression that is more common in certain breeds. Thus, it is unrealistic to choose a breed, such as Huskies, Hounds or any kind of Terrier, known to be vocal and expect them not to bark.

All dog's instinctively jump up because sniffing the face is a natural canine greeting behaviour, so they have to jump to reach our faces. We also often allow jumping up when the puppy is small and reward the behaviour with attention. However, when the puppy develops into a large adult, they are expected to no longer jump up, despite a lack of training to teach them how to greet people appropriately. Behaviour, such

"Many behaviours we perceive as naughty are just normal and instinctual."

as digging, is another natural behaviour that we view as naughty. Many breeds have a natural instinct to dig based on the occupations they were bred for. The same can be said for Collies that lunge and bark at cars to herd them. Many behaviours we perceive as naughty are just normal and instinctual, yet we regularly expect them to go against their DNA. To a certain extent, we must let dogs be dogs and

GREAT EXPECTATIONS

remember that they need to exhibit natural behaviours; it is one of the five freedoms. We don't want their behaviour to result in destruction or injury, so we have to provide outlets to help channel these behaviours positively, such as providing a sandpit, scent enrichment and engaging in dog sports.

One of the most frustrating realities for dog trainers is there are many puppy guardians with huge expectations of their puppies but minimal expectations of themselves as the puppy's trainer. Dogs rely on us to teach them life skills, but their training success is limited by the amount of time and effort we are willing to dedicate to them. Sadly, many expect puppies to learn what is suitable from being punished for behaviour their guardian considers wrong, rather than teaching the desired behaviour from the outset. Puppies are also expected to grow out of behaviours or relinquish behaviours that were once permitted when they were a puppy.

"Training often fails because people expect way too much of the animal and way too little of themselves."
– Bob Bailey.

Each time I finish instructing a 6-week puppy course, I have to remind guardians that 1 hour once a week over six weeks does not fully develop skills or prepare puppies to behave in our world unless they continue to practice what they have learned. We can't learn to drive by just relying on driving lessons alone to develop our skills. (If we did, we would be paying for a lot of lessons.) We have to practice what we have learned between lessons to harness our skills and knowledge and face different situations on the road. Our dogs are no different. They need to have opportunities to practice what they have been taught, and they rely on us to do this.

So it is important to remember that when we have unfair expectations of our dogs, our dogs will fall short based on misinterpretations of their emotions and behaviour.

So we have to align our expectations with reality to set our dogs up for success and acknowledge that there is no good or bad behaviour; there is just behaviour.

"If you align expectations with reality, you will never be disappointed." -Terrel Owens. ↗



"Dogs rely on us to teach them life skills."





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Words: **Lisa Hannaby**

BONE AND JOINT HEALTH IN DOGS

Lisa Hannaby finds out what we can do to help dogs with bone and joint issues.

Growing up with German Shepherds, I was always around the notion that “they suffer with their back ends.” It was also a common reason for owners around us to make the heart-breaking decision of euthanasia; “their legs just went!” We seem to acknowledge that certain breeds suffer with bone and joint health, but the reality is no matter the size or breed of dog, they can all suffer with skeletal or mobility issues. Being such a detriment to so many breeds, I want to explore the million-dollar question, is there anything we can do to help?



BONE AND JOINT HEALTH IN DOGS

The skeleton

The skeleton is essentially a supporting framework. It is made up of strong, mineralised bone, which forms a sophisticated system to facilitate movement.

Bone is a light yet strong connective tissue with around 30% collagen and other matrix proteins and approximately 70% minerals. These minerals include those we are all familiar with; calcium and phosphorus, but magnesium, sodium and potassium are also present in conjugated form.

Bones come together to form joints. The type of joint determines the degree and direction of motion. For example, joints with a ball and socket formation allow for rotation, whilst hinge joints allow bending and straightening. In a joint, the ends of the bones are covered in cartilage, which helps reduce friction as joints move. Tendons connect muscle to bone and are made up mostly of collagen. Ligaments surround joints and help to stabilise them. They also connect bone to bone.

How are bones formed?

Also known as ossification, bone formation is a process where new bone is produced.

Bone starts as a cartilage model, which gets slowly replaced. Osteoblasts are the cells that form new bone, and they secrete osteoids which are simply unmineralised bone tissue. Soon after the osteoid is laid down, inorganic salts (calcium and phosphorus) are deposited, forming the hardened material known as bone.

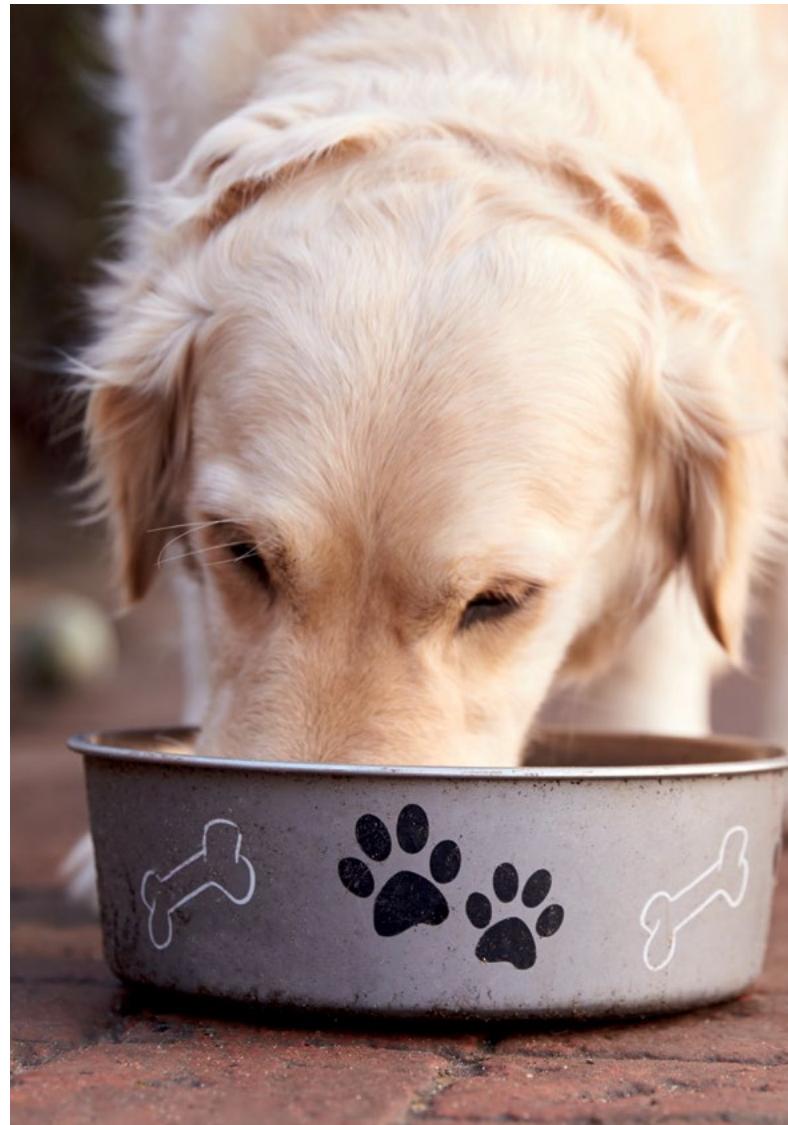
Bone formation proceeds outwards from ossification centres; short bones tend to have one in the middle, whereas long bones typically have three, one at each end and one in the middle.

Ossification or bone formation continues until there is a thin strip of cartilage left at each end of the bone. This is known as the epiphyseal plate or growth plate in the dog world. When the bone reaches full adult maturity, the cartilage is replaced with bone, and it is “sealed” for want of a better word. Or, as we often hear it referenced, the growth plate is closed. But that isn’t technically accurate. This makes it sound like once our dogs have reached full maturity, their bones simply exist. Well, they are more active than this.

Throughout a lifetime, bones are constantly remodelled. This can be related to stress or damage or simply the regulation of calcium in the body. We can thank both osteoblasts and osteoclasts for this.

Osteoblasts are bone-forming cells; osteoclasts are responsible for clearing away mineralised and calcified constituents of the bone matrix (aged or damaged).

Calcium levels in the body tightly regulate bone resorption. When blood calcium levels drop, the parathyroid gland in the neck initiates the secretion of the parathyroid hormone. This hormone increases the function of osteoclasts. As the bone material is dissolved, calcium and phosphate are produced, and they find their way into the blood to maintain body levels. This is important because so many other body functions, including heart rhythm, depend on calcium. On the other side of the scale, when the parathyroid gland detects that calcium levels in the blood are too high, osteoclasts are inactivated.



A note on Thyroid Health

The thyroid is a butterfly-shaped gland found in the neck. One of its primary functions is producing hormones to regulate the body's metabolism, which turns food into energy. But as you have seen, thyroid hormones affect the rate of bone replacement, and so issues with the thyroid can also affect bone health.

For example, too much thyroid hormone speeds up the rate at which bone is lost. If it happens too quickly, osteoblasts may not be able to replace it quickly enough.

Determining Bone Health

It is widely recognised that bone mass and density are determined by various factors, including genetics, hormones, physical activity, and indeed, nutrition.

An optimal calcium intake is necessary for bone health at all stages of life. Dietary requirements for calcium are determined by the need for bone development and bone maintenance, which vary throughout life, being higher during puppyhood, adolescence, pregnancy and lactation, and in the ageing dog.



"If your dog has been placed on a low-fat diet, they are more likely to have low vitamin D levels."

Greyhound skeleton running on dirt track, anatomically correct bone structure and pose.

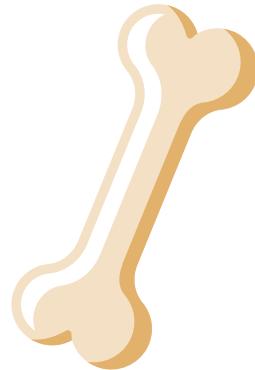
How Much is Enough?

In humans, excessive calcium intake has been seen to reduce bone growth-stimulating effects. However, one study following dogs for 40 weeks notes that *adult* dogs can regulate calcium balance with no adverse impact on health. It was concluded that when exposed to increased calcium levels, dogs will reduce intestinal absorption and excrete what's left via faeces and urine.

It is suggested that this is an evolutionary adaption because dogs are inherent scavengers, likely to consume large, infrequent meals high in calcium-rich bony material rather than calcium-deficient foods.

Sources of Calcium:

-  **RAW MEATY BONES**
-  **SARDINES WITH BONES**
-  **SALMON**
-  **KALE (COOKED)**
-  **CHIA SEEDS**
-  **BOK CHOI**
-  **EGG**
-  **BROCCOLI**
-  **LIVER**



Moving on, it's impossible to discuss calcium without referencing vitamin D.

Vitamin D is a fat-soluble vitamin that stimulates the intestinal absorption of calcium and phosphorus.

Being a known contributor to bone health, puppies can develop rickets when fed a diet lacking in Vitamin D. However, at the other end of the scale, puppies fed too much vitamin D experience impaired bone formation.

Vitamin D is absorbed in the small intestine. It is then converted in the liver and kidneys into a usable form. Interestingly, there is a history of Vitamin D deficiency in the onset and activity of irritable bowel syndrome. It is also present in cases of Ulcerative Colitis. If your dog is unlucky enough to suffer from digestive issues, its vitamin and mineral status should ideally be checked when considering bone and joint health.

In addition, being a fat-soluble vitamin, vitamin D requires fat to be absorbed. If your dog has been placed on a low-fat diet, they are more likely to have low vitamin D levels.

Excellent sources of vitamin D include the flesh of fatty fish (salmon, tuna and mackerel), fish liver oils, beef liver and egg yolks.



"Many breeds are sadly predisposed to skeletal issues, but there are modifiable factors that we can adjust."

Maintaining Bone Health

Joint degradation is characterised by inadequate production of compounds necessary to its structure, along with reduced collagen synthesis. This can be a result of physical stress, trauma, autoimmunity, or ageing. Here, inflammation is upregulated, creating further breakdown. It results in weak, damaged, or inflamed tissue with restricted or painful movement.

Essential fatty acids are well known to help modulate inflammatory responses found in cases of joint degradation.

During the inflammatory response, COX (cyclooxygenase) enzymes catalyse the formation of prostaglandins, thromboxanes and others, from arachidonic acid (omega 6). It has been discovered that omega-3 fatty acids inhibit this COX enzyme which sparks inflammation. For all life stage bone maintenance, the inclusion of essential fatty acids in the diet is crucial.

Excellent sources of omega-3 fatty acids include all those oily fish like sardines, mackerel, and don't forget krill oil. Hemp seed oil contains an ideal ratio of omega 6:3 too!

The Gut-Musculoskeletal Axis

Increasing data suggest a link between gut health and musculoskeletal health; gut flora plays a role in bone turnover and function. For this reason, probiotic and prebiotic foods are being investigated for their role in both the promotion of bone health and mitigation of its damage.

Prebiotics has been seen to increase bone density and decrease inflammation-promoting microbes, mitigating joint inflammation throughout the body. Certain probiotic strains

have also been seen to keep potentially harmful bacteria under control, preventing the release of endotoxins which are seen to stimulate inflammation and bone resorption.

This is a relatively new concept, but one that is gaining traction, and so the inclusion of prebiotic and probiotic foods in your dog's diet may have more benefits than you initially thought.

Bone health is an active process throughout the life of your dog. During growth, their nutritional needs to build those bones are fundamental – during adulthood, stress, trauma, and good old-fashioned ageing will result in bone remodelling. So those compounds are still as important as ever. Joint degradation is also a normal ageing process, but lifestyle factors can speed it up (and slow it down).

We often can't alter genetics, and many breeds are sadly predisposed to skeletal issues, but there are modifiable factors that we can adjust. A nutrient-dense diet can be seen as the mortar to the bricks when your dog is building is their skeleton. ↗

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Words: **Jayde Davey**

OPTIMISM *vs* PESSIMISM

Jayde Davey explains the importance
of giving your dog confidence.

One of the essential concepts that I like to cover throughout dog training classes, regardless of the age of the dogs that I'm teaching, is confidence building! It's one of my favourite weeks in classes, and I have great fun setting up various weird and wonderful objects and stations for the dogs and puppies to investigate. These stations can consist of different surfaces for the dogs to work on, tunnels and equipment for them to climb through, noisy items to rummage through and interact with and even paddling pools for water play. The dogs are allowed to interact with everything freely, in their own time, without being forced, and owners have a fantastic time encouraging and praising their dogs at each station. I usually always get some great pictures of their dogs at home taking part in exercises that the owners have recreated back at home.

Although this is a fun week for both owners and dogs, it also has an essential purpose. Studies have suggested that dogs can be either optimistic or pessimistic, which can affect how they perceive the world around them.

OPTIMISM VS PESSIMISM



OPTIMISM VS PESSIMISM



A dog that is generally more optimistic is going to have a much more positive view of new or novel situations and react in a better way than a pessimistic dog who is more likely to view that new or unknown situation negatively.

One study, in 2014, by Dr Melissa Starling in Australia, researched whether dogs could show signs of having either optimistic or pessimistic personalities. During the study, her team taught a group of dogs to touch a target that would

“Optimistic dogs seem to be more outgoing.”

deliver either milk or a water reward to them. Each of those rewards was paired with a specific tone until the dogs learned which would provide the milk and just the water. When it was clear the dogs knew the difference between the two tones, the team began to introduce ambiguous tones instead, for example, tones that sounded similar to the milk reward delivery tone. Each dog's reactions to these new tones and attempts to touch the target were recorded. The responses to the new tones were able to help identify if a dog was more of an optimist or a pessimist. Some dogs in the study heard the ambiguous tones and repeatedly hit the target regardless,

even when water was released instead of milk. Although the experiment started with forty dogs, this declined to twenty for various reasons, including lack of persistence and the dislike of the milk reward. Still, in the end, six dogs were classed as pessimists, six as optimists and the remaining dogs were across the spectrum in between.

The above experiment suggested that how optimistic or pessimistic a dog was had a lot to do with their background and their environment. The good news with this is that our dog's levels of optimism and confidence can be worked on and therefore improved. In the case of the six optimistic dogs, it was found that several of their owners were dog trainers, and so dogs were exposed potentially to lots of mental stimulation and training at home when compared to the other dogs in the study.

Even further to this, traits were characterised for both types of dogs by Dr Starling, suggesting that optimistic dogs seem to be more outgoing and exploratory of their environment. They are also thought to be a lot more persistent, which could be seen in the milk and water test results. On the opposite side of the spectrum, the pessimistic dog will be more reluctant to investigate new things. They may stay closer to their owners and be discouraged in general more easily. But what does that mean in terms of training?

