



# PET PATHS<sup>®</sup>

PETential Paths L.L.C.

Volume VI, Issue I  
Spring/Summer 2011

Hope you and your pets stay cool and safe this season. Don't keep pets outside during the heat, and never leave them in your parked car, even with windows cracked. Temps can really soar in a short time!



*"I am joy in a wooly coat, come to dance into your life, to make you laugh!" — Julie Church*



## Kitty Korner Indoor Cats Live Longer

According to *Cat Crazy Newsletter* at PetPlace.com, today cats live longer than ever. Just 20 years ago the life expectancy of a cat was four to six years; today they live 14 years or more. Life expectancy in cats depends on many things, but the most important factor is whether the cat is an indoor-only cat or an outdoor cat. Life expectancy varies significantly between the two.

The life expectancy of an indoor cat is generally 12 to 18 years. Many indoor cats may live to be in their early 20s. The oldest cat in reported history was 28 years old at the time of death.

Outdoor cats, on the other hand, generally live to be around four to five years of age. Their deaths are typically due to traumas like being hit by a car or attacked by a dog or wildlife. Outdoor cats are also more susceptible to several deadly vi-

ruses that are spread by fighting or prolonged intimate contact with an infected cat. There is always the possibility of contracting Valley Fever, which can be deadly. Please keep her indoors for safety's sake. Use your imagination to stimulate your indoor cat with toys and interactive playtimes.

Cats like to climb up on things (notice how Felix likes your kitchen counters?), so you will have to be creative. An easy thing is a cat tree, which comes in various sizes and heights. I have two trees and several scratch posts for my four active cats in different parts of the house. You can designate a specific shelf/counter to allow them to hang around. Place them on these acceptable areas to help them learn that this is where they are allowed. Maybe some catnip on the spot will lure them, or use a facial pheromone spray on the surface, such as Feliway<sup>®</sup>.

*Dr. Amy Wolff at PetPlace.com* says that pheromones are substances produced by animals that act as a form of chemical communication. Some of these substances are designed to attract a mate and provide information about reproductive status, while others are used to mark trails, define boundaries, signal territories, or promote a sense of familiarity. The facial pheromone has a calming effect on your cat and reminds her that she is in a safe and friendly environment. Try spraying some of the pheromone on a towel (NOT on the kitty) and placing the towel in the kitty's acceptable places.

Of course, TTouch used regularly while Fluffy is in her special space will help to give her a positive connection to it. Cats can be happy indoor residents if we just use our imagination! And you'll be secure in knowing that they'll be safe!



*Pebbles, Executive Editor*

### Inside this issue:

Indoor Cats Live Longer	1
Noise and Thunder-	1-2
Tips & Tails	1
Body Wrap	2
Animals Seem Lethargic	2
Linda Says	2
Events	2

### Tips & Tails

One of my special clients was a 22-year-old cat. She seemed to be much younger, with loving care from her caregivers and my regular sessions of TTouch. Sometimes that is all that is expected when I come to households with older animals or those with physical problems. There is a lot to be said for quality of life! It can make the difference between watching your pet go downhill and keeping her more lively and healthy.



## Noise and Thunderstorm Fears in Your Pet



Along with warmer temperatures and longer days, spring and summer bring an increased chance for severe weather. And for many pet owners, severe weather (and thunderstorms in general) means an anxious pet. In addition to storm-related noise, pets may fear storm-associated events such as a change in barometric pressure, lightning, electrostatic disturbances, and even smells.

According to "Thunderstorms: Help Your Pet Conquer Fear" by *Drs. Foster & Smith Educational Staff*, even before a storm hits, your pet may begin exhibiting easy-to-recognize signs of stress. Watch for these undesirable behaviors: Hiding; urinating; defecating, or expressing the anal glands; chewing;

panting; pacing; trying to escape; drooling; frantically searching for you or excessively clinging to you; unwillingness to eat/lack of interest in food; ignoring your commands; trembling or shaking; dilated pupils; excessive barking or meowing. If your pet does any of these before or during a storm, he/she probably has fear of storms.

Unfortunately, pets may also become fearful of similar or associated sounds like thunder, thundering vehicles or rain. Your attitude about storms can influence the severity of your pet's fear. If you are nervous before and during storms, your pet will sense it and become (more) nervous and fearful himself. Never confine your nervous pet to a cage or a small room; this could cause him additional stress and even injury. Instead, if, for example, he dives under your bed, keep the bed-

room door open. If he/she prefers a closet, allow your friend to stay there.

I highly recommend using TTouch to help alleviate these fears. Begin doing the TTouches now, so your pet can "learn" to be calm in advance of those scary times. One method I use is the TTouch Body Wrap<sup>®</sup>. As *Claudeen E. McAuliff, M.Ed.* and TTouch Practitioner tells us in her book, "*The Big Bang*," just as a hug may calm a frightened child, body wraps, which use the concept of maintained pressure, may shift the response to stress to remaining calm.

