



Tellington TTouch® Southern Africa

Issue 1, February 2016

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Website of the month
Book of the month

TTouch South Africa

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Eugenie's Letter



Hello TTouch Friends,

2016 is definitely well on its way with not always an easy start. I myself suffered a bad bout of arthritis in my knee and ended up on my back for a couple of weeks. Maybe the Universe was trying to give me an excuse to slow down.....☺ So as a result, it has been a slow start with my second home being at the physio. I now wonder why I don't go to the physio on a regular basis – it is marvellous! Age does take its toll and it's rather an interesting challenge to say the least!

2016 - OUR TTOUCH TRAINING PROGRAM IS OFFICIALLY 15 YEARS OLD!

Yes, we started the first training in January 2001 and haven't looked back since! What a wonderful journey it has been and what amazing friends we have made on the way. If I look around at our Practitioners and students, I see so

**I want to be the kind of person my dog thinks I am.
Author Unknown.**

many strong friendships that people will have for life. How often do we hear the phrase: "I love being around so many like-minded people!" We really do find that it can change lives as of course working with animals creates new awareness for how we work with people as well!

I've run into a few people recently who have reminded me that when we started the training program in 2001 there was no other training available for dogs other than choke chain "compulsion based" training. Certainly there was no way for people to learn to work with dogs other than to be a Vet or a dog trainer. Since then the world has opened up somewhat in the animal industry here in SA but there is still nothing even remotely like the work we do in TTouch! I have to admit I'm really proud of our program and what we present to the public. We were first to advocate respectful (non-aversive) training in a world where all interactions with animals was based on dominance and how to be "top dog". Today more and more people accept that we can train animals while still honouring who they are as individuals and treating them as such respectfully and humanely.

Thanks so much to Linda Tellington-Jones and her team of amazing Instructors for changing so many of our lives for the better!

Don't forget the next training for Companion Animals starts April 1st and horses April 8th. The wonderful Robyn Hood will be here from Canada to teach and I urge you to take advantage! See details below.

It's fun to look at who was in the TTACT I class and many of them have become familiar names in the TTouch world as Practitioners or otherwise in the pet industry: Here is a picture from the 6th session of TTACT I:



TTACT I session 6
contains 15 of our
first ever
Practitioners here
in SA

From left to right:

Front: Shelley Afargan (formally with Royal Canine, still a devoted pet lover), Cordi Botha Prac 1 (still living in Tzaneen); Glenda Ginsberg Prac 1 (Healthcare practitioner in Ayurveda and Homoeopathy); Claire Grobbelaar Prac 1 (behaviourist, expert clicker trainer and owner of Canine Concepts in the Cape); Phyllis Dannhauser Prac 1 in JHB (works in the film/TV industry),

Middle: Fiona Markham Prac 1 (has her own pet product business); Robyn Hood Instructor Extraordinaire from Canada (writer of TTouch books); Doreen Stapelberg Prac 2 from Pietermaritzburg (clicker trainer & agility champion); Tessa Hamilton Prac 1 now moved to Australia; Sue White Prac 1 and physio here in JHB; Sally Montgomery (works part time training for Niki Elliott at Fluff & Tuffs)

Back: Debbie Conradie Prac 2 for dogs and Prac 1 for horses (recently received her certification as a Vet nurse) Marilyn Fourie Prac 1 retired; Chris Callan Prac 1 living in South Gauteng; Niki Elliott Prac 2 has her own business doing behaviour, training, day care for dogs, cattery, grooming, and most things animal related (note that Niki was still working in the TTouch office when this picture was taken! Karel du Plessis Prac 1 (now owner of Pet Publications), Tanya Croucamp; Kay Aitcheson Prac 1 (moved to Cape Town, has puppy school, rehomes shelter animals, practices TTouch & makes doggy products for sale); Carrots Doyle Prac 1 (now retired) and groomer; Sarah Fisher TTouch Instructor from the UK – (writer of TTouch & clicker books)

What great reminiscing this takes me to. If you know more about the people in the picture, do let me know as we love to know what people are up to these days!

This month's Practitioner Profile is on me! I suppose it had to happen sooner or later ☺ so we've included also "Danilo's Story" which as many of you know, was the dog that brought me to the TTouch work. You can read all about it below. Needless to say there is much more to his story and hopefully one day I'll put it all on paper! However, I really did enjoy chatting to Tersia about how this work came to SA and of course many Danilo stories, and how it's impacted my life.

