

low country pet wellness

Low Country Pet Wellness: Your Guide to a Happy and Healthy Pet Life

Are you a Lowcountry resident who loves their furry, feathered, or scaled companions? Do you want to provide the best possible care, ensuring your pet thrives in our unique environment? Then you've come to the right place! This comprehensive guide dives deep into Low Country pet wellness, offering practical tips and insights to help your beloved animal live a long, happy, and healthy life. We'll cover everything from seasonal considerations specific to our region to preventative care and finding the right veterinarian. Let's get started on your pet's journey to optimal wellness!

Understanding the Unique Challenges of the Low Country Climate

The Low Country boasts a beautiful, but sometimes challenging, climate for our pets. High humidity, intense heat in the summer, and the occasional hurricane can significantly impact their health. Understanding these nuances is crucial for proactive pet care.

Heatstroke Prevention: Summer temperatures in the Low Country can be brutal. Never leave your pet in a parked car, even for a few minutes. Provide ample shade and fresh water, and limit strenuous activity during the hottest parts of the day. Consider investing in a cooling mat or pet-safe cooling vest. Learn the signs of heatstroke (excessive panting, lethargy, drooling) and seek immediate veterinary attention if you suspect it.

Parasite Control: The humid environment is ideal for ticks, fleas, heartworms, and other parasites. Regular parasite prevention is non-negotiable. Consult your veterinarian to determine the best preventative medication based on your pet's age, breed, and lifestyle. Regular checks for ticks and fleas are also essential.

Hurricane Preparedness: Hurricane season is a reality in the Low Country. Develop a hurricane preparedness plan that includes your pet. This should include identifying a safe place to shelter, securing food and water supplies, and having a carrier or crate readily available for evacuation. Consider microchipping your pet and ensuring their identification tags are up-to-date.

Finding the Right Veterinarian in the Low Country

Choosing the right veterinarian is paramount for your pet's health. Look for a vet who:

Specializes in common Low Country pet ailments: Experience with issues specific to the region's climate and environment is a significant advantage.

Offers preventative care services: Regular check-ups, vaccinations, and parasite prevention are crucial components of overall wellness.

Provides convenient location and hours: Finding a vet with convenient access can make routine care

easier to manage.

Has positive online reviews: Check online reviews and testimonials to gauge other pet owners' experiences.

Don't be afraid to call several veterinary clinics and ask questions before committing. A good vet-client relationship is essential for optimal pet care.

Nutrition and Diet for Low Country Pets

Proper nutrition is the cornerstone of a healthy pet. The right diet will contribute to a shiny coat, strong muscles, and a robust immune system. Consider these factors:

High-quality pet food: Choose a pet food formulated to meet your pet's specific life stage (puppy, adult, senior) and breed size. Look for ingredients you recognize and avoid those with excessive fillers.

Freshwater access: Always provide fresh, clean water, especially during hot and humid weather.

Treats in moderation: While treats can be a useful tool for training, they should only comprise a small percentage of your pet's daily caloric intake.

Dietary restrictions: If your pet has allergies or other health concerns, work with your veterinarian to develop a tailored dietary plan.

Exercise and Mental Stimulation

Physical activity and mental enrichment are vital aspects of overall pet wellness. Consider these suggestions:

Daily walks: Even short daily walks can provide significant exercise and mental stimulation.

Playtime: Engage in interactive play sessions with your pet using toys and games.

Training: Training provides mental stimulation and strengthens the bond between you and your pet.

Socialization: Safe and supervised socialization with other pets can be beneficial for your pet's social and emotional well-being. However, always consider your pet's temperament and avoid forcing interactions.

Preventative Care: The Key to a Healthy Pet

Preventative care is the most effective way to keep your pet healthy. This includes:

Regular veterinary check-ups: Schedule annual check-ups for your pet to monitor their health and address any potential issues early.

Vaccinations: Vaccinations protect your pet from a range of serious diseases.

Parasite prevention: Regular parasite prevention is crucial in the Low Country's climate.

Dental care: Dental disease is common in pets, so regular brushing and professional dental cleanings are important.

Conclusion

Maintaining Low Country pet wellness requires a proactive and informed approach. By understanding

the unique challenges of our climate, selecting a qualified veterinarian, providing proper nutrition and exercise, and prioritizing preventative care, you can significantly improve the quality and length of your pet's life. Remember, your pet's happiness and well-being depend on your dedication and effort.

