


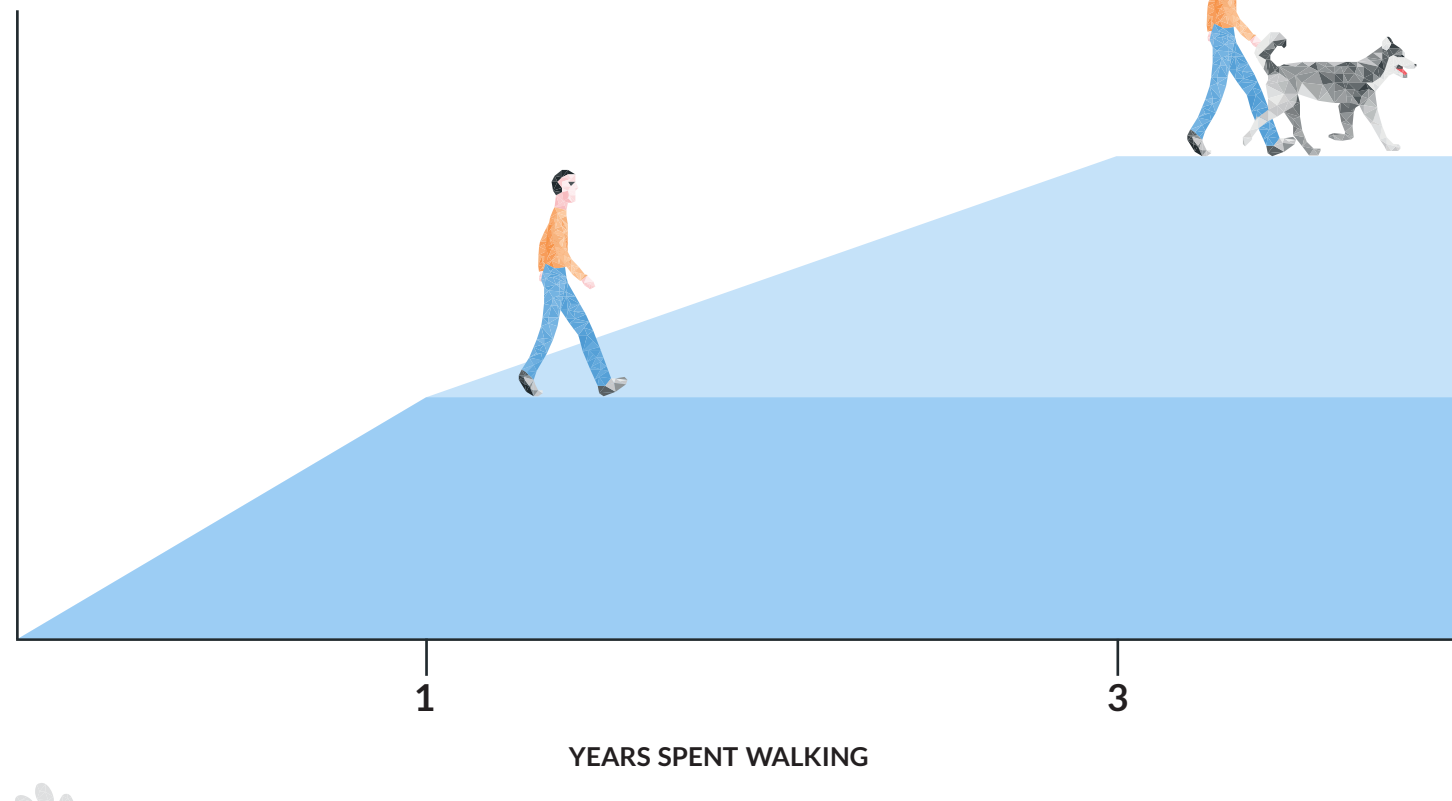

Dogs for Health


A dog has the soul of a philosopher
- Plato



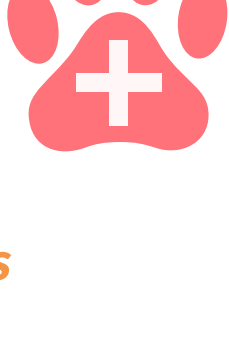
Physical Health

In a longitudinal study, researchers found that dog owners who walk their dogs are **50%** more likely to maintain that active lifestyle than people without dogs.