In the meantime, our new puppy Skyla is 6 months old and fighting allergies, which I am sure is a result of her immune system being compromised at 4 weeks of age. I've decided to put her on a raw diet to see if it helps. I do know that the problem is probably the grass as it's more underneath her body and on her legs but I'm certainly willing to try anything that might help her situation. If any of you have ideas or experience with allergies in dogs, I'd be most grateful for the tips. She on Homeopathic remedies at the moment along with Clarityn. I'll give you an update next month on how she's doing.

All the very best for 2016! I hope this year is full of Joy, Inspiration and much shared love with your four-legged friends (or 2-legged...)

Eugenie Chopin

**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.



Companion Animals

5-Day TTACT Practitioner Trainings

With Robyn Hood and Eugenie Chopin

Dates: 1st April 2016 to 5th April 2016

Venue: TTouch Office, Sandton, Johannesburg

Times: 9:00am to 5:00 pm daily

Contact: Eugenie Chopin

at: info@ttouch.co.za

on: 011 884-3156

Full Price: ZAR 4850.00

Deposit: ZAR 2500.00

Early Bird Price: ~~ZAR 4400.00~~

expires on ~~31st Jan 2016~~

3 Day TTACT and TTEAM Training

This will be the first 3 days of the Companion Animal (and Horse) Training and will count as a half session for those interested in the Practitioner Program

Full price: R2900

Deposit: R1600

Early bird: ~~R2600~~

(expires on ~~31st Jan 2016 for Companion Animals and 8th February for Horses)~~

For more details, [click here](#)

Horses

5-Day TTEAM Horse Clinic

With Robyn Hood and Lindy Dekker

Dates: 9th April 2016 to 13th April 2016

Venue: Donnybrook Guest House and Stables, 66 Chattan Road, Glenferness, Midrand

Times: 9:00am to 5:00 pm daily

Contact: Eugenie Chopin

at: info@ttouch.co.za

on: 011 884-3156

Contact: Lindy Dekker

at: equibalance@iafrica.com

on: 083 616 0577

Full Price: ZAR 4850.00

Deposit: ZAR 2500.00

Early Bird Price: ~~ZAR 4400.00~~

expires on ~~8 Feb 2016~~

Meet a Practitioner/Instructor - Eugenie Chopin

“We started a revolution – there was nothing here at the time.”

Although I met Eugenie before she brought TTouch to South Africa, I heard such interesting things during the interview with her. It remains difficult to verbalize what this work does for and to people. It further remains impossible to speak to Eugenie about TTouch and not speak about Danilo.

Eugenie got Danilo at a challenging time and she believes that there was a greater purpose in their journey...a purpose that included their soul connection to bring TTouch to South Africa.

Due to her Dad being on crutches, Eugenie could not have dogs before she was an adult and independent. By that time, she had already settled in South Africa and then always had dogs. She would usually get shelter dogs and did the tiniest bit of training at a stage – which taught her how to work a choke chain properly. They were always great dogs and she enjoyed this.

Danilo, who was one of the shelter dogs Eugenie had gotten, turned out to be a dog with

challenging behaviour and Eugenie called in the help of all the experts she could find in South Africa at that

stage. All the advice and modification programmes included ignoring the dog, and or punishing him. It was also based on dominance theory. It is hard to believe that there was

a stage that this was all we knew...in my lifetime there was a stage when we believed we had to show the dog who was the boss. It is hard to remember that it was the only information readily available. How times have changed, and how amazingly Danilo facilitated the process here.

Inspite of, or probably because of, all the dominance and aversive ‘training’ Danilo was going through, it was clear that Danilo’s



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behaviour deteriorated. He started off being a bully and with all the (now sounding) weird advice he ended up biting people (have taken out dogs as he never bit dogs). When I listen to Eugenie, I know that we would give anything to have such compliant clients when doing behaviour consults – in her quest to help the dog she did exactly as she was told.