Frequently Asked Questions (FAQs)

1. What are the most common health problems for pets in the Low Country? Common issues include heatstroke, tick-borne diseases (like Lyme disease), heartworm, and various parasitic infections due to the warm, humid climate.
1. How often should I take my pet to the vet for a checkup? Annual check-ups are recommended for adult pets, while puppies and kittens require more frequent visits for vaccinations and monitoring.
1. What are some signs that my pet might be experiencing heatstroke? Excessive panting, drooling, lethargy, vomiting, and staggering gait are all warning signs. Seek immediate veterinary attention if you suspect heatstroke.
1. What kind of parasite prevention should I use for my pet in the Low Country? This depends on your pet's age, breed, and lifestyle. Your veterinarian can recommend the most appropriate preventative medication based on your specific needs.
1. How can I prepare my pet for a hurricane? Create a pet emergency kit with food, water, medications, a carrier, and identification tags. Identify a safe place to shelter your pet, and have a plan for evacuation if necessary. Consider having a backup location in mind.

low country pet wellness: *Historic Charleston & the Lowcountry* Steve Gross, Susan Daley, 2016 An intimate tour of some of the finest historic homes, gardens, churches, and plantations of the old city of Charleston and its surrounding Lowcountry

low country pet wellness: The Year of the Dogs Vincent J. Musi, 2019-12-03 From an opera-loving Labrador to a tooting bulldog, a chronicle of the character and personality of everyday dogs from a National Geographic photographer. Discover the stunning collection of photographs that shows the majesty, playfulness, and joy that is man's best friend: As a National Geographic photographer, taking pictures of lions, tigers, and bears was a regular day's work for Vincent Musi, but in 2017 he gave himself a new challenge: dogs. Using the same lighting and photographic

techniques he uses for his National Geographic photography, Musi spent a year shooting portraits of dogs and compiling them into a book complete with all of the tail wags, wet noses, and dogs of all shapes and sizes. With delightful and informative bios displayed next to each portrait, *The Year of the Dogs* will have you entertained and doggedly coming back for more. "This gorgeous tribute to man's best friend is the perfect gift for the dog-lover in your life—or anyone who needs to be convinced that dogs have just as much personality as humans." —The Pioneer Woman "You've probably seen work by Vincent Musi before. He's a regular National Geographic photographer and his work has covered topics like volcanoes, illegal immigration, global warming, hurricanes and the like. His latest book, though, is quite different in subject matter. It's a book about dogs—your average pet pooch—and it's fabulous . . . Paging through the book is a delight." —Photo District News "For the dog lover who also loves photography, you can't go wrong with this coffee table book from photographer Vincent J. Musi." —InStyle (Holiday Gift Pick)

low country pet wellness: *Diseases of Dogs & Cats* Veterinary Surgeon, 1893

low country pet wellness: Management of Animal Care and Use Programs in Research, Education, and Testing Robert H. Weichbrod, Gail A. (Heidbrink) Thompson, John N. Norton, 2017-09-07 AAP Prose Award Finalist 2018/19 *Management of Animal Care and Use Programs in Research, Education, and Testing, Second Edition* is the extensively expanded revision of the popular *Management of Laboratory Animal Care and Use Programs* book published earlier this century. Following in the footsteps of the first edition, this revision serves as a first line management resource, providing for strong advocacy for advancing quality animal welfare and science worldwide, and continues as a valuable seminal reference for those engaged in all types of programs involving animal care and use. The new edition has more than doubled the number of chapters in the original volume to present a more comprehensive overview of the current breadth and depth of the field with applicability to an international audience. Readers are provided with the latest information and resource and reference material from authors who are noted experts in their field. The book: - Emphasizes the importance of developing a collaborative culture of care within an animal care and use program and provides information about how behavioral management through animal training can play an integral role in a veterinary health program - Provides a new section on Environment and Housing, containing chapters that focus on management considerations of housing and enrichment delineated by species - Expands coverage of regulatory oversight and compliance, assessment, and assurance issues and processes, including a greater discussion of globalization and harmonizing cultural and regulatory issues - Includes more in-depth treatment throughout the book of critical topics in program management, physical plant, animal health, and husbandry. Biomedical research using animals requires administrators and managers who are knowledgeable and highly skilled. They must adapt to the complexity of rapidly-changing technologies, balance research goals with a thorough understanding of regulatory requirements and guidelines, and know how to work with a multi-generational, multi-cultural workforce. This book is the ideal resource for these professionals. It also serves as an indispensable resource text for certification exams and credentialing boards for a multitude of professional societies Co-publishers on the second edition are: ACLAM (American College of Laboratory Animal Medicine); ECLAM (European College of Laboratory Animal Medicine); IACLAM (International Colleges of Laboratory Animal Medicine); JCLAM (Japanese College of Laboratory Animal Medicine); KCLAM (Korean College of Laboratory Animal Medicine); CALAS (Canadian Association of Laboratory Animal Medicine); LAMA (Laboratory Animal Management Association); and IAT (Institute of Animal Technology).