Using a 3-inch (good size for most dogs, but narrow is better for small animals and cats) elastic bandage, not the kind that sticks to itself, place the center of the bandage around the chest, cross the ends over

*(Continued on page 2)*

# PETential Paths L.L.C.

**Barbara Dunning**  
Guild Certified  
Tellington TTouch® Practitioner  
Cave Creek, AZ

Phone: 602-793-7277  
Email [barb.PETentialPaths@cox.net](mailto:barb.PETentialPaths@cox.net)

**We're on the Web!**  
[www.PETentialPaths.com](http://www.PETentialPaths.com)

## 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 Workshop will be announced soon. Meanwhile, we wish you a very happy spring/summer!

## Tellington TTouch®

### Body Wrap

This dog was born with neurological problems. The Body Wrap in different configurations gives the nervous system feedback and helps activate the proprioceptive system. The proprioceptive system gives us internal awareness of where our body parts are in space. It is critical to coordinated movement and balance.



As mentioned in "Tips and Tails" on page one, Quality of Life can be enhanced with the Tellington TTouch Method. Here the TTouch Body Wrap is being used to encourage new neural connections in the body so that the dog is able to walk more comfortably and with less pain.

*"All animals except man know that the ultimate of life is to enjoy it."*  
-- Samuel Butler



## Why Some Animals Seem Lethargic After TTouch

If you have used TTouch on your pets and found that they slept more than usual afterwards, it is not cause for alarm. It is pretty common for animals to be relaxed, mellow, and ready to go to sleep after a TTouch session. When caregivers are seeing something like this they may interpret it as lethargy.

Further, animals who have been operating in somewhat of a hyper vigilant, aroused, "alarm" state for some time because of a stressful incident or past are to a degree physically and mentally fatigued. The animal is blocking awareness of this fatigue in order to continue to stay "on guard."

A TTouch session can induce such an animal to let go of the alarm mode and unwind, relax muscle tension, etc. When this happens, the "tiredness" comes through into the animal's awareness. This may result in the animal acting fatigued, and if permitted, falling into a deep and fairly prolonged nap.



They typically awake bright and rested, and oftentimes display a somewhat calmer, less aroused, demeanor than they had before the whole experience.

## Linda Says ...

Linda Tellington-Jones, TTouch Founder

"Many people are drawn to the Tellington Method by the heart connection to animals. I have a sentence on my bulletin board above my desk: 'Horses touch your heart. We teach you to TTouch theirs.' This statement is true for all animals and we need to address the subject more in our trainings.



Daring to love our animals helps us to learn to forgive ourselves and treat ourselves, our families and friends and all others, consciously with kindness and compassion. Let us celebrate this heart connection and as we change ourselves, together we *Change the World One TTouch at a Time.*"



## Noise and Thunderstorm Fears in Your Pet (continued)

(Continued from page 1)

the shoulders, and cross ends down under the belly and fasten on top of the back with a large safety pin, making sure the knot is away from the spine. Let your pet walk around (or at least move a bit) to get the feel of the stretch along its body. Keep the wrap on for, say 5 to 10 minutes, or whatever the pet will allow without becoming panicked. You can gradually increase the time to around 15 to 20 minutes.

If you are familiar with the

TTouch Circular Touches\*, do these slowly over the wrap and all over the animal's body to help enhance the feeling of comfort. If you do this once or twice daily, your pet may be able to handle the noise a little better ... even be calm! When a storm does occur, place the wrap on him/her and let them go to their "safe space" to calm themselves. You can find more information in Claudeen's book about this subject.

**Never** punish storm-related behavior. Your pet's undesirable behavior before and during storms is a normal reaction to his fear.

Punishing your pet for "naughty" storm-related behavior will only increase his anxiety level. Rather than punish, you should change your pet's environment, modify his behavior, and offer medications if advised by your veterinarian.

Try desensitizing your pet by playing a CD with sounds of storms, but just a little at a time and at low volume. Distract your pet with a game or treats and praise him or her when she responds not to the sound, but to your interaction. Be sure to do this gradually, increasing the volume and length of CD play a very small amount each time. If this is not tolerable, go back to the volume, etc.

where he/she was successfully distracted and stay there for a while. You will be spreading out these sessions over a period of days, perhaps weeks or more.

Treatment effectiveness depends on a number of factors, including the severity of the fear; how long the pet has had it; whether it is ongoing, seasonal, or unpredictable; and the amount of time you are willing to commit to the behavior modification techniques.

Be patient; your pet's well-being is worth it.

\*See our *Pet Paths* newsletter, spring/summer 2010, on my website, for illustrations of the Circular TTouch and the TTouch Body Wrap.