



Bubbles N' Bows Dog Salon

Tips, advice and some fun facts about our best little friends who mean so much to us!

Welcome to the autumn issue of this newsletter. Hopefully you've had great summer fun with your best little friends. If not now is the time to do it! Cooler weather and the season of family festivities will be here before we know it, which means a lot more time spent indoors—and an abundance of treats for us all.

Because the seasonal changes usually affect our lifestyles, this is an excellent time to prepare a health and fitness regimen for ourselves and for our dogs. It's certainly tempting to lounge around and fill up on goodies as we greet the cooler weather, but then, as you know, we tend to regret it come springtime!

You may have noticed your dogs eating less over the past few months, as some of them tend to have a smaller appetite during the summer. Your dog may have even stopped eating altogether for a few days, which is normal so long as they act and appear healthy otherwise. But towards the beginning of autumn, they'll likely be eating as much as they can get their paws on.

You do not want to give your dogs as much as they feel like eating, of course, and you may need to adjust their food portions depending on their size, age, breed, and level of activity. A twice daily, measured feeding is a good way to prevent overeating, and you'll want to restrict the number of treats they get as well.

To help them keep a healthy weight and a nice look to their coat through this transition, be sure to give them quality foods, routine grooming, and enough exercise to burn any extra calories. An intake of extra energy (food) with a lower level of output (exercise) can leave us all feeling sluggish and overweight.

So, ask yourself what you can do to make this a fun and healthy transition. It's never too late to get into an exercise schedule, and autumn really is a lovely time for going on long walks with the dogs. If you have difficulty convincing yourself to get out there each day, (we all do sometimes), remember that rewards are just as motivating for us as they are for dogs. Reward yourself with a special treat for keeping your dogs active, and you'll find it all the more rewarding when you're both feeling and looking great!

Please enjoy the rest of this newsletter and hopefully you'll find the information helpful. Have yourself a wonderful time with your dogs during autumn.

Karen

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A Wonderful World of Dogs!

! Kiko, a Jack Russell terrier, chewed off his owner's toe—but saved his life by doing so. According to *Orange News*, Kiko's owner had undiagnosed Type II diabetes that had caused an infection in the bone of his toe. He knew there was something wrong with it but hadn't sought medical attention. When he was passed out from drinking one night, Kiko bit the toe off! Hospital staff amputated what was left to remove the rest of the deadly infection.

! Cruiser, a 'Puggle' mix, has been helping her owner with a residential inspection business by sniffing out bedbugs. According to *The New York Times*, trained dogs can detect a single bug or egg in minutes with 96 per cent accuracy, whereas human inspectors need hours to find them. Bedbugs have been a problem in major cities like New York due to travellers, but dogs like Cruiser are helping citizens get rid of them.

Did You Know?

Dogs don't know what you're referring to when you point at something; they watch the tip of your finger, instead.

When dogs put their chests and front paws against the floor with their hind ends up in the air, it's a 'bow'—a signal that they're feeling playful. You can mirror this behaviour to them when you want to play.

"Man's best friend is what we say, so give your friend a big treat today"

Choosing Healthy Foods for Dogs

From the cheapest bag of kibble to home-cooked vegetarian meals, the foods you can provide for your dog greatly differ from one another. There is a wide variety, as well as conflicting beliefs on what's best, so it's really a matter of finding foods that meet the needs of your individual dog.

The first thing to consider is a dog's age. A puppy's nutritional requirements differ from those of an adult dog, so it's important that you go with an age-appropriate feed. Following that, you have some difficult decisions to make...

What you see on a dog food label isn't necessarily accurate. For example, a brand may advertise that its product promotes a healthy and shiny coat, yet no formula can have a certain effect on all dogs. Therefore, it's good to understand the ingredients and then compare them between brands.

The first ingredient on the label is the main ingredient, just as it is with our own food labels. Most dog foods have corn or another type of meal or byproduct as the primary base, and this is something you may want to avoid if you're looking for high-quality nutrition. Instead, go with a brand that initially lists a specific meat or protein source.