low country pet wellness: **Never Turn Your Back on an Angus Cow** Dr. Jan Pol, David Fisher, 2014-08-14 The star of *The Incredible Dr. Pol* shares his amusing, and often poignant, tales from his four decades as a vet in rural Michigan. Dr. Jan Pol is not your typical veterinarian. Born and raised the Netherlands on a dairy farm, he is the star of Nat Geo Wild's hit show *The Incredible Dr. Pol* and has been treating animals in rural Michigan since the 1970s. Dr. Pol's more than 20,000 patients have ranged from white mice to 2600-pound horses and everything in between. From the time he was twelve years old and helped deliver a litter of piglets on his family's farm to the

incredible moments captured on his hit TV show, Dr. Pol has amassed a wealth of stories of what it's like caring for this menagerie of animals. He shares his own story of growing up surrounded by animals, training to be a vet in the Netherlands, and moving to Michigan to open his first practice in a pre fab house. He has established himself as an empathetic yet no-nonsense vet who isn't afraid to make the difficult decisions in order to do what's best for his patients—and their hard-working owners. A sick pet can bring heartache, but a sick cow or horse could threaten the very livelihood of a farmer whose modest profits are dependent on healthy livestock. Reminiscent of the classic books of James Herriot, *Never Turn Your Back on an Angus Cow* is a charming, fascinating, and funny memoir that will delight animal lovers everywhere.

low country pet wellness: Pet Nation Mark Cushing, 2021-09-21 Now in paperback and with an update about pets during COVID. In the last 20 years pets have gone from the backyard to sleeping on our beds, then showing up in every corner of America. Pet Nation tells the story of this seismic shift and the economic, media, legal, political, and social dramas springing from this cultural transformation. Since 1998 the pet population in the U.S. has almost doubled -- about two-thirds of the country now owns a pet. No longer left to wander the neighborhood, dogs and cats eat special food, get individualized medical attention, and even fly in the cabin. As founder of the Animal Policy Group, Mark Cushing provides an inside look at the rise of Pet Nation, tracking the myriad ways pets are acquired (a Canine Freedom Train runs south to north), reporting on pet rights legislation (and the unseen problems that come with elevating their status), pet healthcare (revealing the truth and myths about large scale breeders), and discovering that despite what many organizations would have us believe, there is a shortage of dogs. Insightful, surprising, and full of great stories, Pet Nation opens our eyes to the big changes happening in front of us right now. It shows us not only what our love of animals says about pets, it shows us what it says about ourselves.

low country pet wellness: Healthy at Home Tieraona Low Dog, M.D., 2014-01-14 Get the how, when, and why of getting better and staying well with homemade remedies that the doctor orders. National Geographic helps you take charge of health care guided by a physician expert in natural healing, herbal medicine, and home remedies. Never have we needed this advice more than now, as worries about hospital-borne infections, antibiotic resistance, and pandemic threats make us yearn for the days of doctor home visits and mother's chicken soup. We need to rediscover the special care and comfort that comes from caring for health at home, says Dr. Low Dog. In this book she guides us in identifying, responding to, and caring for all the most common ailments, so that when it's time to take care at home, you have a doctor's advice on how. Learn how to make herbal remedies and why you and your family will be healthier for doing so--and get advice on when it's best to consult a health care professional instead.

low country pet wellness: CDC Yellow Book 2018: Health Information for International Travel Centers for Disease Control and Prevention CDC, 2017-04-17 THE ESSENTIAL WORK IN TRAVEL MEDICINE -- NOW COMPLETELY UPDATED FOR 2018 As unprecedented numbers of travelers cross international borders each day, the need for up-to-date, practical information about the health challenges posed by travel has never been greater. For both international travelers and the health professionals who care for them, the CDC Yellow Book 2018: Health Information for International Travel is the definitive guide to staying safe and healthy anywhere in the world. The fully revised and updated 2018 edition codifies the U.S. government's most current health guidelines and information for international travelers, including pretravel vaccine recommendations, destination-specific health advice, and easy-to-reference maps, tables, and charts. The 2018 Yellow Book also addresses the needs of specific types of travelers, with dedicated sections on: · Precautions for pregnant travelers, immunocompromised travelers, and travelers with disabilities · Special considerations for newly arrived adoptees, immigrants, and refugees · Practical tips for last-minute or resource-limited travelers · Advice for air crews, humanitarian workers, missionaries, and others who provide care and support overseas Authored by a team of the world's most esteemed travel medicine experts, the Yellow Book is an essential resource for travelers -- and the clinicians overseeing their care -- at home and abroad.

