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Fat Dog *Slim*

THE NEWSLETTER FROM **Pant & Wag**, FOR THE HEALTH AND HAPPINESS OF YOUR DOG.

Is complementary and alternative medicine right for your dog? Research is scant, however more and more vets are combining traditional medicine with these alternatives.

Complementary and Alternative Veterinary Medicine for Dogs

While exercise, proper nutrition, and regular visits to the vet are the tried and true methods for maintaining health and preventing illness in dogs, the practice of alternative/holistic veterinary medicine has been gaining popularity in recent years. Many veterinary schools now actually offer at least some classes to expose veterinarians in training to these concepts.

Some people are skeptical of non traditional methods of healing because, unfortunately, there is not much concrete scientific data available to support them. The underlying philosophy of complementary and alternative veterinary medicine (CAVM) is to treat and heal the whole body and the underlying source(s) of a medical

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Butch receives an acupuncture treatment



IS YOUR PET OVERWEIGHT?

Originally published by FoxNews.com, March 3, 2008

It's no secret that 30 percent of America is overweight. But many people may not even be aware that their cats and dogs are also overweight. Of the 41 million pet dogs in this country, about 17 million are either overweight or obese, according to Dr. David Bessler of NYC Veterinary Specialists.



NOODLES WELCOMES NEW PANT & WAG CLIENTS AND FRIENDS

As the Canine Executive Officer (CEO) of Pant & Wag, LLC, I am very excited to welcome the following pups to a healthier and happier way of living that only customized cross-training based exercise can provide. If there are ever any questions, please feel free to e-mail me directly at www.pantandwag.com/contact.html

Welcome, Friends!

Sincerely,

Noodles

Noodles
CEO, Pant & Wag, LLC

New Pant & Wag Clients:

- Rocky
- Dexter
- Bam Bam
- Tulip
- Lola
- Frank
- Thunder

CAVM, continued

condition rather than just treating the symptoms. CAVM integrates multiple modalities such as acupuncture, acupressure, chiropractic care, and homeopathy.

Acupuncture is one of the oldest forms of traditional Chinese medicine. It involves insertion of a tiny needle into the skin to a predetermined area called an acupuncture point. There are many acupuncture points that can be used to help treat or prevent a specific disease based on a pattern that is determined by evaluating his/her tongue and pulse, symptoms, and preferences. Acupressure is very similar to acupuncture accept finger pressure is used instead of a needle in order to stimulate specific points. Although any medical problem can be addressed with acupuncture, arthritis, disc problems, and hind limb weakness/paralysis are some of the more common disorders treated with acupuncture. You can visit www.aava.org to learn more.

Veterinary chiropractic involves manual spinal manipulation. It is based on the interaction between the neurological system and the biomechanics of the vertebral column. Some “veterinary chiropractic” advocates assert that spinal problems result in problems with other organ systems. Therapy is directed toward prevention and treatment of a variety of diseases. In order to be qualified to practice veterinary chiropractics, a veterinarian or chiropractor should be certified by the American Veterinary Chiropractic Association. You can visit www.animalchiropractic.org to learn more.

Veterinary homeopathy is based on the principle “like is cured by like” founded by Samuel Hahnemann in the 18th century. It is more important to understand that homeopathic remedies are medications and should be treated as such. Veterinary botanical medicine includes the use of herbal medicine to treat or prevent disease. This may involve Western herbs, Chinese herbal medicine, or herbs from India. It is important to consult with your veterinarian if you are interested in pursuing any of these modalities. If your vet is not experienced in these areas, he/she can likely refer you to a person who is qualified and knowledgeable in these alternatives.

“ It is more important to understand that homeopathic remedies are medications and should be treated as such. ”

Always be sure to discuss with your veterinarian any alternative treatments that you are considering for your dog, before beginning the treatment. Alternative modalities may, when appropriate, be added to the options that are available to optimize your pet’s well being.

Doggie Paddlers

There was a time when an aging or injured dog had few options: Fido could either continue to debilitate, or go to doggie heaven.

But today, aquatic therapists are teaching old (and injured) dogs some new tricks — and prolonging their lives in the process.

“These days, I’m swimming about 55 dogs a week,” said Kendall De Menech, owner of K9H2O in Abbotsford, British Columbia, Canada, and a former swim instructor. Her facility is one of a growing number of canine aquatic therapy centers. “It takes a lot of patience to work with animals because we can’t

reason with them. But I love what I do, and it’s nice to be able to pay back their love and devotion.”