A pessimistic dog is potentially going to be more likely to react in a situation, whether that's barking at something

that suddenly appears around a corner or that wasn't there on yesterday's walk. They might become discouraged easily during a training session and switch off from engaging with their owner. Also, they might be unable to engage in a new environment or be reluctant to interact with anything novel. A confident dog might be unsure of new situations or stimuli but will usually recover and bounce back quickly. This is important to bear in mind when we are training! Being over-cautious in the wild helps to ensure an animal's survival but is not so valuable for the pet dog environment. We can help boost our dogs' confidence and help them to become more optimistic. This is great for helping with various behaviour problems such as reactivity. It is also perfect for introducing to puppies whilst they are young to help prevent issues before they've even started.

I always use examples of various dog walks that I've been on previously to help explain the differences between

the two personalities. My own dog has been introduced to a wide range of new objects and confidence-building games since he came home at nine weeks of age. I was on one of our regular walks one day when we rounded the corner, and a massive piece of metal machinery was there in the field, hidden behind the hedge until we'd gone around the corner. My dog observed, approached in his own time, unfortunately, lifted his leg on it and then was on his way; it was very much a non-event. I did the same walk the next day with a dog that I used to walk, we came onto the field from the other side, and she spotted the piece of machinery from way into the distance. As we approached, her hackles went up, her body language changed, and she started to bark continuously. We kept our distance and watched for a while, but she was not impressed and wasn't willing to approach in her own time either – for the rest of the walk, she was on edge and scanning. I've also walked dogs that would react to things such



"Confidence building exercises don't have to be complicated or expensive."



OPTIMISM VS PESSIMISM

as a carry bag caught in a hedge; having worked and walked so many reactive and nervous dogs, I have seen the importance of starting confidence building as soon as possible. With owning a deaf dog too, I put a lot of emphasis on making sure he could handle new and unexpected situations and objects because I didn't want him becoming startled, especially as he can't hear things approaching him.

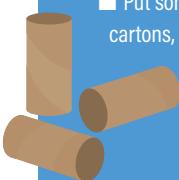
Confidence building exercises don't have to be complicated or expensive either, and I try to include a variety in classes that owners can try at home if they would like. Some of those exercises require equipment such as tunnels, cavalettis or even hoopers hoops but some of them you can do at home using your old leftover recycling!

Confidence building at home!

■ You can pile up some of your empty cardboard packaging and boxes in the garden or living room and scatter treats in and around them all and watch your dog investigate. Some will dive straight in, whereas others will be more cautious, especially when retrieving the food from inside the boxes. Remember it's all at your dogs' pace, and if they are unsure, reduce the number of boxes to start.



■ Put some clean and empty recycling (plastic bottles, egg cartons, toilet tubes, washed yoghurt pots etc.) into a tub or open paddling pool with a few scattered treats thrown in too. This is a perfect one to build your dogs' confidence around the movement and the noises of the recycling as they sniff and climb in.



■ Water play with a paddling pool with a splash of water at the bottom. See if your dog will climb in and out with you happily before gradually adding more water for them.



■ Can you teach your dog to put their front paws on various objects! Start with something flat and stable to build their confidence and then see what else you can get them balancing on: you could use logs or posts on a walk, steps, or if you want to make it even more complicated, you could progress to slightly unstable surfaces such as wobble boards.



■ One of my favourites in classes is the ball pit! These are great fun for the dogs but also helps boost their confidence; I've had dogs reluctant to climb in at the beginning of the session and then are curled up asleep in the ball pit by the end. They're an excellent addition to your at home training equipment! You could even combine water play and a ball pit to help teach your dog that water can be fun.



Study for those who want to read more:

- Melissa J. Starling, Nicholas Branson, Denis Cody, Timothy R. Starling, Paul D. McGreevy. **Canine Sense and Sensibility: Tipping Points and Response Latency Variability as an Optimism Index in a Canine Judgement Bias Assessment.** PLoS ONE, 2014; 9 (9): e107794 DOI: 10.1371/journal.pone.0107794 ↗



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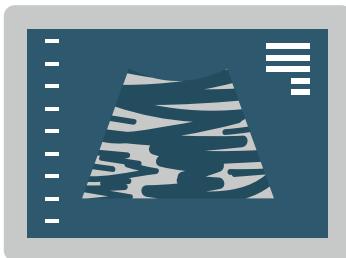
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YOUR DOG'S ULTRASOUND



Words: **Dr Joanna Woodnutt MRCVS**



Ultrasounds

Understanding your dog's ultrasound

In the fourth of our diagnostic testing series, **Dr Joanna Woodnutt** discusses ultrasounds, how they're made, and what they can tell you about your dog.

Ultrasonography provides vets with a non-invasive imaging technique that is commonly used in practice and human medicine. Most dogs tolerate it consciously, making it an excellent way to view some of your dog's organs in real-time. But what is your vet actually looking at?

What is an ultrasound?

Like a bat's echo, an ultrasound machine paints a picture by sending out noises and listening to how they sound when they bounce back. The 'transducer probe' is the bit that your vet holds in contact with your dog. Quartz crystals in this probe send out high-frequency sounds beyond the range of human (and canine!) hearing. At the same time, the crystals also react to sounds being returned to them, and these reactions can be measured and turned into an image by a computer.

The computer then provides an image of the types of echo it's getting. Solid objects, like bones or metal, reflect all the sound, so the image appears as a bright white line of reflected sound, followed by a shadow where the noise doesn't reach. The same happens with air, whether in the lungs or guts. But what ultrasound really excels at is differentiating soft tissues — whilst on an x-ray, the internal organs are a blurry mess; on an ultrasound, they can be easily distinguished from one another and their internal structure investigated.

YOUR DOG'S ULTRASOUND

Because a transducer probe sends out sound waves, an ultrasound machine produces a 2D image. Unlike an x-ray, which is a silhouette image, ultrasound images produce an image that's a 'slice' through the body. It shows a lot of detail in that one slice for as deep as the machine can manage, but it won't show anything, even an inch to either side, until you move the probe. This means care must be taken when interpreting an image – the slice isn't even a millimetre thick, so it can be easy to miss things sitting on either side of the current image.

How are ultrasounds done in practice?

Unlike x-rays, ultrasounds are considered harmless, both to the animal receiving them and to others in the room. This, along with the fact the ultrasound is non-painful, means that most animals can have their ultrasounds done without sedation. Despite this, ultrasounds are often still booked as a day procedure, meaning you'll drop your dog off in the morning and collect them in the afternoon. This allows the vet to do your dog's ultrasound conveniently and repeat it later if needed to get a better image.

First, your dog's fur will be clipped from the area and their skin cleaned to reduce interference with the picture.

Ultrasound gel is also applied to improve the image. Once it's time for the scan, your dog will be taken to a darkened room and held in the correct position by a nurse. Depending on the type of ultrasound being done, this may be standing, lying on their side, or lying on their back.

The vet doing the ultrasound will slowly move the transducer probe over the skin whilst looking at the live image on the screen. They may change the settings, freeze and save the images, or get extra information by using Doppler to look at the movement of blood through a vessel. In sedated animals, the vet may also get an ultrasound-guided biopsy. A needle is inserted through the skin, and the ultrasound machine is used to view the needle in real-time to check the right organ is being sampled.



Waiting for the results

Ultrasounds are usually interpreted live by the vet undertaking the assessment. Because so much ultrasound interpretation comes from where the probe is on the animal and which direction it's facing, it's tough for somebody to assess an ultrasound without being present.

Therefore, you should receive the ultrasound results on the day of the procedure or within a couple of days if there's no urgency and the vet is busy. Having said this, vets will sometimes record short clips of ultrasound video to send to specialists if they're unsure about the diagnosis, and you can expect to wait 2-5 days for this. Results from a biopsy may take longer – up to about a week.

“Ultrasound is non-painful, most animals can have it done without sedation.”





“Ultrasounds are usually interpreted live by the vet undertaking the assessment.”

What do the results mean?

The results depend on the area of the body being scanned and why your vet is looking there. Common areas and diseases seen during an ultrasound scan include:

■ Uterus

The uterus is commonly scanned, as ultrasound gives a much better image than x-ray when it comes to this organ. Pregnancy, pyometra, and uterine tumours can all be diagnosed by ultrasound scanning.

■ Bladder

The bladder is full of liquid, making it an easy object to find on an ultrasound. Tumours and bladder stones often show up well on ultrasound as they contrast nicely with this liquid.

■ Heart

Cardiologists get a lot of information about your pet's heart from ultrasound – correctly called an 'echocardiogram'. They can assess the size of the chambers and the thickness of chamber walls and check that blood is moving the correct way, and no valves are leaking.

■ Guts

Ultrasound is helpful when assessing your dog's guts for inflammation. Because we're looking at a live image, we're also able to watch and evaluate your dog's gut movements. Foreign bodies can sometimes be investigated with ultrasound but will usually be combined with an x-ray.

■ Liver, spleen, pancreas, and other internal organs

The shape, density, structure, and size of internal organs can be measured using ultrasound. Many early-stage tumours are spotted with ultrasound, allowing vets and owners to make a plan before the tumour grows too large.

■ Free Fluid

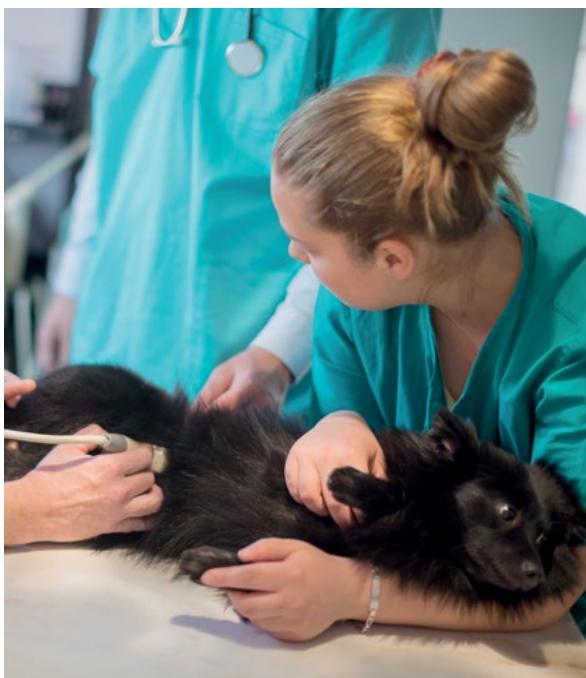
If your dog has been in a car accident, vets can use ultrasound to quickly assess whether there is any fluid in the abdomen or chest, usually caused by bleeding or bladder rupture. By placing the probe in certain areas, they can quickly assess for internal bleeding, which can help decide on a treatment plan.



“Results can be beneficial for planning further diagnostic tests and treatments.”

So, what does my dog's ultrasound tell my vet?

Depending on what your dog is being assessed for, their ultrasound results can be beneficial for planning further diagnostic tests and treatments. Anything from minor inflammation of the guts through to severe internal bleeding can be assessed in most dogs without the need for sedation. It's a safe procedure with very few risks in most dogs but can't be used to determine everything – bones and lungs, for instance, are not easily viewed with an ultrasound. ↗



Owners Experience: Emily Moores

My Shetland Sheepdog Belle, age 4, had an ultrasound last year. After being mated, she became worryingly ill - not eating, drinking little and very dull in personality. So, after noticing these signs, we rushed her to the vet, and they had to perform an ultrasound to discover that she had pyometra (infection of the uterus). If we had left her any longer in the state she was, we could've easily have lost her.

After her recovery, she now enjoys agility and dog showing and, since her ultrasound, has moved up two grades in agility and qualified for Crufts in both agility and showing.





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All facts and statistics are calculated from in-house research based on average claim costs per most claimed injury or disease between June 2020 and June 2021. ♦ Quoting criteria for premium: YO3 06JJ, Time Limited Bronze cover level, Lunar Monthly pricing.

CREATING A HARMONIOUS LIVING SPACE

The Kitchen

The style of your home can have a positive impact on your wellbeing and the same applies to our dogs.

In this series, **Jessica** gives you an insight on the elements of home design you need to consider.

With open plan living on the rise, kitchens are no longer solely used as rooms to prepare food. Now the hub of the home for many households across the UK, our kitchens act as central spaces to dine, work, and socialise. From enjoying a quick bowl of cereal with the family before heading out to hosting glamorous drinks evenings with friends, our on-the-go lifestyles have made kitchens the favourite spot for home-based gatherings.

That's why we need to ensure that our kitchens aren't just optimised to enhance our own lives – but those of our puppies too. It's common for young dogs to experience separation anxiety after being introduced to their new home, with the unfamiliar environment and absence of their mother often feeling overwhelming. You can help them settle in by making them feel like part of your family - a member of your 'pack'. By designing your kitchen in a way that suits their own environmental needs, your puppy will get to spend more quality time with their new humans. The better they get to know you, and the safer they feel in your key family hang-out, the sooner they'll come to love the hub of your home.

Let us talk you through the different ways to design a harmonious kitchen for both you and your puppy.



Words: **Jessica Green**

Photographs: **Masterclass Kitchens**



A comfy bed built
into kitchen unit

"Vinyl-wrapped doors are made to withstand everyday living impacts."

Choose a durable kitchen finish.

If your kitchen needs a revamp, but you can't justify replacing all cabinetry, a cost-effective solution is to replace your kitchen doors. This means you can give the space a facelift without breaking the bank – and of course, opt for a kitchen door finish that is genuinely puppy-proof. After all, you want your puppy to feel like they can explore the kitchen freely – but in letting them do so, you need to know the space is going to remain intact.

Due to the bespoke feel that painted kitchen doors add to the home, they are a popular choice for many households. However, whilst a painted kitchen finish may look luxurious, to begin with, it is extremely easy to chip and scratch. Painted doors are a great option if you can guarantee that they'll always be handled with care – but with a young puppy running around, they'll likely become marked and damaged.

We'd instead recommend opting for kitchen doors with a vinyl-wrapped finish. Offered by kitchen retailers across the UK, vinyl-wrapped doors are made to withstand everyday

living impacts. This means they're resistant to the antics of even the most mischievous of puppies. Available in various life-like finishes such as matte, gloss, metallic and wood-effect, vinyl-wrapped doors will help you achieve a truly personalised look without compromising on your kitchen's durability.

Manufactured to keep up with busy families and their pets, vinyl-wrapped doors' chip-resistant finish means they're tough to scratch or scuff. They're also really easy to clean – simply give them a quick wipe over with a damp cloth to erase all traces of your puppy's muddy paw prints. No matter how clumsy your young pup is, there's very little chance of them causing permanent damage to this robust kitchen finish.

When choosing a colour scheme for your vinyl-wrapped kitchen doors, we'd recommend opting for dark or muted base cabinets. This will help disguise dirty marks made by your puppy until you have time to wipe them over. Choose a lighter tone or a vibrant colour accent for your wall cabinets (where your pup can't reach!) to add contrast and open up your kitchen space.

Integrate your puppy's bed

As home layouts become increasingly modern and streamlined, we see more and more households opt for integrated kitchen appliances. Just because you have a puppy, this doesn't mean you need to sacrifice your own sleek kitchen

"Built-in kitchen dog beds are often the optimal option for both you and your pup."

design. In fact, built-in kitchen dog beds are often the optimal option for both you and your pup.

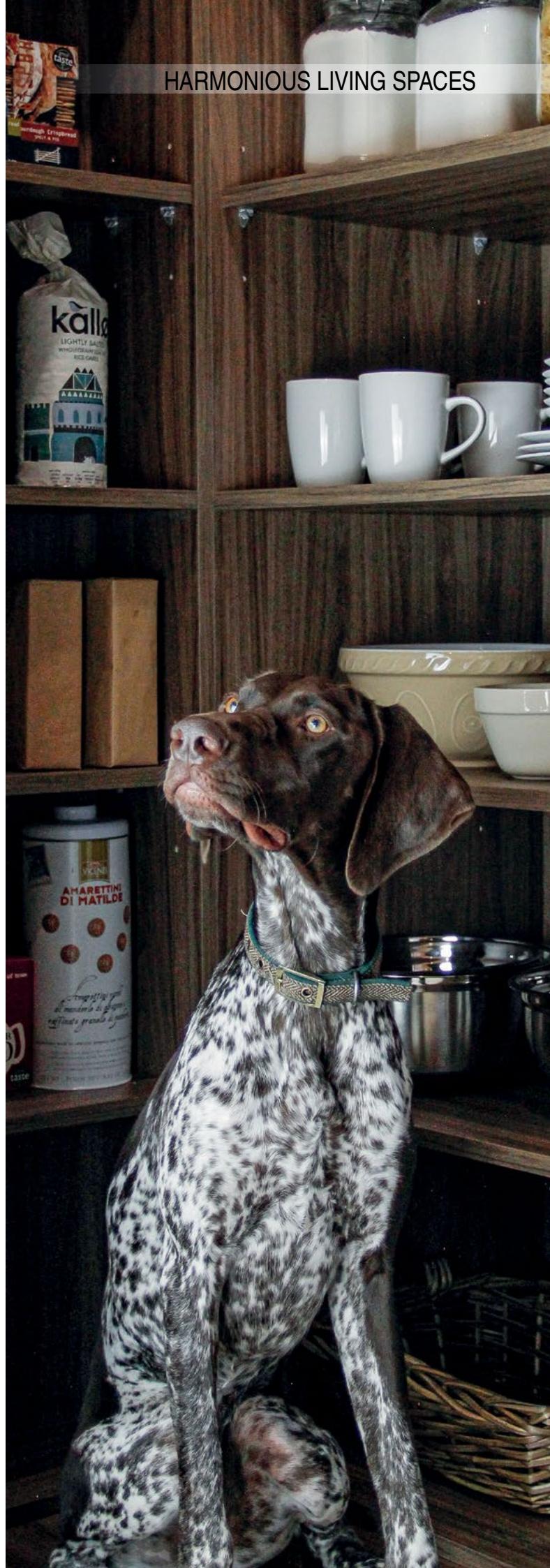
Rather than exclude your puppy from all the action, integrating a dog bed into your kitchen cabinets will mean they can be part of the hustle and bustle without getting in the way. Start by identifying a spot along your cabinet run that's large enough to house your puppy's bed, making sure to factor in the growing room. Leave the kitchen worktops and remove the kitchen doors from this section to open up the cabinet space within. Finally, cosy up the area with your puppy's favourite blankets, cushions and comfort toys.

