

wellness calm for dogs

Wellness Calm for Dogs: Finding Peace and Harmony for Your Furry Friend

Is your dog a bundle of nervous energy? Do anxieties seem to control their daily life, leading to barking, destructive behavior, or even fear-based aggression? You're not alone. Many dog owners grapple with helping their furry friends navigate the stresses of modern life. This comprehensive guide dives deep into the world of "wellness calm for dogs," exploring various methods to promote serenity and reduce anxiety in your canine companion. We'll uncover natural solutions, behavioral strategies, and professional options to help your dog achieve a more peaceful, balanced life. Get ready to embark on a journey towards a calmer, happier pup!

Understanding Canine Anxiety: The Root of the Problem

Before we delve into solutions, it's crucial to understand the root causes of anxiety in dogs. While every dog is an individual, common triggers include:

Separation Anxiety: This is a prevalent issue, manifesting in excessive barking, destructive chewing, and even house soiling when left alone.

Noise Phobias: Fireworks, thunderstorms, and even loud traffic can send some dogs into a panic.

Fear of Strangers or Other Animals: A lack of socialization or a past negative experience can lead to fear-based aggression or avoidance.

Changes in Routine: Dogs thrive on routine. Any significant disruption, such as a move, new family member, or change in schedule, can trigger anxiety.

Underlying Medical Conditions: Sometimes, anxiety is a symptom of an underlying medical issue. Consult your veterinarian to rule out any physical causes.

Recognizing these triggers is the first step towards addressing your dog's anxiety. Keep a journal noting situations that seem to trigger anxious behavior to help you pinpoint specific problem areas.

Natural Remedies for Wellness Calm in Dogs

Many natural remedies can help promote calmness and reduce anxiety in dogs without resorting to pharmaceuticals. These options often work best when combined with other strategies:

Adaptil Diffusers/Spray: These products release synthetic pheromones that mimic a mother dog's calming pheromones, creating a sense of security and reducing stress.

Herbal Supplements: Consult your veterinarian before using any herbal supplements, but options like chamomile, valerian root, and CBD oil (ensure it's specifically formulated for pets and from a reputable source) are sometimes used to promote relaxation. Always start

with the lowest recommended dose.

Nutritional Changes: A balanced diet rich in Omega-3 fatty acids can support brain health and reduce inflammation, potentially improving mood and behavior. Talk to your vet about dietary adjustments.

Regular Exercise: Physical activity is crucial for releasing endorphins and reducing stress. Daily walks, playtime, and interactive games can significantly improve your dog's mood.

Enrichment Activities: Mental stimulation helps alleviate boredom and anxiety. Provide puzzle toys, chew toys, and opportunities for sniffing and exploration to keep your dog engaged.

Behavioral Modification Techniques for a Calmer Dog

Addressing the behavioral manifestations of anxiety is just as important as addressing the underlying causes. Consider these techniques:

Desensitization and Counter-Conditioning: Gradually expose your dog to their anxiety triggers at a low intensity, pairing the trigger with positive reinforcement (treats, praise). This helps them associate the trigger with positive experiences.

Positive Reinforcement Training: Focus on rewarding calm behavior rather than punishing anxious behavior. This helps your dog learn what you want them to do and strengthens the desired responses.

Safe Space Creation: Designate a quiet, comfortable area where your dog can retreat when feeling overwhelmed. This provides a sense of security and control.

Consistent Routine: Maintain a predictable schedule for feeding, walks, and playtime. This reduces uncertainty and helps your dog feel secure.

When to Seek Professional Help for Canine Anxiety

While many dogs benefit from home-based interventions, some require professional help. Consider seeking guidance from:

Veterinarian: Your vet can rule out any underlying medical conditions and recommend appropriate treatment options, including medication if necessary.

Certified Veterinary Behaviorist (Dip ACVB): These specialists have advanced training in canine behavior and can provide a comprehensive assessment and create a tailored behavior modification plan.

Certified Professional Dog Trainer (CPDT-KA): A certified trainer can help you implement effective training techniques and address specific behavioral issues.

Medication for Canine Anxiety: A Last Resort

In some cases, medication may be necessary to manage severe anxiety. Anti-anxiety medications for dogs are prescribed by veterinarians and should only be used under their guidance. It's crucial to understand that medication is often most effective when combined with behavior modification techniques. Never start or stop medication without consulting your veterinarian.

Wellness Calm for Dogs: A Holistic Approach

Achieving "wellness calm" for your dog is a holistic endeavor. It requires a combination of understanding your dog's individual needs, implementing natural remedies, utilizing behavioral modification strategies, and seeking professional guidance when necessary. Patience, consistency, and a positive approach are key to helping your dog live a happier, more peaceful life. Remember, building a strong bond with your dog and providing a loving, supportive environment is foundational to their overall well-being.

