



SAN TAN CANINE TRAINING NEWSLETTER

NATHAN BRAATEN • 602.320.2890 • By Appointment



Want to take your dog(s) on vacation with you? Tips for good travel etiquette.

- Call ahead to make reservations, and to find out if there are any restrictions on the size and number of animals the accommodation will accept.
- Even the most pet-friendly places have rules and regulations for animals.
- Your animal should be house-trained and able to obey basic commands.
- Not all your fellow guests will love animals as much as you do, so its important to take their needs and wishes into consideration. Don't let your animal approach other people unless they express an interest in greeting and petting.
- When meeting other animals that might be staying in the accommodation, ask their guardian's permission before allowing your companion to get too close.
- Don't leave your animal alone in your room. Some become stressed when left on their own in a strange place and may bark, damage furnishings, or try to escape if a housekeeper opens the door. There's also the danger that your companion could be stolen while you're out.
- Always pick up after your animal, especially if she has an accident indoors.
- Keep your animal quiet, especially at night.
- Don't let your animal sleep on beds or chairs. Some places provide bedding for animals, or you can bring a blanket or a carrier or kennel for her to sleep in.
- Pack some safe, clean chew toys so she won't be tempted to try her teeth out on a table leg.
- Keep water and food bowls off carpeting, or bring along a placemat for feeding time.
- Exercise your animal outdoors. Don't let them through lobbies and corridors or romp around your room.
- Unless you're in your room or a designated off-lead area, keep your dog on a leash, indoors and out. Make sure they'll come promptly to your call.
- Don't allow your dog to track dirt and mud into the accommodation. Carry a small towel to wipe her feet before you go inside.

PUP-KIN CRANBERRY MUFFINS

Ingredients:

- 2 eggs
- 1/2 cup oil of your choice, e.g. safflower, sunflower, olive, canola
- 1 cup pure pumpkin puree
- 1 1/2 cups whole grain flour, e.g. oat or spelt; combinations of whole grain flours can also be used
- 1 1/2 teaspoons cinnamon
- 1 teaspoon ground carob
- 1 teaspoon baking power
- 1 teaspoon baking soda
- 1/2 teaspoon iodized sea salt (optional)
- 1 cup finely chopped fresh cranberries or 1/2 cup dried cranberries

Instructions:

Try to use organic ingredients wherever possible. Preheat oven to 375°F. Combine eggs, oil, and pumpkin puree in a food processor or blender. Add dry ingredients and whirl together until smooth. Fold in finely chopped cranberries. Lightly grease mini muffin tins or line with paper cups, and fill each with muffin batter. Bake in preheated oven for 15 minutes. Remove muffins from oven and cool completely before storing in an airtight container or Ziplock bag. This recipe can easily be doubled and the muffins freeze beautifully.

For an extra special touch during the holiday season, the muffins can be dipped in low-fat cream cheese and then decorated with cranberries and sprigs of fresh mint. For your human family members, add 1/2 cup of unpasteurized honey to the ingredient list. This recipe makes approximately 34 mini muffins.



HURTING? SUFFERING IN SILENCE

Our denial and/or lack of understanding of pain have caused both humans and animals much suffering.

What is Pain?

“An unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.”

Pain has both physical and emotional components. Experiencing pain is Mother Nature’s way of letting us know that something is wrong and that we need to pay attention. It is how the body protects itself from further damage or harm.

There are two kinds of Pain

- Neuropathic pain is caused by injury to the central nervous system, which includes the brain and spinal cord.
- Nociceptive pain is caused by trauma or injury to tissue. Nociceptors are nerve endings throughout the body.

Pain is further classified as:

Acute pain: sudden in onset and results from injury, inflammation or disease. It is often easily treated and short in duration, although acute pain can become chronic.

Chronic pain: persists over a long period of time and is associated with disease processes that can often be managed but not cured. Osteoarthritis is the number one cause of chronic pain in animals.

Recognizing Pain

Like humans, animals experience pain differently; personality strongly affects response to pain.

Potential signs of pain in animals

- Lethargy
- Vocalization
- Withdrawing
- Change in behavior
- Loss of appetite
- Sullenness
- Irritability
- Restlessness
- Interrupted sleep
- Change in routine
- Guarding a limb
- Licking
- Snapping
- Tail tapping
- Gait changes
- Not grooming

Complementary modalities

While conventional drugs remain the cornerstone in the treatment of pain, natural therapies can also help. The appeal of holistic medicine is that it speaks to the physical, emotional and spiritual needs of the animal.

HOLISTIC ALTERNATIVES

Acupuncture • Chinese herbs • Herbs • Pycnogenol • Moxa • Chiropractic • Homeopathy • Cold laser • Ttouch
• Massage • Essential oils • Swimming

GIFT CERTIFICATES
AVAILABLE, CREDIT CARDS
ACCEPTED



PROFESSIONAL &
EXPERIENCED
LICENSED & INSURED

