

healthy paws wellness plan

Healthy Paws Wellness Plan: Your Pet's Path to a Longer, Happier Life

Are you ready to unlock the secret to a longer, healthier, and happier life for your beloved furry friend? We all want the best for our pets, but knowing how to proactively support their well-being can feel overwhelming. That's where a comprehensive healthy paws wellness plan comes in. This detailed guide will equip you with the knowledge and tools to create a personalized plan tailored to your pet's unique needs, helping you navigate the complexities of pet care and ensuring your companion enjoys many vibrant years by your side. We'll cover everything from nutrition and exercise to preventative care and recognizing early warning signs of illness. Let's dive in!

Understanding the Importance of a Healthy Paws Wellness Plan

Before we delve into the specifics, let's understand why a healthy paws wellness plan is crucial. Just like humans, pets need regular check-ups, a balanced diet, and sufficient exercise to thrive. A proactive approach to your pet's health prevents many serious and costly illnesses down the line. Think of it as an investment in their longevity and quality of life. A well-structured plan minimizes the risk of preventable diseases, allowing you to enjoy more years of companionship with your furry friend. It's about more than just preventing illness; it's about promoting overall well-being, enriching their life, and strengthening your bond.

Building Blocks of a Healthy Paws Wellness Plan: Nutrition

Nutrition forms the cornerstone of any successful healthy paws wellness plan. The right diet provides the essential building blocks for a strong immune system, healthy coat and skin, and optimal energy levels. Avoid generic pet foods and opt for high-quality options, ideally with clearly defined ingredients. Consult your veterinarian to determine the appropriate diet for your pet's age, breed, size, activity level, and any pre-existing health conditions. Consider factors like allergies and sensitivities when selecting food. Remember that treats should be given sparingly, as they can contribute to weight gain and dental problems. Fresh water should always be readily available.

Exercise: Keeping Your Pet Active and Engaged

Physical activity is another vital component of a healthy paws wellness plan. Regular exercise not only keeps your pet physically fit but also contributes to their mental well-being. The type and amount of exercise will vary depending on your pet's breed, age, and

health status. A daily walk, playtime in a park, or interactive games are all excellent ways to keep your pet active. For breeds prone to joint issues, low-impact exercises like swimming are preferable. Observe your pet's body language; if they seem tired or in pain, reduce the intensity or duration of the exercise. Remember that mental stimulation is just as important as physical exercise. Puzzles and training sessions can keep your pet engaged and prevent boredom.

Preventative Care: The Shield Against Illness

Preventative care is arguably the most crucial aspect of a healthy paws wellness plan. Regular veterinary check-ups are essential for early detection and treatment of potential health problems. Vaccinations protect against infectious diseases, while parasite prevention helps avoid infestations. Dental care is often overlooked, but it's critical. Regular teeth brushing and professional cleanings can prevent dental disease, a common problem in pets. Depending on your pet's breed and age, your vet may recommend specific screenings, such as blood tests or X-rays, to identify potential issues before they become serious.

Recognizing Early Warning Signs: When to Seek Veterinary Attention

Even with a meticulous healthy paws wellness plan, knowing when to seek veterinary attention is vital. Be observant and learn to recognize subtle changes in your pet's behavior or physical condition. Changes in appetite, energy levels, urination or defecation habits, unusual vocalizations, lameness, or any noticeable lumps or bumps should warrant immediate veterinary attention. Early diagnosis significantly improves the chances of successful treatment and often leads to better outcomes. Don't hesitate to contact your veterinarian if you have any concerns – it's always better to be safe than sorry.

Grooming and Hygiene: Maintaining a Healthy Coat and Skin

Regular grooming is an essential part of a comprehensive healthy paws wellness plan. Brushing helps remove loose fur, prevents matting, and distributes natural oils, leading to a healthy coat. Bathing frequency depends on your pet's breed and coat type, but avoid over-bathing, which can dry out their skin. Regular nail trimming is also essential to prevent discomfort and potential injuries. Ear cleaning, if needed, should be done carefully to avoid damaging the ear canal. Maintaining good hygiene helps prevent skin infections and other health problems.