Conclusion:

By combining the strategies outlined above – from natural remedies and behavioral modification to professional help when needed – you can significantly improve your dog's overall well-being and reduce anxiety levels. Remember that every dog is unique, and what works for one may not work for another. Be patient, persistent, and celebrate even the smallest victories along the way. Your commitment to your dog's wellness will be richly rewarded with a happier, calmer companion.

FAQs:

1. My dog only gets anxious around fireworks. Can I just give them a calming supplement during firework displays? While calming supplements can help, they are often most effective when used proactively as part of a desensitization and counter-conditioning program to help your dog associate fireworks with positive experiences.
1. My dog is destructive when left alone. Is this always separation anxiety? Destructive behavior when alone can be a sign of separation anxiety, but it could also indicate boredom, lack of exercise, or other underlying issues. A veterinary behaviorist can help determine the cause.
1. Are there any risks associated with using herbal remedies for dogs? Yes, some herbal remedies can interact with medications or have side effects. Always consult your veterinarian before using any herbal supplements for your dog.
1. How long does it take to see results from behavior modification techniques? The timeframe varies depending on the severity of the anxiety and the consistency of your training. Be patient and consistent; results may take weeks or even months.

1. My vet prescribed medication for my dog's anxiety. When can I expect to see improvement? The onset of effects varies depending on the medication. Your veterinarian will discuss what to expect and monitor your dog's progress. It's crucial to follow their instructions carefully.

wellness calm for dogs: Yin & Yang Nutrition for Dogs Judy Morgan DVM, Hue Grant, 2017-11-10 Cooking for dogs according to traditional Chinese medicine food therapy including recipes.

wellness calm for dogs: Wellness for Dogs Céline Gastinel-Moussour, 2023-07-25 This must-have resource is the perfect gift for every caring dog owner to ensure their pet's health and wellness—with advice and solutions for everything from grooming to digestion to age, plus 30 simple recipes for treats, tonics, and skin and fur care. With four color photography and chapters dedicated to physical and emotional needs, Wellness for Dogs offers all that's needed to give a new pet owner confidence or to put an experienced pet owner on a healthier path. Chapters are dedicated to daily life, mental well being, and aging. Specific and clear advice covers everything from keeping your pet's coat glossy to making sure his diet is healthy and even solutions for over-excitement and behavioral issues. It includes 30 simple recipes for treats, tonics, and skin and fur preparations.

wellness calm for dogs: Treating Separation Anxiety In Dogs Malena DeMartini-Price, CTC, 2014-04-21 **Committed trainers and owners can solve this problem!
**Treating separation anxiety in dogs is not quick or easy—but it can be done. The successful ingredients are cooperation, commitment and time on the part of the dog trainer and the owners. In this important new book, author Malena DeMartini-Price shares her 5 Phase Treatment Protocol and related strategies to help dogs overcome the fear of being left alone and addresses the trauma it can inflict on both the dog and their owners. Trainer handouts, detailed step-by-step training tips and a sample initial interview questionnaire are included.

 **Learn about:
** • The critical role that “suspending absences” plays in the early part of the treatment plan and how owners and trainers can make this more manageable.
 • How dog trainers can make the treatment of separation anxiety in dogs a specialized business.
 • The role that management techniques and medications can play to help support the recommended behavior modification strategies.
 • How technology, including remote feeding devices and web cams, can be used to monitor a dog's progress in overcoming his fear of being left alone.

wellness calm for dogs: Ultimate Wellness Prof. Kerry Phelps, 2013-02-01 Are you stuck in a health rut? Stressed out, overtired, overweight and under par. Maybe you sleep less and drink more than you should. You know you need to make changes now rather than wait for the big health crisis, but how? In Ultimate Wellness, Professor Kerry Phelps AM, one of Australia's best-known and most respected GPs, shares her simple but effective 3-step approach to ultimate wellbeing. Kerry shows you how to assess your health, make a plan for improvement and change your mindset to ensure you stick to your goals. She demonstrates how a little bit of effort, one step at a time, will make an enormous difference to how you feel. Along the way she provides answers to your most common health questions: · How do I find the right health professional? · What really works when it comes to weight loss? · How do I integrate complementary and conventional treatments? · Do I need to take vitamins and other supplements? · How much exercise is ideal, and how much can I get away with? · Why can't I get a good night's sleep? · How much alcohol is too much? · What can I do to overcome stress and fatigue? Informative, accessible and achievable, this is your complete plan for getting better, staying well and achieving ultimate wellness.

wellness calm for dogs: Don't Leave Me! Nicole Wilde, 2010 Separation anxiety can be an

extremely challenging behavior issue for dogs and owners alike. This comprehensive guide includes all the information you need to help your dog, and to lower your own stress levels as well. You'll get plenty of tips, ideas, and step-by-step instructions; the interactive format will allow you to customize an effective rehabilitation plan for your individual dog. Topics include the role of management, nutrition, and exercise, whether pharmacological intervention could help, how to build canine confidence, creative management solutions, step-by-step behavior modification protocols, alternative therapies that can be invaluable, and how to put it all together in a customized plan. Also included are real-life stories from experts telling how they handled separation issues in their clients' dogs and their own dogs. Written in a down-to-earth, straightforward, and often humorous manner, this book will enable you to successfully teach your dog to feel comfortable being left alone.

