



Tellington TTouch® Southern Africa

Issue 08, November 2017

Contents

- Page 1 — Eugenie's Letter
- Page 3 — Upcoming TTACT Trainings
- Page 4 — That will do!
- Page 5 — The holidays are almost here...
- Page 6 — The problem with collars
- Page 9 — Dog harnesses
- Page 12 — Bits and Pieces
Website of the month
Book of the month

TTouch South Africa

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Eugenie's Letter



Hello TTouch Friends!

It's hard to believe another year has come and gone. With so much "crazy" going on in the world today, how much I appreciate my pets and the normalcy they bring to my life. When in doubt, look to your dogs or cats to help you remember the important things in life like playing, snoozing in the sun, cuddling with a friend, going for joyful rides, taking long walks, etc. etc.

I am sitting at the moment with a very precious niece in Baton rouge, Louisiana. About to be on my way to finally get a "Trusted Traveller" status so that in the future I can zip through security in airports – what a luxury will that be!

"Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal. Difficult standards for people to live up to."

Alfred A. Montapert

The Christmas Season is upon us and I am blessed with a wonderful family to share it with. Please if you are travelling this December, do make sure your pets are well cared for at home. And of course especially on New Year's Eve when the fireworks start popping. I remember once a Staffie showed up at a party in Chartwell and I spent the wee hours of the morning trying to find a shelter that would take him! He clearly had spooked when the fireworks started and we didn't know where "home" was for him.

For those of you interested in Robyn Hood new "Harnessing your dog's Potential" book, we now have it in stock for just over R300. Diane is still in the office if you want to order for yourself or it would make a great gift for a dog-loving friend. But if not this week, then in the new year!

The TTouch office will be closed from this Friday, Dec. 15th until Monday January 8th

Wishing you a most Blessed Christmas and a Happy Holiday Season. May Santa bring you and your 4-legged's lots of TOYS!

Keeping in Touch,

Eugenie



**Instructor for
Tellington TTouch
Companion
Animals**

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Upcoming Tellington TTouch Trainings

For Companion Animals and Horses

You need no previous Experience to join these Trainings

These trainings are for any person who wants to better understand their animals as well as for those who would like to work with animals themselves.

Gauteng Practitioner Training for Companion Animals

Workshop: 5 Day training for Companion animals

Presented by: TBA

Date: March, 17th to 21st, 2018

Venue: TBA Midrand or Sandton, JHB, Gauteng

Price: Full price R5200 -Deposit R2800

3 Day option available

Price: Full price R3500 -Deposit R1800

Cape Town Practitioner Training for Companion Animals

Workshop: 5 Day training for Companion animals

Presented by: TBA

Date: March, 24th to 28th, 2018

Venue: TBA , Cape Town, Western Cape

Price: Full price R5200 -Deposit R2800

3 Day option available

Price: Full price R3500 -Deposit R1800



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For more details, [click here](#)

That'll Do!

Follow These Steps to Install an "Off Switch"

Whole Dog Daily

Tip

I adopted my first Australian Kelpie in the mid-1980s. This is a breed I cheerfully describe as "Border Collies on uppers" - and I quickly realized that my ball-crazy Keli was going to drive me crazy if I didn't teach her an "off switch" cue.

I used her favorite toy - a tennis ball - to teach her that "All done!" meant there was absolutely no point in continuing to ask me to throw the ball. This then translated easily to other situations where I needed to tell her that we were done with whatever activity we had been engaged in - whether it was play, training, or casual interactions.

Here's how you can install an off switch in your own dog:

1-Start with a long play session - long enough that it's reasonable to expect that your dog will be able to end the game and relax. With Keli, sometimes tossing the ball in the yard for a while was enough; sometimes it took climbing to the top of a steep hill and tossing the ball down the hill for her to fetch - over and over and over again. The goal is to have him more or less ready to quit on his own - at least when you start teaching "All done!"

2-Give your "All done!" cue, and put the toy somewhere your dog can no longer see it - in a cupboard or in a backpack - and ignore any of your dog's efforts to re-engage with the toy.