Creating Your Personalized Healthy Paws Wellness Plan

This guide provides the foundation for a comprehensive healthy paws wellness plan. However, remember that every pet is unique. Work closely with your veterinarian to tailor a plan specific to your pet's breed, age, health status, and lifestyle. Regular check-ups are crucial for monitoring their progress and making necessary adjustments. Consider creating a detailed record of your pet's health history, including vaccinations, medications, and any

significant health events. This will be invaluable to both you and your veterinarian. Remember, the goal is to create a plan that promotes a long, happy, and healthy life for your furry companion.

Conclusion:

Investing in a healthy paws wellness plan is an investment in the well-being and longevity of your cherished pet. By focusing on proper nutrition, regular exercise, preventative care, and attentive observation, you can significantly improve their quality of life and enjoy many more years of companionship. Remember to consult your veterinarian for personalized guidance and support. Your pet's happiness and health are well worth the effort!

FAQs:

1. How often should I take my pet to the vet for a check-up? The frequency of vet visits typically depends on your pet's age and health status. Kittens and puppies require more frequent check-ups than adult animals. Discuss the ideal schedule with your veterinarian.
1. What are the signs of a poor diet in my pet? Signs of a poor diet can include dull coat, weight loss or gain, lethargy, digestive issues (vomiting, diarrhea), and poor dental health.
1. My pet is overweight; how can I help them lose weight? Consult your veterinarian for a personalized weight loss plan. This typically involves a dietary adjustment, increased exercise, and possibly medication in some cases.
1. How much exercise does my pet need daily? The amount of daily exercise varies depending on the breed, age, and health of your pet. Start with moderate amounts and gradually increase the intensity and duration as your pet's fitness improves.
1. What are some affordable options for preventative care? Many pet insurance plans can help offset the cost of preventative care. Additionally, some veterinary clinics offer payment plans to make care more accessible.

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healthy paws wellness plan: Woof-A-Pedia: The Ultimate Dog Breed Guide K9 Chatter, 2024-10-22 Discover Your Perfect Companion: A Fun Guide to Finding Your Furry BFF! So, you've been daydreaming about the day you'll finally meet that perfect dog who'll become your shadow, your best buddy, and maybe even your couch hog, right? Choosing the right breed can feel like trying to pick just one show to binge on tv. Exciting? Totally. But also a bit overwhelming. This is where Woof-A-Pedia: The Ultimate Dog Breed Guide comes to the rescue—like a superhero in a cape, but, you know, with paws. This isn't just another run-of-the-mill guide. Nope. Woof-A-Pedia is your secret weapon to help you navigate the crazy world of dog breeds like a total pro. Think of it as your personal doggie matchmaker—complete with in-depth profiles of both popular and quirky breeds, insider tips on what to think about before bringing home a new four-legged friend, and key advice on how to pick the right dog for you, your family, and your lifestyle. Whether you're into mountain hikes with a high-energy partner, love lazy weekends cuddling with a lap dog, or need something hypoallergenic because, well, sneezing your way through life isn't fun, Woof-A-Pedia has you covered like a warm blanket on a chilly morning. Here's the thing: Picking the right dog isn't just about those adorable puppy eyes (though let's be honest, they totally help). It's about finding a breed whose temperament, exercise needs, and grooming habits won't drive you up the wall—or force you into daily battles with a vacuum cleaner. With Woof-A-Pedia by your side, you'll have all the info you need to make a decision that's smart, well-thought-out, and, let's be real, life-changing. Because there's nothing quite like finding that furry soulmate who just gets you. What's Inside? Oh, Just About Everything You Need! The Ultimate Doggo Profiles: Ever wondered what it's like to live with a Labrador Retriever? Or maybe you've been curious about a breed like the Sloughi (yes, it's a thing). From the super popular, like Golden Retrievers and French Bulldogs, to the more unique breeds you've probably never even heard of, this guide covers over 250+ dogs. Temperament & Personality Deets: Want a loyal sidekick who'll stick by your side through thick and thin? Or maybe a playful goofball who'll keep the kids entertained? You'll get the lowdown on which breeds are perfect for families, single folks, or seniors, and which are known for being smart, social, or independent. Lifestyle Matchmaker (Because, Let's Be Real, Dogs Have Preferences Too): You've got a routine, and you need a dog that fits into it—not one that turns your life upside down. If you're a city dweller, the last thing you need is a dog that demands a marathon run at 6 a.m. Health & Grooming 101: Some dogs are pretty chill when it comes to grooming, while others? Well, let's just say they might as well be furry divas needing constant touch-ups. We'll break down each breed's health quirks and grooming needs so you'll know whether you're signing up for a low-maintenance pal or a full-on glam squad situation. Training Tips for First-Time (and Seasoned) Dog Owners: Ever seen a dog strut down the street, leash in hand, acting like they own the neighborhood? Don't be that person. This guide will show you the basics—from crate training to mastering leash manners—so you can set your pup up for success from day one. Think of it as dog parenting but without the diapers. Ready to Meet Your New Best Friend? What are you waiting for? Stop dreaming and start doing! Whether it's adopting your first dog or adding a new member to the family, Woof-A-Pedia is the guide that'll make the process fun, smooth, and totally stress-free.