This innovative solution will act as your puppy's very own kitchen cubby – a place to enjoy the excitement of family life without getting under everybody's feet!

Providing your puppy with a place of safety within the central hub of your home is also a great way of getting them used to the noises of everyday life. If your puppy hasn't been brought up from birth in a naturally loud environment, unfamiliar household noises can be frightening at first. By letting them get used to the buzz of a blender and the gurgling of a tumble dryer from their kitchen cubby, you'll help them to become more confident.

Puppy-proof your kitchen units

There's no denying that the kitchen can be a dangerous hang-out spot for young dogs. Puppies are curious creatures by nature, and perseverant too. If you don't efficiently puppy-proof your kitchen units, your puppy could be more than capable of finding its way into hazardous drawers and units. Ensuring that your dog doesn't accidentally expose themselves to harmful foods, sharp utensils, and toxic cleaning chemicals should be a top priority when designing your kitchen.



HARMONIOUS LIVING SPACES

Childproofing locks are a simple solution to preventing your puppy's access to cupboards that are strictly off-limits. Whilst not the most visually appealing option, they are the most cost-effective method of keeping wandering paws away.

If you favour the modern look and are in a position to spend a bit more on your kitchen, we'd recommend opting for a handle-less design.

With their 'J-pull' construction, handle-less doors allow easy human access but remain undefeated by curious canines. Not only that, but the ultra-stylish look of a handle-less kitchen will make a bold design statement in your home.

An integrated bin is also an absolute must if you want to keep your puppy safe in the kitchen. Dogs are known to enjoy a good rummage through the rubbish when their owners aren't around. Mitigate the risk of your puppy getting to yesterday's leftovers by replacing your external bin with one that sits neatly behind closed doors. Whether you've opted for childproofing locks or handle-less kitchen doors, you can rest assured that your rubbish will remain where it's supposed to – instead of strewn across the kitchen floor!

Extend your kitchen island

In an attempt to keep our kitchens as decluttered as possible, our instinct is often to hide our dogs' extra bits and bobs away in a cupboard. However, our pets' favourite belongings can, in fact, add a lot of personality to our homes. To have embarked on a puppy-parenting journey of your own, you must be a household of dog-lovers – so why not show that

off? Instead of viewing your puppy's tatty toys as clutter to tidy away, try to embrace your pets' much-loved possessions in all their raggedy glory.

The end-of-island table is an elegant feature that can be added to your kitchen island for additional storage space.

As well as the sophisticated feel it adds to a kitchen, an end-of-island table provides the perfect solution to your puppy's clutter.

By opting for this design feature, no longer will you have to choose between your dog's belongings either cluttering up your floor or cramming your cupboards full. Neatly display your pup's toy basket with pride on the unit's large open shelf, or turn it into a bespoke feeding station to store food and water bowls. The end-of-island table will also help make your kitchen feel larger, and its traditional design will enhance the classic characteristics of your space.

By storing all of your puppy's belongings in one spot, they'll learn over time that it is their own personal station. They'll know to direct their curiosity here because it's where anything they're allowed to have can be found – making them less likely to be tempted by cupboards containing hazardous foods.

By taking our design tips on board, you can create a kitchen that meets your puppy's individual needs as well as your own. Be sure to look out for our follow-up feature in next month's issue, where we explore how to design the perfect lounge for your young pup. ↗



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Words: Carmela Caserta

THE DOGS HELPING OUR POLICE FORCES COPE WITH TRAUMA & PTSD

Last summer, Cambridgeshire police welcomed their new four-legged recruit: six-year-old Labrador Holly to the force as their wellbeing dog. This made her the first wellbeing dog in the country. Working alongside PC Paul Roe and Inspector Paul Law she helps to address issues of PTSD and trauma in UK policing.

The officers who serve our front lines have some of the most stressful occupations in the country. Witnesses and participants to trauma, danger and high pressure, they experience worryingly higher rates of PTSD, depression and other mental health struggles than that of people in most other occupations. Whilst we may be grateful for the protection our police forces provide, the mental toll it takes on them is not always clear for us to see.

So where do dogs come in? Our canine companions have been by our side for thousands of years, from protecting us to bettering our performance in the workplace. The skills, mindset and emotional responses of animals have helped us survive through history's greatest perils. Now, dogs are increasingly being employed to ease mental health struggles and improve our overall wellbeing in the workplace. Gary Botterill of Oscar Kilo 9 and Service Dogs UK sums this up perfectly saying, 'Dogs have effectively been studying us for over 30,000 years! They have become enormously talented at reading our body language, our facial expressions and understanding our voices.' One of those wonderfully intuitive canines is Holly; Cambridgeshire constabulary's very own wellbeing dog. Holly was assessed by the College of Policing to ensure she met the necessary standards and was deemed to be on force premises and around staff.



HOLLY THE WELLBEING DOG



PC Paul Roe (left) and Inspector Paul Law (right) with The Wellbeing dog, Holly

As a wellbeing dog she helps to provide a calming environment, encouraging officers and staff to open up about their experiences, feelings and struggles. Paul Roe quickly opened up saying, ‘when I was diagnosed with PTSD Holly played a big part in my recovery. I’ve had her since she was 12 weeks old and so she is quite unique at the moment. Many wellbeing dogs only come with a handler, but Holly comes with us and our story. She comes with a package.’

Officer Paul Roe sits before me on Zoom in a t-shirt and what strikes me most is his honesty about his experiences. He is an open book; positive and detailed about his journey with PTSD. His six-year-old Labrador Holly helped him immensely through his PTSD journey, so now he is aiding others in their search for adequate support, resources and recovery. To his left is Paul Law, equally as frank about how his PTSD affected him and his family to breaking point. He is in his uniform; two ‘pips’ on each of his epaulettes indicating his Inspector status at the Cambridgeshire Constabulary. This all seemed to be giving an almost juxtaposition and seeing the two side by side in this way, demonstrated the key thing to remember

“She helps to provide a calming environment, encouraging officers and staff to open up about their experiences, feelings and struggles.”

about our police forces: they are human, not invincible and have feelings that are greatly affected all the while this is under wraps because they have to be the level-headed figures in situations of danger, trauma and uncertainty. Paul Law reflects on his and Paul Roe’s experiences, expressing that that worse thing you can do is bottle up the trauma you have lived through. He comments, ‘the best part of ten years saw us both go through silent suffering. We didn’t want to burden someone else with this because some of it is horrible. But really that is the one thing we need to encourage people to do, is to come out and be more open.’

Many consider trauma and PTSD to be more associated with the armed forces, but it happens here and it is happening every single day in the police force. Inspector Paul Law proudly comments, ‘I am going to stand up and say that’s it alright not to be alright. I’m not ashamed to have PTSD.’ Figures suggests 4 out of 5 officers will go through traumatic experiences. Inspector Paul Law explains just how shocking the facts are, saying ‘most people will experience 2-3 traumatic experiences in their lifetime. Whilst officers may experience 600-800 in their career, not their life. Their career. So it puts it in perspective.’ Both Paul Roe and Paul Law have previously worked with the British Transport Police, witnessing horrific



"Figures suggests 4 out of 5 officers will go through traumatic experiences."

situations and tragedies including fatal train crashes and suicides. Paul Roe feels by being in that low place himself and by going on to become trained in suicide prevention, he can help those who may not be able to help themselves. He states, 'if we can get in there early and prevent this by working with them and just save that one person, then that's our job done.' It was his dog Holly who got him through the most traumatic times in his life and he knows they can do the same to help others.

Increasingly local police services have introduced dogs to their forces as a form of therapy and support. Where they may struggle to open up about their experiences and feelings, the presence and interaction with a dog can be so helpful as to even lessen PTSD reactions to their triggers. Over 30 police forces in the UK now have at least one wellbeing dog as part of their mental health support services.

The pair have compiled what Paul Roe calls a 'rough and ready' presentation to prepare new recruits for the realities of working in policing. With this he says the aim to break the stigma and fear associated with severe mental health struggles. They both agree that it is 'ok not to be ok' and feel new recruits are often not prepared for what the

job entails. Crucially the pair also use the visits to educate prospective police teams on the signs of PTSD and trauma, as well as advice on how to get support for these problems. Holly accompanies them on some visits to provide a calming presence. Research thoroughly supports the practice of animals in assisted therapy, learning and intervention as a hugely positive influence.

Paul Roe often visits workplaces with Holly for 'paws time': employees are encouraged to take a break away from their work and interact with Holly. Such a short snippet of time make a huge difference says Paul, with much of the feedback being 'you've made my day' and a complete uplift in mood. Indeed even just a short interaction with dogs help us release oxytocin and we help them do the same, so the benefits of this are truly amazing.

He adds, 'they open up, they talk and it introduces those difficult conversations which are much harder without a calming presence.'

In April 2021 Oscar Kilo, The National Police Wellbeing Service, launched their Trauma Support Dogs Project, which is a huge step in the right direction. It aims to create a network of professional, effective and easy to access resources available for as many police forces as possible. Police forces



HOLLY THE WELLBEING DOG

can bid for time with Holly who is either accompanied by Paul Roe or Paul Law on many of their trips to police forces across England. The pair have a number of courses under their belts, including both being trained wellbeing champions and trained in suicide prevention. Holly is now part of this national network of dogs that aims to connect and build on existing local police wellbeing dog services. ‘Each dog is specially selected’, says Garry as he reassures us that the handlers are also trained as peer support or mental health first aiders. Currently, 75 ‘OK9’ dogs are being employed across in England and Wales with the project receiving overwhelmingly positive feedback. The Oscar Kilo programme also assists forces in methods of deployment, so may provide a service that is more feasible than many separate mental health regional support services. It would be unfeasible to have every separate police force operating with different services when it came to their wellbeing dog practices, especially when paths have to or inevitably cross. What’s even more promising about OK9 is they prioritise giving rescue dogs a second chance: not only do they work to remove the stigma surrounding mental health issues like PTSD but also the stigma surrounding rescue dogs. Garry Botterill comments, ‘employees often feel more secure and less anxious as a result of an ‘OK9’ encounter. The dog can act as a ‘furry bridge’ to support officers and staff and Peer Supporters can make them aware of the help that is available to them.’

Policing will never be a trauma free role or one without high stakes, but this shouldn’t mean officers and staff have to suffer on their own. No longer should there be space for the stale ‘get on with it’ attitudes of the near past. It seems the calming presence of dogs may be just one crucial step towards a more unified strategy towards supporting the officers who protect us each and every day.

The difference a dog can make:

- Increased patience, impulse control & regulation of emotions
- Decreased emotional numbness
- Improved ability to display affection
- Improved sleep
- Decreased depression
- Increased positive sense of purpose
- Decreased startle responses i.e. in PTSD sufferers
- Reduced anxiety and lower blood pressure

Useful Resources

Service Dogs UK: servicedogsuk.org

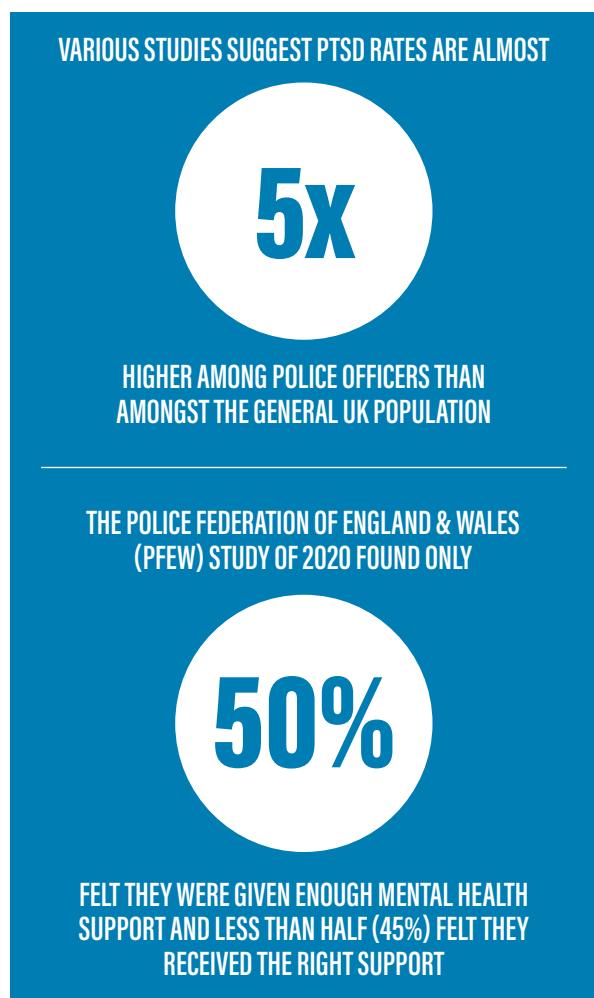
Oscar Kilo: osckilo.org.uk

Police Care UK: [Policecare.org.uk](http://policecare.org.uk)

Dogs For Health: [Dogsforhealth.org.uk](http://dogsforhealth.org.uk)

Therapy Dogs Nationwide: tdn.org.uk

Flint House Police Rehabilitation Centre: flinthouse.co.uk ↵



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Words: Lee Connor

A NATION OF DOG LOVERS?

In our seemingly modern world, it is alarming even to think that somewhere right now, dogs are being subjected to unbelievable cruelty in the name of research. **Lee** looks into this atrocity further.

Throughout history, we have given names to particularly significant periods such as “The Age of Exploration” (15th - 17th centuries), “The Age of Sail” (16th-19th centuries) and “The Age of Enlightenment”, when intellectual and philosophical advancements dominated the world of ideas across Europe throughout the 17th and 18th centuries.

I often wonder what historians will label our period in years to come. The “Age of Apathy” perhaps, or possibly “The Age of Hypocrisy”? Anyone reading the news recently would probably agree that the latter choice would be rather fitting. After all, the word “hypocrisy” is defined as “a pretence of having a virtuous character, morals or set of beliefs that one really doesn’t possess”.

How many of our much-lauded (and highly paid) leaders, politicians, actors and celebrities would the above definition aptly fit today? Sadly, a high percentage, I would say.

“Do as I say, not as I do” and “a rule for thee but not for me” seems to be the mantras of the modern age, alongside their mealy-mouthed words and crocodile tears.

Our wonderful world of dogs often allows us all to escape the evils of today’s increasingly duplicitous world. However, even here, hypocrisy has managed to gain access.

We are, it is often proudly claimed, “a nation of dog lovers”, and the Conservative government took this even further by recently beefing up animal rights laws (banning, among other things, the importation of stuffed animal heads, the exports of live animals for slaughter and the keeping of primates as pets) and introducing The Animal Welfare (Sentience) Bill, requiring the government to accept that animals are sentient beings and feel pain, joy and angst exactly the same way humans do. Commandable, right? Who could possibly complain about this? Well, going back to my somewhat rambling introduction on hypocrisy, it would appear that this law only applies to *some* animals in *certain* settings. It certainly doesn’t seem to provide much protection for the shockingly large number of Beagles and other dogs used in animal experiments, both here in the UK and worldwide.

An *Edition Dog* reader recently sent me a link to a highly upsetting video of two Beagle puppies whose heads appeared encased in white muslin bags. Going through the attached blurb, I couldn’t quite believe what I was reading. These poor puppies were involved in a project (in Tunisia) to find a vaccine for Leishmaniasis and had their heads locked into cages filled with the disease-carrying, biting flies.

This story was massive on social media and prompted a wave of criticism and revulsion aimed at the White House’s

Why Beagles?

Beagles have the unfortunate distinction of being the 'breed of choice' for laboratories worldwide. But why have they been singled out among the plethora of breeds? Well, there is a strong historic link; Scottish anatomist, Charles Bell, used Beagles in his neurological research back in the early 1800s.

