



Building a Brighter Tomorrow for Today's Pets

Dogs 4 Life is an educational source, based on the whole dog training, structured around the mind, body and spirit of the animal.



Class Description

Check website for all updates of new classes and training seminars

☺ **Massage and Acupressure for General Wellness for Dogs.** Explore the basics of Animal Acupressure and Massage for your pet. Learn massage techniques and acupressure points that help promote your dog's health, longevity and increase their zest for life. This is a hands-on class; you do not need a dog to participate

⚡ **Pet First Aid:** Learn emergency first aid and CPR procedures for your pet or your client's pets. You will learn how to work with life-threatening conditions and common illnesses. This is a great opportunity for rescues, fosters, daycare, kennels staff, and pet walkers.

♥♥ **What's In the Bag?** K-9 Nutrition Awareness. Where does your dog's food come from? This is a question not many of us think about. We see pictures of prime cuts of meat, grains and vegetables on the bag and assume there is a pet food chief whipping up nutritious meals. This is far from the truth. Learn that what you feed your pet directly affects your dog both mentally and physically. Take an active roll in their health. This course teaches a fundamental understanding of pet food labeling; learn to make intelligent decisions about your dog's dietary needs.

Up and Coming:

Sept	<p>☺ Canine Acupressure and Massage for General Wellness Lombard 7-9pm</p> <p>⚡ People Training for Dogs Crystal Lake 6:40 8:45</p> <p>♥♥ What's in the bag Nutrition Awareness Bartlett 7-9 pm</p>	<p>Sep 10</p> <p>Sep 17</p> <p>Sep 24</p>
Oct	<p>⚡ People Training for Dogs Glen Ellyn 7-9</p> <p>♥♥ What's in the bag Nutrition Awareness Lombard Park district 7-9 pm</p> <p>♥♥ What's in the bag Nutrition Awareness Eola Aurora 7-9 pm</p> <p>☺ Canine Acupressure and Massage for General Wellness Crystal Lake 7-9pm</p>	<p>Oct 1</p> <p>Oct 8</p> <p>Oct 22</p> <p>Oct 29</p>
Nov	<p>♥♥ What's in the bag Nutrition Awareness Batavia Park district 7-9 pm</p>	<p>Nov 12</p>

Dogs 4 Life offers a "**Doing good business through good friends**" referral program, for the many thanks to our supporters. Your name must be mentioned at the time of bookings.

Thank you for all your kind words- Christine

We Can NOW Blog
<http://blog.dogs4life.com/>

Visit Christine Johnson and become a friend on Face Book



Mind/Mental: In the spring and summer we are naturally more active and we include our dogs in our family outings. To help keep them mentally balanced through the fall/winter season, it will be important to replace that activity.

As the weather becomes excuse my term yucky, not to mention that the holidays will be fast approaching can equal a formula for disaster for your dog. Less activity and less attention affect your dog mentally, emotionally and physically. For some, may find their dog becomes depressed, irritability, bored, destructive, hyperactive, and what they do with that pent up energy usually causes frustration on you. As they say a tired dog is a good dog.

Here are some things you can do, depending on your dog's age and temperament. For young active dogs, a sport would be great; along with some one on one time can make all the difference. Here are a few listings, you will find a full listing of sport activates on the web site.

Agility:

Agility, in its simplest form, is a fast-paced sport where dogs jump over hurdles, go through tunnels, and climb on dog walks, over teeter-totters, and up A-frames set out in a particular course. The run is timed and the dog that makes the fewest mistakes in the least amount of time wins. The handler shows the dog where to go using both signals and commands. Open to pure and mixed breeds.

- [United States Dog Agility Association, Inc.](#) (USDAA)
- [American Kennel Club](#) (AKC)
- [North American Dog Agility Council](#) (NADAC)
- [United Kennel Club](#) (UKC)
- [Canine Performance Events](#)

Canine Good Citizen:

The Canine Good Citizen test was created to provide a means of encouraging responsible dog ownership. There are a series of tests for basic temperament and obedience. Open to pure and mixed breeds.

- [American Kennel Club](#) (AKC)

Rally-O:

Rally-O is not traditional obedience; it's not traditional agility: it's something in between the two, but it stands on its own merits. In Rally classes it may be timed or untimed, the team of dog and handler move continuously and perform exercises indicated by a sign at each location. Open to both pure and mixed breeds.

- [American Kennel Club](#) (AKC)
- [Rally information](#)

Therapy Dogs:

Therapy dogs provide positive support for patients in hospitals, nursing homes, and other care facilities. Therapy dogs must have good manners and general obedience training. Temperament is highly important.

- Therapy Dogs, Inc. - 1-307-638-3223
- [Therapy Dogs International](#) - 1-973-252-9800
- [Delta Society](#) - 1-425-235-1076

For those senior dogs; a warm and relaxing massage that can help keep winters aches and pains away. There is no one way to massage your dog, if they like it, then you're doing it right. Or bring them to a class, listed above, get them out, come and learn massage techniques, for both your dog, and to give instructions to your spouse for them to use on you. ☺ See above for local listing of classes or visit http://dogs4life.com/Classes_and_Location.html You may visit a video clip of our class recently held in Lombard. <http://www.youtube.com/watch?v=LR1XeoyYcaA>



Body/Physical: My focus is to seek healthful solutions for today's pet/owner. So as mentioned above: exercise is important for our dogs mentally and physically. Let's talk for a moment about the obvious, Lack of exercise = increased weight gain. Being overweight is the prelude to obesity. The problem develops gradually, which many pet owners often do not notice on a daily basis until the dog is utterly overweight.

