



# PET PATHS®

PETential Paths L.L.C.

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Hello, fellow animal lovers!

Fall is here at last, and we're finally getting a cool-down in the weather. Let's count our blessings and send positive intentions to those in need. Have a wonderful Thanksgiving!



*Pebbles, Executive Editor*

## Keeping You and Your Pets Safe While Driving



Driving with a pet in the car is the third worst driving distraction, just after

texting and talking on the phone. It is definitely risky for you, the driver, but it is also an endangerment for your pet. About 40 percent of Americans own dogs and two-thirds of them routinely play with or even feed their animal while driving in traffic.

If you had an 80 pound unrestrained dog in your car in a crash at just 30 miles per hour, it creates 2,400 pounds of force in your vehicle while your pet either hits an object or you. In a crash, a dog on your lap or loose in the car could injure or kill occupants, particularly if air bags are deployed. This is why animals should always be restrained or placed in an enclosure when in your vehicle.

Thomas Conroy, a retired police chief and nationally recognized K-9 police trainer thinks driving in your car with an unrestrained animal is worse than texting. Just 2 seconds with your eyes off the road, says the AAA, can double your risk of being in a car

crash.

The AAA Foundation for Traffic Safety also found that 80 percent of those in a study said they had driven with their pets in all kinds of car trips. Only 17 percent used any form of restraint. Very few states have any laws to regulate driving with an animal in the vehicle, and those that do apply this law only to dogs. Even then the laws have no clout.

Another tragic scenario is drivers with small dogs on their lap: the dog jumps off lap unexpectedly and ends up at the driver's feet and gets under the pedals; or in an accident it may be crushed between driver and the steering wheel/airbag!

A pet peeve of mine is dogs that are left to travel in the open bed of a pickup truck. There is no sure way to restrain them, and if you did, in an accident it could result in literally hanging the animal. But eight states do have laws requiring owners to restrain their dogs in the back of a pickup. Arizona is not one of these.



And there is yet another problem should you be injured in a crash. If your dog is still physically able and unrestrained, it could be very territorial and protective of its owners in an accident, and could make it near impossible for the emergency crew to get you out of the wreck successfully. Although law enforcement uses it as a last resort, one they hate to use, in many cases they must shoot the animal to help the driver and passengers.

In certain instances, car insurance policies will cover pets under the property damage liability portion of the policy, but you will want to check your policy carefully to confirm that it does. A leader in offering this option to normal collision coverage is Progressive, paying up to \$1,000 for the animal when injured. There are several other companies offering the same coverage.

And there are ways to restrain your pet while you are driving. They come in all shapes and sizes, but obviously must be matched to your animal's size. First, there are metal or plastic

*See Keeping Safe on page 2*

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## Tips & Tails

During Halloween, please have pets in a closed room in another part of the house to keep them from becoming fearful or even escaping. You can use TTouch to calm them — do Ear Strokes with your hand shaped as if you are holding a key. With thumb on top of ear and folded fingers inside of ear, stroke from base of ear to the tip. Do this slowly, and be sure to cover the entire ear. Treat the ear like a rose petal, but not so light as to tickle.

NOTE — This time of year is dangerous for black cats. This is why rescue groups do not make black cats available now. Please keep them indoors and safe.

## Pet Care in a Tight Economy

What would you do if the vet said it would cost \$1,000 to fix what is wrong with your pet? Less than fifty percent of you would give the OK to go ahead. Yes, that's today's economy. This figure does jump to 62 percent if the bill was only \$500. And that's just the beginning. According to an Associated Press-Petside.com poll, money is definitely a consideration when dealing with the cost of healthcare for animals.



Food is probably the biggest expense involved in having a pet. But don't skimp on the quality because cheap food is full of fillers and lacks nutrition. You'll need to feed your animal twice as much of the inexpensive kind, so you might as well buy a better brand. The good food also means fewer visits to the vet.

Look for "frequent buyer" clubs at your local pet store for discounts. Be sure to search online, and in the newspapers and magazines for coupons and any specials that are being offered. Buy as large as you can keep fresh, and price shop for the best deals. You want to be frugal but never cut corners when it comes to your animal's health.

When it comes to grooming, much of this can be done at home, depending on your breed of dog. With cats, a daily—but at least two times a week—brushing and combing should keep everything in order. And you should take the time to learn how to cut your pet's nails. Long nails can be dangerous, especially for cats. (See my Oct 2007 issue of Pet Paths newsletter for the TTouch method of preparing animals for nail clipping. Go to my website and click on "links.")

Try to make it fun to bathe your animal and brush their teeth to take the tension out of these necessary tasks. Look for a grooming school in your area for discount prices. Check with your neighbors to swap pet sitting and look online for bargains on used pet equipment and supplies. These are just a few ways to take the "bite" out of these expenses.

But if the worst comes and you are financially unable to care for or keep your animal, there are ways to get help. Sometimes rescue groups will sponsor a family, and other organizations might help with emergency vet bills and medications. If you must surrender your pet, try rescue groups first, then your local Humane Society.