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triggers or treat the fallout if they do happen--Amazon.com.

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healthy paws wellness plan: The Forever Dog Rodney Habib, Karen Shaw Becker, 2024-09-10 #1 New York Times Bestseller In this pathbreaking guide, two of the world's most popular and trusted pet care advocates reveal new science to teach us how to delay aging and provide a long, happy, healthy life for our canine companions. Like their human counterparts, dogs have been getting sicker and dying prematurely over the past few decades. Why? Scientists are beginning to understand that the chronic diseases afflicting humans--cancer, obesity, diabetes, organ degeneration, and autoimmune disorders--also beset canines. As a result, our beloved companions are vexed with preventable health problems throughout much of their lives and suffer shorter life spans. Because our pets can't make health and lifestyle decisions for themselves, it's up to pet parents to make smart, science-backed choices for lasting vitality and health. The Forever Dog gives us the practical, proven tools to protect our loyal four-legged companions. Rodney Habib and Karen Becker, DVM, globetrotted (pre-pandemic) to galvanize the best wisdom from top geneticists, microbiologists, and longevity researchers; they also interviewed people whose dogs have lived into their 20s and even 30s. The result is this unprecedented and comprehensive guide, filled with surprising information, invaluable advice, and inspiring stories about dogs and the people who love them. The Forever Dog prescriptive plan focuses on diet and nutrition, movement, environmental exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food--including what the commercial manufacturers don't want us to know--and offer recipes, easy solutions, and tips for making sure our dogs obtain the nutrients they need. Habib and Dr. Becker also explore how external factors we often don't think about can greatly affect a dog's overall health and wellbeing, from everyday insults to the body and its physiology, to the role our own lifestyles and our vets' choices play. Indeed, the health equation works both ways and can travel up the leash. Medical breakthroughs have expanded our choices for canine health--if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come.

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Wexler-Mitchell, 1999 Maintaining a cat's good health can be simple and fun with this Complete Idiot's Guide. 75 photos & drawings. Index.