And then she went to Santa Fé, in the state of New Mexico, U.S.A., and met a person who asked whether she had heard of Linda Tellington-Jones. We could not Google anything or anybody at that stage (1996) so Eugenie ordered books and videos which were delivered after her return to South Africa. There is nothing else to think but that this was meant to be when one hears the synchronicity of events around her first workshop. She had already booked a ticket to the USA to attend a wedding when she saw that the first workshop would start the day after she arrived and end the day before she had to be at the wedding. Needless to say, when she was at the workshop, she was blown away finding out that there was a modality out there which did not require hurting or scaring an animal. A way of work which included the entire being, which did not wait for the dog to do something wrong but which set him up for success.

Eugenie is well aware of how she became a pest to all the instructors with all the questions she asked. Obviously this turned out to be the first of many training sessions she attended.

Back in South Africa after the first workshop, Eugenie started working on all four of the dogs in her household at the time. After three days she could see a difference in the relationship between the dogs. The other three dogs became less afraid of Danilo.

Eugenie completed the practitioner training, and gave the first workshop of TTouch in South Africa on May 1, 1998. Many people said they wanted to do what she was doing and Eugenie started pursuing the idea of getting the instructors to come and do the trainings here. When I ask when it was that Eugenie realized that she was making a difference she tells of putting the idea out there that she would do the work but that the Universe had to provide the people if this work was to be done in this country. They both kept to the agreement.

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In January 2001, the first TTouch Practitioner Training took place. YES, TTouch South Africa is fifteen years old!

Eugenie remembers that people were desperate to work with animals in a way which was not based on dominance or punishment and TTouch was the first such course to be presented here.

Eugenie also did a very intensive clicker training course in the USA and does an amazing clicker training course – explaining the why of the work better than many others.

Eugenie continues: TTouch is not about making other people wrong; it provides a way to make the animal feel better. When humans use punishment it gives them something to do and this makes them feel better. TTouch provides the human with something else to do. We can't change anything for the animal if we can't change something about our own thinking.

From chatting to Eugenie, I think the same trait that made her a devoted professional opera singer for 25 years, caused her to bring this work to this country. She holds a master's degree in music, but she also kept searching until she found the singing coach with whom she worked. She

would return to London as a standard preparation for roles and worked longer than standard working hours until she was best prepared. In her journey of finding what worked for her and her dog, she also never gave up – continuing until she was satisfied that something worked.

The other trait in Eugenie's make-up that facilitated this process I believe is the fact that when she finds something that is truly remarkable, she has to share it...and she did.

TTouch is not about making other people wrong; it provides a way to make the animal feel better.

She loves teaching and has many singing students. She is a TTouch instructor for companion animals and has attended all the trainings which were presented here.

In asking her hopes for TTouch in South Africa, she mentions that she would like to see everybody have a dose of it. Everybody can benefit from this work which was truly revolutionary when it came here.

Eugenie has a great perspective: each one has to decide what they will expend their energy on – also in the animal world. Will it be in rescue, working for animal rights? She is an educator...and chooses to use her energy in this field...and boy has it benefited lots of us.

When Danilo was fourteen years old, she asked him for four more good years – and she got it almost to the day. She remembers how he wanted to join her every time she packed the car to travel. After he passed away she booked a few days to go to the bush, and as she got into the car, she felt his energy so strongly. “Okay Boy,” she said, “this time you are going with me.” Two days later, on a late afternoon drive, the ranger had them look up at the clouds, to his surprise saying that there was a dog in the sky....and there was the cloud in the shape of a dog. What a way to say goodbye – and that everything is fine!



Danilo: The Dog that Brought TTouch to South Africa

by Eugenie Chopin

How do I condense into a couple of pages, the story of 17 years with Danilo?

It began when I went to the Sandton SPCA looking for a new puppy. What I found was a four-month-old pup that had been found on the street. A pointer cross who wasn't particularly cute, but who had something that spoke to me. I took him home and our life began together.

In 1990 I was a typical dog owner who loved dogs, had lived with several, but knew very little about them. When I look back I am appalled at how many mistakes I made and how instrumental I was in developing his character and challenging behavioral patterns.

Danilo (named from the operetta "The Merry Widow" that I was singing in at the time) was meant to be an outdoor dog that was going to sleep in a doghouse in the front drive area. We had had some trouble with thieves jumping over the wall and stealing radios etc. out of cars. I didn't expect him to actually guard the cars, but to simply let us know when someone was there.