low country pet wellness: *Small Changes, Big Results* Ellie Krieger, Kelly James-Enger, 2008-06-03 An easy-to-start, simple-to-maintain, scientifically sound, and eminently usable twelve-week program of small steps on the road to better health *Small Changes, Big Results* is not about cutting all the carbohydrates out of your diet. Or replacing every single gram of sugar with omega-3 fatty acids. It's not about doing one hundred sit-ups a day, or getting on the treadmill whenever you have a free second. In fact, it's not about any of the total lifestyle-replacement gimmicks—whether diet, exercise, or pop psychology—that have swept our culture in recent years, putting untold millions of Americans on the risky roller coaster of success and failure that defines fad diets and programs. Not here. *Small Changes, Big Results* is about reality—the reality of what you can do, the reality of what you want to do, and the reality of what works. It's about introducing a series of small changes each week for three months in the three core areas of diet and nutrition; exercise and fitness; and emotional wellness. For each of the twelve weeks, nutritionist Ellie Krieger introduces a very finite, completely practical action plan for the week—and not only are these tasks incredibly doable, they're in fact so accessible that it's tough not to be inspired. For example, in Week 1 the nutrition task is merely to go shopping, buy some healthful pantry items, and start keeping track of what you eat; the exercise consists of taking three twenty-minute walks; and the wellness aspect is to do a five-minute breathing exercise. That's it. And it doesn't really get any harder. But these small changes do in fact lead to big results. At the end of twelve weeks, a totally unhealthy diet has been overhauled: armed with easy, delicious recipes and tips, you've removed unhelpful munchies and replaced them with healthful snacking, you've cut down on lethal trans fats while adding beneficial fat choices, you've replaced refined grains with whole grains, you're eating more fish and less red meat, and so forth. Yet you've never been forbidden to eat a single thing: instead of prohibiting entire food groups, Ellie categorizes foods as Usually, Sometimes, and Rarely—and now you should be eating more from the Usually choices, less from the Rarely category. Furthermore, you've integrated physical activity into your life, and you've developed a set of tools to help you deal with stress—you're not only eating better, but you're also exercising better and feeling better. The beauty of this program is that none of these action steps is remotely intimidating, because they're not a full immersion into a totally new lifestyle. Instead, it's a series of incremental changes—removing bad habits one by one, while at the same time adding good ones. There's nothing to scare you off—on the contrary, here's a whole book full of small changes that produce big results.

low country pet wellness: *Educating Your Clients from A to Z* Nan Boss, 2011

low country pet wellness: *Transforming the Workforce for Children Birth Through Age 8* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable

about how to support their development and learning and are responsive to their individual progress. Transforming the Workforce for Children Birth Through Age 8 offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

low country pet wellness: The Girls of August Anne Rivers Siddons, 2014-07-08 Anne Rivers Siddons's New York Times bestselling novel about four friends whose lives are forever changed by the events of one summer. For fifteen years, four girls of August would gather together to spend a week at the beach, until tragedy interrupts their ritual. Now they reunite for a startling week of discoveries. The ritual began when they were in their twenties and their husbands were in medical school, and became a mainstay of every summer thereafter. Their only criteria was oceanfront and isolation, their only desire to strengthen their far-flung friendships. They called themselves the Girls of August. But when one of the Girls dies tragically, the group slowly drifts apart and their vacations together are brought to a halt. Years later, a new marriage reunites them and they decide to come together once again on a remote barrier island off the South Carolina coast. There, far from civilization, the women uncover secrets that will change them in ways they never expected.

low country pet wellness: Sustainable Development Goals Pia Katila, Carol J. Pierce Colfer, Wil de Jong, Glenn Galloway, Pablo Pacheco, Georg Winkel, 2019-12-12 A global assessment of potential and anticipated impacts of efforts to achieve the SDGs on forests and related socio-economic systems. This title is available as Open Access via Cambridge Core.