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Suter will show you how to turn your animal's health around to achieve peak health for your beloved animal companions. In this book you will: - Discover the Cutting Edge Functional Approach to Healing for Your Animal - Learn How to Restore Your Animal's Healthy Body Function - Recognize the Biggest Mistakes People Make Regarding Health - Implement a Specific Plan that Facilitates Return to a Healthy State - Gain Tools to Prevent Disease and Give Your Animal a Healthy and Happy Life Save yourself heartache, time, and frequent trips to the vet by reading this book! -Jody Page, Owner of Page's Healthy Paws, Natural Pet Products This refreshing and easily readable book will help you understand and apply this knowledge to improve and maintain the health, well-being, and longevity of your animal companions. -W. Jean Dodds, DVM, President and Founder of Hemopet/Hemolife Canine Blood Bank and Diagnostic Program I recommend this book to people who want an integrative, functional medicine insight on what they can do how to keep their pets healthy. -Margo Roman, DVM, CVA, COT, CPT, FA

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the overwhelming amount of conflicting information about cancer prevention and treatment, this book provides a pet owner with an easy to follow approach to one of the most serious diseases in animals. Dr. Barbara Royal, DVM The Royal Treatment Veterinary Center, Oprah Winfrey's Chicago veterinarian Picking up The Dog Cancer Survival Guide is anything but a downer: it's an 'empowerer.' It will make you feel like the best medical advocate for your dog. It covers canine cancer topics to an unprecedented depth and breadth from emotional coping strategies to prevention-in plain English. Read this book, and you will understand cancer stages, treatment options, and types, and much more. If you have just had the dreaded news, pick up a copy and it will guide the decisions your dog trusts you to make. Laure-Anne Visel Dog behavior specialist and technical dog writer, CanisBonus.com

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affiliate society. Deepen your understanding of the key issues and challenges within worksite health promotion and find the most current research and practice-based information and approaches inside ACSM's Worksite Health Handbook: A Guide to Building Healthy and Productive Companies, Second Edition. The e-book for ACSM's Worksite Health Handbook, Second Edition, is available at a reduced price. It allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

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you are exposed to illness? The Wellness Zone is here to help you become empowered with your lifestyle so that you feel strong and capable of looking after yourself and your family with natural home-based solutions. This book guides you through simple practices that can often prevent, cure and help you recover from many health problems which can seem complex, when in fact they are not so difficult to navigate from your kitchen. In *The Wellness Zone*, Dominique Livkamal simply and effectively translates quite technical health issues into everyday language so that you can see and act on health problems with diet, herbs, nutritional medicines, rest, practices and some old fashioned remedies that are right at hand in your home!

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healthy paws wellness plan: *A Family Looks Like Love* Kaitlyn Wells, 2022-05-31 A heartening picture book about a young pup who looks different from her siblings and ultimately learns that love, rather than how you look, is what makes a family. Sutton Button has always looked different from her family. While her siblings had short, stout legs, Sutton's legs were long like noodles. And while her siblings had scruffy, yellow fur, Sutton was a tricolor puppy with soft fur. But when others don't believe that Sutton and her siblings are actually related, Sutton starts to wonder if she really belongs in her family at all—until she realizes that her and her family are the same in all the most important ways and that love, rather than what you look like, is what makes a family. With heartwarming text and adorable illustrations, *A Family Looks Like Love* is a story about the enduring power of love and teaches readers that family comes in all shapes and sizes.

healthy paws wellness plan: *Chase's Calendar of Events 2021* Editors of Chase's, 2020-10-27 Find out what's going on any day of the year, anywhere across the globe! The world's date book since 1957, Chase's is the definitive, authoritative, day-by-day resource of what the world is celebrating and commemorating. From national days to celebrity birthdays, from historical anniversaries to astronomical phenomena, from award ceremonies and sporting events to religious festivals and carnivals, Chase's is the must-have reference used by experts and professionals—a one-stop shop with 12,500 entries for everything that is happening now or is worth remembering from the past. Completely updated for 2021, Chase's also features extensive appendices as well as a companion website that puts the power of Chase's at the user's fingertips. 2021 is packed with

special events and observances, including National days and public holidays of every nation on Earth The 400th anniversary of the Plymouth pilgrim Thanksgiving The 200th independence anniversary from Spain of its Central and South American colonies. The 100th anniversary of the Tulsa Race Massacre Scores of new special days, weeks and months Birthdays of new world leaders, office holders, and breakout stars And much more! All from the reference book that Publishers Weekly calls one of the most impressive reference volumes in the world.