wellness calm for dogs: Dog Behavior and Training Lowell J. Ackerman, Gary M. Landsberg, Wayne L. Hunthausen, 1996 Outlines how to train and shape a dog's behaviour, emphasising reward, motivation and training techniques instead of punishment and harsh discipline

wellness calm for dogs: Medicine Dog Julia Szabo, 2014-03-04 Julia Szabo was a nationally-recognized pet reporter when her dog Sam collapsed from osteoarthritis. Diligently researching how to restore his quality of life, she discovered Vet-Stem, a service that provides cutting-edge regeneration therapy for pets, using stem cells harvested from animals' own tissue. Just hours after receiving IV and intra-joint injections, Sam began aging backward--which left Julia wondering why this simple, effective treatment was not available for humans. Julia suffered from chronic inflammatory bowel disease, and after witnessing Sam's astonishing recovery, she set out on a curious quest: to be treated like a dog by a doctor as competent as her vet! After a four-year wait, Julia became the first American to be successfully cured of a perirectal fistula with stem cells derived from her own fat. With this amazing true story of how a pack of shelter dogs she rescued from death row came to save her life, Julia hopes to inspire and inform readers about exciting healthcare options available to them and their cherished animal companions.

wellness calm for dogs: Reiki for Dogs Kathleen Prasad, 2012-04-17 TAP INTO THE POWER OF REIKI TO HEAL YOUR DOG Using the most gentle and natural treatment possible, Reiki for Dogs can help you realize a new level of wellbeing for your dog. This powerful book provides everything necessary to help your dog through times of discomfort and to deepen your bond with the canine companions in your life. With a wealth of information based on the author's years of training and personal experience, Reiki for Dogs will guide you with: • Enlightening tips and tricks for getting started • Step-by-step examples of Reiki healings • Real-life case studies of dogs helped by Reiki Meaning "spiritual energy," Reiki is used worldwide to support physical, emotional and spiritual healing, and is the perfect complement to traditional veterinary medicine.

wellness calm for dogs: The Angell Memorial Animal Hospital Book of Wellness and Preventive Care for Dogs Darlene Arden, 2002-12-26 A world-renowned animal hospital shares its total-care program for dogs Angell Memorial's reputation in the animal world is unchallenged, and who better to tell their story than one of the best dog writers in the business. . . . A perfect combination and a must for this important bookshelf. --Betty White, actress, author, and animal welfare activist Angell Memorial Animal Hospital boasts an innovative and authoritative staff and a reputation second to none. Now for the first time, Angell Memorial is teaming up with an award-winning journalist, Darlene Arden, to offer its unprecedented preventive care program to puppy and dog owners everywhere in this comprehensive, user-friendly book, *The Angell Memorial Animal Hospital Book of Wellness and Preventive Care for Dogs*. Too often dog owners wait until a pet is struck with an illness to seek out veterinary advice. The importance of implementing a program that prevents illness from occurring is key to a happy and healthy pet. Topics covered include: Dentistry, grooming, and nutrition Emergencies, surgery, first aid, and vaccinations Training and behavior Caring for middle-aged and advanced-aged dogs Angell's unique preventive care handouts and brochure pages (offered for the first time to the general public) are also included. Now, through this book, readers and their veterinarians can create a preventive care program that mimics Angell's to fit the individual dog and lifestyle.

wellness calm for dogs: The Language of Dogs Justin Silver, David Donnenfeld, 2021-03-30 The star of the television show Dog in the City presents his advice on dog training, emphasizing the importance of knowing a dog's unique personality and focusing on positive commands.

wellness calm for dogs: Enlightened Dog Training Jesse Sternberg, 2021-10-26 • Reveals the principles of the secret language of the animal kingdom to help you communicate with your pet and read their signals • Offers cutting-edge, unique solutions to everyday canine problems by looking at behavioral issues through the lens of your pet's emotions • Shares training exercises and powerful meditative practices to do with your pet as well as on your own to help soothe anxiety, overcome aggression issues, and transform tension into harmony Are you aware of the body signals through which your dog shares his or her perspective of the world with you? Understanding the language of your pet allows you to communicate better and naturally transform your dog into a calm, relaxed companion for life. In this guide, meditation teacher and dog trainer Jesse Sternberg reveals the principles of the secret language of the animal kingdom and offers commonsense yet unique solutions to everyday canine behavioral problems. Using case studies that resonate with every pet owner and dog lover, he explains how most of our pets' issues arise from intense feelings caused by the environment, ourselves, or prior conditioning and how these emotions are acted out by the dog. Combining mindfulness teachings with animal psychology, Jesse suggests training exercises and powerful meditative practices to do with your pet as well as on your own to help build a calm and peaceful mindset for both your dog and yourself, so eventually you will find yourselves aligned and able to gracefully master even unexpected situations. Enlightened Dog Training offers unique training techniques for soothing anxiety, healing neuroses, overcoming aggression issues, and transforming tension into harmony. Communicate nonverbally with your dog using the signals dogs use with each other and address problems with leash training and guarding resources and territory. Helping you cultivate empathy, awareness, and confidence to become the peaceful alpha your dog craves, this guide shows how to strengthen your human-animal bond, communicate with actions, and command with respect and love.