For healthy skin and coat, try to avoid foods that contain artificial colors such as Red 40 and Yellow 5, as these can cause itchiness and allergic reactions. They are for appearances only and have no nutritional value.

A bit of research is needed to fully grasp the differences between product ingredients, but following the simple tips above can make a big difference in your dog's health and nutrition.

If you choose to switch brands, remember to mix the old and new foods together to slowly transition your dog to the new feed.

Supplements for a Shiny Coat!

The "healthy and shiny coat" promises on dog food labels may or may not be accurate, but two ingredients that do promote this are Omega 3 and Omega 6 fatty acids.

These help prevent dandruff, dull coats, and skin irritation, and they promote healthy functioning. Talk with your vet or a pet food specialist for tips on supplementing a dog's diet with healthy fatty acids. And if your store-brand kibble contains them already, be sure to keep the bag closed tightly to prevent the oils from oxidizing.

Ideal Weight for Dogs!

When reviewing the best foods and exercise regimens for your dog, one thing to consider is whether your dog is at an ideal, healthy weight for its size and breed.

Most dogs that appear to be at a healthy weight are actually a bit too plump for their own good. In most breeds, you should be able to see their last few ribs and be able to feel those ribs with a gentle touch. Those last few ribs should not stick out too far, but they should not be completely hidden either.

A fit and trim dog should have some curves to their body shape, as well. When this is not the case, it really is important that we do all we can to help them lose any extra weight. The excess load can be detrimental to their joints and vital organs.

Sometimes an overweight dog is suffering from an illness such as hypothyroidism, for which they need medical treatment. But in most cases, we can do a lot for our dogs' weight problems by reducing their food, increasing their exercise, and cutting back on all those treats we offer them.

This isn't always easy, of course, but their health and happiness is definitely worth the effort!

More Wonderful Dogs of the World!

! Wu Jiang of China trained his dog, a Belgian shepherd named Tina, to climb trees. According to *Orange News*, Tina can now climb higher than 10 feet by wrapping her front legs around the tree trunk and pushing herself up with her hind legs.

Jiang had put her favorite toys in the tree branches to start her training for this when she was only 6 weeks old.

Doggie Humor!

Walking into a small store, a man noticed a sign on the door that read, "Beware of Dog!" yet the old hound asleep by the cash register looked rather harmless.

He said to the man behind the counter, "That's not the dog I should beware of, is it?" to which the man replied, "Yes, that's him."

Amused, the man grinned and said, "Is that sign really necessary? He doesn't look all that dangerous to me."

The man behind the counter replied, "Yes, you see, before I posted that sign people kept tripping over him."

More Doggie Humor!

A little boy went to see a litter of puppies with his dad. When they got home, he ran to his mom and said, "There were four girl Labrador puppies and three boy puppies!" She said, "Well how do you know if they were boys or girls?" The little boy replied, "Dad picked them up to have a look. I think it's printed on their bottoms."

A Look at the Boxer!



Bred in Germany for dog fighting and large game hunting in the 19th century, the Boxer remains a powerful breed that is now a popular pet. They got their name from standing on their hind legs to "box" an adversary.

They were couriers during wartime, according to the AKC, and they work with police and as seeing-eye dogs in modern times.

Although their history reflects some brutal behaviors and uses, Boxers are actually very affectionate dogs that adapt well to family life. Friendly and playful with children, too, these dogs are suitable as family pets and guard dogs when properly trained.

Boxers do not require much grooming in comparison to other breeds. A monthly bath and routine nail clipping is often sufficient for most. But this does not make them low-maintenance breeds. Boxers need a lot of exercise, and they benefit greatly from quality obedience training.

Word Search

Find the hidden dog breeds listed below!