They subsequently became the 'go-to' breed for research as they are a handy size, smooth coated, easily maintained, not particularly fussy when it comes to food, they lack the tendency to bite when hurt and finally (and this to my mind is the most heartbreak reason) they love and completely trust humans.

Chief Medical Adviser, Dr Anthony Fauci, who, it was claimed, funded the research. It was further alleged that the puppies had had their vocal cords cut.

Subsequently, it was announced that Dr Fauci and the National Institute of Allergy and Infectious Diseases (NIAID) wasn't involved in this *particular* experiment.

However, NIAID did admit to funding a separate project, which also happened to take place in Tunisia. This project (funnily enough) also tested a potential vaccine for Leishmaniasis. Still, their study, so they claimed, "*involved immunising 12 dogs and letting them roam around in an enclosed open space set up to mimic natural settings, the dogs were not sedated, trapped in cages or fed to flies.*"

The NIAID said such testing was conducted "*as required in animal models by the FDA, in compliance with Good Laboratory Compliance guidelines and in a facility accredited by the Association and Accreditation of Laboratory Animal Care...*"

It further added that "*vocal cordectomies, conducted humanely under anaesthesia, may be used in research facilities where numerous dogs are present – this is to reduce noise, which is not only stressful for the animals but can also lead to hearing loss in humans...*" Ah, you see... they really do care! (sarc). I will leave it up to you whether you want to believe their protestations of innocence or not.



Hopefully, the torture and suffering of these puppies wasn't entirely in vain as it once again shone a spotlight on the horrific abuse dogs (and a whole host of other animals) suffer in laboratories not only in the USA but very much closer to home – right here in England.

Nearly ten years ago, I wrote a piece (for *Dog World*) that provoked significant discussion about the use of Golden Retrievers in one UK lab. This establishment purposely bred these beautiful placid dogs - exactly like those much-loved pets found in homes up and down the country - for Muscular Dystrophy. These dogs were being deliberately selected for a short lifetime of painful damaged ligaments and weakened muscles.

At the time, there was a vociferous clamour in the media (and various animal charities) attacking pedigree dog breeders, labelling them all as "eugenicists" and (despite the vast majority of these breeders successfully implementing various genetic tests in their breeding programs to avoid the awful inherited conditions described above) they were decried as modern-day Dr Mengeles and worse. However, the laboratory's wickedness went largely without criticism by huge swathes of the media, and surprisingly



many of the charities (that yelled so loudly for an end to the breeding of pedigree dogs) were also strangely silent when presented with evidence of agonising, intentionally-inflicted cruelty right under their very noses.

I pointed out their hypocrisy, but sadly, all these years later, not much has changed. There seems to be a mindset that “laboratory dogs” are somehow different from the dog you are sharing your sofa with.

We've developed a sense of “otherness” – the lab dogs and their (often mute) suffering are simply out of sight, out of mind. And this inertia is, I think, a symptom of yet another problem with our modern age - the fast pace of news - and simply the number of horrifying stories we are all bombarded with daily. Before you are riled up to go into action for one particular cause, along comes another, equally gut-wrenching. In time, I am quite convinced, you get desensitised.

However, that image of those two limp Beagle puppies lying on a bench as they were being eaten alive by biting flies was just so dreadful (and the subsequent hellish rabbit hole I descended into – discovering unbearable, completely unjustifiable cruelty to laboratory dogs) convinced me that together we really must now work to put a stop to this unnecessary barbarity to man's best friend.

“Sadly, all these years later, not much has changed.”

But What's The Alternative?

In 2020 (using the latest available UK Home Office statistics), 2,738 Beagles were used in 4,270 procedures. A truly shocking figure when one considers we now supposedly have the addition of the Animal Welfare (Sentience) Bill, that formally recognises animals as ‘sentient beings’ capable of experiencing “joy, pain and suffering”. How exactly does this square with testing on Beagles? Do we now have an Orwellian “Animal Farm” situation regarding laboratory dogs? *“All animals are equal, but some are more equal than others.”* The sense of ‘otherness’ continues.

I know critics will be yelling, but what if your child/mother or grandparent urgently needed life-giving drugs? I fully understand that argument, and going back to what I previously said about hypocrisy, I am also something of a hypocrite in this respect; I guess many of us are. I suffered severe asthma as a child; in fact, my life was saved several times by using drugs, drugs that were undoubtedly tested upon Beagles.

However, even the most ardent supporters of animal testing surely cannot defend the huge, needless wastage of animal life that takes place each and every year. Over 90% of Stage 2 trials on Beagles cannot be advanced to Phase 1 of human clinical trials.

There are numerous modern-day alternatives involving stem cells, tissue engineering, in-silico modelling and human volunteers (involving micro-dosing). More on these cruelty-

But we need animal experiments...don't we?

It is often claimed that animal experimentation is vital to improve the health of humans and, ironically, other animals.

Reasons often given for their continuance include; drug tests cannot (ethically) be done on humans, animal bodies are better than computer models, and animal testing saves human lives.

However, a growing body of professionals disagrees with this long-established protocol.

Lawrence Hansen MD (a professor of neuroscience and pathology at the University of California and someone who once performed experiments on dogs) now disagrees, blasting experiments on dogs as “cruel and unnecessary”. He goes on to say, “from a scientific perspective; the problem is dogs are not simplified versions of humans. This is why the NIH reports that 95% of drugs that pass animal tests – often including beagles – fail in humans because they don't work or are dangerous.”

He continues, “In my speciality, Alzheimer's disease, the drug failure rate is actually 99.6%, and the use of animals has recently been referred to as a “cliff over which people push bales of money”

“According to NIH, that fails in human trials after passing animal tests represents 14 years and \$2 billion wasted. Yet, the agency continues to dedicate half of its \$32 billion research budget to animal research.

Thus, wasting billions of taxpayers dollars and prolonging the suffering of those desperate for relief.”



free alternatives can be found on the excellent website, www.runfreealliance.com. There just has to be a better way.

Will Young

I've never really been a huge fan of Will Young, but that completely changed the other month when people began to bombard me with messages saying, "look what's trending on Twitter".

I quickly took a look and discovered lots of photographs of Will Young (with a placard saying, "Cambridgeshire, Famous for Beagle Torture Thanks to MBR) handcuffed to the gates of a notorious dog breeding facility at MBR Acres.

The amount of attention that single act brought to the plight of laboratory Beagles could not be underestimated.

The Pop Idol winner said, when he eventually left the site, "*I wanted to raise the awareness of animal testing and the fact that this is a puppy farm that farms over 2,000 Beagle puppies a year to be sent out to their inevitable torture and death.*"

The support for his stance was overwhelming. Of course, some of the Twitterati sneered and said it was all a publicity

stunt to promote his new album. However, he's always struck me as a very intelligent fellow, and I'm sure he could have thought of far easier ways of drumming up publicity for a new project than handcuffing himself to a gate on a freezing cold November day; for hours on end!

Will Young, of course, isn't the first celebrity to speak up on behalf of Beagles. Restoring my faith in "celebs", Ricky Gervais is completely unafraid to stand up (and speak out) for the rights of these dogs and often does so – with 14.5 million Twitter followers, he is an immense force for good.

The wonderful actor, Peter Egan, is someone else who constantly uses his platform to spread awareness of animal suffering.

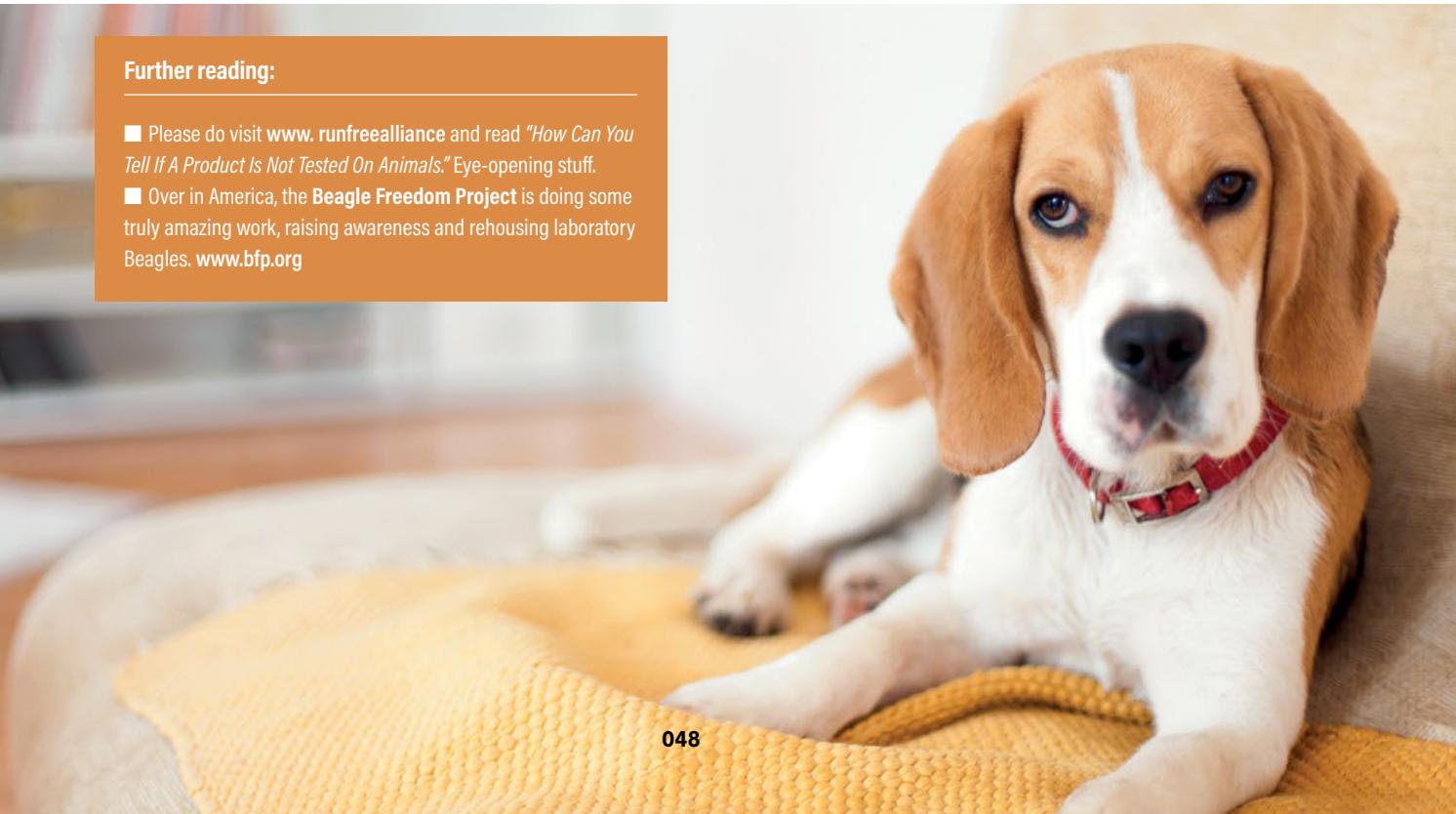
Dominic Dyer has also worked tirelessly to bring the Beagles' plight and suffering to a broader audience – often appearing on Talk Radio with Kevin O'Sullivan. Hopefully, many others will join this worthy cause and eventually, public revulsion over what is done to these trusting souls will bring about much-needed change both here...and around the world. ↴



"Hopefully...eventually, public revulsion over what is done to these trusting souls will bring about much-needed change"

Further reading:

- Please do visit [www.runfreealliance](http://www.runfreealliance.com) and read "*How Can You Tell If A Product Is Not Tested On Animals?*" Eye-opening stuff.
- Over in America, the **Beagle Freedom Project** is doing some truly amazing work, raising awareness and rehousing laboratory Beagles. www.bfp.org



edition DOG

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First Aid Pull Out

Inside:

Home health checks

- The importance of home health checks
 - What you need to check
 - How you should check your dog

Words: Dani Hickman

This guide is
not a substitute
for Veterinary care
& a visit to a vet
will be required
for diagnosis &
treatment.



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With the perfect storm of Covid 19, Brexit and a surge in pet ownership, many vet practices are becoming overwhelmed with demand. In an interview with BBC 5 Live, RCVS President James Russell said:

"Like many sectors emerging from the pandemic, the veterinary profession is already exhausted. We're facing the triple whammy of Brexit, Covid, and the boom in pet ownership, putting unprecedented pressure on veterinary services across the country.

"Unfortunately, some vet practices have had to close their books to new registrations as they simply don't have the staff or space to provide care for more animals. No one wants to turn away new clients, but vets must prioritise the animals currently under their supervision.

"This means access to routine healthcare may have to be delayed, and owners may find they need to travel further than usual to access care. But vets will always be there in an emergency to provide pain relief and emergency care. We know how worrying it is when your pet is unwell, but we're appealing to owners to respect the vet's judgement on what constitutes an emergency."

Here at Dog First Aid Training, we recommend giving your dogs a weekly health check so that you can spot and address issues early. This may mean not needing a vet visit at all. It may also mean significantly less veterinary treatment is required if a health condition is identified and addressed before it becomes a serious problem.

"A weekly health check so that you can spot and address issues early."



Whilst we have a legal responsibility to ensure that appropriate veterinary treatment is sought for illnesses and injuries, there are some minor medical treatments that we can do at home.

Here are some things we can be checking weekly to keep our dogs in tip-top shape.

Skin and coat

Even if your dog goes to a groomer, we should also be grooming them at home every week. Brushing them regularly with a brush suitable for their coat will help get rid of loose hair and skin. It also distributes the sebum at the base of the hair follicle giving their coat a healthy shine. Check for evidence of fleas, ticks and dandruff. Persistent dandruff, especially if accompanied by excessive drinking, can be a sign of diabetes. Keep on top of flea and worming treatments to avoid veterinary medicine. Invest in a tick tool; ticks can be removed safely at home.

Lumps and bumps

Feeling your dog all over can help identify these sooner rather than later. Often these are just fatty lumps or harmless cysts, but it is always a good idea to get them checked by the vet. Mast Cell Tumours are the most common skin tumours in dogs, accounting for around 20% of all reported skin tumours (source Fitzpatrick Referrals). They are typically treated by removing the tumour surgically. Therefore, the sooner these are identified, the less invasive the surgery and the quicker the recovery time. This is especially true for mammary tumours,



which will travel along the mammary tract if left unchecked. During your weekly health check, gently feel under each nipple for any lumps which shouldn't be there.

Ears

Give your dog's ears a weekly sniff! A mild yeasty smell is not unusual, and some owners report their dogs' ears smelling of biscuits, bread or even cheesy Wotsits! This is not something to be concerned about. But if the smell of your dog's ears changes, it could be an early indicator of an ear infection. The sooner this is treated, the less inflammation and pain.

Some breeds such as Poodles, Schnauzers, Lhasa Apsos and Maltese are prone to hairy inner ears, and wax can build up, causing a blockage. A visit to the groomer can help to solve this. Whilst they are no longer allowed to pluck the hair from the ear canal, they can cut it away.

Dental health

Poor dental hygiene can lead to veterinary treatment issues, such as heart problems and gastric complaints. To avoid costly dental work (removal of teeth or cleaning under a general anaesthetic), there are things we can do as carers regularly.

Ideally, we should brush the soft plaque from our dog's teeth daily. You may need to work up to this if your dog resists the toothbrush! There are meat flavoured toothpastes on the market to make this process more appealing to them and finger brushes to give you more control. Please don't use human toothpaste as it may contain Xylitol which is toxic to dogs.





"Call and check with your vet if you are concerned about your dog's welfare or for any more serious issues."

Nails

Some people take their dogs to the vet to have their nails trimmed. Perhaps a recommended groomer would be a good alternative with vets under time pressure now.



Dog off a limb

If something is wrong with a dog's leg, they often won't weight bear on it. This can cause panic and a trip to the vet, but there are some checks we can do at home first.

- ✚ Check between the toes – is there a matt of fur causing skin tension?
- ✚ Check the pads – are there any obvious signs of foreign objects like thorns or grass seeds?
- ✚ Check for ticks – I have witnessed a dog go completely off its hind leg due to the discomfort of a tick bite!
- ✚ Is there evidence of a bee sting or an adder bite?
- ✚ Are any of the nails split or torn?

A final word: Whilst you can do your own checks to identify and address specific minor issues, please do call and check with your vet if you are concerned about your dog's welfare or for any more serious issues. First Aid is not a replacement for veterinary care.



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Words: Carmela Caserta



Breed Focus: THE BICHON FRISE

The Snow White of Dogs, this breed is just as beautiful and classy as its' regal French name suggests. We sniff out how they have overcome adversity to become beloved family additions, known for their curly coats and cheerful dispositions.