There are many health implications with obese dogs. As in humans, canine obesity is also associated with health risks, as a number of diseases and conditions have been linked with dog obesity. These include:

- Heart disease and heart failure e.g. respiratory difficulties Musculoskeletal problems e.g. osteoarthritis, lameness, cruciate ligament ruptures Skin disease/cancer Reproductive problems e.g. prolonged or difficult labor
- Hypertension Diabetes Poor immunity, susceptibility to other diseases Heat and exercise intolerance
- Reduce life expectancy Reduce liver function Poor digestion e.g. flatulence Anesthetic and surgical complications

In addition to the health risks, there are also behaviors associated with being overweight, most are undesirable and dangerous. The extra pounds can restrict movement; create stress and strain on all their body parts. Simple tasks are difficult or they are

unable to perform, brisk walking for 5 minutes or climbing a few up a steps/stair. It's a very sorrowful sight to see a lifeless dog. As it also reflects poorly on you.



ideal

Destructive Behavior: Obesity doesn't cause destructive behavior instead it will result in an unhappy dog. Unhappy dogs are likely to express their pent-up emotions through destructive behaviors such as chewing our belongings and ransack our garbage for more food.



Toileting Hazards: What goes in must come out. So naturally, obese dogs will produce more waste. Having to make frequent toilet trips can put a lot of strain on their joints. As a way of releasing frustration and anxiety, obese dogs tend to have more accidents around the house.



Compulsive and Aggressive Behaviors: Since eating is their primary source of activity, obese dogs are constantly guarding their food or anyone's. Sometimes this behavior can turn very aggressive and may in turn hurting other human beings or animals.

Excessive Sleeping: With more food in the digestive tract, evidently it requires more energy to digest the food hence making these overweight dogs more lethargic and sleepy. Having the right amount of sleep helps to release stress and anxiety however too much of it can result in fewer calories burn a day. With less calories burnt more fats are stored therefore an increase probability of greater obesity.

Non-active and Anti-social Behavior: Since most of the time are spent eating and sleeping, there's little motivation for obese dogs to want to do any other thing else let alone play and socialize. Even if the dog wants to play or just hang around in the dog park, his physical conditions may not allow him to do. Over time, he gradually withdrew himself from all forms of activities and socialization as a result he may become more destructive and antisocial.

Breed/Genetic Susceptibility: Among the smaller breed dogs, Basset Hounds, Cocker Spaniels, Chihuahuas, Dachshunds, Pugs, Miniature Schnauzers, and Shetland Sheepdogs are most likely to be obese. The larger breeds are Labrador Retrievers, Golden Retrievers, and Collies. Some dogs, regardless of breed, only live to eat which can be difficult to deal with without close supervision.

Sterilization: Let me be clear on this, sterilization does not cause obesity. Weight gain usually occurs after sexual maturity, when spaying is done. Having said, sterilization does increase the chances of obesity because of certain hormonal changes that occur after sterilization as well as a decrease in the metabolic rate by 20 to 25%. Furthermore, the dog's activity level decreases after sterilization while his food/calorie intake remains the same. Spaying or neutering our dogs, however, is strongly encouraged as the health benefits outweigh the disadvantage. It's our responsibility to maintain the weight of our sterilized dog through proper diet and exercise.

Hormonal Abnormalities: Endocrine diseases like Hypothyroidism (thyroid gland doesn't produce sufficient hormones) and Cushing's Disease (too much adrenal hormone) may result in obesity.

Age: Obesity tends to be a problem of middle-aged and senior dogs as their metabolic system slows down where they can't convert food into energy as quickly as they were younger. Generally, senior dogs only require about 25 to 30% less calories than young adult dogs. In addition to slower metabolism, dogs also become less active as they age hence his total daily energy needs to decrease.

Activities: Another possible factor, but not an excuse, is the increase in demands on pet owners' time from work or family responsibilities which make it more challenging for them to exercise their dog adequately.

Diet: Nutrition and palatability are important factors that are heavily marketed in commercial dog food and treats. Learn more by attending a **What's in the bag? Seminar listed above.** Or visit our website.
http://dogs4life.com/Classes_and_Location.html

My goal is to become active in helping pet owners to achieve a healthful and well balanced pet mentally, emotionally and physically. As a **Whole Dog Trainer**, I strive for balance for each dog in which I work with. I am excited to announce that among its current services of training, massage, acupressure and nutrition, Dogs 4 Life will be adding to our wellness program weight management and conditioning as a part of our service and dedication for today's pet. Product will be posted soon; we will be offering small, medium and large sizes.



To support these new services we are now offer product on our website. 1). Pet Zen Dog treads: we will provide training and assemble for your pups tread mill. See our video of Flash on his tread. 2). In addition, 95% of my clients have changed their dog's diet, all wanting more nutritionally balanced food. You got it, Dogs 4 Life will now be offering a great wholesome food and supplements over the course of the next few months the update should be complete on our website. Please check in on us, as we continue to adapt our services to meet your pet's needs. I look forward to this great venture and to be instrumental in servicing the dog community. <http://pawsnetwork.net/>



Spirit/Emotional The mind body and spirit are all connected as one. Keep your dog balanced by feeding a healthful diet and active.

Information in this newsletter is not based on veterinary recommendation nor as a replacement of medical care. We recommend that the readers seek expert veterinary advice about the health and well-being of their animals.

All products names identified are registered trade marks or brand names belong to their respective companies. They are in no way endorsing or affiliated with Dogs 4 Life.