



As summertime approaches, many of us are thinking more about looking and feeling our best in order to get the most enjoyment out of warm weather and weekend getaways. And therefore, this is when serious vows to eat better and get more exercise tend to kick in! If you're currently thinking about that summer wardrobe and looking for a way to improve your fitness, you may want to consider getting into a jogging or power walking routine with a great companion: the family dog.

According to *Runners World*, we're actually more likely to stick to an exercise programme that includes our dogs than we are to stick to a solo or group activity. This is especially true for jogging because dogs make it much more fun and rewarding! They love to explore the terrain and, unlike most human companions, they embrace the act of running without worrying over their distance, speed, and calories burned. The pure joy they experience while sprinting can be quite contagious and motivational.

Your and your dog's current fitness level will affect the amount of power walking or jogging you can do, of course, but you need not be marathon runners to enjoy all the benefits of exercising. If you're a beginner, try easing your way into it by doing short jogging or power walking intervals during your normal walk. For example, rotate between walking for four minutes and jogging for two. With routine practise, you'll likely find you have greater endurance for longer runs. You may both yearn to go running after a while, too, as both humans and dogs experience an uplifting 'runner's high' that motivates us to go it again.

In addition to the physical benefits of exercising, such as lower cholesterol, improved heart health, and weight loss, you may also find that it increases your confidence, reduces your overall stress level, and allows you to have some quiet time. If your dog joins you, they're much more likely to feel relaxed and stay calm at home afterward as well.

Best of all, jogging or power walking is free and can be done in nearly any setting. Whether you're in the city or the countryside, you have endless miles to explore and enjoy up close while on foot. By taking different routes throughout the week, you also get different levels of exercise and keep the activity fresh and interesting for your dog too.

If you do decide to take up running come in and speak to us, as we have a running leader & coach. We can also advice in all the safety aspects of running with your dog.

Here's wishing you and your dog a healthy, fun, and active transition into the season.

Elvis and Joe

Events we have coming up!

***Dog and Cat First Aid
Sunday 9th June***

Dogs: 0930 – 1230

Cats 1330 - 1700

£35 for each

Pre-book only.

<http://www.groomedtopawfection.com/Dog-Cat-First-Aid-Course.html>

Dogs in the News!

! A recent study by University of Pennsylvania shows that a few popular dog training techniques can actually increase a dog's aggression. These 'confrontational techniques' include yelling no to stop an unwanted behaviour, applying pressure to a dog's gums so they'll drop an item from their mouth, and rolling a dog onto their back to establish dominance, according to *Medill Reports*. The researchers note that positive reinforcement techniques, such as offering treats, are more effective and reduce the chance of aggressive responses.

! A dog enjoying a swim in Holland caused quite a stir when satellite images of him from Google Earth appeared to show two figures hovering over a bloodied body. Water from the dog's coat had darkened the wood of the jetty, causing the appearance of blood, and the figures were really just the dog happily leaping over to his owner, according to *Orange News*.

Groomed and Living to Pawfection

The Creedy Centre, 117 High Street, Crediton EX17 3LG

Tel: 01363 777113

www.groomedtopawfection.com

Join Us on:



"Instead of walking this month try doing a run, you and your dog will have so much fun!"

RECOMMENDED BY VETS & RESCUE CENTRES



PERFECT FIT HARNESS

SOFT & COMFORTABLE WITH WIDE, THICK PADDED STRAPS.

Quickly results in an improvement to your dog's health & well-being by

- Preventing pain, choking & injury to the sensitive throat & neck area
- Reducing anxiety & adrenaline levels that can cause heightened reactivity & unwelcome behavioural problems
- Allowing a dog to walk calmly, naturally & in balance near other dogs
- Enabling it to put its head to the ground to stimulate its natural working & sniffing instincts for mental well-being
- Preventing rubbing, friction & soreness on its skin & matting of its coat

Our harnesses are particularly suitable for dogs with

- Sensitive skin
- Eye problems caused by intraocular pressure
- Tracheal disorders
- Sensitive throats after kennel cough
- Syringomyelia
- Dogs recovering from surgery on the neck
- And the Perfect Fit style is so adaptable that we can fit forelimb amputees *(see picture)*



Doggy Humour

Q: Why don't dogs make good dancers?

A: Because they have two left feet.

Q: Why is it called a 'litter' of puppies?

A: Because they mess up the whole house!

What Is the Most Effective Flea Prevention?

When shopping for flea treatments and preventives, you'll find dozens of available products, ranging from collars and sprays to ultrasonic barriers. But are they equally effective? And are they all safe?

Unfortunately, many over-the-counter flea products are a waste of money and can potentially expose you and your pets to unnecessary levels of insecticides. Pyrethrin-based shampoos, for example, tend to be ineffective as a sole treatment, because fleas have become resistant to the chemical and also because shampoos cannot fully eliminate an indoor flea infestation.

On the opposite end of the spectrum are all natural remedies, such as brewer's yeast, garlic and neem oil. We're keen to promote these products as they're all natural and we have great faith in them.

So, what should you do when flea season comes into full swing? Firstly, talk with your vet. They will be the most knowledgeable on the severity of the problem in your area, as well as on the best options for your dog's specific health needs.

Following that, you may also want to look into environmental controls. Keeping the grass short, removing outdoor debris, and trimming back foliage in the garden can help deter fleas from your property. You may also want to treat shadier areas around your outdoor property with insecticides or diatomaceous earth. If a problem still arises, please do contact your vet for further assistance!

We sell various products that act as repellents to fleas such as Dorwest garlic & fenugreek, K9herbal solution Garlic, or Neem oil spray, Flea shampoo. Also Dorset Dog Delights Cheese and marmite.