3-Notify any other humans in the vicinity to also ignore your dog's attempts to get them to play. NOTE: Training humans to ignore your dog's attempts to get them to play fetch might be the hardest part of this! You have to be very assertive with them! Alternatively, you can just leash your dog and move away from the most insistent dog lovers.

4-Watch your dog, so you notice and can reinforce him for any appropriate behavior that is not attention-seeking. If your dog stops staring at you and, instead, retreats to his bed, go to him and praise and pet him calmly (assuming he likes petting).

5-Make sure to give your dog plenty of opportunities to engage in ball-chasing and other favorite activities daily. You don't want your dog to feel deprived after you tell him that you are done for the moment, but confident that he will have another opportunity later.

6-Generalize your "All done!" cue by using it in other training situations and recreational activities, so that your dog will realize that the cue means the end of whatever he is doing when he hears it. For example, you can use the cue when you've allowed your dog - who loves to lick - to kiss your face several times and then you've had enough.

Herding dog trainers commonly use "That'll do" as an "off switch" cue - and the expression was popularized by the movie "Babe." (Remember? It's when the talented swine was told: "That'll do, Pig!")

You can, of course, use whatever cue you want. But stick with it! Trust me, you will find it well worth the time and effort it takes to teach your persistent dog that enough is enough when you say it is.

For more helpful tips and training advice, [purchase our exclusive Best of 2017 ebook](#). In this ebook, you'll find the best Whole Dog Journal content of this year, including our sought after dry and wet dog food reviews.

Buy Now

The holidays are almost here...



The holidays are almost here. Like most of us, you've probably got a long list of things to do to get your home ready for holiday guests. You might think you've thought of everything, but have you thought about what the holidays mean to your dog?

There's a lot going on at this time of year. When your holiday home is filled with family and friends, things can get very chaotic. While we're cooking and socializing with friends, what are our dogs doing? Does your dog get overly excited by guests, stressed out, or maybe even aggressive? It's important to make our pets feel safe, and it's even more important to keep our pets safe from harm.

So when you're making preparations for the holidays, prepare for your dog as well. Set up a quiet safe room away from the festivities for your pet to retreat to when he needs a break. Make sure to have plenty of water, some comfy bedding to snuggle up in, and some of his favorite toys.

Even if your pets are comfortable around guests, the excitement of the holidays can make them anxious. Be especially careful when people are coming and going. With so many people coming in and out, it's easy for your dog to slip out of the house and get lost. And once your dog escapes, there's only a 20% chance that you'll ever find him again.

[Read more...](#)

The Problem with Collars

By Peter Dobias, DVM

TTEAM Connections - October-December 2011

Before you start reading the following lines, I invite you to do a little test. Open your hands with your thumbs touching each other. Place the thumbs at the base of the throat and with the fingers pointing back and surrounding the neck. Now, take a deep breath, squeeze and pull back with all your force keeping your thumbs connected.

This is how many dogs feel when they are on the leash and they are pulling.

If you are still keen to continue with this experiment, put a choke chain around your neck and attach it to a leash. Ask a friend to grab the end of the leash and pull and jerk on it periodically. Welcome to the dog world! No, I will not make you go on with this experiment and ask you to test a prong collar or electric shock collar. I just want you to become more aware of what is happening dogs and that collars have caused more injuries then you can imagine.

One day, my dog Skai and I were on one of our favorite walks in Capilano Canyon near our home in North Vancouver. The wild river has carved the rock into breathtaking scenery with

moss-covered cliffs, white water rapids and old growth rainforest.

Just a few minutes after starting our walk, I noticed a man with a young German shepherd on a leash. The poor little pup was struggling to say hi however his owner had a different idea. He was determined to prevent his dog from coming closer to us by yanking and jerking harshly on the leash that was attached to a choke chain. **With every yank, I caught myself closing my eyes, cringing and feeling sorry for the poor dog.** He was coughing and gagging with every jerk and had no idea what was going on.

Suddenly the voice in my head whispered: "Peter, you must say something, this poor dog is helpless and will get hurt," the voice went on, "maybe the man is not even aware of what he is doing.