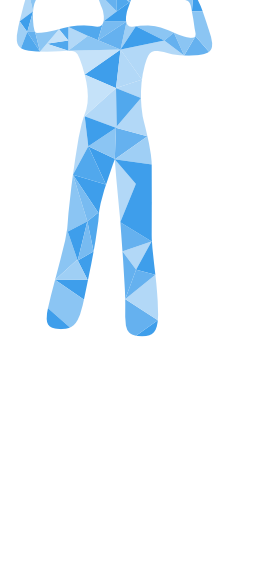
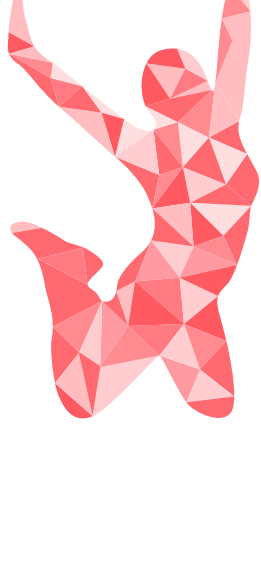
Dogs can be trained to detect epileptic seizures



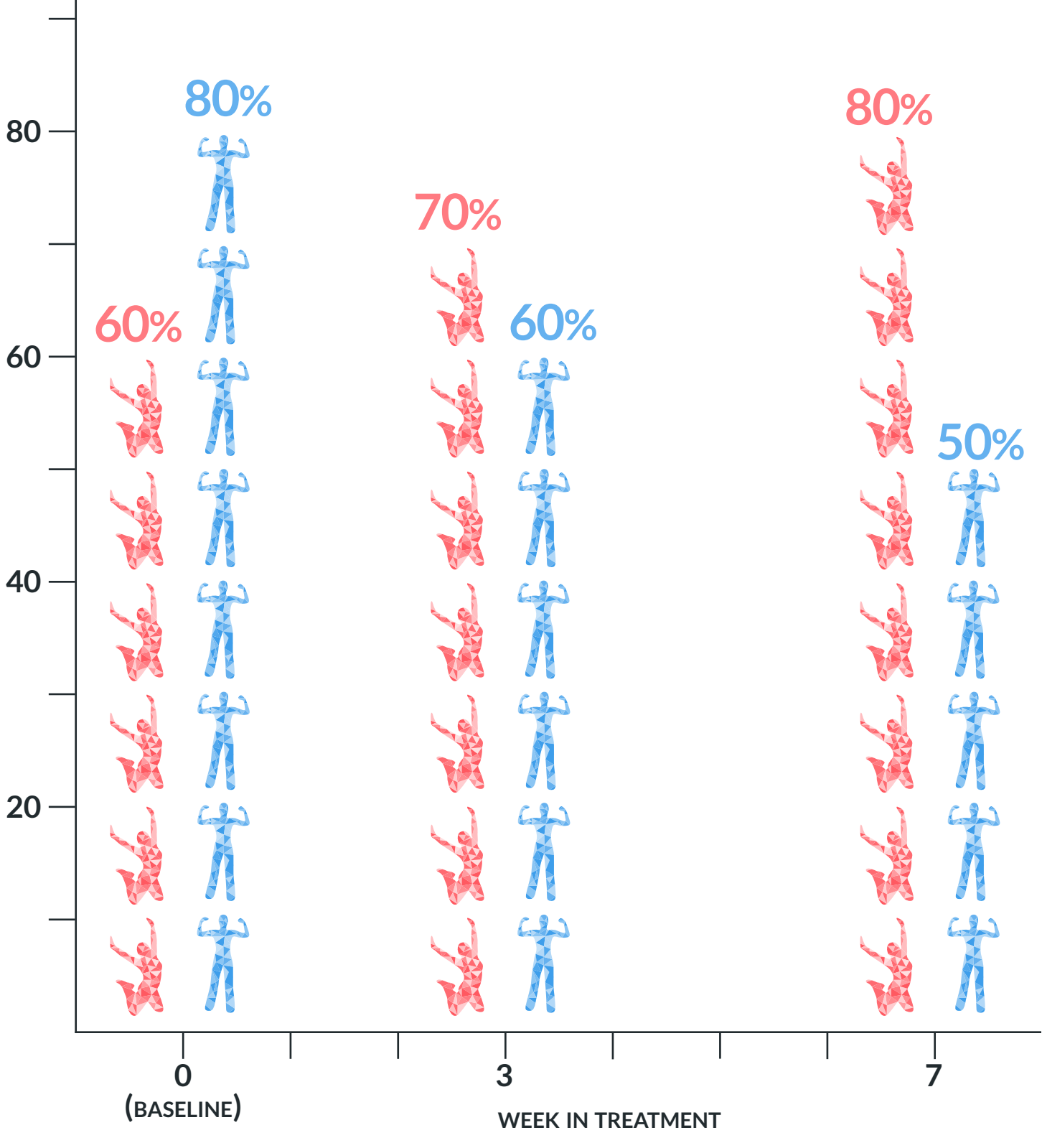
Petting a dog can lower your blood pressure




Emotional Health




Cancer patients receiving radiation and chemotherapy visited by dogs experienced improved **emotional** well-being, despite their decline in their **functional** well-being.




