

Animal WELLNESS

For a long, healthy life!

Special GREEN ISSUE!



LANDSCAPING
FOR DOGS AND CATS
Four steps to success

+ECO-FRIENDLY
PET PRODUCTS

MOSQUITOES
BE GONE!
Control without chemicals

“YOU’RE GETTING *zzzzzzz* **sleepy**”
Is hypnotism for dogs a solution or a quack cure?

TOXIN TALK
What’s safe and what’s not

An eye on **CATARACTS**

THE **MAGIC** OF
MUSHROOMS

LEAFY Greens
Give her diet a healthy boost

APRIL/MAY
Display until May 18, 2010

\$5.95 USA/Canada



VOLUME 12 ISSUE 2

AnimalWellnessMagazine.com

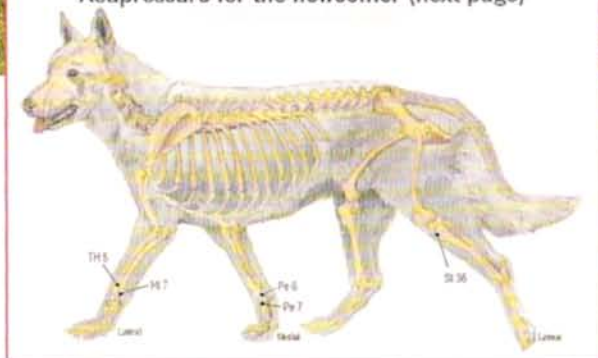
ACUPRESSURE for adoption

Bringing home a new dog can be stressful for him and your existing animals. Learn how acupressure can help keep the peace and make introductions easier.

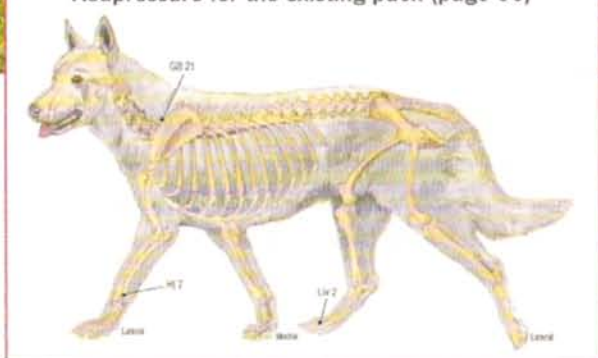
BY AMY SNOW AND NANCY ZIDONIS



Acupressure for the newcomer (next page)



Acupressure for the existing pack (page 66)



Miles looked so pathetic in his cage at the shelter that Sandy just had to take him home. The 11-year-old dachshund's coat was a powdery gray instead of shiny black. His belly was bloated. His little tail looked as if it had been broken a number of times, but he was anxiously wagging his entire hind end, hungry for love and attention.

Sandy and Miles arrived home to be greeted by the rest of her pack: a 12-year old spaniel mix, a ten-year old greyhound, and a dog friendly cat. As scared as Miles had looked in the shelter, he now seemed doubly stressed and ready to fly out of Sandy's arms. What was wrong?

Bringing home a new dog is exciting, but it can also be stressful and challenging for all concerned. Sandy had to

deal with many unknowns regarding Miles; the existing pack was confronted with meeting the new addition and reestablishing pack hierarchy; and Miles' own life had been completely disrupted. That's a lot to cope with all at once.

When adopting a new dog, you need to find ways to ease him into the new environment and pack. The goal is to minimize stress and avoid serious injury to both the newcomer and original pack members. Pack management techniques suggested by canine behaviorists include slowly introducing the new dog to current household animals, or selecting one dog to meet the new one so they can bond before you introduce the entire pack. You can also have the dogs meet for the first time in neutral territory like a park, or create a safe barrier between the

3 Stomach 36 (St 36), Leg 3 Miles – This is an important point that relates to the earth and helps the animal feel more grounded. St 36 is also considered a good acupoint for the gastrointestinal tract and can help the new dog with any digestive issues, which are common during times of change. St 36 is located on the outside of the hind limb, below the stifle (knee), just to the side of the head of the tibia (the larger bone connected to the stifle).

FOR THE ORIGINAL PACK

The existing dogs are experiencing a sense of threat to their pack and are having to jockey for their positions within that pack. Each will have his own reaction to the new dog. Offering them acupressure can help diffuse some of the upset and potentially violent behavior.

1 Heart 7 (HT 7), Spirit Gate and Pericardium 7 (Pe 7), Big Mound – Begin with these points as you did for the new dog. You want to calm their spirits and clear their minds of other family members so they will not feel anxious and threatened. Follow the directions given on the previous page.

Certain acupressure points or “acupoints”
can help him adjust and feel secure.

2 Liver 2 (Liv 2), Moving Between – This point helps harmonize the emotions and dispels the heat related to anger and aggression. Liv 2 is located on the hind limb on the top of the webbing between the first and second digit (toe). This acupoint can be stimulated using gentle thumb pressure while your other hand is relaxed and placed on another part of the dog’s leg. Hold this acupoint on both hind limbs legs in succession while counting very slowly to 30.

3 Gall Bladder 21 (GB 21), Shoulder Well – Helps bring energy down and is used to disperse excessive worry, resentment and anger. Lowering the energy of original pack members can help them accept the newcomer more easily. GB 21 is located in the soft tissue just in front of the scapula at about its midpoint.

Dogs have a social order we need to respect. But we are also responsible for minimizing stress and avoiding violent behavior when introducing a new dog to the pack. Together, behavior management and acupressure provide the best possible means of helping dogs sort out their hierarchy more safely and peacefully. It worked for Miles and his new companions – they are now all living happily together in their forever family! 🐾