wellness calm for dogs: Dog Behavior James C. Ha, Tracy L. Champion, 2018-11-29 Dog Behavior: Modern Science and Our Canine Companions provides readers with a better understanding of canine science, including evolutionary concepts, ethograms, brain structures and development, sensory perspectives, the science of emotions, social structure, and the natural history of the species. The book also analyzes relationships between humans and dogs and how the latter has evolved. Readers will find this to be an ideal resource for researchers and students in animal behavior, specifically focusing on dog behavior and human-canine relationships. In addition, veterinarians seeking further information on dog behavior and the social temperament of these companion animals will find this book to be informative. - Provides an accessible, engaging introduction to animal behavior specifically related to human-canine relationships - Clarifies misunderstandings, mysteries and misconceptions about canines with historical evidence and scientific studies - Offers insights and techniques to improve human-canine relationships

wellness calm for dogs: 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.

wellness calm for dogs: Herbs for Pets Mary L. Wulff, Greg L. Tilford, 2011-04-19 Herbs for Pets, by herbalists and holistic experts Gregory L. Tilford and Mary L. Wulff, is the bible for all pet owners looking to enhance their companion animals' lives through natural therapies. Now in its

second revised edition, *Herbs for Pets* is an indispensable resource, an exhaustive compendium of medicinal plants and natural remedies that hosts an illustrated tour through Western, ayurvedic, and Chinese herbs that grow in North America, including their holistic applications and contraindications, and alternative approaches to treating a wide range of ailments. Remedies in the book are applicable to dogs and cats, as well as birds, small mammals, and even farm animals. The book is organized into three chapters, the first is dedicated to the "Principles and Practices of Herbalism," discussing the many facets of herbs, concerns about toxicity, basic herbal preparation, the ethical use of herbs, the connection between herbs and diet, and using herbs as dietary supplements. Chapter 2, titled "Materia Medica: An A-Z Guide to Herbs for Animals," is an exhaustive 150-page section presenting color photographs and text about the appearance, habitat and range, cycle and bloom season, parts used, primary medicinal activities, strongest affinities, common uses, availability, propagation and harvest, alternatives and adjuncts, and cautions and comments for 65 different herbs (from Alfalfa to Yucca!). The common uses section is extensive for each herb, discussing the nutrient value, various qualities, and ways in which the herb is used for specific treatments. The third chapter of the book is titled "An Herbal Repertory for Animals: Ailments and Treatments" and details remedies for the following: anxiety, nervousness, and behavioral problems; arthritis and hip dysplasia; cancer; cardiovascular problems; digestive system problems; ear problems; elderly animal care; endocrine system and related problems; epilepsy, convulsions, and seizures; eye problems; first aid, immune system care; mouth and nose problems; parasite-related problems; pregnancy and lactation; skin problems; and urinary problems. The authors share over two dozen herbal remedies for various ailments, from asthma and pneumonia to constipation and eye cleaner. A glossary of over 200 terms is included, as are references and a comprehensive index.

wellness calm for dogs: *The New Holistic Way for Dogs and Cats* Paul McCutcheon, Susan Weinstein, 2009-11-17 Stress. It's the single, universal cause of both wellness and illness. While this theory is widely supported in the human medical community, it's still controversial among veterinarians. Dr. Paul McCutcheon examines the all-important health-stress connection while drawing upon the latest scientific thinking and combining it with a comprehensive, preventive, and holistic philosophy of pet care. So if you're among the millions of caring, responsible pet owners who visits the vet more often than your own doctor but still wonders what more you can do for your dog or cat, *The New Holistic Way for Dogs & Cats* is the next best thing to a consultation with Dr. McCutcheon. If only he saw human patients in his practice, too!

wellness calm for dogs: *Natural Remedy Book for Dogs and Cats* Diane Stein, 2012-10-31 Fifty common pet ailments and the natural methods and remedies optimal to support their treatment are arranged in alphabetical order. The book includes a thorough discussion of several natural healing modalities and how they are used for pets. The methods of treatment include nutrition, naturopathy, vitamins and minerals, herbs, homeopathy, acupuncture/acupressure, flower essences, and gemstones. Each method is discussed for each of the fifty illnesses. Many people use natural healing for themselves, but wonder how to use it for their dogs and cats. This book is a comprehensive answer to that question. Use it with Diane Stein's books *Natural Healing for Dogs and Cats* and *The Holistic Puppy*.