Centers such as De Menech’s offer a range of services for both injured and healthy dogs, including learn-to-swim and exercise programs, physical therapy and, yes, doggie birthday parties. There’s even a movement afoot to unite all aquatic healing processes for dogs under the recently founded Association of Canine Water Therapy.

Dogs were not the first to receive such aquatic treatment. Veterinarians in England used hydrotherapy pools to treat horses with racing injuries.

Not long after, the idea caught on for dogs. In De Menech’s case, her vet suggested aqua-therapy for her 16-year-old lab, Sandy, who suffered from hip dysplasia. The water’s buoyancy would allow Sandy to exercise while keeping weight off her hip.

“I asked some veterinarians if they’d be interested in using my backyard pool to support therapy for animals, and they were thrilled,” said De Menech. “Then, I started a business plan, and I haven’t looked back.”

Is Your Pet Overweight, *continued*

That fat cat or chubby Chihuahua may seem cute and cuddly. But overweight and obese pets, just like overweight and obese people, are at risk for a host of diseases and could be en route to an early grave.

“There are a lot of long-term problems associated with pet obesity,” Bessler said. “Obese pets are at risk for osteoarthritis, heart problems and breathing problems. Overweight dogs and cats have decreased immune systems. It’s difficult to hear the hearts and hear the lungs in fat dogs. And it’s difficult to transport fat dogs around the hospital.” Overweight cats and dogs are also at risk for diabetes and cancer.

There are two causes of pet obesity: poor dietary habits and a lack of exercise. Certain breeds are at a

higher risk for obesity including labs, pugs and Boston terriers, said Bessler.

Many overweight pets will start to show excess belly weight. Dogs, in particular, may sprout bellies that are bigger than their chests, Bessler said.

In some cases, it may be difficult to determine if a pet is overweight. Bessler suggested getting your pet a weigh-in at the vet’s and then working with your vet to put together a diet and exercise plan for your pet if it is overweight.

If excessive snacking is a problem, Bessler said carrots and ice chips make good low-calorie snacks for dogs. Bessler also suggests taking dogs out for daily walks; taking them just outside the door to go to the bathroom doesn’t count. Try buying toys for indoor cats and dogs to keep them

busy and help them get a little bit of exercise. Here are some other statistics to keep in mind when caring for a pet:

— 35 percent of the total pet population is overweight

— Overweight pets are at risk for heart disease, diabetes and arthritis

— One extra pound on a Chihuahua is equal to 38 pounds on an average woman

— One ounce of cheese for a 20-pound dog is equal to a human eating one and a half hamburgers

— One cup of milk for a 10-pound cat is equal to a human eating five chocolate bars



Doggie Paddlers, continued

Pant & Wag is a member of the Association of Canine Water Therapy, and has Washington DC's ONLY underwater treadmill.

Visit www.pantandwag.com for more information.

ABOUT PANT & WAG

Now, K9H2O offers acupuncture, a lifeguard-training course to teach dogs to spot drowning victims, and even canine boating etiquette. Melissa Barran and her pup's business began much the same way. Tired of driving the two hours to her dog's warm water therapy, Barran decided to open her own center. "It just struck me, this was my passion since I was a little kid," said the recently retired

Wash., at the beginning of 2005 and has already generated 25 clients.

Former vet assistant Nancy Long offers controlled swims for dogs at Dunkin Dawgs in Janesville, Wis. Dogs first don a mini life jacket ("for control issues, in case they panic"), then sit on the pool ledge with Long as they adapt

communications specialist. She started SplashDog Spa in Edmonds,

to the water. When they're ready, she helps them swim — either laps or against the current. Healthier dogs also come in just for conditioning and fun, sans doggie vest.

"It's really wonderful to see people give their pets quality health care."

"These dogs are part of people's families, and by putting [injured dogs] through therapy, they're protecting their investments," De Menech said. "It's really wonderful to see people give their pets quality health care."

Pant & Wag (PAW) designs and implements custom one-on-one exercise solutions for your canine family member. To put it simply, we are personal fitness trainers for dogs!

Pant & Wag uses cross-training methods of exercise customized to your dogs breed, age, health, and goals. Your dog's snout size, chest size, gait, weight, and temperament will all be factored into his personalized workout plan.

Visit www.pantandwag.com and learn how we can achieve the optimal levels of health and happiness for your best friend.

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