low country pet wellness: Health First! Eleanor Hinton Hoytt, Hilary Beard, 2012-02-01 The story of Black women in America is one of triumph and grace, even with odds stacked high against them. Health First! The Black Woman's Wellness Guide provides you with a comprehensive guide to your #1 resource: yourself. Today, as Black women face an unprecedented health crisis, denial and self-neglect are no longer viable options. This groundbreaking volume is rooted in the pioneering work of the Black Women's Health Imperative, the nation's only nonprofit organization devoted to advancing the health and wellness of Black women and girls. It offers a core health philosophy—too long denied Black women—based on putting your health first. Health First! explores Black women's most critical health challenges, connecting the dots through honest discussions with experts and the uncensored stories of real women—from adolescence through elderhood. The focus is on prevention and awareness, across generations and circumstances—from candid conversations about reproductive health and HIV/AIDS to frank explorations of Black women's Top 10 Health Risks, including cancer, obesity, and violence. No matter what your age or health status, this unprecedented health reference will become a trusted ally as you seek accessible and relevant information to help you navigate your most pressing health needs. In an age of uncertainty, it's time to take control and truly discover the vitality, power, and joy that can be yours when you learn how to put your health first.

low country pet wellness: Nutrient Requirements of Dogs and Cats National Research Council, Division on Earth and Life Studies, Board on Agriculture and Natural Resources, Committee on Animal Nutrition, Subcommittee on Dog and Cat Nutrition, 2006-07-01 Updating recommendations last made by the National Research Council in the mid-1980s, this report provides nutrient recommendations based on physical activity and stage in life, major factors that influence nutrient needs. It looks at how nutrients are metabolized in the bodies of dogs and cats, indications of nutrient deficiency, and diseases related to poor nutrition. The report provides a valuable resource for industry professionals formulating diets, scientists setting research agendas, government officials developing regulations for pet food labeling, and as a university textbook for dog and cat nutrition. It can also guide pet owners feeding decisions for their pets with information on specific nutrient needs, characteristics of different types of pet foods, and factors to consider when feeding cats and dogs.

low country pet wellness: 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.

low country pet wellness: *Training the Best Dog Ever* Larry Kay, Dawn Sylvia-Stasiewicz, 2012-09-25 *Training the Best Dog Ever*, originally published in hardcover as *The Love That Dog Training Program*, is a book based on love and kindness. It features a program of positive reinforcement and no-fail techniques that author Dawn Sylvia-Stasiewicz used to train the White House dog, Bo Obama, and each of Senator Ted Kennedy's dogs, among countless others. *Training the Best Dog Ever* relies on trust and treats, not choke collars; on bonding, not leash-yanking or reprimanding. The five-week training program takes only 10 to 20 minutes of practice a day and works both for puppies and for adult dogs that need to be trained out of bad habits. Illustrated with step-by-step photographs, the book covers hand-feeding; crate and potty training; and basic cues—sit, stay, come here—as well as more complex goals, such as bite inhibition and water safety. It shows how to avoid or correct typical behavior problems, including jumping, barking, and leash-pulling. Plus: how to make your dog comfortable in the world—a dog that knows how to behave in a vet's office, is at ease around strangers, and more. In other words, the best dog ever.

low country pet wellness: *Starting Your Own Veterinary Practice* , 1985

low country pet wellness: *CDC Yellow Book 2020* Centers for Disease Control and Prevention (CDC), 2019 The definitive reference for travel medicine, updated for 2020 A beloved travel must-have for the intrepid wanderer. -Publishers Weekly A truly excellent and comprehensive resource. -Journal of Hospital Infection The CDC Yellow Book offers everything travelers and healthcare providers need to know for safe and healthy travel abroad. This 2020 edition includes: ♦ Country-specific risk guidelines for yellow fever and malaria, including expert recommendations and 26 detailed, country-level maps ♦ Detailed maps showing distribution of travel-related illnesses, including dengue, Japanese encephalitis, meningococcal meningitis, and schistosomiasis ♦ Guidelines for self-treating common travel conditions, including altitude illness, jet lag, motion sickness, and travelers' diarrhea ♦ Expert guidance on food and drink precautions to avoid illness, plus water-disinfection techniques for travel to remote destinations ♦ Specialized guidelines for

non-leisure travelers, study abroad, work-related travel, and travel to mass gatherings ♦ Advice on medical tourism, complementary and integrative health approaches, and counterfeit drugs ♦ Updated guidance for pre-travel consultations ♦ Advice for obtaining healthcare abroad, including guidance on different types of travel insurance ♦ Health insights around 15 popular tourist destinations and itineraries ♦ Recommendations for traveling with infants and children ♦ Advising travelers with specific needs, including those with chronic medical conditions or weakened immune systems, health care workers, humanitarian aid workers, long-term travelers and expatriates, and last-minute travelers ♦ Considerations for newly arrived adoptees, immigrants, and refugees Long the most trusted book of its kind, the CDC Yellow Book is an essential resource in an ever-changing field -- and an ever-changing world.