"Excuse me," I started with hesitation, "You may not be aware of this but the choke chain you are using can cause a life long injury and damage and I thought you may want to know why".

"Thank you, that would be great, I would love that," the man replied. "I had no idea."

Here is what our chat was about:

Wondering where the collar originated from?

No one really knows when the use of collars started. Perhaps it was the way the cave people

restrained their wild dogs from running away. However, the first reference to dog collars comes from Ancient Egypt.

The reason why I am so weary of collars is that when dogs pull they can cause a lot of damage. **The neck and cervical spine are one of the most important “energy channels” in the body.** It contains the spinal cord for supply to the whole body, is where the front leg nerves originate from and it is the energy channel where the nerves controlling the internal organ function pass through. The thyroid gland that regulates the whole body metabolism is also located in the neck.

For years, I have observed the relationships between the neck injuries and health of dogs. I have learned that if **the flow of energy in the neck is interrupted or restricted, a whole array of problems may arise including lameness, skin issues, allergies, lung and heart problems, digestive issues, ear and eye conditions, thyroid gland dysfunctions to name a few.** I also suspect that the patients that have severe energy flow congestion in the neck area have a higher cancer rates.

While the purpose of this article is not to give you long description of each condition, I would like to give you a few examples to help you understand how important the health and alignment of the neck is to the general health of your dog.

Hypothyroidism (low thyroid gland hormone) may be related to collar related injuries.

For the longest time I have been puzzled about the high rates of thyroid issues in breeds that frequently pull on the leash, such as Labrador Retrievers and German Shepherds. It seems obvious that the collar actually pushes on the throat exactly in the area of the thyroid gland. This gland gets severely traumatized whenever a dog pulls on the leash, it becomes inflamed and consequently “destroyed” by the body’s own immune system when it tries to remove the inflamed thyroid cells.

The destruction of the thyroid cells leads to the deficit of thyroid hormone – hypothyroidism and because the thyroid gland governs the metabolism of every cell. The symptoms may be low energy, weight gain, skin problems, hair loss and a tendency to ear infections and organ failure.

Ear and eye issues are frequently related to pulling on the leash.

When dogs pull on the leash, the collar restricts the blood and lymphatic flow to and from the head. My clients are often perplexed when all the ear and eye problems disappear after switching their dog from a collar to the right harness.

Excessive paw licking and foreleg lameness can also be related to your dog’s collar.

...if the flow of energy in the neck is interrupted or restricted, a whole array of problems may arise including lameness, skin issues, allergies, lung and heart problems, digestive issues, ear and eye conditions, thyroid gland dysfunctions to name a few.

Leash pulling impinges the nerves supplying the front legs. This can lead to an abnormal sensation in the feet and dogs may start licking their feet. These dogs are often misdiagnosed as allergic and all that needs to be done is to remove the collar and treat the neck injury.

Neck injuries can cause a variety of problems.

Some dogs suffer severe whiplash like injuries from being jerked around. Extension leashes do not help because they encourage dogs to pull. They are faced with the imminent jerk when they get to the end of the line.

Most people do not know that leashes and collars can be at the core of many problems and that just one incident of pulling or running fast to the end of the leash can be serious. So how can we reduce such risk?

A harness – the collar alternative.

Over the years, I have searched for the best way of making dogs safe and to prevent neck injuries. Harnesses that have the leash attached at the front of the chest are the best solution because they distribute the pressure of tugs and jerks throughout the whole body and keep the neck and throat free.

Many harnesses on the market have the leash attached on the back and pulling still restricts the front portion of the neck thereby pressing on veins, arteries, nerves and energy channels.

When you choose the right harness, make sure that your dog's harness is the right fit and follow the maker's instructions carefully. Use the harness only when leash walking and take

it off when your dog is off leash. Ensure that the harness is not pressing or rubbing anywhere and that it is washed regularly.

If your dog is adequately trained, give him as much off leash time as possible. If you have a “puller” have his neck examined by a vet, physio or chiro experienced in neck assessment. You may want to get his thyroid level measured and the neck and back checked for any signs of injuries. Keep in mind that many veterinarians are not trained in checking spinal alignment and working with the right practitioner is essential.