Week	Functional Well-being (%)	Emotional Well-being (%)
0 (Baseline)	60%	80%
3	70%	60%
7	80%	50%



Walt Disney's family dog was a Poodle named Lady

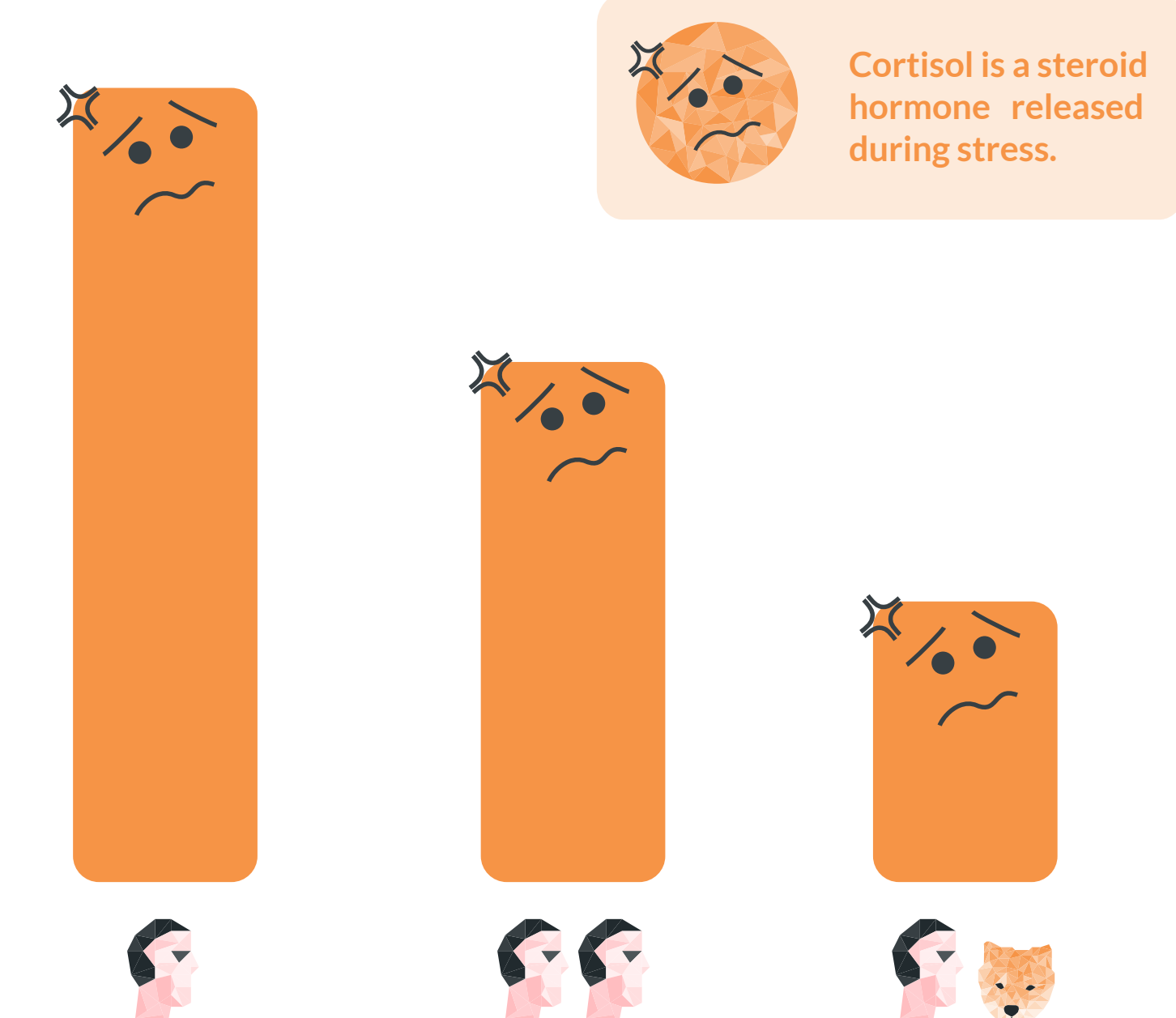



Bingo is the name of the dog on the box of Cracker Jacks




Stress Relief


Spending time with a dog lowers cortisol levels compared to time with a friend, and time alone.



Cortisol is a steroid hormone released during stress.



After the Michael Vick scandal, one of the fighting dogs ended up being a therapy dog and brought joy to sick children



References

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