wellness calm for dogs: *Do Over Dogs* Pat Miller, 2010-06 What exactly is a Do-Over Dog? It might be a shelter dog you're working with to help her become more adoptable. Perhaps it's the dog you've adopted, rescued, or even found running stray who is now yours to live with and love]]forever. Or it could be the dog you've lived with for years but you realize he still has issues that make him a challenging canine companion. A Do-Over Dog is any dog that you think needs make that deserves a second chance in life. Noted author and trainer Pat Miller has spent her life working with both people and shelter dogs, family dogs, and dogs with behavior problems. In her newest book she shares the wisdom of her years in the field of force-free, positive dog training to help give people and pets a first class life together.

wellness calm for dogs: *The Well-connected Dog* Amy Snow, Nancy A. Zidonis, Ella Bittel,

1999 A user friendly manual for performing acupressure treatments with your dog, *The Well Connected Dog* is filled with photographs and charts illustrating a step-by-step treatment guide, meridian pathways, and acupoints. Authors Snow and Zidonis also include twenty-five special conditions treatments and lots of additional information about your dog's optimal health.

wellness calm for dogs: *Wild Health* Cindy Engel, 2003-03 As Dr. Engel emphasizes in this enticing, well-referenced, [and] entertaining book (Science), we can learn a lot about human health by studying animal behavior in the wild. Indeed, some of the natural, holistic, and alternative human medicine being practiced today arose through the observation of wild animals. In this groundbreaking work, Dr. Engel points out fascinating parallels between animal and human medicine. She offers intriguing examples of how animals prevent and cure sickness and poisonings, heal open wounds, balance their diets, and regulate fertility. For instance, *chimpanzees carefully eat bitter-tasting plant medicines that counter intestinal parasites *elephants roam miles to find the clay they ingest to counter dietary toxins *broken-legged chicks have been known to eat analgesic foods that alleviate pain. By observing wild health we may discover (or rediscover) ways to benefit our own health. As Craig Stoltz of the Washington Post noted, this highly readable assessment . . . triggers more outside-the-double-helix thoughts about human health than anything I've read recently.

wellness calm for dogs: *Your Dog: The Owner's Manual* Dr. Marty Becker, 2011-04-15 Through surprising facts, moving stories and tested solutions, the veterinary expert from Good Morning America and The Dr. Oz Show will give every dog owner the secrets to raising a healthy, well-behaved dog. For anyone who owns a dog or is thinking about getting one, Dr. Marty Becker's manual is a must-have guide to anything and everything canine. In *Your Dog: The Owner's Manual*, the best-loved family doctor for pets shares insider secrets on how to keep puppy problems from becoming doggy disasters and how to best bond with your dog through helpful, easily accessible tips and tricks on how to: Find the right dog for your family's lifestyle Solve the most annoying behavioral problems Make sure your dog gets the exercise he needs Use food puzzles to prevent weight gain Prevent dog health problems Save money on medication, both traditional and alternative For seasoned dog owners as well as those looking to adopt a new friend, Dr. Becker provides all the insight that makes for both happy owners and happy dogs.

wellness calm for dogs: through a Dog's Ear (EasyRead Large Bold Edition) , 2008

wellness calm for dogs: Veterinary Secrets Andrew T. Jones, Andrew T Jones DVM, 2014-05-23 This manual draws from Dr Jones' 17 years' experience in veterinary medicine to provide a comprehensive, step-by-step guide to home pet care and disease remedies. Dr. Jones opens by explaining how he came to question conventional veterinary treatments then began to share his concerns publicly and openly educate pet owners, empowering them to provide their pets with quality, holistic care at home. Eventually, his efforts led to his expulsion from the British Columbia Veterinary College, resulting in a ban from practicing animal medicine.

wellness calm for dogs: *Exploring Time as a Resource for Wellness in Higher Education* Sharon McDonough, Narelle Lemon, 2024-09-09 Bringing together international perspectives, this book demonstrates the importance of reframing time in higher education and how we can view it as a resource to support wellbeing and self-care. Time is a central part of our lives and structures our days, and yet often we don't think about the socially constructed nature of time or how we might reframe our relationship with time and our work in ways that support our self-care and wellbeing. *Exploring Time as a Resource for Wellness in Higher Education* suggests an alternative way to look at how we structure our time to better support our wellbeing. Drawing on a range of theoretical and personal perspectives, the authors advocate for a reconsideration and reconceptualization of our relationship with time. By sharing their experiences, the authors encourage readers to notice how they spend their time and offer strategies for an intentional focus on the relationship between time, self-care, and wellbeing. Whether it's making time, having time, or investing in time, this book explores strategies and reflections necessary to grow, maintain, and protect wellbeing. This book is a valuable resource for those working in higher education, offering individual, collective, and

systemic suggestions and strategies for navigating the ways we see time and wellbeing.