If you are looking for gentle and effective treatment methods, homeopathy, physiotherapy, intramuscular needle stimulation, chiropractics, acupuncture and massage are the best choices.

I hope that you will join our “gentle leash” efforts and will pass this information onto others. If you would love to see such medieval torturing devices like choke chains, martingale, prong and shock collars become museum pieces, here is an opportunity.

Whenever you see a dog pulling and choking on the collar, gather the courage and talk to the owner. **If you would like to be part of our “gentle leash” movement, you can contact me.**

With Gratitude, Dr. Peter Dobias

<https://peterdobias.com/>



Dog Harnesses - many choices

By Robyn Hood

TTEAM Connections - January-March 2012

In the last issue of the newsletter I included an article about the use of collars and now want to share some of the options available with harnesses and the various models.

Since we started using TTouch with dogs in the early 90's the choice and variety of harnesses has grown in leaps and bounds. When we started there were very few choices and most had the leash attachment so far back that it was easy to trigger a dog to pull and difficult to stay forward. Hence the belief that harnesses cause dogs to pull.

Actually it is the 'opposition reflex' that triggers dogs to pull – remember Newton's Law of Physics – for each action there is an equal and opposite reaction. Many people say that their dog 'likes' to pull and while I think that dogs are anxious to get places – liking to pull is probably a human interpretation. So when dogs pull forward most humans go into a counter balance and pull back, to avoid being pulled over, or they have been taught to give a dog a sharp 'correction' on the neck to stop the forward movement.

With TTouch our intent to bring a dog into balance, because we see the link between physical, mental and emotional balance. To accomplish that we started using the Balance Leash and Balance Leash Plus. We also emphasize the importance of keeping pressure off the dog's neck, especially dogs that are reactive to people or other animals. Pressure on their neck increases their reactivity.

Just imagine if someone has something around your neck and is pulling or worse yet is pulling and tightening a noose around your neck like a choke collar or even more so a prong collar. Rather than make you feel very safe or in control an increase in anxiety or tension is more likely to occur.

We first used the step in harnesses in conjunction with either a head collar or a flat collar so we had two points of influence to help balance the dog.

Then the harness revolution really began. The 'Sensation' harnesses came on the market – the designer realized that the further forward the point of contact was on the dog, the less likely they were to pull. When I first saw this it made sense as that was why we developed the balance leash, but they still lacked a second point of contact.

I found that some of the existing harnesses had a ring at the front as a connector for the chest piece and started putting one clip of the leash on the front and the second on the back. This worked reasonably well with some dogs.

From the Sensation a number of variations were developed – the 'Sensible'; Easy Walk by Premier; The Halti harness maybe the best known. I have tried all of them and they work well on many dogs.

My reservation is that they tend to sit very low on the dog's shoulders because of the way they fit around the dog's barrel and chest and they generally pull forward into the elbows of the dog. This may inhibit some movement and may be the reason some dogs don't pull with

them. I fear, in the long run, this could cause sore shoulders for very unbalanced, pulling dogs.

We like that there are more and more harnesses available that have been designed to accommodate the two points of contact and



Easy Walk Harness - These work well for some dogs but you have to take care that they don't pull into the

have an improved fit for the comfort of the dog. Every harness has pluses and minuses – I look for a harness that gives room for the dog's shoulders without the ring on the dog's back being too far back.