low country pet wellness: The Finnish Way Katja Pantzar, 2018-06-26 An engaging and practical guided tour of the simple and nature-inspired ways that Finns stay happy and healthy—including the powerful concept of *sisu*, or everyday courage Forget *hygge*--it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland. What she discovered there transformed her body, mind and spirit. In this engaging and practical guide, she shows readers how to embrace the keep it simple and sensible daily practices that make Finns one of the happiest populations in the world, year after year. Topics include: Movement as medicine: How walking, biking and swimming every day are good for what ails us--and best done outside the confines of a gym Natural mood boosters: Cold water swimming, steamy saunas, and other ways to alleviate stress, anxiety, insomnia, and depression Forest therapy: Why there's no substitute for getting out into nature on a regular basis Healthy eating: What the Nordic diet can teach us all about feeding body, mind and soul The gift of *sisu*: Why Finns embrace a special form of courage, grit and determination as a national virtue - and how anyone can dig deeper to survive and thrive through tough times. If you've ever wondered if there's a better, simpler way to find happiness and good health, look no further. The Finns have a word for that, and this empowering book shows us how to achieve it.

low country pet wellness: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for: • Anyone who has embraced *hygge* and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

low country pet wellness: *Clinical Case Studies for the Family Nurse Practitioner* Leslie Neal-Boylan, 2011-11-28 *Clinical Case Studies for the Family Nurse Practitioner* is a key resource for advanced practice nurses and graduate students seeking to test their skills in assessing, diagnosing, and managing cases in family and primary care. Composed of more than 70 cases ranging from common to unique, the book compiles years of experience from experts in the field. It is organized chronologically, presenting cases from neonatal to geriatric care in a standard approach built on the SOAP format. This includes differential diagnosis and a series of critical thinking questions ideal for self-assessment or classroom use.

low country pet wellness: *Dogs of Summer* Andrea Abreu, 2022-08-02 [A] firecracker of a debut . . . Abreu's novel, in Julia Sanches's sparkling translation, is a revelation, perfectly capturing a festering summer of meltdowns and shrinking horizons. —The New York Times My Brilliant Friend meets Blue is the Warmest Color in this lyrical debut novel set in a working-class neighborhood of the Canary Islands—a story about two girls coming of age in the early aughts and a friendship that simmers into erotic desire over the course of one hot summer. High near the volcano of northern Tenerife, an endless ceiling of cloud cover traps the working class in an abject, oppressive heat. Far away from the island's posh resorts, two girls dream of hitching a ride down to the beach and escaping their horizonless town. It's summer, 2005, and our ten-year-old narrator is consumed by thoughts of her best friend Isora. Isora is rude and bossy, but she's also vivacious and brave; grownups prefer her, and boys do, too. That's why sometimes she gets jealous of Isora, who already has hair on her vagina and soft, round breasts. But she's definitely not jealous that Isora's mother is dead, nor that Isora's fat, foul-mouthed grandmother has her on a diet, so that she is constantly sticking her fingers down her throat. Besides, she would do anything for Isora: gorge herself on cakes when her friend wants to watch, follow her to the bathroom when she takes a shit, log into chat rooms to swap dirty instant messages with strangers. But increasingly, our narrator finds it hard to keep up with Isora, who seems to be growing up at full tilt without her—and as her submissiveness veers into a painful sexual awakening, desire grows indistinguishable from intimate violence. Braiding prose poetry with bachata lyrics and the gritty humor of Canary dialect, *Dogs of Summer* is a story of exquisite yearning, a brutal picture of girlhood and a love song written for the vital community it portrays.

low country pet wellness: [The Healthy Workplace](#) Leigh Stringer, 2016-07-01 Learn how to improve the well-being of your employees that will ultimately boost your company's bottom line. Studies show that unhealthy work habits, like staring at computer screens and rushing through fast-food lunches, are taking a toll in the form of increased absenteeism, lost productivity, and higher insurance costs. But should companies intervene with these individual problems? And if so, how? The Healthy Workplace says yes! Companies that learn how to incorporate healthy habits and practices into the workday for their employees will see such an impressive ROI that they'll kick themselves for not starting these practices sooner. Packed with real-life examples and the latest research, this all-important resource reveals how to: Create a healthier, more energizing environment Reduce stress to enhance concentration Inspire movement at work Support better sleep Heighten productivity without adding hours to the workday Filled with tips for immediate improvement and guidelines for building a long-term plan, *The Healthy Workplace* proves that a company cannot afford to miss out on the ROI of investing in their employees' well-being.