wellness calm for dogs: Dog Food Logic Linda P. Case, M.S., 2014-02-12 Choosing the right dog food in a world with too many choices
 Walking down the dog food aisle in a pet supply superstore can present you with an overwhelming number of choices. Reading about dog food on the internet can make your head spin with so many opinions and stories. And judging the content that you find on dog food packaging can be confusing and misleading. How can the average dog owner make an informed choice in accordance with her dog's age, size and condition? In her latest book, author Linda Case describes how to make logical, evidence-based decisions for what to feed your dog amid all the options available.

 You will learn
 • How pet food marketers appeal to your emotions to persuade you to buy a particular type of dog food.
 • To distinguish between scientific, evidence-based information and the anecdotal evidence which is so pervasive—and often misleading—in the dog food arena.
 • Is there a scientific basis for dog foods designed specifically for puppies, senior dogs, canine athletes—even various breeds of dogs?
 • How to read and evaluate all of the material included on a typical package of dog food from the ingredients and label claims (“Natural,” “Anti-Oxidant,” “Low Fat”), to the Nutrient Analysis and Nutritional Adequacy statements.
 • How to avoid choice paralysis and the cognitive traps that can interfere with clear decision making.

 What experts are saying about <I>Dog Food Logic</I>
 Pet food is like a religion for many—but now those strong emotional ties can be backed up with fact. Linda Case separates fact from fiction, explains the complex terms and offers a guide to pet nutrition in simple to comprehend language. Unlike other books on this topic, there is no agenda here—except to present facts and then allow pet owners to make their own logical conclusions, letting the kibble drop where it may.
 Steve Dale, CABC, columnist Tribune Content Agency; radio host Black Dog Radio Productions and WGN Radio (Chicago); contributing editor USA Weekend; special correspondent Cat Fancy; author Good Cat!

 <I>Dog Food Logic</i> is the indispensable guide to the science behind canine nutrition that will help us to make wise, well-informed choices about how and what we feed our dogs. It takes the fear out of trying to understand proper nutrition and will empower us to determine what is best for the health of our dogs.
 Claudia Kawczynska, Founder and Editor-in-chief of The Bark

 Don't read this book if you want someone to tell you what to feed your dog. This is a book for people who want to learn, in a reasoned and thoughtful way, how to figure it out for themselves.<I> Dog Food Logic</I> goes way beyond the usual textbook list of nutritional requirements to cover the pet food industry in all its glory: the history, the business, the marketing, and best of all, the science. Case deftly navigates the most controversial topics in pet food and presents the big picture without interjecting judgment about what approach is best. There's something here for everyone: pet care professionals and dog lovers alike will learn something new from this informative, easy to read, and well researched book.
 Jessica Vogelsang, DVM, CVJ, author, speaker, and CEO of Pawcurious Media

wellness calm for dogs: Zen Dogs Alex Cearn, 2016-10-25 Award-winning animal photographer Alex Cearn celebrates the peace, calm, and joy dogs bring to our lives with this unique full-color collection capturing eighty dogs in their most relaxed and contented moments. When Alex Cearn caught Suzi the Sharpei on film with eyes closed and an endearing smile on her furry face, the renowned Australian professional pet and wildlife photographer called the picture of serenity Zen Dog. Captivated by the image's tranquil beauty, Cearn then turned her lens on other canines experiencing their own carefree and meditative Zen moments—a series of photos that would go viral across the web and take the top prize in a major international competition. Expanding on Cearn's original web series, Zen Dogs includes eighty stunning color photographs of a variety of breeds—golden retrievers, beagles, French bulldogs, dachshunds, poodles, huskies, pit bulls, and German shepherds. Here are some familiar faces from the online series, joined by dozens of dogs never seen before—all whose engaging personalities shine through. Sprinkled throughout the photos are words of wisdom from the Buddha, Eckhart Tolle, Thich Nhat Hanh, and other meditative masters, inspiring messages that, with the photos, warm the heart and soothe the spirit. A gorgeous

compendium for every dog lover, animal enthusiast, and everyone looking to add some peace and joy to their day, Zen Dogs reminds us of the power dogs have to enrich our lives—to make us happier, healthier, calmer, and more loving.

wellness calm for dogs: The CBD Dog Biscuit Cookbook Paw CBD, 2022-03-15 More and more pet owners are turning to CBD to help their dogs live happier, healthier lives. A multitude of pleased pet owners who have given their dogs CBD reported good results for common concerns, from noise aversion to stress and mobility support. The CBD Dog Biscuit Cookbook is a collection of recipes for delicious treats that will help your dog feel better than ever! Inside you'll find: - Over 150 CBD treat recipes - Everything you need to know about CBD for your dog - A helpful bookmark with dosage information - Lots of helpful hints about the foods that are best for your pup Learn all you need to know about CBD and your dog, including how to make it an easy, effective part of maintaining their overall wellness. With an emphasis on high-quality CBD and recipes for simple, healthy, organic dog treats, you can feel good about giving CBD to your good boy or girl.