Sometimes known as the Tenerife dog, the Bichon Frise (pronounced *Bee-shawn Free-say*) is a highly playful and curious breed who has weathered revolutions, wars and living on the streets to become the curly-haired companion we know and love. Bichons belong to a clan of small, white dogs formally known as Barbichon types. This group includes the Coton de Tulear, Bolognese, Havanese and Maltese breeds. These ancient breeds are believed to have began their modern development in Tenerife, the largest of the Canary Islands. A primary ancestor of today's Bichon Frise, known as the Bichon Tenerife became highly popular with the island's sailors, hence this now extinct name was born.

Historians differ in opinion over some stages of the Bichon's origin. Some believe that the earliest records date back to the 14th century, when French sailors brought the dogs home from Tenerife. They believe the Bichon Frise type dogs were transported here by traders who used the Phoenician trade route and were developed in Italy. Others maintain that Spanish sailors brought the breed to Tenerife and, in the 14th century, Italian sailors brought them back to the continent. According to this version of the story, when the French invaded Italy in the 1500s, they brought many Bichon Frise dogs back to France as 'war booty'- goods taken from the enemy in times of war. What we know for sure is that Bichons were a status symbol among members of European royalty and nobility from as early as the 13th Century, with the middles classes following suit.





"Though stunning and dainty in appearance, the Bichon is much more than just a pampered lapdog."

The breed enjoyed four centuries of popularity amongst these groups. In 16th Century France King Henry III carried dogs believed to be ancestors of the Bichon in a basket attached to ribbons around his neck. Court ladies adopted the same behaviour recognizing it as a trend, however odd it may seem to us today. The lavish affections the King afforded for his dogs were almost unmatched: he even hired a baker to prepare white loaves just for them. And when he travelled to Lyon in 1586, 200 lapdogs accompanied him, all divided into eight groups, each group with its' own female servant, governess, and a horse! The King's then-favourite dogs, Lilline, Titi and Mimi, were by his side in his final moments. Whilst sleeping on his bed in 1589, Jacques Clement entered the bedchamber dressed as a priest. Liline barked furiously to no avail whilst Clement fatally stabbed Henry in the heart.

With the advent of the French revolution in 1789, the Bichon's days as a pampered, perfumed lap dog of the royals game to a sharp end. Benefactors of the breed were marched to prison and the guillotine with their Bichons losing any position of privilege they previously held. Many of the dogs were left to fend for themselves since they were turned out onto the streets. It wasn't long before street entertainers recognised the bright, agile Bichons for the talented pooches they were. They would go on to train the dogs to be circus performers, whilst other dogs became common pets amongst the lower and working classes. Bichons will lap

up any opportunity to perform to anyone who will watch. Bichons overcame further hardship in the 20th century when both World Wars resulted in hardship and austerity, leaving the breed very much out in the cold again. Thanks to a few French breeders who gathered the surviving Bichons off the streets of Belgium and France to help preserve them, the breed still remains today. In 1930 they were renamed Bichon

Frises Bichons were recognized in 1933 as the 'Bichon a Poil Frisé' – the Bichon of the curly hair.

Though stunning and dainty in appearance, the Bichon is much more than just a pampered lapdog. They are sturdy, athletic and intelligent with a huge desire to please us. Bred as show dogs in the travelling circuses of yesteryear, Bichons are more versatile than some may realise. Once we discover the Bichon is a descendent of the Water Spaniel, we are no longer surprised by its' agility. Like Spaniels they are fantastic retrievers and have powerful scent trailing abilities.

The Bichon Frise is a well-balanced dog, who is both smart and dainty in appearance.

A handsome plume is carried over the back, with the naturally white double-layered coat curling loosely around the silhouette. The head is carried proud and high and is in balance with the rest of the body. The Bichon Frise has flat cheeks which aren't particularly muscular. The skull is slightly rounded, with hair accentuating its' round appearance. The distinctly cute black button nose of the Bichon is large, soft





Did You Know?

- In the 14th Century Bichons were hugely popular with the Italian nobility who had the dogs carefully clipped to make them look like tiny lions.
- Belgian cartoonist Georges Remi (who wrote under the pen name Hergé) produced the hugely successful comic book series The Adventures of Tintin, featuring a Bichon Frise named Snowy.
- No Bichon Frise has yet been crowned Best in Show at Crufts, however they have been successful in the American equivalent of the competition: the Westminster Dog Show. In 2001 and 2018 the breed won the top rosette.

BREED FOCUS



and shiny. Dark eyes are lined with black eye rims whilst being surrounded by dark haloes, consisting of well-pigmented skin. The eyes are fairly large contributing to an alert expression. The ears hang close to the head, are well covered with flowing hair and are carried forward when the dog is alert. The lips are fine, tight and completely black. A fairly long, arched neck supports the head. It is round and slim near the head, gradually broadening to fit smoothly into the shoulders.

The fore legs straight and support and well developed forechest. The ribs are well sprung whilst the loin is broad, well-muscled, slightly arched and well tucked up. The hind legs are broad and well-rounded with well angulated hocks. The feet are tight, rounded and well knuckled up with black pads and nails. The tail is normally raised and curved gracefully over the back, yet is not tightly curled. The Bichon Frise's build provided the breed with the ability to have a balanced and effortless sense of movement and gait. The coat finishing it all off is fine, silky and comprised of corkscrew curls. Caring for the snowy, curly coat of the Bichon is important since it grows so quickly. Whilst the hair does not shed, the double coat needs regular trimming and brushing to prevent matting. Daily brushing is recommended over weekly brushing (which is the recommended minimum). With an impressive life expectancy of 14-15 years, Bichons are a generally healthy breed. Of course they are prone to certain conditions, so current and prospective owners may want to be aware of the following:

■ Cushing's Disease

This disease is 5x more likely to occur in Bichons than other dog breeds. Cushing's Disease occurs when an excessive amount of cortisol (or steroid) builds up within a dog's body. This can develop naturally or as a side-effect of long-term use of corticosteroid medication. Continued increase of this hormone in the body creates significant disruption to a normally functioning metabolism. Thankfully our dogs can still continue to live a normal life by managing the condition with appropriate medication.

■ Cruciate Ligament Disease

A condition frequently found in Bichon Frises, occurring when the cruciate ligaments within the knee joint slowly fray and weaken. These ligaments are necessary to stabilise the knee joint and the condition can worsen over time. Treatment usually includes surgery to help stabilise the knee joint. Dogs with the disease may also be prone to developing arthritis, so long term treatment is often required to keep them active.

■ Diabetes

Bichons are generally more prone to developing diabetes than other breeds are. They can also of course develop it as a result of conditions such as being overweight, an inflamed pancreas or taking medication which interferes with insulin production. Symptoms appear to be similar to that of diabetes in humans including excessive thirst, increased urination and weight loss. Thankfully, like with ourselves, the condition can be successfully managed through careful diet, controlled exercise and lifelong insulin injections.

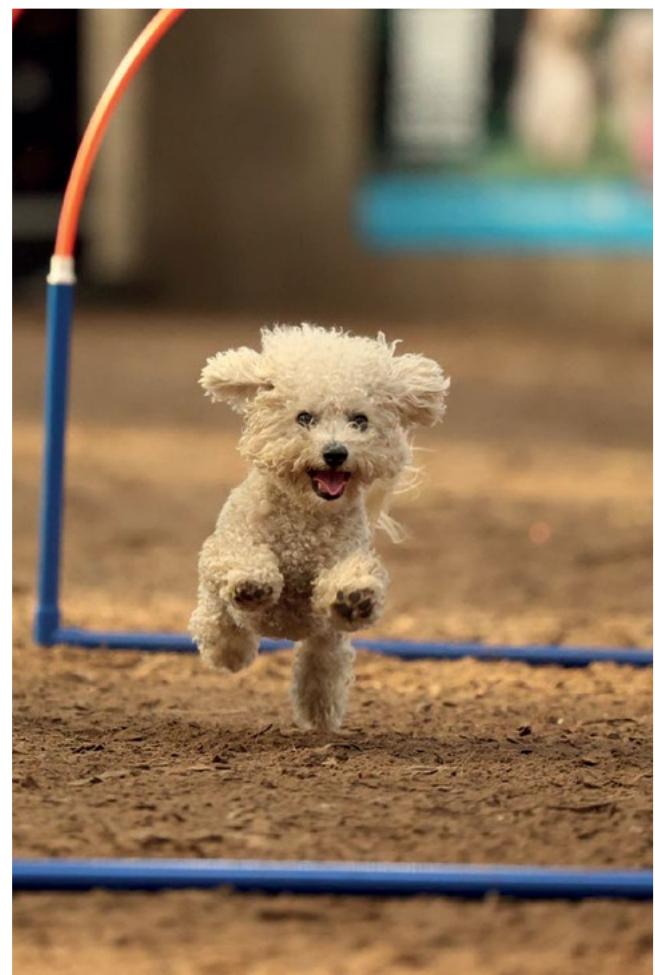


"Once basic training has been accomplished, the Bichon can surprise you with just how much they can learn."

Early socialisation will help you raise a confident, happy Bichon. Once basic training has been accomplished, the Bichon can surprise you with just how much they can learn. They love to perform tricks and have the intelligence to compete in a range of activities, from agility and flyball, to obedience and nose work. Whilst not traditionally intended to be a hunting or sporting dog like their Water Spaniel ancestors, the Bichon possess great skills that if harnessed properly, make them a fantastically agile breed who do well in sports like nose work, flyball and obedience.



Meet The Owner: Rheannah Bolton



Rheannah lives in Lancashire with her two Bichon's Lily aged three and Derek aged two as well as her Border Collie Boo. Together they enjoy going on various walks in the Ribble Valley as well as hiring various dog fields and going to training sessions for agility and hoopers.

Rheannah passionately told us, "I have been around dogs all my life as my parents always had dogs but I first fell in love with the breed when I was fifteen and working as an assistant in a grooming salon. I'd never heard of the breed before and then I met two lovely little Bichons, Yogi and Harry, and I couldn't help but fall in love with the breed due to their affectionate, intelligent and fun personalities." From then on, Rheannah knew her next dog would be a Bichon Frise. Her dream finally came true nearly a decade later with the arrival of Lily, followed by Derek a year later.

Lily is very small and weighs just 2.2kg. 'She is Rheannah describes her as 'generally quite reserved when she first meets someone new but once she is comfortable with you her playful, cuddly character shines through and she loves nothing more than chasing round with the others or practising her favourite tricks.'

She goes on to tell how Derek is quite the opposite of Lily in personality. He's naturally thicker set than Lily weighing 5kg. 'He absolutely loves going new places and meeting new people. His favourite thing to do is going to training classes with Wykd Hoopers at

Preston, he'll do anything for his treat ball!'

Derek is also a showbiz star, having competed in his first hoopers show in autumn, the triscore tournament run by Canine Hooper UK.

Rheannah says he 'had an absolute blast and even managed two clear rounds!' Derek has even made it to the small screen, having been recently featured on Emmerdale. She continued, 'He had a great time meeting new people on set with lots of comments on how calm he was for a young dog. Hopefully in future we will have a go at competing in rally, as well taking part in more hoopers shows.'

Both of her furry friends are raw fed and Rheannah likes to stick to feeding them various natural treats, such as rabbit bark and cow hooves. Rheannah stresses how important it is for new owners to consider the time and commitment Bichons require. She believes 'a lot of people see them as lap dogs that don't need a lot of exercise, physically or mentally but I feel the complete opposite is true. They need plenty of enrichment, whether it be sniffing walks, practising tricks, hoopers or agility training. I use Kongs and lickimats a lot as well to keep them occupied.' Also important to realise is the high levels of maintenance the breed require in terms of grooming their beautifully coiled coats. Rheannah notes Bichons 'require daily brushing in order to keep their hair in good condition and tangle free, with regular grooming appointments every 4 to 6 weeks right from being a puppy.'





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*as published in the 'Vet Record'
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Sensory integration *and dogs*

Pennie explores our dog's sensory integration in her quest to discover how they experience the world.

Words: **Pennie Clayton**

Canine Behaviour and Training & Canine Bowen Therapist

Sensory Integration is “the neurological process that organises sensation from one’s own body and from the environment and makes it possible to use the body effectively within the environment.” Ayres 1972-Sensory Integration and Learning Disorders. Nobody really knows how dogs experience the world; we can only observe and speculate why they react to specific situations.

A stressed dog experiences the world in a very different way from a calm and settled dog. But there are other reasons why dogs may react to specific stimuli unpredictably or uncharacteristically even when everything looks and sounds normal to us.



SENSORY INTEGRATION

Firework season is a perfect example. It is difficult to understand why some dogs cope so well while others become so distressed.

Indeed for many dogs, the multiple sensory stimuli are just too much to deal with. A while ago, I wrote an article about the dog's senses, but this only touched on the experience of the world that our dogs live in with us. Suppose you and your dog look out the window or stand in your garden together. In that case, they will have a different view of that "view", not only because their sense of olfaction is so very different to ours, but there are other reasons why this may be the case, including that the information is based on the dogs own personal perspective and experience. Genetics also plays a role here, primarily because humans have been breeding for specific traits.

Dogs have us to thank for making their world's more complex than necessary to navigate. For example, breeding

selectively for shorter faces has resulted in the pelvic areas of the brachycephalic breeds becoming less functional. This leads to changes in posture and movement and prevents these dogs from giving birth naturally.

We have also selected traits like herding, running faster, and catching rats or hunting other animals. This is part of a dog's "inner environment", and the decision to dig or run after squirrels is hard-wired into the individual dog's genetics.

We have also selectively bred dogs that move with fluency and flexibility, which has led to some breeds becoming hypermobile. For people that are unfamiliar with hypermobility, it is defined as "the ability to move joints beyond the normal range of movement".

This might seem innocuous, but hypermobility can cause joint pain, stiffness, regular sprains and dislocations, and this, in turn, affects balance and causes worry and anxiety. This also affects how the dog perceives his body, often called the body map.



"Genetics plays a role here, because humans have been breeding for specific traits."



**"For many dogs,
the multiple sensory
stimuli are just too
much to deal with."**



This is not an easy situation to live with, yet it is unlikely to be mentioned anywhere in a breed description.

If joints are loose and mobile, the consequences may be hip dysplasia or patella luxation. Although we know how painful and distressing these conditions can be, we may not be familiar with the link with hypermobility.

Just imagine if you felt like you were constantly losing your balance. How would that impact your life? It has also been proven that there is a strong link between hypermobility and psychological problems, including extreme anxiety, which can harm self-esteem and socialisation. (The link to this study is at the end of the article)

Hypermobility needs identifying, as do other sensory integration problems. Examples that may indicate problems with sensory integration may lead to extreme fear of loud noises, including the sound of heavy traffic, bird scarers and/or gunshot, or cars backfiring. Some dogs may also be uncomfortable with tactile stimuli such as the feel of rain on their bodies.

These situations are only just receiving the attention they deserve, and they must be identified because they are likely to be unrecognised and diagnosed as "unwanted behaviour".

If a dog cannot cope with tactile stimuli, being forced to

wear a coat is likely to be physically and mentally uncomfortable.

Similarly, if a dog with vestibular problems is constantly faced with a sloping path every day on the way out for a walk, he may just stop and refuse to go any further. It would be very wrong for these dogs to be labelled stubborn or difficult to train. Instead of judging these dogs, it would be far more beneficial to empathise and see that these dogs feel compromised, ill at ease, unbalanced and unable to process sensory information. This is why we need to learn more about the consequences of sensory integration difficulties.

Let's rewind a little. In the last century, Anna Jean Ayres started researching a system to help children with sensory integration problems and explore the difficulties this created as children began their education.

Her work led to the development of a therapy which explores the role of sensory stimulus and how disabilities such





“Recognising that a dog cannot process sensory stimulus is undoubtedly a step in the right direction.”

as cerebral palsy impact a child's life and create ongoing problems, including insecurity and fear of movement. This also impacts ordinary activities such as play and self-care.

The term Sensory integration refers to the therapy that emerged from her work.

The therapy helps evaluate and understand each child's unique sensory style and challenges. It helps to provide the child with the right learning opportunities using sensory information to help build confidence and self-esteem.

Sensory integration is very different to sensory stimulation. Our senses need to work together to provide the correct information. For instance, it is essential that our sense of proprioception, visual and vestibular senses combine to allow us to stay balanced and remain on two feet. This also works similarly for dogs.

Because sensory integration difficulties are not widely recognised in dogs, we need to pay a bit more attention to the behaviour of individual dogs, and increase our skills of observation, and begin to take more notice of how difficult it may be for a dog to focus in specific situations and environments. For example, we all understand that sniffing and olfaction are essential parts of our dog's world. However, if a dog buries his head into every blade of grass he finds but never gets to a point where he seems to be absorbing what is happening around him, we should reassess what is going on. At first, this behaviour might look calm, but it will have an intensity that doesn't occur if a dog is enjoying the experience.