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healthy paws wellness plan: Dog Reflexology and Acupressure for Owners Vivian Birlie, 2019-11-06 DOG REFLEXOLOGY AND ACUPRESSURE FOR OWNERS describes how you can help your dog when it is in pain, discomfort or has problems, including behavioral problems, by applying gentle pressure on reflexology and acupressure points. The book is richly illustrated with an indication of the location of the points and an easily accessible and clear text supports the images. For example, there are points for allergies, back problems, fear and aggression. The book also contains a wellness program for owners who have healthy dogs. A point system shows you how to maintain the dog's well-being and good health by stimulating its nervous system, immune system, digestion, circulation and energy flow. Words from the author: / The author says: I have had so many wonderful responses from dog owners, who have used, what they have learned from reading my book, on their dog with great success. One owner, for example, treated the anal gland point, which was so helpful that the dog no longer needs to go to the vet to get its anal glands emptied.

healthy paws wellness plan: Canine and Feline Geriatric Oncology Alice Villalobos, Laurie Kaplan, 2008-02-28 Half the population of dogs and cats aged 10 and over will die of neoplasia. The bonds that clients have developed with their older pets are especially strong and drive the increasing demand for more proficient and highly compassionate medical treatment of companion animals diagnosed with cancer. This book offers more than just a competent clinical approach to the most common tumors in dogs and cats. This book also offers a focus on the special needs of geriatric pets and their owners. Amply illustrated with dozens of case studies representative of those regularly encountered in practice, Canine and Feline Geriatric Oncology will provide readers with the tools needed to diagnose and treat aging pets with cancer, and to help clients make the best decisions for themselves and for the animals with whom they share their lives. Canine and Feline Geriatric Oncology is a unique resource. It is a useful oncology reference for specialists, veterinarians in general practice, veterinary technicians, and clinic staff. The many what ifs that the practitioner inevitably faces in interactions with clients and their aging pets with cancer are presented and discussed. Special Features: * Focuses on the special needs of geriatric pets and their caregivers; * Offers direction in the diagnosis and treatment of aging pets with cancer; * Addresses many of the what ifs that arise in interactions with clients and aging pets with cancer; * Amply illustrated with full color throughout; * A valuable reference for practicing veterinarians, technicians, hospital staff, and professionals involved in supportive counseling for pet caregivers.

healthy paws wellness plan: Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

healthy paws wellness plan: The Obesity Code Cookbook Jason Fung, 2020-01-07 By the 500,000-copy bestselling author of The Obesity Code Recipes to revolutionise the way you cook, eat, and live. In The Obesity Code, Dr Jason Fung introduced the idea that obesity is caused by our

hormones, specifically insulin, and offered practical, easy-to-follow advice on how to lose weight for good. Now, The Obesity Code Cookbook makes it easier than ever to follow his methods. Over 90 mouth-watering recipes — from slow-roasted pork shoulder to chia pudding and almond cake — showcase healthy fats, nutrient-dense foods, and low or no carbs, with diet plans to help balance your nutrition and energy requirements with your long-term health objectives. The Obesity Code Cookbook is an indispensable tool for home cooks looking to lower insulin, lose weight, or simply lead a healthy, longer life.

healthy paws wellness plan: Dog Man Martha Sherrill, 2008 Morie Sawataishi lives a life that is radically unconventional by any standard but almost absurd in blatantly conformist Japan. Journalist Martha Sherrill provides a profound look at what it takes to be an individualist in a culture where rebels are rare.