Summer True or False Quiz!

1. Dogs are susceptible to heat stroke and heat exhaustion in warmer weather. **T F**
2. Maintaining a clean, well-trimmed garden can help deter fleas from your property. **T F**
3. Strenuous outdoor activity is safe for all dogs, regardless of age or fitness level. **T F**
4. Certain plants that grow naturally outdoors can be toxic to dogs. **T F**
5. A dog's diet does not affect their dental health or the amount of plaque they develop. **T F**
6. Dogs don't need groomed as often when their hair has been cut shorter for summer. **T F**

See Page 4 for answers!



"Yes Mr Jones, this is definitely your dog! With all that hair you just haven't seen him in a year!"

Reminder to Brush Those Fangs!

It can be difficult to keep in mind that a dog's dental care needs are similar to our own. After all, they do lots of dental-healthy chewing, and they rarely gorge on sweets. However, they are prone to similar dental problems, which can be quite costly and painful.

For example, a dog's back teeth can slowly rot from plaque buildup, and then one day, the vet spots an impacted molar requiring surgery and antibiotics.

Most dogs aren't too keen on having their teeth brushed, of course, but a little effort can go a long way. At least once weekly you may want to try going over their teeth with a damp washcloth, with or without a little baking soda or doggy toothpaste.

Further cleaning can be done with routine grooming. For dogs with serious dental problems or major anxiety over dental cleaning, you also have the option of a deep cleaning with anesthesia by a vet.

Which Is Better: A Harness or Collar?

With the season making longer walks possible, you might soon be on the market for new doggy gear. A collar is perfectly suitable for most dogs; however, a harness is a great investment for dogs with certain builds or behavioural issues.

Tiny dogs, such as Chihuahuas, can benefit from wearing a harness, as it prevents their small necks from being injured by a collar. Dogs that have necks as thick as their heads should wear them, too, as their collars can easily slip off during a walk.

Dogs that tend to pull on the lead may also be good candidates for harnesses. Breaking the behaviour through training is the best option, but in the meantime, a harness reduces the strain on their neck and also puts you in more control of their movement.

Simply measure your dog's chest to select the appropriate size, and then adjust the harness so that it's fitting without rubbing into their skin.

Juwst so you know we sell the original fleece lined harness and perfect fit harness which are fantastic for dogs.

Creating an Outdoor Retreat for the Dog

If you're spending more time in the garden, it's likely your dog will want to be outside with you. To make it even more enjoyable and comfortable for them, consider setting up a small area they can call their own.

A raised platform beneath a tree or canopy, for example, provides a cool, protected place for them to lounge, as well as shady cover for their water dish to keep it at a refreshing temperature.

Think of your dog's favourite activities when setting up the area. If your dog loves to chew, keep a supply of toys and bones there for them. Dogs that love to dig might really enjoy having their own little sandbox, while dogs that prefer to frolic in the water might be thrilled to have a small kiddie pool.

By making the area attractive to your dog and training them to retreat to it, you may also find it easier to complete some of your own outdoor hobbies while in their company, such as planting flowers without their paws-on 'help'.

Splitting their time between fun activities indoors and out provides them a much more enriching experience as well.

Do Seasons Affect the Dog's Grooming Schedule?

Many people opt to have their dogs groomed more or less depending on the season, because, for example, the dog is getting into more messes outdoors in spring or becoming too smelly indoors over winter. However, it's usually best to follow a consistent schedule throughout the year, with additional sessions as needed.

Routine grooming helps maintain their skin and hair, as it removes irritants, excess oils, and dirt. So, even if their hair has been clipped much shorter for summer, a professional bath is still beneficial to them.

Regular grooming addresses other important aspects of their health and comfort as well. For example, it ensures their nails are kept at a manageable length and provides extra care to their ears and teeth. A grooming session can even help you identify potential health problems in your dog earlier on, which allows for quicker treatment.

There is no set standard for how often a dog should be groomed, however, as it depends on the individual needs of the dog. But, a good rule of thumb is to have them bathed at least once every few months if they show no signs of needing it sooner.

Quiz

1. T
2. T
3. F
4. T
5. F
6. F

Newsletter Copyright!

This newsletter is provided to you every month so that I can give a little bit extra back to you. The content has been carefully selected in order to provide you with the best possible information. Hopefully you find it entertaining and useful.

Much of the information and articles have been sourced from a Dog Grooming publication company and it is strictly copyright protected. So I'm afraid it can't be copied or re-used. If you are ever given a newsletter from another groomer with similar information and articles, I'd be grateful if you'd let me know.

Get This Newsletter Every Month!

To continue to provide you with information, help and a little bit of fun, we publish this newsletter at the beginning of every month. There will always be a copy available for you. We will be sending them out via email and they will be on facebook and our website.

So if you'd like your newsletter emailed to you every month just leave us your email address or request your newsletter by sending us an email. Once you're on our list we'll send you a copy every month.

Groomed and Living to Pawfection

The Creedy Centre, 117 High Street, Crediton EX17 3LG

Tel: 01363 777113

www.groomedtopawfection.com

The information provided in this newsletter and on any additional documents herein is for guidance purposes only. It must not be construed as veterinary or legal advice. Always seek fully trained veterinary advice if you have a health issue with your pet. As far as is reasonably practical the publisher endeavors to ensure that this information is accurate and correct. However the publisher cannot be held responsible for inaccuracies, omissions or mistakes. Neither can we be held liable for any damages, howsoever caused, resulting from the information contained in this document.

If you no longer wish to receive this newsletter please let us know.