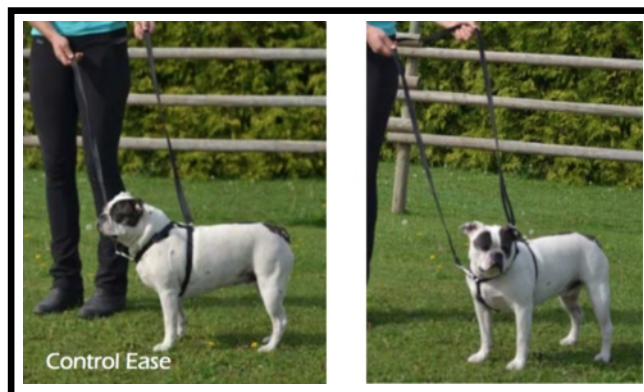
***It is important that care be taken to fit any harness correctly**

Step-in harness - As the name implies the dog steps into this harness rather than it going over the head. There are two rings on top and two side rings. One at the top of each shoulder. Since Step-ins don't have a ring at the front we started taking one end of the leash through the tab at the front and attaching the leash to the ring on the opposite side. This stabilized the leash

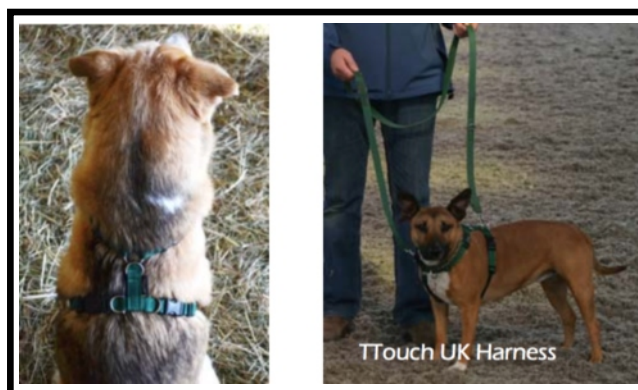


Step-in Harness with Super Balance

and the Super Balance Leash was named. This works well with many dogs but the limitation is that you can only walk your dog from one side without changing the front leash configuration and depending on the dog's conformation they may pull into the dog's elbow.



Control Ease – I found this harness on the market and was pleasantly surprised that it was sold with a leash that had a clip on each end allowing it to be attached to the clip on the front and the back of the harness.



TTouch UK Harness – Sarah Fisher designed this harness which is very adjustable and fits many dogs well. There is a ring at the front and several at the back of the harness which are easy to use with many of the exercises we do to help improve balance. Two great advantages of this harness for many dogs are that it can be put on without it having to go over their head and they do not have to step into it. www.ttouch.co.uk

Xtra Harness - this is a harness first made in the UK – it is a lovely fleece harness which fits well on sensitive skinned dogs and dogs with large sternums such as Daschunds. The original Harness

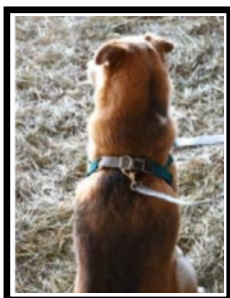
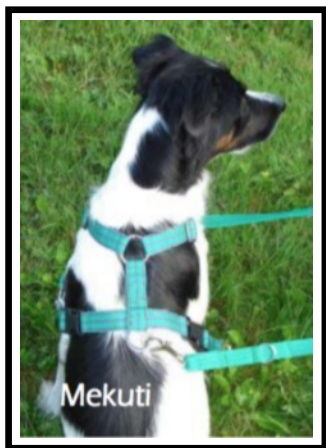


harnesses only had a ring on the back but has been redesigned with the help of TTouch practitioner Marie Miller and now has a ring on the chest piece as well. These come in 11 sizes plus custom made for special sizes and 13 colours and are really comfortable for many dogs. You can order from the UK website

www.xtradog.com

Mekuti – was designed by Rachel Manns a TTouch practitioner. It is basically an H-harness with extra rings. They can be ordered in different lengths of back piece, to suit the size of the dog.

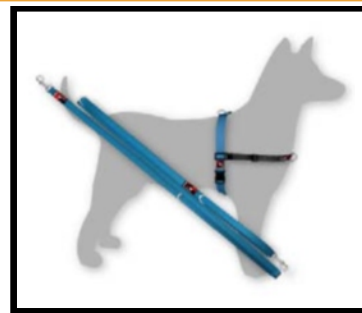
www.mekuti.co.uk



Freedom Harness —This is newest harness we have been trying and it is made in the US. It has two points of contact with a ring on the front and one over the dog's back. The ring over the dog's back has a martingale configuration which is helpful with dogs who might slip out of a harness. It comes with a leash with snaps at each end and the unique aspect is that there is a sliding handle which can be used with one hand but still affects the front and back rings separately.