healthy paws wellness plan: Puppy Start Right Kenneth M. Martin, Debbie Martin, 2011 With almost 200 pages, corresponding photos, and step-by-step instructions, Puppy Start Right is the ideal book for fostering and enhancing a “parenting relationship” among people and their dogs! This book is a great resource for all dog parents, dog trainers, puppy socialization class instructors, shelters, and adoption agencies. Whether you are raising a new puppy, have recently adopted an adolescent dog, or are living with an adult dog, Puppy Start Right is the book for you. This book sets the foundation for a lifelong partnership between you and your dog based on a mutual understanding and trust. Puppy Start Right is more than a puppy book about socialization; it’s a positive approach to problem solving, prevention, and training, all without the use of force. Problem-solving topics address common behaviors of adolescent dogs, including mouthing/biting, jumping, chewing, digging, counter surfing, and stealing objects. Prevention topics include confinement/independence training, food bowl exercises, handling and restraint, and more. The book also includes: • The Developmental Life Stages of Dogs • Domestication, Social Behavior, How Dogs Perceive the World, and Canine Communication • How Dogs Learn • Positive Socialization and What to do if Your Dog is Frightened? • Applying the Problem-Solving Model to Prevent Common Behavior Problems • House Training in 5 Easy Steps • Foundation Training Exercises

healthy paws wellness plan: Screen Schooled Joe Clement, Matt Miles, 2017-10-01 Over the past decade, educational instruction has become increasingly digitized as districts rush to dole out laptops and iPads to every student. Yet the most important question, Is this what is best for students? is glossed over. Veteran teachers Joe Clement and Matt Miles have seen firsthand how damaging technology overuse and misuse has been to our kids. On a mission to educate and empower parents, they show how screen saturation at home and school has created a wide range of cognitive and social deficits in our young people. They lift the veil on what's really going on in schools: teachers who are often powerless to curb cell phone distractions; zoned-out kids who act helpless and are unfocused, unprepared, and unsocial; administrators who are influenced by questionable science sponsored by corporate technology purveyors. They provide action steps parents can take to demand change and make a compelling case for simpler, smarter, more effective forms of teaching and learning.

healthy paws wellness plan: Dog Reflexology and Acupressure Vivian Birlie, 2016-11-23 Books about reflexology for humans have been known for many years. Now this book makes it possible to gain knowledge about reflexology for dogs as well. The book describes the technique and where the dog's reflex areas are located on the paws. All content is carefully described and complemented with illustrated figures. The dog's urinary passages, nervous system, digestion, senses, respiratory passages, immune system, circulation, detox system, endocrine system, bones and muscles are some of the content you will find described in the book. Furthermore, the book provides practical tools to support reflexology treatment such as face reflexology, acupressure, treatments of meridians and homeopathy. In order to understand the location of the reflex areas on the paws, the reader is guided through the principles of human reflexology and how the reflex areas on humans have come to be. It is then shown why and how this knowledge can be transferred to dogs, and how the reflex areas are adjusted to fit the dog's anatomy and physiology i.e. the reflex

areas are mapped out with regard to the differences between humans' and dogs' anatomies. Several experts in the veterinary field have contributed to the book with the necessary western knowledge. The reader is introduced to TCM (Traditional Chinese Medicine) which constitutes the theoretical background for both reflexology and acupressure. It consists of the 5 Elements, meridians, acupressure points, yin and yang, and mental aspects including the dog's behavior. Vivian Birle, a member of the Danish Author's Society, is an acupuncturist and reflexologist, and has treated both humans and dogs since 1997. As a longtime educator, she has authored a great deal of teaching material. This background along with 16 years of experience in journalism, technique and web at the Danish Broadcasting Corporation, has made this book possible. The book forms the basis of the education for dog reflexologists at Sano Canis, Institute for Reflexology for dogs - educational institution and treatments. Number of pages: 224

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healthy paws wellness plan: Compassion Fatigue in the Animal-care Community Charles R. Figley, Robert G. Roop, 2006

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healthy paws wellness plan: Small Animal Surgery Colin E. Harvey, Charles D. Newton, Anthony Schwartz, 1990 This text and reference is designed for the student and the practicing veterinarian who is not a surgical specialist. It provides full step- by-step descriptions of the surgical procedures performed regularly in the general office or clinic, and gives diagnostic and prognostic information needed to make appropriate and informed referrals for more complex surgery.

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