low country pet wellness: **Low Stress Handling, Restraint and Behavior Modification of Dogs and Cats** Sophia Yin, 2009-06-15 Dr. Sophia Yin, author of the Small Animal Veterinary Nerdbook, is a veterinarian, applied animal behaviorist, author, and speaker. Her passion for animals and their proper handling and restraint led her to spend hundreds of hours on this project - a new book and instructional DVD set focused on the most humane techniques that reduce stress for people and pets. The book and DVD feature: • More than 1,600 photos that show practicing veterinarians and students how to handle dogs and cats correctly • Explanations of what vets think they're doing right but may actually be doing wrong • Three hours of video clips with voiceover narratives that show correct and incorrect handling procedures By using this training tool, vets will: • Be able to implement the most up-to-date handling techniques • Learn how to restrain animals correctly through behavior modification that does not involve coercion, dominance, or other negative training methods • Increase efficiency because patients will willingly comply with procedures • Stop perpetuating behavior problems in patients • Create a safer environment for themselves and their team with fewer bites, scratches, and back injuries • Improve the bond between vet, pet, and client Published by CattleDog Publishing, USA and distributed by Manson Publishing Ltd.

low country pet wellness: **Unplugged** Gordon Korman, 2021-01-05 From the New York Times bestselling author of *The Unteachables*, Gordon Korman, comes a hilarious middle grade novel about

a group of kids forced to “unplug” at a wellness camp—where they instead find intrigue, adventure, and a whole lot of chaos. Perfect for fans of Korman’s Ungifted and the Masterminds series, as well as Carl Hiaasen’s eco mysteries. As the son of the world’s most famous tech billionaire, spoiled Jett Baranov has always gotten what he wanted. So when his father’s private jet drops him in the middle of the Arkansas wilderness, at a place called the Oasis, Jett can’t believe it. He’s forced to hand over his cell phone, eat grainy veggie patties, and participate in wholesome activities with the other kids, who he has absolutely no interest in hanging out with. As the weeks go on, Jett starts to get used to the unplugged life and even bonds with the other kids over their discovery of a baby-lizard-turned-pet, Needles. But he can’t help noticing that the adults at the Oasis are acting really strange. Jett is determined to get to the bottom of things, but can he convince everybody that he is no longer just a spoiled brat who is making trouble?

low country pet wellness: The Cannabis Manifesto Steve DeAngelo, 2015-09-22 An authoritative, persuasive, and riveting call for the legalization and responsible use of medical marijuana, The Cannabis Manifesto is a book whose time has come. The Cannabis Manifesto is both a call to action and a radical vision of humans' relationship with this healing but controversial plant. Steve DeAngelo, the founder of Harborside Health Center, the world's largest medical-cannabis dispensary, presents a compelling case for cannabis as a wellness catalyst that must be legalized. His view that there is no such thing as recreational cannabis use challenges readers to rethink everything they thought they knew about marijuana. The Cannabis Manifesto answers essential questions about the plant, using extensive research to fuel a thoughtful discussion about cannabis science and law, as well as its biological, mental, and spiritual effects on human beings. With a cultural critic's eye peering through the lens of social justice, DeAngelo explains how cannabis prohibition has warped our most precious institutions—from the family, to the workplace, to the doctor’s office and the courtroom. In calling for a realistic national policy on a substance that has been used by half of all Americans, this essential primer will forever change the way the world thinks about cannabis, its benefits, and the laws governing its use.

low country pet wellness: The Whole Pet Diet Andi Brown, 2006-09-01 One in four pets is obese, and every year owners spends thousands of dollars treating allergies, joint problems, digestive disorders, and serious diseases that could improve dramatically with a nutritious diet. Yet despite promises of complete and balanced meals, most commercial pet foods contain chemical preservatives, indigestible fillers, and dangerous by-products. If your pets are overweight, ailing, or aging, or you just want them to be as healthy as possible, THE WHOLE PET DIET offers a straightforward plan to achieve lifelong health and well-being. Featuring twenty-five easy recipes for homemade meals and treats, a guide to natural supplements, and practical tips for no-stress grooming and play, this holistic approach to pet care creates optimal health for dogs and cats, and it just might change the way you eat, too.