At the time, I had 3 other dogs living & sleeping in the house and I can now imagine how confused he must have been that he wasn't



allowed to sleep inside as well! He was a rescue dog and needed to feel secure in his home and being put outside at night certainly didn't help. Fortunately after 6 months when I went overseas, one of my softhearted staff, Sophie, let him in and by the time I returned, there wasn't any possibility of putting him out again! (She is still today wiser than I!)

There were many problems that started to crop up and by the time Danilo was a year old, he had truly terrorized my other dogs. Not knowing what to do, I typically called my Vet and asked for help. He sent me to a highly recommended dog trainer who used what I now consider to be old-fashioned training methods. It was based on the theory of Dominance and used very harsh punishment methods to correct unwanted behaviour.

We started Danilo's "treatment" by dealing with the problem of rawhides. A rawhide was something so precious that he would go for any dog in the vicinity. He didn't want just his, but

all of the other 3 as well. The idea was to throw pop crackers (fireworks) on the floor if he went for the other dogs or their treats. This was to scare him so that he'd leave them alone. Well, Danilo could have cared less, but the noise terrified my other dogs!

We dealt with many problems such as going out of the gate and not coming when called, chewing the carpets and furniture (always the orientals and antiques!), turning over the garbage can for food, leaping over the garden wall (over 7 foot), not allowing the other dogs to get attention, wanting to kill the paper boy, being agro with other dogs on the street or at training etc. etc. The plan was to set him up so that he could be caught in the act and then give him an appropriate –horrible– punishment to deter him.

For carpets, catch him chewing, then roll him up in the carpet and beat it while making lots of noise!

For garbage cans, catch him doing it, then put him in the garbage can and bang the lid!

For going out of the gate, catch him in the act, then grab and hang by the neck on the way back in!

Today I understand this to be not only abusive but also partly responsible for his becoming more aggressive. However, at the time, I had a problem and was ready to do anything to help my dog. Although it felt wrong to me, I had no alternatives from which to choose. It's a hard life's lesson to learn to "trust your instincts"! I now live by the principle that if it "feels" wrong, it probably is!

I was a typical owner who had a big concern and trusted the experts to tell me how to fix it. I would like to say that the trainer I used was very good and knew what he was doing according to what I now believe to be outdated training techniques. Most of the great dog trainers in the world today started exactly the same way, as it was the method they had been taught. However, today we know so much more! And there are many "cross-over" trainers out there who once used harsh training modalities who have found that there are more humane and effective methods.

Then from punishing and yelling at my dog, I found a dog psychologist who told me to ignore him! I did all sorts of things like never letting him initiate interaction, turning my head away when he was demanding attention, etc. At the end of 5 months, I was told that he was one of the few dogs who indeed only wanted to be President and not Vice-President! Well, while I knew little about the Alpha dog theory in those days, I certainly knew without any help that Danilo wanted to "be in charge"!

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So it wasn't long before Danilo began biting people as well as terrorizing my other animals. For a long time we thought he was a "racist" dog as he only bit black guests or workers! Then I went to a well-known behaviorist who said that he needed to be more dependant on me so I should vary his feeding times. I.e. one day feed in the morning, next day afternoon, next day – no food at all. This would then make him constantly look to me to find out when his next meal would be. On day three of this regime, he bit the first person that walked into the kitchen while he was eating, who just happened to be white! So now he was multi-racial.



With the trainer, we taught him to "down stay" so well that I could go off for a half hour and come back, having forgotten the poor dog was in "stay" mode and he would still be there! However, he was staying because the consequences of getting up were so unpleasant. In other words, **he learned to do things out of fear rather than co-operation.** As a result, even though

with training he became better behaved, he still bit people! **He was a classic fear biter.**

So now I had learned many things about dogs and mine in particular from both trainers and behaviourists. Some of it helped and some of it didn't. But my dog still bit people! **The reality was that I hadn't dealt with his insecurity.** I kept hearing that he needed a man to handle him or that he was too dominant. I now know that he just needed clear instruction and communication from me and to know exactly what his place and job was in the home. The more violence we used with him, the more violent he became. Many people make this mistake. The fact that he is such a loving dog today is due to his wonderful basic nature. He never seemed to hold any of my mistakes against me! Is this not why we love them so much?

After several years someone in the States told me about TTouch and after my first training we have never looked back! I had finally found something that felt right to me! **I had found a training technique that was based on respect.** I neither had to punish nor ignore my dog. I was ecstatic!