This is likely to happen if an area is overstimulating and overwhelming for a dog. If this is happening, nothing could be more important for that dog than to cease exposing him to stimuli that create/cause this extreme behaviour. Suppose a dog cannot focus and has a strong negative response to specific situations. In that case, training will not be appropriate and will only create escalating conflict if we continue to expose him to similar experiences.

Recognising that a dog cannot process sensory stimulus is undoubtedly a step in the right direction.



SENSORY INTEGRATION

Please ponder the following scenario's and consider if they might just fall under the parasol of sensory integration difficulties:

Scenario one

Has your dog ever been disinclined to go out in the wind/rain, or is it happy to walk one way but not the other? Instead of assuming your dog just dislikes walking into the extreme wind, do a bit of lateral thinking. What if your dog struggled to process *all* the elements in this example, which should be broken down to understand why a dog may have a negative experience of this weather. The noise of the wind, the feel of the rain on the body, it may even include the coat the dog may be wearing, which he may find uncomfortable and/ or restrictive, combine this with the noise of passing traffic driving through the puddles. These may create an extreme sensory challenge, especially for a chronically stressed dog.

Scenario two

Think about how intimately we are aware of the feel of our clothes on our bodies, including the weight, how they either restrict our movement or facilitate it. People will sometimes relate stories of

their dogs hiding as they pick up a harness up on the way out to a walk, even though they have seemed to be initially excited at the prospect. This could very possibly mean the harness is creating problems. In this case, it is worth looking into whether the dog dislikes the straps' width or the harness's design and is just not comfortable with how it *feels* on the body.

Scenario three

Is your dog ever unhappy to do stairs in either direction? This happens a lot with greyhounds when they first go to a home environment. It is generally assumed they lack experience in climbing and descending stairs. But, instead of making assumptions, we could think about the effect hypermobility may have on the joints, which could create and combine and lead to feelings of vertigo and loss of balance as they look up or down a staircase? This is undoubtedly a common experience when walking on pebbles on a beach. Very few greyhounds are happy walking on a pebbly surface.

"Build concentration, self-esteem, boost confidence, and reach a point where the brain and body can self-regulate."

When researching this article, I came across a story from someone on a thread on a different subject but which highlighted just such a problem with processing sensory input. The thread detailed a situation someone was having when she travelled in a car with her dog. The dog would shake, pant and wail when the car was moving. She found the solution was to open the window before they both got in and wind it up when the car started moving. She realised this formed an airlock that prevented discomfort in her dog's ears. Vestibular problems such as this would be incredibly difficult for our dogs to convey and significantly are not uncommon in puppies, especially as their body map is constantly changing. Still, the vestibular and proprioceptive system is continuously firing.

Quickly summing up, indicators of poor sensory modulation include over-responsivity, aversive and defensive reactions and under responsivity. Indicators of poor sensory integration and praxis are poor postural control, poor discrimination and poor body map.

Sensory Integration therapy is being developed for dogs. It aims to help build concentration, build self-esteem, boost confidence, and reach a point where the brain and body can self-regulate. This is a vast subject to be covered in a short introductory article. Still, it was written to help people recognise that the dog's perception and experience of his body may not be relatively as straightforward as we may initially assume.

■ The first evidence for an association between joint hypermobility and excitability in a non-human species, the domestic dog

<https://rdcu.be/cCQWa> ↵







Words: Carmela Caserta

Pack Holidays: Exploring Winterton-On-Sea

Should I take my dog on holiday? The question facing dog owners every year. Thanks to **Pack Holidays**, we travelled to the seaside village of Winterton-on-Sea in East Anglia to sniff out their dog-friendly accommodation and discover just how up to scratch they are.

As a dog owner, how easy do you find it to book a dog-friendly holiday? Weighing up whether to leave our pooches behind or find adequate accommodation to cater for them can be tough. Dog friendly accommodation like the self-catering cottages provided by Pack Holidays can be the ideal solution for those who want to avoid dog boarding or leaving with friends or relatives who may not be prepared to care for your pets. With a nervous, reactive dog like my 11-year-old Jack-A-Bee Troy, travelling can be a challenge. But why shouldn't our pets enjoy a holiday just like us? Pack Holidays was built on the foundations that dog owners should be able to find suitable holiday accommodation that cares about and caters for their dogs just as much as it does them. Dog friendly accommodation like the self-catering cottages provided by Pack Holidays may be the ideal solution. Gail Adams of Pack Holidays matched us to Primrose Cottage after careful consideration of our needs, which is a beautiful cottage in the quaint coastal village of Winterton-On-Sea. Day trips out of the village with your pets can be easily reached, since it is just 8 miles North of Great Yarmouth and 19 miles East of Norwich. With a modest population of 1,278, Winterton-On-Sea is an unspoilt and well-preserved former fishing village and one of Norfolk's best kept secrets. The village is lined with traditionally thatched cottages, backdropped by white wind turbines and bordered by coastline. A peaceful Seaside resort, you won't



PACK HOLIDAYS

find flashing amusement arcades, harsh music or rows of overflowing souvenir shops here.

Prior to our arrival, Gail sent us a detailed pack on everything we needed to know about Primrose Cottage. This included key-lock entry details, heating instructions, available facilities at the cottage such as a dog crate locked in the shed, checkout details and emergency contact details. The gorgeous Primrose Cottage is a private end-of-terrace home with secure, gated entrances to the front and rear of the property. Pack Holidays provided us with a home away from home that felt more familiar than the typical holiday let. It was a light-filled haven by day and a quiet, peaceful and cosy boudoir by night.

Private parking situated at the rear of the property is convenient and safe. Your car is right behind the property, so is convenient for private entry and exit with your dogs. The front of the property is often quiet enough to park on should you prefer to park at the front when loading and unloading your luggage (and pooches). During the day we parked at the front entrance, which was especially convenient for early checkout. For those who crave hustle and bustle, this holiday is not for you. It is a relaxing escape, located in a small medieval village with the loudest sounds being the winds, seas and odd

car passing you by. A South-facing garden meant we received lots of winter sunshine, which was crucial given sunset usually arrived by 4pm. The enclosed rear garden was ideal for Troy who loves a run around in the morning and evenings so he can take himself to a private area and, respectfully, do the loo. For those with multiple dogs to observe and cater for, this space would be ideal. French, glass doors mean you have full view of the garden to observe your dogs whilst outside and relatively high fences give further privacy for both you and the neighbours.

Primrose Cottage provides everything you need for a holiday cottage to feel like a home: facilities like a combined bath/shower, washing machine, oven/grill, kettle, toaster, fridge and microwave leave little to be desired. TVs in both the living room and main bedroom have access to streaming apps like Netflix, Disney+ and Discovery so there is no shortage of entertainment for colder nights, lazy afternoons and early mornings. Having a bathroom situated directly beside the front door, is particularly convenient for muddy paws after daily walks, preventing this being trailed through the entrance at the rear of the property. The stairs just off the front entrance lead to 1 master double bedroom and a single bedroom. The bedrooms have ample storage space, are

“A relaxing escape, located in a small medieval village with the loudest sounds being the winds and seas.”





Top Facilities at Primrose Cottage

- Ideal for nervous or anxious dogs
- Spacious enough for groups of dogs
- Large, secure rear garden
- Secure front entrance
- Private parking space
- Bathroom just off front entrance
- Quiet, safe location
- Towels, throws, dog crate, poop bags, dog bowls and holiday dog tags all provided

cleanly decorated and smell softly of fresh linen. The stairs can be steep so take care with luggage and smaller children. On the plus side it keeps dogs downstairs and off the bed, and there is a handrail for added safety.

Dog friendly venues nearby such as The Fisherman's Return, were a homely hidden gem to hurry into as the nights got darker and colder. Warm and inviting, the pub was quiet with filling meals at reasonable prices. It was extremely convenient to nip inside for a bite to eat with our pooch in tow to get out of the cold winter's day and recharge. It was the type of venue that locals rated highly, so you knew it was going to be good. The Fisherman's Return has been well maintained considering it dates back to the end

of the 17th Century. The village has just what you need including a friendly pub, a small number of takeaways, a decently sized local co-op, a village corner shop and post office. Less than a 5 minute walk away from Primrose cottage is Winterton Fish Bar, which has been run by the same owners, Debbie and Mark Cox, for almost 30 years. Currently they are open four days per week (Tuesday, Thursday, Friday

and Saturday). For a deliciously fresh meal prepared by kind staff, we highly recommend making a point to order dinner from them at least once while you are in Winterton-on-Sea. The takeaway was hailed as one of the top 5 in Norfolk a few years ago, after being visited repeatedly by a mystery shopper. After all, what is a visit to the seaside without fish and chips?

“Dog friendly venue ‘The Fisherman’s Return’, was a homely hidden gem to hurry into as the nights got darker and colder.”

the lead roof. Many of the graves surrounding the church lay to rest sailors lost at sea. Many were lost on the same night in 1692 when over 200 ships and 1,000 lives were lost at sea during a single storm. A major 2014 restoration project means it is still standing proudly above the village and is able to open to the public on Saturdays during the Spring

One of Winterton's most beautiful and longest-standing sights is the Holy Trinity and All-Saints Church. Dating back as early as the 14th century, it stands at a whopping 132 feet tall and served as a lookout post during both World Wars. Soldiers were said to have spent bitter, lonely nights in the tower and have etched marks into





“The beach is a nature reserve that is open all year round and is dog-friendly.”

and Summer months. It is said to offer stunning views of the surrounding countryside as well as the miles of sea and coastline. On a clear day those who make the climb can see as far as Happisburgh Lighthouse to the north and Caister Water Tower to the South.

Another wonder of the village is Winterton beach, often empty with miles of sand, coastline and dunes to enjoy. Although the beach is only a few minutes from Primrose by foot, it features a cheaply priced car park and highly rated Dunes café, if you prefer to visit with your pooches in the car. The beach is considered a nature reserve that is open all year round and is dog-friendly so a perfect places to bring your pooches before grabbing a bite to eat at the Dunes Café. Overlooking the sand dunes you will find Winterton Lighthouse and brightly coloured Hermanus Holiday cottages with traditionally thatched roofs. A short walk along a coastal path leads you to the beautiful village of Horsey, where beautiful seal colonies can be found congregating, even in the winter months. Of course it is encouraged to keep your dogs on leads whilst visiting these areas and winds can

Did you know?

■ Daniel Defoe mentions the village of Winterton in Robinson Crusoe and A tour thro' the whole island of Great Britain, published in 1719 and 1724 respectively.



■ From the mid 1950s until the early 1970s Leslie Davenport, a member of the Norwich Twenty group of painters, led up to 200 artists, writers and musicians living on the beach and dunes for six weeks every summer.

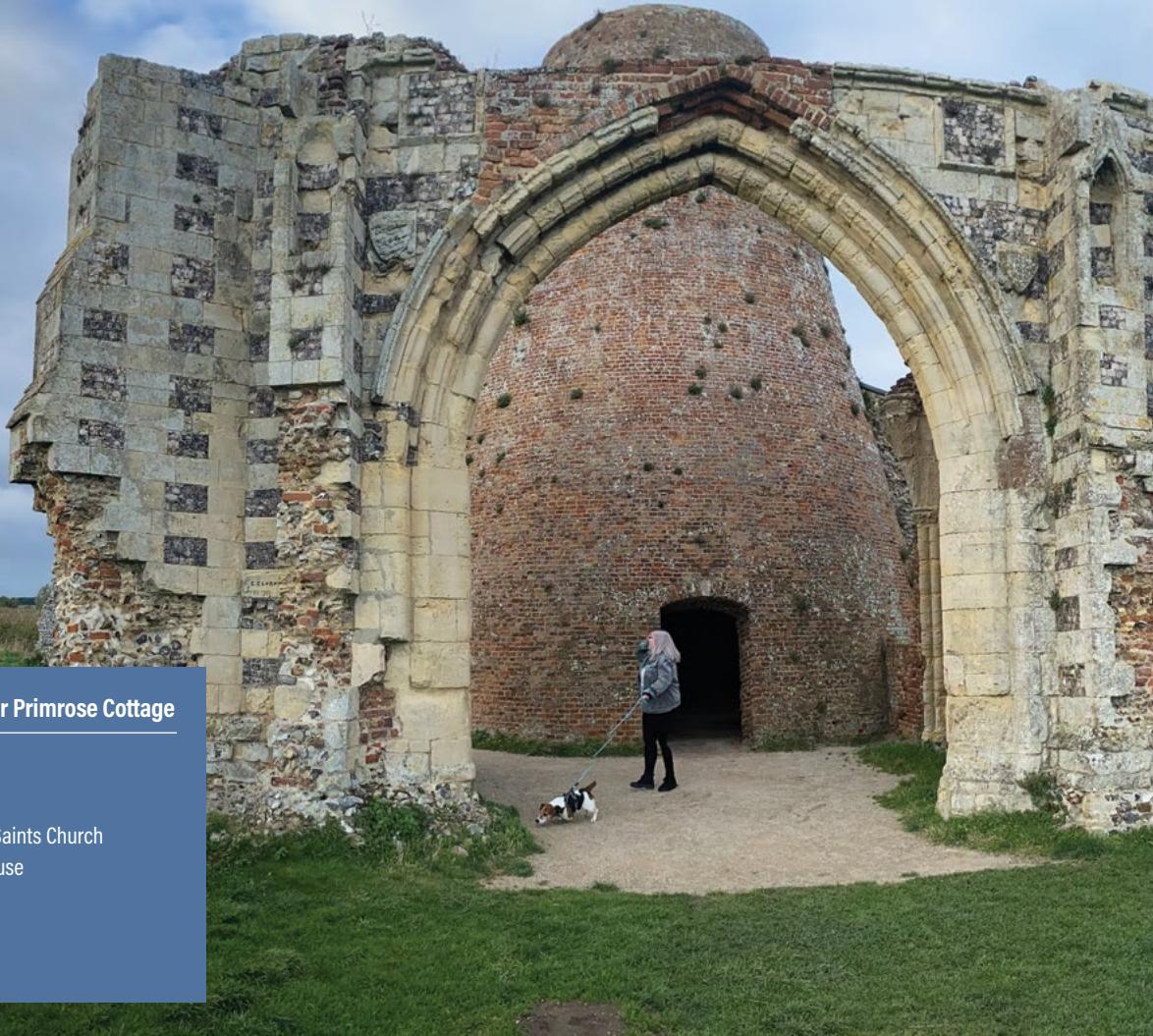
■ Author and columnist Sylvia Townsend Warner, frequently visited Valentine Auckland at Hill House and they both wrote poetry inspired by the Winterton beach and sand dunes during the 1920s.



Troy exploring
St. Benet's Abbey on
Norfolk's River Bure

Must-see sights near Primrose Cottage

- Winterton Beach
- St Benet's Abbey
- Holy Trinity and All-Saints Church
- Happisburgh Lighthouse
- Cromer village
- Felbrigg Hall
- Sheringham Park

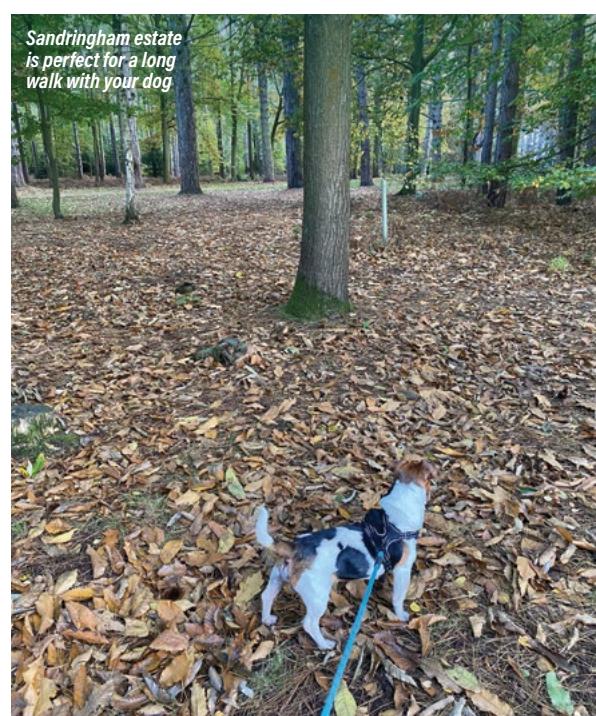


be particularly bitter during the winter, but even just for the distanced site of these seals it is worth it. Over 1000 grey seals come ashore to give birth to their beautifully distinctive white-furred pups. Locals say the best time to visit the seal colonies is between November and late January.

Should you wish to pack up the car and head further afield, Sandringham estate is a 1.5 hour drive and a stunning area for long walks with your furry friends. It was well worth the time in the car, thanks to thousands of miles of woodland paths which Troy absolutely loved. The estate boasts 22,000 acres of land, so can easily become a day trip for the whole family. Since we visited in the colder months, access to the gardens surrounding the estates was closed, so head there in the Spring and Summer if you're keen to take in these sights.

