



# PET PATHS®

PETential Paths L.L.C.

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Hello, fellow animal lovers!



Hope the warmer weather is finding you and your animal companions well and enjoying new, wonderful experiences together.

Have a cool summer!



*Pebbles, Executive Editor*

## Fireworks Fear

It is that time of year so we want to remind you to get your pets ready for the 4<sup>th</sup> of July. According to Dr. Jon of PetPlace.com, what cats fear most is noise. So do dogs, says Krista Mifflin on About.com, but they can react in much different ways. Cats run for cover, while dogs will actually dig under fences to get away from the noise, even break through glass windows or doors. Some animals are known to have seizures as a result of fireworks. So what to do?

Mifflin pleads...if you plan to take your dog to the fireworks, don't. As she puts it, the next day is usually a "nightmare" at animal shelters and rescues. Most cats are homebodies and normally would not be taken to these events, but they could bolt out the door if frightened by noise or the dazzling lights. Actually, your dog may associate the loud noises with something pleasant, say if you play his favorite game or offer special treats during the celebration. This may or may not work if he is extremely fearful.

The Holistic Animal lists symptoms of high anxiety, fear and panic, including a nervous and unsettled pet, shallow breathing or panting, pacing, vomiting, any unusual destructive behavior, and the desire to escape.

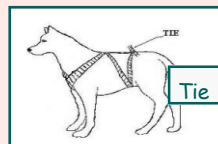
Some helpful hints from Mifflin involve keeping the animal in a crate for the evening with a favorite toy, using Bach's Rescue Remedy, and normal background noise such as the TV or radio. She recommends the *Music My Pet* CD, which was created for the purpose of calming pets, emphasizing the fact that its soothing music has helped many animals through stressful situations.

I would recommend practicing doing TTouches and using the Body Wrap in advance of fireworks popping off to condition your dog or cat so that he or she feels the comfort that it brings, easing them into the actual noise begins. If they allow it, you can also try placing a T-shirt on Fido or Cleo (backwards, with the tag in the front) and pulling it upwards so that it is snug on the belly (not tight). Then tie the excess shirt in a knot or use hair scrunchies around it. This may be combined with the wrap, if necessary.

Body Wraps are tools that are used in TTTouch to help an animal gain confidence and a feeling of overall well-being, and assist in alleviating fears. The body wrap can be easily made with ACE bandages. When your pet wears a body wrap, there is a sense of edges, which can help with fear because he has a renewed awareness of his body; a body wrap will connect mind with body.

Below is an illustration of a body wrap used on a dog, but body wraps are also effective on cats and other companion animals as well. The illustration below shows how to place the middle of the wrap on the chest, then up and crossed over the top and down, and crossed again under the abdomen and up and tied (off the spine). The wrap should be snug, not tight, and must not be left on more than short periods of time. (approximately 20 minutes). Have the animal move, so that the body feels the stretch.

Mouth work is another way to allay fear. The mouth is directly connected to the limbic system, so when you touch your pet's mouth, you can influence the limbic system to effectively change undesirable emotions such as fear, nervousness, stress, or hyperactivity. Supporting one side of the mouth with one hand, use the other hand on the opposite side of the mouth to do TTTouch circles (see "Circular Tellington TTouches" on Page 2) or slides for the full length of the mouth, from beneath the nose and back to the "end of the smile." Repeat on the other side.



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## Tips & Tails

Summer can bring out various SNAKES, which, at the very least, can be scary for your pets and you, but at the worst, deadly. If you have questions about snakes, contact the Phoenix Herpetological Society: please email [info@phoenixherp.com](mailto:info@phoenixherp.com) or for emergencies, phone **Hotline/Emergencies (602) 550-1090**

Please NEVER leave your animal in your car alone when the temps rise, with windows up OR down. IT'S JUST NOT SAFE. Temps can get incredibly high in a short time and can kill. Please keep your furry friends safe ... and cool.

## What's in a Name?

How many of you plan your pet's name as much as you would your son's or daughter's? I know some kids who suffer through life with impossible monikers, and the same is true for some animals. Many experts agree that the right name can help cure, or at least initiate behavioral changes. In an *Animal Wellness* magazine article by Sue Becker, she cites several case studies to support this theory.

From Figaro and Figgie to "Figgie Bear," her tuxedo cat clearly indicated his approval with the change. The key, according to Becker, is the use of positive words that give off the right vibrations. She believes animals can evolve into their names, producing attitudes and behaviors that imitate those names. Things like one dog named Bailey but called "crazy dog" or "schizo dog" because of his wild antics. Dropping the nicknames calmed Bailey in time.

Some names that are negative: "Brute," "Killer," "Dumb Dog," "Terror," "Mouse," "Nutty," "Fraidy Cat," "Scratcher," "Sneaky," "Jaws," etc. These only serve to demean the animal, when we should give them names that are positive, like "Star," "Apollo," "Dolly," "Prince," "King," "Princess," "Velvet," "Trooper," for example.

Some names just may not suit your new family member, so just take your time in deciding. See how his/her personality develops. Trust your intuition.

In our own household, a cat we adopted from 4 Peaks Animal shelter came to us with the name Cedrick. As cool a name it is, he really wasn't a Cedrick, and early on communicated his desire for a change. After several sessions receiving his wishes, it was decided to rename him Teddy. Although still being a one-and-a-half year-old kitty, full of mischief and constant exploration, it is

obvious that since the name change there is a definite sign that Teddy is now learning the rules.