Balance Harness from Black Dog in Australia – this was designed to avoid the low fit on the dog's shoulders as the chest piece can be adjusted up and down on the barrel piece.

There is a ring on the top of the harness and one on the chest. It was developed with the TTouch approach, of using two points of contact, in mind.



Premier Sure Fit – is a well fitting "H" harness that goes over the dog's head and can be adapted to use with two points of contact. It has a ring sewn into the front which can be used with a leash and also a ring over the dog's shoulders.

Comfort Flex - is another US company that makes harnesses. These may act a bit like a bodywrap in terms of settling dogs and the US agility team used them at several competitions. They do not have two points of contact but can be adapted.

For small dogs there are varieties of harness vests which give great support and comfort but don't have the second ring which we find so helpful in bringing a dog into balance.

There are certainly many other harnesses on the market which are comfortable and well-fitted. In Switzerland and Germany there have been harnesses developed by TTouch practitioners but I wanted to mainly include harnesses that most of our readers may relate to.

If a client comes with a different type of harness we generally try to adapt it whenever possible.

Let me know of any other harnesses you have used that you have found that are comfortable for the dogs and useful to enhance their balance.

Robyn Hood
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Website of the month

Dr Dobias Natural Healing

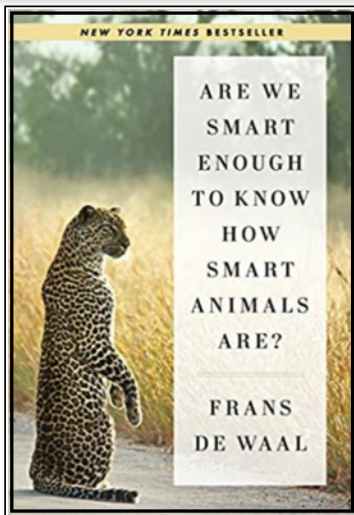
<https://peterdobias.com/>



We are here for you and your DOG because we know how much they mean to you!

Our goal is to help you keep them healthy and happy for years to come.

Book of the month



Are We Smart Enough to Know How Smart Animals Are?

What separates your mind from an animal's? Maybe you think it's your ability to design tools, your sense of self, or your grasp of past and future—all traits that have helped us define ourselves as the planet's preeminent species. But in recent decades, these claims have eroded, or even been disproven outright, by a revolution in the study of animal cognition. Take the way octopuses use coconut shells as tools; elephants that classify humans by age, gender, and language; or Ayumu, the young male chimpanzee at Kyoto University whose flash memory puts that of humans to shame.

Free TTouch Webinars

<https://vimeo.com/ttouch>

Bits and Pieces

- CAN YOU KEEP THIS DOG OF YOURS AWAY FROM ME! I CAN SEE FLEAS LEAPING ALL OVER MY LEGS!
- BUSTER, THIS LADY SAYS SHE'S GOT FLEAS - GET AWAY FROM HER AT ONCE!



DOG BODY LANGUAGE: UNDERSTAND WHAT DOGS ARE SAYING

<https://youtu.be/oriowndPzCM>

These may be the world's first images of dogs—and they're wearing leashes

By David Grimm - Nov. 16, 2017

Carved into a sandstone cliff on the edge of a bygone river in the Arabian Desert, a hunter draws his bow for the kill. He is accompanied by 13 dogs, each with its own coat markings; two animals have lines running from their necks to the man's waist.

The engravings likely date back more than 8000 years, making them the earliest depictions of dogs, a new study reveals. And those lines are probably leashes, suggesting that humans mastered the art of training and controlling dogs thousands of years earlier than previously thought.

"It's truly astounding stuff," says Melinda Zeder, an archaeozoologist at the Smithsonian Institution National Museum of Natural History in Washington, D.C. "It's the only real demonstration we have of humans using early dogs to hunt." But she cautions that more work will be needed to confirm both the age and meaning of the depictions.

[Read more...](#)