Visiting in early November 2021 we found the days were short and early morning outings were best. The sun was usually set to sleep by 4pm and we very much enjoyed cosying by the log-burner by night. That being said, we felt very safe walking the dog through the village in the evenings and most often were the only ones around. Troy seemed much calmer than he normally is being walked on a busy day, since the distractions were minimal. He loved the variety of terrains staying in the area provided from coastal paths and sandy dunes, to empty village roads and woodland walks, there was no shortage of dog-friendly locations. Consider Pack Holidays for your next British getaway. Founder Gail Adams

could not be more helpful or passionate about the business and about helping families to find reasonably priced, pet-friendly accommodation that leaves little to be desired.





About Pack Holidays

Pack Holidays was founded by Gail Adams as the home of dog welcoming holidays. Pack Holidays started with Gail's own cottage, since she had a desire to cater for multi dog owners.

It wasn't long until the business grew, now featuring 30 cottages in varying areas including coastal, rural, countryside and smaller market towns of the outskirts of Norfolk. Pack Holidays don't charge for dogs and welcome one to an unlimited number of dogs, dependent upon your choice of holiday cottage. The team pride themselves on knowing the areas they have holidays homes in like the back of their hand; from where to go and what to do, to helping with everything you need to know about each of the 30 cottages on offer. Currently based in Norfolk, Pack Holidays have plans to reach paws and noses in Scotland, the North West and Wales very soon.

■ Find out more and book your perfect dog-friendly break at packholidays.co.uk ↵





TENSION WITHOUT EXERCISE

Claire explains why some dogs can present with musculoskeletal issues even though they have experienced no apparent injuries.

Words: Claire Howard BSc (Hons) Equine Sports Therapy,

EEBW Equinology Equine Body Worker and Equine Kinesiology Tape Therapist

As a Bodyworker, the bulk of the work I do is a direct result of hard work in a specific career or the aftermath of an injury. However, it is a common misconception that these are the only things that cause the musculoskeletal problems I work on so often.

The knowledge for this article comes from a complete coincidence that occurred right back when I started my training. As some of you know, I have a lovely Collie x Husky bitch called Tilly. We got Tilly only a couple of months before I started my Canine Bodywork course, and it became clear quite soon after we had got her that she was not your average, straightforward, run of the mill puppy. She was happy, clever and her training was going well, but she had one problem holding her back, anxiety and sensitivity to certain sounds. With lots of hard work and help from various trainers, Tilly grew in confidence and made significant progress throughout her adolescent years.

TENSION WITHOUT EXERCISE





On returning from my intensive course on canine bodywork, I was required to work on several different dogs and create case studies. This would make for a better project if I could use dogs as diverse as possible; luckily, I had my first dog right at home. The plan in my head was to use Tilly almost as my control. I knew of dogs owned by family friends of varying ages, including dogs in later life who had age-related issues such as arthritis, and I thought that Tilly would be

"Tilly already had a substantial amount of tension for her age."

the complete contrast to these dogs. A young puppy hadn't done any massive amount of exercise due to not being one yet, didn't have a specific job and should have had any tension to speak of.

However, upon applying my newly learnt techniques on my new young pup, I found some tension. To my surprise, Tilly displayed signs of being quite uncomfortable and even got up and moved away to avoid the work. This was a big surprise to me as even with my training being so fresh; I could see and feel that Tilly ALREADY had a substantial

amount of tension for her age.

This gave me a more interesting case study, and as time has gone on, I have qualified and worked on multiple dogs. Tilly has grown and has changed careers a few times; she has had various treatments for anxiety, which has meant that the anxiety has good times and bad. One thing, however, has remained constant, Tilly had a higher than average level of tension at quite a young age. It wasn't causing her any bother or making her lame, but it could be felt, and she showed she had some sore spots.

At first, I put this down to the physical amount that she was doing; we monitored physical exercise until she was a year old and ensured that she was getting lots of rest throughout the day.

However, while using massage on her (both for my case studies and to keep the tension at bay), there was still tension that she was showing was quite sore from being palpated. At this time, I realised that the tension in Tilly couldn't have been down to an excessive amount of exercise. I deduced that the only other logical reason for her having this tension was the amount of anxiety she experienced.

In her younger years, Tilly was a very anxious dog. She had (and still does but to a much lesser extent) a phobia of traffic, was very wary of any dog that was the same size or bigger than her (which has now gone and is an amiable dog) and any sudden loud noises etc. When she was in a situation

she didn't like, her go-to reaction was to slip her harness with a rapid, sudden, sharp backwards movement. This sudden explosive movement contributed to the tension in the longissimus and multifidus muscles along the back, as they were frequently being asked for this sudden explosive burst of energy.

This alone, however, was not the sole reason for the issue. Some people that experience anxiety or who are susceptible to stress may notice that when they experience stress that they get pain in a particular place. The most common place for people to 'carry their stress' is in the back, neck and across the shoulders. This is precisely what we were seeing with Tilly. The place where she carries all her stress is along her back.

I then had a problem that I couldn't work on her enough to get the tension down. Since her anxiety issues were based on things that, unfortunately, she had to be around

daily (such as traffic, dogs bigger than her and young kids), she would always be in a heightened state of arousal and have a high level of tension.

Over the years, Tilly's tension has taught me a lot about the physiological side of things and the behavioural. Tilly is now three and a half, and we have spent a great deal of time working on her anxiety and the tension that comes with it.

Even though her anxiety is heaps better, and she now deals much better with her previous hang-ups, an anxious dog will likely be a nervous dog for life, even if only at a low level. This means that she will always carry a base level of tension even without working.

Tilly is a working dog. She runs canicross and hoopers, a low impact alternative to agility. She still has regular bodywork to help keep the tension down.

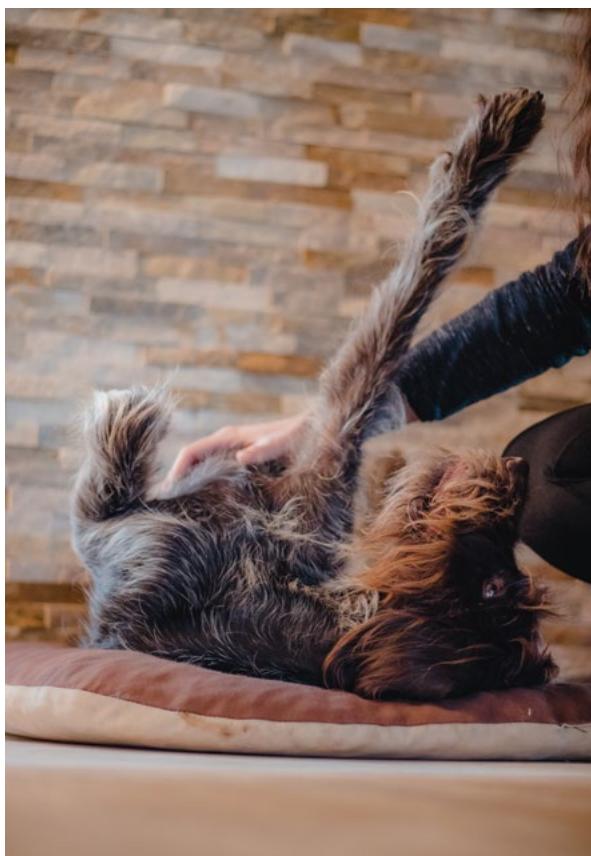
Tilly is not the only dog I have worked on with anxiety



"Tilly's tension has taught me a lot about the physiological side of things and the behavioural."



TENSION WITHOUT EXERCISE



issues. It was fascinating that these dogs also had a base level of tension even if they didn't lead a particularly strenuous life.

With some dogs (like Tilly), giving them a job and working gives them an outlet for anxiety. However, you need to consider the maintenance that the dog may need for the chosen career. A career may not wholly bring down the tension levels to 0, but it will help. The dog WILL still need bodywork to help keep them comfortable.

Unfortunately, anxiety often creates a vicious circle where the dog becomes stiff, sore and uncomfortable, and this can cause them to become more uptight as they don't want anyone near them or to touch them due to pain. However, being a dog in this day and age, it is difficult to get

through life without being touched.

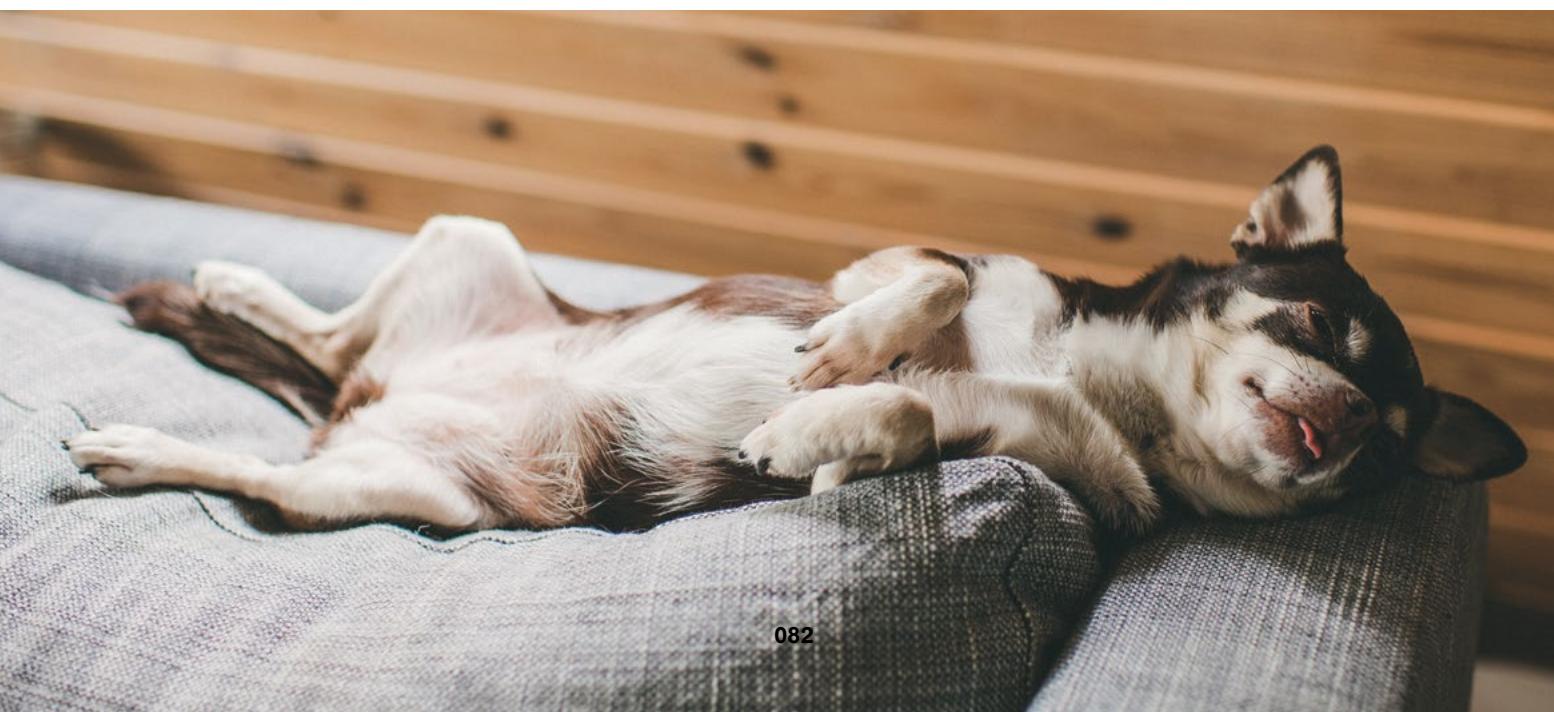
Unfortunately, these signs that often show tension and pain are commonly misdiagnosed as just behavioural problems and these dogs are then not given the help they need to get them out of pain.

"One of the best things you can do for a nervous dog who has tension due to anxiety is regular massage."

One of the best things you can do for a nervous dog who has tension due to anxiety is regular massage. This will not only keep that base level of tension down as much as possible, but it will also give the dog some time regularly to really relax and thoroughly chill out (this will also make it easier to get that tension out).

If anyone has read this and thought, "yeah, my dog is like that" or "my dog would benefit from a massage session, but he's nervous and reactive, and I'm not sure how it would go", I now run nervous dog desensitisation sessions where I can come in and gradually get the dog used to bodywork and allow them to accept the work in their own time. These are great sessions that can make a big difference to the dog and how they feel. ↗

If you would like to book in now, contact me on 07957493719, email me at claire.g2gr2r@gmail.com or go to the website (www.g2gr2r.co.uk) and Facebook page (Raring to Run Claire Howard Canine Therapy) and have a look at what I offer and how it can help your dog.





A STICK A DAY KEEPS THE DENTIST AWAY

Did you know that shockingly over 80% of dogs have active dental disease?* Yet few dogs show obvious signs of disease, so owners are often oblivious to the problem.

Just like us, dogs use their teeth all the time. So, just like we take care of our teeth every day, why wouldn't we take daily care of their teeth too? At Edgard & Cooper we believe that caring for our dog goes beyond just great nutrition and that a happy dog also needs a healthy mouth.

Our inhouse Pet Nutritionist, Mikki Koot offers a paw in understanding how to identify and support prevention of dental disease in our pooches.



"We believe that caring for our dog goes beyond just great nutrition and that a happy dog also needs a healthy mouth."

**edgard
Cooper**



1

Learn how to spot it

Maintaining dental health is crucially important for preventing dental disease and other illnesses, so it's important to understand the main signs to identify dental disease; "A build-up of plaque, inflamed gums, bad breath, loss of appetite, low energy or even visible pain while eating can all be signs of a dental problem" explains Mikki.

2

Doggy breath isn't forever

"The natural enzymes from extended chewing not only result in cleaner teeth but a better chance of fresher doggy breath". Recognizing that dogs aren't famous for their fresh breath, we at Edgard & Cooper use the natural power of mint and eucalyptus oil in our sticks to keep bad smells at bay.

3

Daily routines aren't just for humans

In an ideal world, you'd brush your dog's teeth daily, like we humans do. However, if you've ever tried to clean your dog's teeth, you'll know it's not the easiest task. Lots of dogs see dental care as something unpleasant. And even if your dog doesn't mind, Mikki recognises that "it's hard to reach all the spots with a toothbrush. That's why a dental stick is perfect for an easy and effective daily dental care".

4

More chewing equals healthier mouths.

"When your dog chews the dental stick, it activates saliva in their mouth which mops up harmful bacteria - stopping plaque from becoming tartar. Plaque can be stubborn, so a dental stick with staying-power is more effective". That's why our Doggy Dental sticks are air-dried to give a longer, better chew.

5

Daily routine not a daily reward

Whether it's morning or evening, it's important to separate treating from daily routine. "We recommend giving daily sticks as an effective form of maintaining dental health because, just like humans, maintenance is key for achieving a healthy mouth". Using one delicious dental stick a day will keep your pooch full of smiles.

6

Remain low in excess calories.

"A good routine shouldn't add unnecessary calories", explains Mikki. That's why at Edgard & Cooper we ensured our sticks are plant based, produced in 3 different sizes and with a unique tube-shaped design, to give a more tailored, effective clean with naturally fewer calories (so every dog can finally make it a daily habit!).

7

One size does not fit all

Dental care starts with finding a stick that works for your dog. Mikki explains that "smaller dogs need less to chew on. However, the size of the dental stick also depends on your dog's chewing habits. If you feel like your dog isn't getting enough chew from the stick, consider using a bigger one". That's why our Doggy Dental has 3 different sized sticks options so every dog of every size can find a stick that works for them.



Just like humans, maintenance is key for achieving a healthy mouth. In an ideal world you'd brush your dog's teeth daily, but we understand that the inevitable rough and tumble that ensues when trying to brush our pooches' teeth, doesn't always support building an easy daily habit. Understanding this, and that poor dental hygiene can have a huge long-term impact on a dog's health, we have developed an easy, convenient & tasty solution to help maintain dental hygiene, whilst remaining low in excess calories. Introduce just one Doggy Dental a day for a simple daily habit that'll help keep both you and your pooch full of smiles for life. ↗

You can find Edgard & Cooper Doggy Dental sticks online on their website www.edgarcooper.com as well as in many independent and specialist pet food chains across the UK such as Pets at Home and Pets Corner. They are also available in Morrisons as well as other online supermarkets such as Paws.co.uk, Waitrose Pet and Ocado.

* globalwellnessinstitute.org/press-room/statistics-and-facts

** We don't advise giving Doggy Dental to puppies who still have their baby teeth or senior dogs who either have loose teeth or have already lost a lot of teeth.



T.Forrest

Treating your pet like our own since 1937

We are a Lancashire family of animal lovers, who have been dedicated to producing natural pet treats for over 80 years. We want to help your pets live long and happy lives by providing nutritious treats, made from 100% natural ingredients that are locally sourced.

Why choose us

Real ingredients

We believe in transparency when it comes to sourcing ingredients: you should know exactly what you are feeding your pet and why. This is why we list all our ingredients as well as provide details on the associated health benefits.

