



SAN TAN CANINE TRAINING NEWSLETTER

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Why dog people are “greener”

As you know, having a dog can improve your well being. Those who have dogs often enjoy better health than those who don't. Dogs provide companionship, security, emotional release, and instruction in life skills. But did you know that having a dog can also have a positive environmental impact? Here's how:

Creating less greenhouse gases

Reducing CO₂ is at the top of the ten most recommended tips for helping to combat global warming. Personal transport contributes to more than one-third of all fossil fuel emissions.

Although many dogs love car rides, most prefer going for walks if given the choice. As a result, dog people tend to be more physically active than the rest of the population. They take more recreational walks rather than going for drives, and are also more likely to walk their dogs to the corner store or the post office rather than jumping in the car to run these errands. Women on their own may be less likely to take their cars everywhere because they feel more secure walking with a dog. Fido knows that walking is a much more interesting way of getting where you want to go anyhow, especially in cities where the streets are often in a state of gridlock!

Greening urban areas

Based on demand from constituents with dogs, an increasing number of municipalities are creating parks just for canines. These parks are environmentally friendly in two ways: not only do they minimize the need for people to drive long distances to find open areas to exercise, but they also add some extra much-needed green space to city settings.

People don't just take their dogs to these parks because they have to; they do it because both they and their animals benefit from the exercise, socialization, and the chance to enjoy a more nature setting.

Protecting health and minimizing toxins

Dogs have a natural instinct to achieve wellness and balance; they generally respond very positively not only to improvements in diet and exercise, but also to alternative healing therapies such as massage, acupuncture, hydrotherapy and chiropractic.

Massage, for example helps improve the functioning of the body's organs, improves skin condition, reduces muscle tension, and helps balance hormone production for emotional stability. People who were formerly skeptical about these modalities are more likely to change their minds when they see how they help their dogs, and are therefore more open to trying such therapies for themselves. These improvements in diet and natural therapies tend to be more environmentally friendly, relying less on synthetic toxins which pass through bodies into the environment.

Given the environmental challenges facing our planet, it may not seem we can do much to make a difference. But our lifestyle choices can have a profound impact. Isn't it nice to know your dog can help you make those choices?

Is Your Dog A Garbage Hound?

It's not just the frustration of finding trash all over the floor; eating garbage can be harmful to your companion. The ASPCA offers a few solutions:

- Use covered wastebaskets that aren't easily tipped over.
- Keep them in an area that's out of your animal's reach, such as in a latched cabinet or under the sink.
- Don't put medications, chemicals or other toxins in the trash. Check with your local city or county office for information on how to safely dispose of these substances.
- If your animal gets into the garbage and you suspect he has ingested something he shouldn't have, contact a veterinarian immediately.

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