wellness calm for dogs: The Bottom Line Book of Total Health and Wellness, 2004

wellness calm for dogs: Animal Reiki Elizabeth Fulton, Kathleen Prasad, 2006-04-05 "A great introduction to the growing field of energy medicine. . . . Easy-to-read . . . this book will be enjoyed by animal guardians and veterinarians alike." —Shawn Messonnier, DVM, author of The Natural Health Bible for Dogs & Cats Whether you're a newcomer to the field of energy healing, an experienced practitioner or an animal lover committed to learning everything you can about your companion's health, Animal Reiki will open your eyes to a new level of health and well-being. From dogs and cats to horses and birds, this book is everything you need to understand and appreciate the power of Reiki to heal and deepen the bond with the animals in your life. "I learned a lot from Animal Reiki and highly recommend it to a wide audience." —Marc Bekoff, University of Colorado, author of Minding Animals and editor of the Encyclopedia of Animal Behavior "Fulton and Prasad have created a much-needed guide to a method of helping animals heal that is gentle, intuitive, safe and powerful." —Susan Chernak McElroy, author of All My Relations: Living with Animals as Teachers and Healers "A powerful reminder of the wider uses of the system of Reiki and how humanity can be of purposeful benefit to all." —Bronwen and Frans Stiene, International House of Reiki, authors of A-Z of Reiki, The Japanese Art of Reiki and The Reiki Sourcebook

wellness calm for dogs: Veterinary Guide to Preventing Behavior Problems in Dogs and Cats Christine D. Calder, Sarah C. Wright, 2024-08-29 Solve potential behavior problems before they arise with this practical guide Veterinary Guide to Preventing Behavior Problems in Dogs and Cats offers a practical, easy-to-read manual on effective interventions to avoid behavior problems. Written to support veterinarians and staff, this guide supplies concrete recommendations to use in veterinary clinics and the home environment. The book emphasizes learning theory, animal body language, and normal puppy and kitten development, and discusses shelter animals and their unique needs. The book includes chapters on the veterinary clinic environment and ways to reduce fear, anxiety, and stress associated with medical care. It also covers how to recognize problem behaviors, pet selection, and important information about kids and pets. Veterinary Guide to Preventing Behavior Problems in Dogs and Cats provides: Knowledge and tools for client education, environmental management, and prevention Detailed discussion of topics including body language, basic learning theory, and specific strategies for particular animals Advice on how to reduce fear, anxiety, and stress in the veterinary clinic Veterinary Guide to Preventing Behavior Problems in Dogs and Cats is an ideal reference for veterinarians, veterinary technicians, veterinary staff and trainers, and veterinary students.

wellness calm for dogs: Acu-Dog Amy Snow, Nancy A. Zidonis, 2011 Helps you understand traditional Chinese medicine and apply it to your dog.

wellness calm for dogs: Catty The Cat Calming Strategies Irsa Jawed, 2020-11-16 Learning to regulate our emotional responses, especially during times of stress, can be difficult. When kids are anxious or stressed, calming techniques can help them relax and regain their sense of control. This cute picture book will teach your child calming strategies to help them calm down during a

heightened emotional state with Catty the cat! This book is perfect for all young children, and a great resource for Parents, Therapists and Teachers that need support in helping their child with Behavior Management. Please leave me a review if you like my book and follow me on Instagram @spectacokids for updates on my products and resources! Happy Teaching!

wellness calm for dogs: Cat Daddy Jackson Galaxy, 2013-05-02 Cat behaviorist and star of Animal Planet's hit television show My Cat from Hell, Galaxy, a.k.a. Cat Daddy, isn't what readers might expect for a cat expert. Yet his ability to connect with even the most troubled felines--not to mention their owners--is awe-inspiring.

wellness calm for dogs: Let Dogs Be Dogs Monks of New Skete, Marc Goldberg, 2017-09-12 America's foremost authorities on dog care and training distill decades of experience in a comprehensive foundational guide for dog owners. No matter what training method or techniques you use with your dog, the training is unlikely to be optimally successful unless it is predicated on an understanding of the dog's true nature. Dogs need food, water, exercise and play, rest, veterinary care -- the basics. But since dogs naturally want to be led, they also need focused and compassionate guidance. Through abundant stories and case studies, the authors reveal how canine nature manifests itself in various behaviors, some potentially disruptive to domestic accord, and show how in addressing these behaviors you can strengthen the bond with your dog as well as keep the peace. The promise of this book is that, especially in an ever-accelerating world filled with digital distractions, you can learn from your dog's example how to live in the moment, thereby enriching your life immeasurably.