Quality

We go to great lengths to source traceable ingredients as well as carrying out quality checks on our processes frequently and ensure we retain all goodness and taste when we cook them.

Simplicity

We believe nature provides all the ingredients needed for a healthy diet; nothing added, nothing removed. This is why we don't add any junk fillers to our recipes, to ensure they are 100% full of natural goodness. All produce including meats, fruits and vegetables are also locally sourced to ensure sustainability.



Our Taste Testers

Nothing leaves the building without their seal of approval.



Lily



Bruno



Betty



Poppy

- **Website:** t-forrest.co.uk
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T.FORREST
SINCE 1937
treating your pet like our own





BELLY DOG

Belly Dog has been developed by a team of animal lovers on a mission to improve the health and wellbeing of dogs. The team use natural products with plant-based formulas and recycled packaging to ensure the best future for pets, their owners and the planet. Belly Dog cater to all of your dog's needs offering products in categories such as care, wellbeing, problem solvers and bath time. Spoil your dog every day with Belly's top selling grooming products:

Paw & Nose Cream

A super moisturising paw and nose cream packed full of hydrating Shea Butter and soothing Aloe Vera. This super cream is perfect for treating dry areas and is an unscented, lick safe formula.

Clean Ears Spray

A simple and effective ear cleaning spray enriched with Aloe Vera and Chamomile. This spray is antiseptic, reduces inflammation and irritation and reduces the risk of ear infections.

Oatmeal Shampoo

Formulated for sensitive skin, this shampoo gently moisturises with Oatmeal and Aloe Vera. The formula greatly reduces skin irritation, itchiness and works to repair managed skin. It is also suitable for use on puppies.

Use code: VIP22
for **22% off**
sitewide on all purchases

No Stress Spray

A plant based formula which can help dogs de-stress thanks to ingredients like Chamomile and Lavender. To be used on fabrics around your pet, it has antidepressant and anxiolytic properties.

Salmon Oil

An organic salmon oil supplement rich in Omega 3 and 6 to support healthy skin and fur. This wonderful oil helps to relieve allergies and joint pain as well as reduce itchiness and flaky skin and helping to strengthen the immune system.

Every step of the creation process takes place in Hamburg, Germany. Our ideas, laboratory and production processes have been integrated into this one space. Having everything under the same roof allows us to have complete control over the quality of our products and deliver custom solutions that can be hard to find. ↴

Website: Bellydog.com
Facebook: @BellyDogOfficial
Instagram: @belly.dog





WAGGY ESSENTIALS

For a clean, happy dog

Waggy essentials brings you a curated range of high-quality aromatherapy products for a happy, healthy dog. From calming candles and anti-stress spray, to paw and nose balm and anti-itch lotion, Waggy Essentials have all you need for a calm, happy dog.

Did you know?

Aromatherapy can have just as many wonderful emotional and physical benefits for our dogs as it can for us. Essential oils are mostly used in the practice of aromatherapy, in which they are inhaled and applied through various methods, to support health and well-being.

Scientific studies in Germany and France regarding the medical effects of essential oils on animals and humans were quite advanced by the mid-1800s. Due to positive clinical results, the practice of veterinary aromatherapy was not uncommon in these countries by the mid-1900s.

There are various essential oils that can be safely used in dog-friendly products. One of the most well-known essential oils is Lavender, proven to reduce stress, fear, agitation, shyness and shock in dogs. For fleas, ticks etc there are other essential

oils such as Cedarwood, Sandalwood, Sweet Orange, Rose Flower and Citronella oils.

Waggy Essentials carefully selects, dilutes and mixes essential oils to create powerful, yet gentle natural products for your dogs.



For more information:
 Website: Waggywagon.com/waggy-essentials
 Facebook: @waggywagonlondon
 Instagram: @waggywagon



Vegan



Eco friendly



Hand poured in small batches in London





GIVE YOUR DOG A FURR BOOST

Boost your dog's diet with supercharged, healthy hydration drinks.

When it comes to your Furr Baby, all pup parents know that their health is just as important as your own, and only the best will do when it comes to their diet. Making sure your dog drinks enough water is key for keeping them healthy and happy, but what if you could supercharge their drinks with a host of vitamins, minerals and antioxidants?

Here Louise Toal, the founder of Furr Boost, shares why you should consider adding a healthy hydration drink like Furr Boost to your dog's diet...

Tasty hydration

Ensuring your pooch is well-hydrated is essential to their overall health and wellbeing, since a dog's body is 80% water, the same as a human's body! Every function in your dog's body needs enough water to work properly, and severe dehydration can lead to illness, organ damage, and even death.

There are lots of ways to top up your dog's daily water intake, like keeping water bowls in every room, incorporating wet food into their diet, and even trying different types of water bowls to encourage them to drink more. But one of the easiest ways to get your dog drinking more is even simpler – just add flavour!

A favourite among even the fussiest of our four-legged friends, Furr Boost is available in three delicious doggy flavours – beef, broccoli and blueberry; chicken, butternut squash and cranberry; and pork, sweet potato and apple.

Plenty of protein

We all know that healthy protein and fat are essential for any carnivorous species to thrive, but did you know that many standard dog food recipes are high in carbohydrates but low in protein? That means your furry friend can pile on the pounds easily despite long walks!

Protein is essential for supplying amino acids, which help build healthy muscles, tendons, ligaments, and cartilage, so it's vital that your dog gets enough in their diet. After water, one of the main ingredients in all three flavours of Furr Boost is human-grade, high-quality meat, so you can rest assured that Furr Boost contributes to your pooch's protein intake too whilst keeping calories low, so you know that they're taking on plenty of healthy protein to help build strong, sleek muscle mass.



Shiny coat and skin

A shiny coat and hydrated skin not only mean that your Furr Baby looks picture-perfect, but is also important for a variety of health reasons. From keeping viruses and bacteria at bay and protecting dogs' internal organs, to maintaining a standard body temperature and helping wounds heal quickly – not to mention improving dry and flaky skin – Furr Boost really does it all.

Each flavour of Furr Boost is packed full of added natural oils from ingredients like salmon and coconut, plus flaxseed and dried sea kelp to keep skin hydrated and coats glossy, so they'll look as healthy as they feel!



Healthy digestion

Just like us humans, a healthy digestive system is important to our overall wellbeing, so your dog's diet should include the perfect balance of prebiotics, fibre and vitamins to maintain good gut health. Poor digestive health can lead to all kinds of issues, from arthritis and autoimmune diseases to fatigue, anxiety and allergies.

We use a variety of fruit and vegetables in our range, including blueberry, broccoli, butternut squash, cranberry, apple and sweet potato to provide plenty of fibre to keep digestive systems working well.

Each flavour also contains natural added goodness, including chicory root extract which acts as a prebiotic, yeast beta glucan to support the immune system, vitamin B for a healthy metabolism and immune system, and vitamin C as an antioxidant.

To give your Furr Baby a tasty treat that tops up their hydration and offers a whole host of additional health benefits, try a Furr Boost taster pack today for only £5.99 at www.furboost.com



TOP TIP:

Please ensure
it is cool before
serving.

CALMING BISCUIT

These biscuits are the perfect bed time treat or for feeding at times your dog feels a little anxious.

“The perfect bed time treat.”



WHAT YOU WILL NEED:

- 100g oat flour
- 50g rolled oats
- 25g plain flour
- 2tbsp apple puree
- 1tbsp apple cider vinegar
- 1 egg
- 2tbsp calming herbal blend

Hug Pet Food: Super-premium cold pressed and raw pet food
Website: hugpetfood.co.uk
Phone: 01380 710533



HOW TO MAKE:

- Preheat the oven to 180°C
- Mix the dry ingredients together in a bowl.
- Add in the coconut oil, apple puree and apple cider vinegar and mix.
- Add in small amounts of water and mix until dough is formed.
- Roll out and cut into your desired shapes, keep going until all the dough is gone.
- Bake in the over for 15 minutes or until the biscuits are golden brown. ↵

TOP TIP:

Store in an air tight container.





Words: **Sarah Roper KCAI CD R QIDT1**

THE BIGGEST MISTAKES to make with your puppy!

Part Two

Everyone makes mistakes. **Sarah** explores the biggest mistakes you can make concerning your new puppy.



All so common and all so easy to do; after all, it's what you did with the last dog or the dog you grew up with, right??

Ah, but times have moved on, and there are quicker, easier ways to go about it now. Ones that will save the hassle and the strain, though I bet you have forgotten that part.

Puppy No-No Number 3

Walking forward when they are pulling on lead ahead! What? Hang on and stick with me for a moment.

Most dogs who pull on a lead are well-practised at doing it, and they must think that we as humans love being dragged. Even the ones who are choking and hurting themselves by pulling will still pull as long as they move forward and get to go

to their favourite park or sniff spot, or even say hello to their friends, both human and canine.

With puppies and adult dogs, it is essential that they get to sniff and stroll, puppies especially are learning so much by scent and the world around them, but it's a partnership - you and your pup need to develop an agreement, I won't pull

"You are making a promise to them that you won't pull them, which in turn encourages them not to pull you."

you, and you won't pull me. The best way to start this is by rewarding with treats for being by your side, next to your leg, almost drawing a line down your leg with your hand with a treat and ensuring that the treat is dispensed as close to your leg as possible. Regular rewards from here will encourage the pup to stay in this area as that's where the good things happen. If they pull ahead and put any amount of tension on the lead, simply stop dead in your tracks and talk to them in a pleasant tone, encouraging them, maybe even luring them with a treat back to your side.

Try and get more rewards dispensed for sticking by your side than you are dispensing after encouraging back to your side. Yanking them back or screaming '*heel*' or '*close*' to them doesn't work. If anything, it makes them and you more frustrated. Remember, you are making a promise to them that you won't pull them, which in turn encourages them not to pull you.

Don't rush the walks; it's not about the distance you cover; it's about the quality of the walk and increasing your bond together to make future walks a good experience. This will ensure fewer injuries for you both in the future and help relax you on your daily trips out.

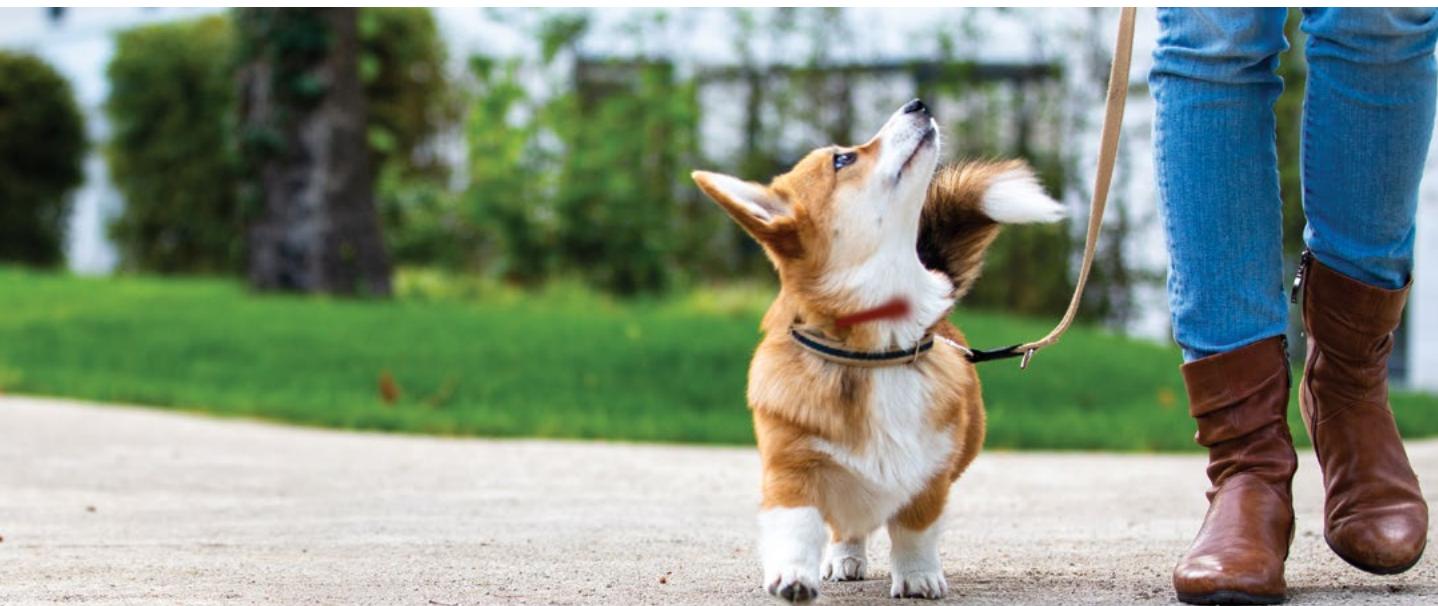
Puppy No-No Number 4

Poisoning the command - sit sit SIT!! (or any other command for that matter).

We have all been there, whether it's trying to show off to a friend what your puppy can do or whether it's asking for a sit or similar out in public when they have it down to a T at home, and they don't do it the first time. So we ask repeatedly with increasing volume and frustration in our voice. Some pups may eventually sit but only after the 4th or 5th time of asking, so they are learning to only do it with a harsh tone or only do it after numerous times of asking/telling so instead of your pup sitting the first time with a gentle tone they start to think the command is SIT!!! Rather than sit. Or they believe the command is '*sit, sit, sit, SIT, FIDO! SIT DOWN*'. By doing this, you are poisoning the command; you are not setting them up for success.

There are two things to remember that will help you to avoid poisoning the command:

- Dogs don't generalise well, so just because they can do it the first time at home when there are no distractions, that doesn't mean they can then apply the same logic no matter where they are or with high levels of distraction as someone at the door. When teaching anything new, you need to practice things in lots of different environments and places before you can expect them to perform on cue in a new place or situation. This may mean almost teaching from scratch in 5 other places, though you will find they will progress through the levels of training quicker each time, and it won't take as long to teach something in a new environment as when you first taught them at home for example.
- Just asking once and then waiting for them to figure it out (provided you have their attention) and then rewarding and/or luring them into the position you are asking for rather than asking again verbally will help hugely. ↗



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edition DOG

A holistic approach to dog health, wellbeing & nutrition

Next Month

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24th FEBRUARY 2022**

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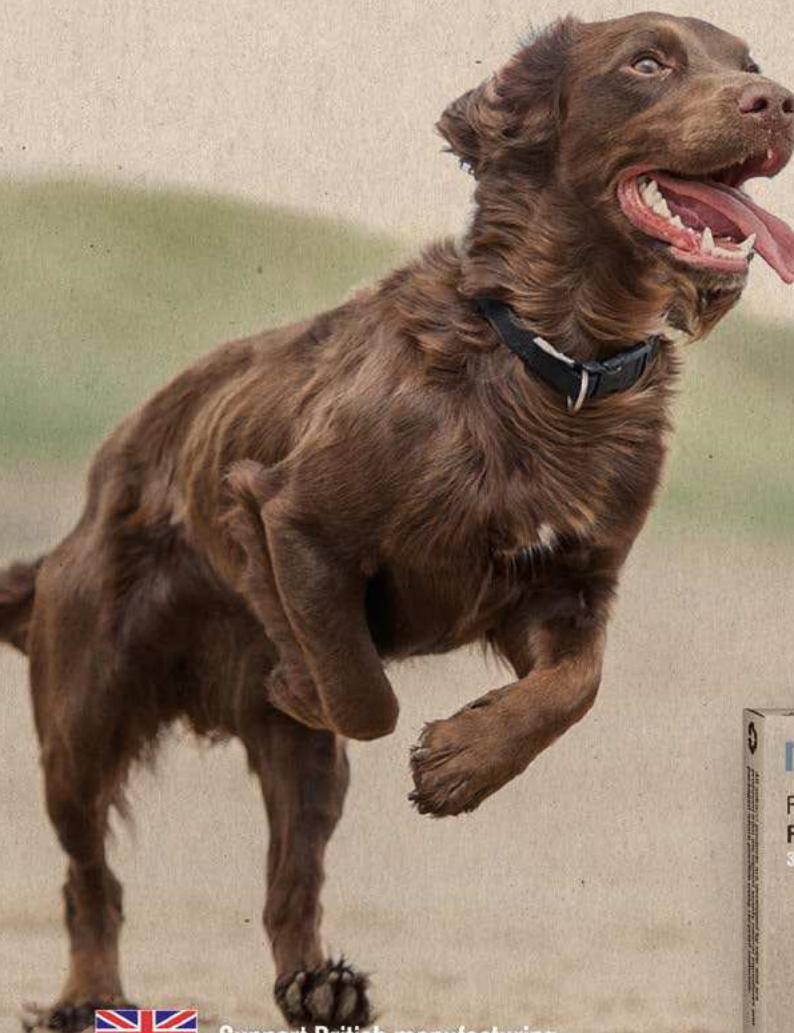
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