low country pet wellness: Improved Standards for Laboratory Animals Act; and Enforcement of the Animal Welfare Act by the Animal and Plant Health Inspection Service United States. Congress. House. Committee on Agriculture. Subcommittee on Department Operations, Research, and Foreign Agriculture, 1985

low country pet wellness: Change Sings Amanda Gorman, 2021-09-21 A lyrical picture book debut from #1 New York Times bestselling author and presidential inaugural poet Amanda Gorman and #1 New York Times bestselling illustrator Loren Long I can hear change humming In its loudest, proudest song. I don't fear change coming, And so I sing along. In this stirring, much-anticipated picture book by presidential inaugural poet and activist Amanda Gorman, anything is possible when our voices join together. As a young girl leads a cast of characters on a musical journey, they learn that they have the power to make changes—big or small—in the world, in their communities, and in most importantly, in themselves. With lyrical text and rhythmic illustrations that build to a dazzling crescendo by #1 New York Times bestselling illustrator Loren Long, Change Sings is a triumphant call to action for everyone to use their abilities to make a difference.

low country pet wellness: Getting to Zero Peter Marsh, 2012-11-14

low country pet wellness: Crossing the Global Quality Chasm National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Board on Global Health, Committee on Improving the Quality of Health Care Globally, 2019-01-27 In 2015, building on the advances of the Millennium Development Goals, the United Nations adopted Sustainable Development Goals that include an explicit commitment to achieve universal health coverage by 2030. However, enormous gaps remain between what is achievable in human health and where global health stands today, and progress has been both incomplete and unevenly distributed. In order to meet this goal, a deliberate and comprehensive effort is needed to improve the quality of health care services globally. *Crossing the Global Quality Chasm: Improving Health Care Worldwide* focuses on one particular shortfall in health care affecting global populations: defects in the quality of care. This study reviews the available evidence on the quality of care worldwide and makes recommendations to improve health care quality globally while expanding access to preventive and therapeutic services, with a focus in low-resource areas. *Crossing the Global Quality Chasm* emphasizes the organization and delivery of safe and effective care at the patient/provider interface. This study explores issues of access to services and commodities, effectiveness, safety, efficiency, and equity. Focusing on front line service delivery that can directly impact health outcomes for individuals and populations, this book will be an essential guide for key stakeholders, governments, donors, health systems, and others involved in health care.

low country pet wellness: Journal of the American Veterinary Medical Association American Veterinary Medical Association, 2017

low country pet wellness: *Educating the Student Body* Committee on Physical Activity and Physical Education in the School Environment, Food and Nutrition Board, Institute of Medicine, 2013-11-13 Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. *Educating the Student Body* makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

low country pet wellness: Indigenous Peoples' Food Systems & Well-being Harriet V. Kuhnlein, Bill Erasmus, Dina Spigelski, Barbara A. Burlingame, 2013 Throughout the 10 years of this research we have shown the strength and promise of local traditional food systems to improve health and well-being.

low country pet wellness: Hair Like a Fox Danny Roddy, 2013 While it is often stated with

great confidence that pattern baldness is the result of defective genes and male androgenic hormones (e.g., testosterone, DHT), the theory is physiologically unsound. In fact, after 60 years of research the genetic-androgen doctrine has produced a single FDA-approved therapy that works less than 50% the time and can result in permanent chemical castration. ...Standing on the shoulders of giants (e.g., Otto Warburg, Albert Szent-Györgyi, Gilbert Ling, Ray Peat and others), Hair Like a Fox sets up an alternative bioenergetic model of pattern hair loss with a focus on the smallest unit of life, the cell. This same context elucidates simple yet effective therapies for halting and perhaps reversing pattern hair loss in a way that harmonizes with our unique physiology--Amazon.com.

low country pet wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

low country pet wellness: Emergency Vet Lillian M. Roberts, 1998 At the Animal Emergency Clinic in Palm Desert, California, vet Lillian Roberts never knows what the night will bring. Whatever the crisis, she gives her patients her all--easing pain, performing major surgery, improvising treatments, and rolling with the punches through long, hard hours. Now, in dozens of thrilling true stories, readers relive with Dr. Roberts the most intense and memorable of her battles to save lives, mourning her losses, rejoicing in her many victories.

low country pet wellness: The Mindful Practice of Falun Gong Margaret Trey, 2016-04-15 The Mindful Practice of Falun Gong marries research evidence with the art of storytelling. The book heralds the author's Hearts Uplifted project that aims to revive the lived experiences of individuals whose lives have been profoundly touched and transformed by Falun Gong—a spiritual meditation practice. Drawing from a labyrinth of research findings and the on-going study, the author effectively weaves facts from the academic inquiry with a compelling story of one woman's journey to wellness with Falun Gong. The book presents the results from the Australian survey—a doctoral study—that investigates the health-wellness effects of Falun Gong, as perceived by those who practice it.

low country pet wellness: Occupational Therapy Practice Framework: Domain and Process Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the Occupational Therapy Practice Framework: Domain and Process. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the

Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

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