wellness calm for dogs: The Cautious Canine Patricia B. McConnell, 2002 In dogs, many fear-based problems can be overcome by learning how to apply desensitization and counter conditioning. Whether fear of strangers, vacuums, or objects, by identifying triggers and creating a step-by-step plan you [may] improve the quality of your dog's life--and yours--Amazon.com.

wellness calm for dogs: The Dog Cancer Survival Guide Demian Dressler, Susan Ettinger, 2011 If your dog has cancer, you need this book. No matter what you've heard, there are always steps you can take to help your dog fight (and even beat) cancer. This scientifically researched guide is your complete reference for practical, evidence-based strategies that can optimize the life quality and longevity for your dog. No matter what diagnosis or stage of cancer your dog has, this book is packed with precious advice that can help now. Discover the Full Spectrum approach to dog cancer care: Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects. The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine. How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many other personal factors. Imagine looking back at this time in your life, five years from now, and having not a single regret. You can help your dog fight cancer and you can honor your dog's life by living each moment to the fullest, starting now. This book can help you as it has helped thousands of other dog lovers. The Authors Dr. Demian Dressler, DVM practices in Hawaii and is internationally recognized as the dog cancer vet and blogs at DogCancerBlog.com. Dr. Susan Ettinger, DVM is a veterinary oncologist and a diplomate of the American College of Internal Medicine who practices in New York. Praise from Veterinarians, Authors & Book Reviewers The future is upon us and this ground-breaking book is a vital cornerstone. In dealing with cancer, our worst illness, this Survival Guide is educational, logical, expansive, embracing, honest and so needed. Dr. Marty Goldstein, DVM Holistic veterinarian and Host, Ask Martha Stewart's Vet on Sirius Radio The message of this book jumps off the written page and into the heart of every reader, and will become the at home bible for cancer care of dogs. The authors have given you a sensible and systematic approach that practicing veterinarians will cherish. I found the book inspiring and, clearly, it will become part of my daily approach to cancer therapy for my own patients. Dr. Robert B. Cohen, VMD Bay Street Animal Hospital, New York I wish that I had had The Dog Cancer Survival Guide when my dearly beloved Flat-coated Retriever, Odin, contracted cancer. It would have provided me alternative

courses of action, as well as some well needed reality checks which were not available from conversations with my veterinarian. It should be on every dog owner's book shelf--just in case... Dr. Stanley Coren, PhD, FRSC author of many books, including *Born to Bark* A comprehensive guide that distills both alternative and allopathic cancer treatments in dogs...With 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

wellness calm for dogs: Dog Fancy , 2008-02

wellness calm for dogs: Inspiring Resilience in Fearful and Reactive Dogs Sally Gutteridge, 2018-10-20 #1 Amazon Bestseller Does your dog bark at everyone he sees? Are you trying hard to settle your dog on frantic, noisy walks? Do you live with canine reactivity and wish you could turn things around? Are you looking for a solution and guidance to properly help your worried best friend? Here it is. Written by a long-term dog behaviour specialist and founder of Canine Principles, canine education provider, this book will provide all the understanding you need. You will learn: What your dog is trying to tell you. How to communicate in a way that you both understand. How to ensure you are fully meeting your dog's needs. Why your dog acts up and why he can't help it. Why walking your dog might not be the best choice. How your dog sees the world. Why your dog barks at things. Which things scare your dog. Brain work to relax your dog. How to assess your dog's personality. How your dog's brain stores information. Why your dog makes bad choices and how to change those choices for better ones. How dogs experience stress and what we can do to help them. Whether your dog is an introvert or extrovert and how that affects his behaviour. How to change a negative bias to a positive one. Simple solutions to make your dog feel secure. How to teach self-belief and confidence. And much, much more. Whether you are a desperate dog guardian or a professional canine coach looking to expand your training toolkit, this book is an invaluable addition to your bookshelf.

wellness calm for dogs: Intuitive Wellness Laura Alden Kamm, 2000-10-04

wellness calm for dogs: The Dynamics of Health and Wellness Judith Alyce Green, Robert Shellenberger, 1991

wellness calm for dogs: From Fearful to Fear Free Marty Becker, Mikkell Becker, Lisa Radosta, 2018-04-17 Since pets communicate nonverbally, this book will help you recognize if your pet is suffering from [fear, anxiety, and stress]. By knowing your dog's body language, vocalizations, and changes in normal habits, you can make an accurate diagnosis and take action to prevent triggers or treat the fallout if they do happen--Amazon.com.

Additional Resources

wellness calm for dogs

[Wellness Calm For Dogs](#)

Wellness Calm For Dogs

Related Articles

- [wellness whimzees cat dental treats](#)
- [what are the different levels of analysis of psychology](#)
- [wellness ideas for employees](#)

[Back to Home](#)