One of the many things going on at home was that my oldest dog, Musetta, wouldn't come for walks in the garden with us any more or even come to the bedroom for our early morning gathering because she was so intimidated by Danilo. Within 2 days of coming home after my first TTouch

training and applying just the touches, Musetta was back in the family and Danilo was much more relaxed! It was a long road of TTouches, body wraps and ground work, but today there are many people who find it hard to believe the stories I tell about Danilo! I won't tell you that he is perfect and when I take him out, I do use a Halti. It is almost impossible to change the basic nature of a dog, but we can certainly help them be more balanced, adjusted and confident in most circumstances.

(Later Note: As Danilo is now almost 17, he no longer uses a head Halter, but walks in a harness and is happy to see the dog across the street!)

Numerous experts told me that I would never be able to get a new puppy with Danilo, but I have now had Angelique for 10 years and Shanti for 5. He has loved playing with both of them. Now that he's getting older, I've tried to help him understand that he doesn't have to protect everyone and everything, but have come to realize that he still considers this his job, so I honour him for that. He is enjoying old age, but still wants to play like a puppy on occasion. Isn't this one of the reasons we are so enamoured with dogs? TTouch techniques played a big part in his transformation, but more importantly, TTouch philosophy and ideas about how to interact and communicate with him were instrumental in changing me, and my attitude about animals. I am eternally grateful to Linda Tellington-Jones and the TTouch team who helped me become a better person as well as teaching me how to work in a positive and productive way with my dog. **Danilo is truly my Best Friend!**

(Editor's Note. This article was written whilst Danilo was still alive. He has since crossed the Rainbow Bridge.)



9 Ways to Love your Animal

by Nancy Horenburg

Valentine's Day is just a few days away, and even though it has partly become a commercialised day, the roots of the purpose of this day can still be honoured and celebrated.

Love. Love without strings, love without attachments, love without conditions, pure Love with a capital L, Universal Love. And truly, as much as we humans like to talk about love, and claim to be so called 'in love', and do things based on love, and also do nonsense based on our concept of love, we fall far short of the real expression of unconditional love that animals can show. Truly, animals, especially our closest companion animals such as the dog, the horse and the cat (yes, the cat!), are the most capable of showing, and being, the deepest expression of unconditional Love.

In order to honour our animals for the Love that they are, that they express, that they give, here are some ways that we can attempt to reciprocate.

Find following **9 ways to Love** our companion animals in a way that hopefully does them right. This is not a closed list, as there are obviously many other ways to live up to the Love of our animals.

Even though dogs come up the most often, and a bit cats, as they are our most common

companions, the animals that we can Love are endless. May all animals receive our Love.



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1 - Remember that your dog is a dog and your cat is a cat; your rat is a rat, and your bird is a bird. They are not your babies, or your children, and, in my humble opinion, they are not even your fur babies/fur children! (And don't shout at me if you call your animals fur kids!! It is my opinion!!☺) They are your companion animals, the dogs, cats, horses, rats, etc, that share your life. They are enough as the beautiful beings that they are. They should not be anthropomorphised to try to make them any more loveable than they already are, or more

deserving of love, or more whatever. Trying to humanize them in some way might not be the best way to honour them as the amazing animals, yes, animals, that they are (technically we are also animals, but let's leave that aside for now!). They are not humans, and even though they share emotions and intelligence and mischief with us, by putting them in a category that makes them similar to humans actually does not do them justice. They have a life that can be so amazing just as an animal, that we humans could probably never be able to fully understand, so let us honour them as companion animals, and keep our interacts with them as respectful as possible.

2 - Train your animal using a positive reinforcement system, a humane, respectful and more effective way, rather than a dominance and aversive based system. Most books and trainers are up to date with this type of training (thank goodness). Be aware of the terms used so that you can make an informed decision if you are looking for a trainer to assist you or if you are going to be training alone. You can then make your decisions and actions based on understanding how animals learn. Know the difference between these 4 terms: positive reinforcement, negative reinforcement, positive punishment and negative punishment. An excellent book to give you the science behind this and understanding how dogs learn is [Excel-erated Learning by Pamela J. Reid](#).