R P Q M N V I Z S L A O D C
P U E G I G Y R K X R C C O
F L M S M O Q S R P O D M R
S I I L I U G A I L T A J G
X Q L R E B U L L D O G G I
D P Y K I I R I K K L R O E
K W A G A G E E S J Z F L S
O I T C W W C G U T M U L T
M W I Y J B A S S E T W F R
O O K Q I C R E M G E K L E
N K A U H A U H I H C P F U
D T E D I I Y S C T O O L P
O B R N O A K Y U M A H C S
R O E L E D I V P F G P Q D

CHIHUAHUA COLLIE AKITA BASSET PULI
BULLDOG VIZSLA CORGI KOMONDOR

Did You Know?

- *A dog's nose print is as unique as a human's fingerprint.
- *The name Fido for dogs originated from the Latin word for 'fidelity'.
- *The most popular names for male dogs are Max and Jake, and for females they are Maggie and Molly.

Using and Choosing Doggie Crates!

Crates can be a source of rest and comfort for dogs and they're also helpful for travel—but only when they're used and fitted properly.

Crate training is much easier when you start from puppyhood (as is everything else!), but it's never too late to give your dog a space to call their own either. Dogs love having their own territory and adapt to it well so long as it has a positive association to them.

To make the crate a positive place for your dog, it's critical that you never, ever use it for punishment when your dog misbehaves. It's equally important that the dog isn't forced to stay in it for long periods of time, as this creates anxiety and a negative association.

The proper size and type of crate really all depends on the needs and size of your dog. The crate should be large enough for your dog to stand up and spin around in, at the very least. Consider your storage space when choosing a crate, as well, as some of them are collapsible for easier maneuvering.

Wire crates are usually a better option because they provide plenty of air circulation and are easy to clean. However, if traveling on an airline they may require you to have a plastic crate. If your dog will be spending lots of time in it due to travel, put some newspapers in the bottom and then a really comfortable blanket that the dog is used to. That way they will be able to relax and sleep comfortably during the journey.

With a few toys, a blanket, and access to fresh water and food, the crate can be a cozy place for your dog. By leaving it in the corner of a room with its door open at all times, your dog will likely learn to seek it out themselves for some rest and shuteye.

One More Reason to Have a Dog!

People who own dogs tend to live longer and are less likely to have heart attacks than those who do not. And, believe it or not, pet ownership is linked to decreased stress levels!

The 3 Keys to a Clean and Glossy Coat!

A healthy and attractive coat comes from a combination of factors. So, whenever your dog's coat is looking dull consider the following keys.

1. Nutrition

Commercial dog foods often contain filler, by-products, and artificial ingredients, which don't always provide suitable nutrition. Check the ingredients on dog food labels to find brands that contain wholesome nutrients and minimal filler. You may also do some research to find out about feeding your dog natural food which can make a big difference to their coat, as well as their health.

2. Health

Internal and external parasites can zap nutrients from your dog or cause problems with their skin and hair, as can other health problems. If they have a dull appearance with proper nutrition and regular grooming, see your veterinarian for a thorough medical exam.

3. Grooming

Regular grooming contributes to the health and look of your dog's hair. Brushing helps to bring out the natural oils and shine on your dog's coat. There's also lots of great shampoos, conditioners, and finishing sprays that will help to keep your dog's hair looking great.

By balancing these three keys to a healthy coat, your dog will look—and feel—gorgeous and well.

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Breaking the Separation Anxiety Bark

If your dog tends to bark nonstop at the door after you leave your home, it's likely that they're suffering from separation anxiety. This is a common problem with dogs nowadays because many of them spend a lot of time alone as their owners are away at work.

If you wish to break this behavior, one of the best things you can do is exercise all that excess energy out of the dog before you leave. A long daily walk gives them time to bond with you and helps them relax.

Following that, you can desensitize them to your absence by 'flooding' their senses with all the cues that you're about to leave. Pretend that you're leaving by following your usual routine, and then walk back in a few minutes later. Repeat this throughout the day, but do not talk to them or pet them when you're coming in or out of the home.

During the next practice session, walk back into the house only when the dog stops barking. This teaches them that you return when they're quiet.

Having another dog will not cure this condition, so it does take some behavioral training to overcome it.

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