Here are some places to contact: [www.Help-a-Pet.org](http://www.Help-a-Pet.org) ; [www.IMOM.org](http://www.IMOM.org) ; [www.ThePetFund.com](http://www.ThePetFund.com) ; and [www.humanesociety.org](http://www.humanesociety.org) .

# PETential Paths L.L.C.

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## EVENTS

More TTouch workshops and demos are in the planning stages! Let us know if you want to host a workshop or free demo at your place, for dogs, cats, rabbits, & other companion animals. Workshop hosts will be able to attend at no charge! Contact Barb at [barb.PETentialPaths@cox.net](mailto:barb.PETentialPaths@cox.net).

Our next TTouch for Dogs will be after the first of the year, which will be announced. Meanwhile, we wish you a happy Fall Season with your pets!

## The Coiled Python TTouch

The Coiled Python TTouch is a combined touch, which includes the Circular Abalone TTouch with the Python TTouch.

The Python TTouch is especially helpful for shy, tense, and insecure animals. The fear and stress they experience reduces their self-confidence and circulation.

The flat-hand method of the Abalone TTouch gives the animal warmth and security, and is appropriate for sensitive, ill, or injured pets. The entire hand pushes the skin in a circle, so it is easier to do than the regular circles.

The combination of these two TTouches serves to enhance awareness, ease stress, increase circulation, and deepen breathing.

How to do the COILED PYTHON  
 Place your flat hand on your pet's body. The

whole hand makes the one-and-a-quarter circle, but instead of stopping at the number 9, keep your hand there for a moment, and then slowly lift the skin upward. Hold for a few seconds, and then release the skin back for double the time of the lift. The release is very important in the relaxation process, so this is why it needs to take more time. Be sure to inhale with the lift, and exhale with the release.

Once you've completed one Coiled Python, then slide backward about a hand's width and begin the next one. Continue across the entire body.

Both your pet and you should feel the benefits of the amazing TTouch. While Jasper calms, you also calm!



***"The fate of animals is of greater importance to me than the fear of appearing ridiculous; it is indissolubly connected with the fate of men."*** -- Emile Zola, 1840-1902

## Liability for Your Dog

If you own a dog, you should make sure your insurance coverage includes dog bites. Here are the facts. Over 4.7 million people in the U.S. are bitten by dogs every year; kids ages 5 to 9 suffer more, especially males. Nearly 400,000 need emergency care. Dog bites cost insurance companies \$412 million in 2009 claims, with an average per bite of \$24,840.

Unfortunately, reports the Insurance Information Institute, many are due to the human element in poor training, reckless breeding and irresponsible ownership.

Although you can't control the breeding process, you can make sure you go to only recognized, reputable breeders. I believe that every dog should receive minimum training, if only for manners, and the Tellington TTouch method is excellent for this issue. Irresponsible ownership is not an option in the eyes of animal professionals.

Those are the facts, so how do you deal with the problem? Most homeowner and renter insurance policies cover dog bites in a range from \$100,000 to \$300,000 liability, and if you also have umbrella coverage of \$1 million you should be OK. However, make sure to check that your particular breed is covered.

Remember, when the pet owner is deemed liable, and if you don't have insurance, you could end up paying medical bills, lost wages, property damage, plus pain and suffering. Now is the time to confirm that you are covered.



## Linda Says ...

Using TTouch is like "turning on the electric lights of the body".



"Changing the World — One TTouch at a Time"

"The extra 'T' in TTouch can be thought of as standing for the 'T' in 'TRUST'."

"Certain TTouches that loosen tight muscles may seem to resemble massage; however, their primary aim is to activate the positive function of the cells and nervous system."



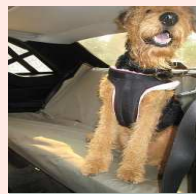
## Keeping You and Your Pets Safe While Driving

(Continued from page 1)

barriers between the front and back seat that prevent the pet from being thrown through the front window in case of a sudden stop or accident. And for the back seat, you can get a seatbelt for your dog.

Doggy booster seats are both safe and comfortable and a very effective way to keep your dog safe in the car. The animal is strapped in using the car's seatbelt to secure

the seat. You can also use a carrier in the car, but, again, make sure it is the right size for your pet. Too small means a lack of comfort, and too large means the animal could be injured thrown around inside in an accident.



Airdale Product Testing by Bogart Handsome Devil

Prices for the restraints mentioned have a range from \$10.00 to \$150.00. I recommend that you Google "pet car restraints" and you should get several hundred sites to choose from.

TTouch suggestion: One thing you can do before putting pets in any restraint is to do the TTouch Ear Strokes (see "Tips & Tails" on Page 1).

The key to keeping you and your pet safe while driving starts with some good old common sense. If the animal is loose, it is

obvious that it can't possibly be as safe as if you are all strapped in by your seatbelts. If you don't buckle up, you should. This is the time to put your concern aside that a playful pet needs its space, even in the car. Make the roads safe for you, your animal, and other drivers. This is one thing that is under your control to keep safe on the road.

Now ... enjoy the ride!