We once had a cat that was very active, and that was fine with us, so we named her "Allegro," the musical term for "lively."



We named a sweet, peaceful cat that came to our doorstep and adopted us "Thoreau." Percy was a large, stray dog that came to us during the Perseid meteor showers. He was a gentle giant.

Sue Becker recommends that if your pet has a name that you are doubtful of as far as its affirma-

tive nature, you might want to think about changing it. After all, do you really want a companion with a name like "Crusher"?

# 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).

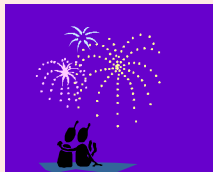


Jasmine

## FIREWORKS *continued*

By the way, hitting or yelling at an animal when it shows fear is counterproductive; and only serves to make things worse.

Another idea ... A product called Thundershirt™ (<http://www.thundershirt.com>) is recommended by TTouch Practitioners, veterinarians and trainers around the world. Whatever the situation that makes your pet anxious, fearful, reactive or over-excited, Thundershirt's gentle, constant pressure can bring calm and focus back to the animal. This is a terrific solution for many types of anxiety including thunder, fireworks, separation, travel, and crate anxieties. And it can also eliminate "bad leash manners" such as barking, pulling or reactivity towards other animals and people.



So enjoy your 4<sup>th</sup> of July with the family, but make sure the pets, also a part of the brood, are taken care of so the festivities will be a safe and happy event.

## TTOUCH AND YOUR SENIOR PETS

Animals sometime labor with old age just like humans. The problem is, as in the case with any of our pet health issues, they cannot tell us what's wrong. They might approach us with a perfectly happy demeanor while in the early stages of suffering from arthritis. No one wants to see their pet progressing in age to a stage where there is a loss of their quality of life. It happens, but fortunately there are TTouch techniques that can come to the rescue.

Marnie Black, certified TTouch practitioner from Seattle, has several warning signs to look out for: a lack of regular activity and listlessness,

hearing or vision impairments, heightened separation anxiety, unusual behavioral patterns, loss of appetite, problems with bladder control and disorientation.

You perform the same TTouch practices for older pets as you do for younger ones. The difference is the older animal benefits more, due simply to their age and the fact that their body's resiliency has lost some of its spirit and welcomes the attention. And because of their age, the TTouches are given in shorter sessions so as not to overwhelm them.

Some of the positive effects TTouch offers to the elderly and disabled animal: it warms the body through the sensory

system; teaches the body how to achieve a calm, centered state on its own; improves body awareness so walking can be easier

I have a first-hand experience that has become a real success story, making me very proud. Fatters, a now-22-year-old Turkish Angora cat had become lethargic, not in her normal routine, no longer sleeping in the bed with her Mom and Dad as she previously had. When she did move around, it looked painful to the owners. Fatters had been taken to the vet and the diagnosis was arthritis and normal aging. Otherwise, she was in good health.

Her Mom decided to contact me and see if TTouch could help return Fatters to her normal self. The quickness of the results

surprised even me, although I could tell right away that she was going to respond to my work. That was five years ago when Fatters' owner told me, "I have a new cat! I have a cat that is 17 years old, but she acts, and I am sure she feels, like a new cat."

By the way, Fatters' folks were so satisfied with the results that they hired me to visit her once a month, just to maintain her wellbeing. It's been 5 years now, and this experience has provided me with great insight into animal geriatrics.



## The Circular Tellington TTouch



To do the Circular TTouch, imagine the face of a clock on your animal's body, half an inch to one inch in diameter. Place your lightly curved fingers at the number six on your imaginary clock, and push the skin around the face of the clock for one and a quarter circles. Be sure to actually move the skin, not slide on the surface. The pressure should be just enough to move the skin, no more. After all, we are affecting the sensory system, not the muscles.

Place your thumb two to three inches from your forefinger and feel a connection between thumb and forefingers. When possible, support the body gently with your free hand, placing it opposite the hand making the circle. Maintain a steady rhythm

and constant pressure around the circle and a quarter; and pay particular attention to the roundness of the circles.

After each circular TTouch you can either move to another spot at random, or you can run parallel lines on the body by making a circle with a little slide and then another circle. Both types of movements induce relaxation and improve self-confidence. Placing your free hand in a supporting position and making a connection between your two hands will keep the animal in balance and enhance the effect of the TTouch.



*Imagine all the people sharing all the world ... You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us and the world will be as ONE." - John Lennon*

## Linda Says ...

In her search for inspiration, Linda decided to draw from an African card to share with us. The card she chose is THE WASP.

"Wasp stands for **action** and the element is **fire**. Wasp represents **Inner resources, building, creativity**.

*We often resist building something new in our lives out of fear of being inexperienced, incapable or not having the right space in which to do it.*

*The wasp is an extremely resourceful insect that instinctively knows how to build a nest without having to rely on being taught. It is a master builder and very creative. You do not need to have years of study behind you in order to do in your life what you know deep down you can do. Some of the most successful people in the world never even studied further after school.*

*Believe in your abilities and know that you have the inner wisdom to build anything in your life. Use the resources at your disposal, be creative and find a way. Identify your talents and create a space in your life to practice them.*

*Find the wasp within you and simply do it."*