So, show your animal some Love by using the appropriate and kind training system. Any method that uses force, pain, coercion, is just outdated and archaic, and in fact should never have been created and used when dealing with these lovely beings who share our lives with so much Love.

P.S. Forgive yourself if you have ever used force with your animals ... and haven't we all at some time and to some degree! See number 9.

3 - Learn about your animals body language so that you can better understand her emotions, her desires, her joy, her pain. You will be able to understand her better when she is concerned about a situation, when she is eager to experience something, when she is afraid, or angry, or concerned, or blissfully happy. There are many people who say, "oh, but my dog likes this," or, "he loves that so much he does it all the time." However, when looking at the signs that the dog exhibits, one can see that the dog is concerned about something. So give your animal a bit more Love and find out more about the behaviour of its species, and how they express themselves through their body language.

4 - Respect your animals space. Do not, or do, hug your animal. This relates to 3 above. Some animals are okay with being hugged, some are not. Even though your dog might stay in your arms, the signs he exhibits can show concern over being hugged. Does he tense his body, does he turn away or move away when you release pressure, does he lick his lips, yawn, pant...?

All signs that he is not okay with being hugged. If he is okay, and loves it, he will ask for it by coming into your body space for a hug, he will lean into your arms, he will wag his tail, he will have a relaxed body posture, soft eyes and mouth, and, when you release him, he will turn back to you with a look that says, "Why on earth are you stopping? Give me some more Love!" So, as in 3 above, learn your animals language and either give her a hug, or don't!

5 - Make a tasty treat. Spend a bit of time to bake a few treats to give to your animal. Instead of buying something that has added additives, flavourings, colourings etc, which you really don't want to give to your pet because it is harmful to their health, take a while out to concoct marvellous muffins or beautiful biscuits or charming cakes. Here are a couple of recipes:

Ingredients

Makes about 5 dozen

1 cup all-purpose flour
1/4 cup wheat germ
1/4 cup brewer's yeast
1 teaspoon salt
1 1/2 tablespoons canola oil
1/2 cup low-sodium canned chicken stock, plus more for brushing

Directions

1. Preheat oven to 200 C°. In a medium bowl, whisk together flour, wheat germ, yeast, and salt; set aside
2. Place oil in a large bowl. Add stock and flour mixture in three alternating batches, beginning and ending with stock. Mix well.
3. On a lightly floured work surface, roll out dough to about 1 cm thick. Shape biscuits using a dog-bone-shaped cookie cutter or by cutting around a store-bought dog bone with a butter knife. (Make biscuits that are appropriate for your dog's size.)
4. If desired, you can spell out your dog's name or a holiday message in the dough with a toothpick (wet the toothpick first so it won't stick).
5. Transfer to parchment-lined baking sheets. Repeat with remaining dough.
6. Bake biscuits 10 minutes. Brush with stock; rotate baking sheets, and bake 10 minutes more. Turn off oven, leaving door closed. Let dog biscuits stand in oven to dry completely, about 1 1/2 hours. Wrap as a gift, or store in an airtight container at room temperature.

<http://www.marthastewart.com/264802/homemade-dog-biscuits>

Homemade Dog Biscuits

Homemade Flax Seed Dog Biscuit

ingredients:

340g whole wheat flour
340g bread flour
55g wheat germ
1 t (5g) salt
2T (30g) brown sugar
3-4T Flax Seed (optional)
3 eggs
1c (240ml) vegetable oil
85g powdered dry milk
1c (240ml) water

directions:

1. Combine wheat flour, bread flour, wheat germ, salt, and brown sugar, and flax seed in mixing bowl. Stir in eggs and vegetable oil.
2. Dissolve dry milk in water then incorporate the mixture.
3. Mix to form a very firm dough that is smooth and workable. Adjust by adding a little extra flour or water as required.
4. Cover the dough and set aside to relax for 15-20 min.
5. Roll the dough out to 1.2 cm thick. Cut out biscuits using a bone-shaped cutter 7.5×3.7 cm. Place the biscuits on sheet pans lined with baking paper.
6. Bake at 190°C for approx. 40 minutes or until biscuits are brown and, more importantly, rock-hard. Let biscuits cool, then store in a covered container five to six feet off the floor. Use as needed to reward your four-legged friends.

A note about the last instruction. These are to be given out at least 3-4 times daily. If not, dogs, feel free to go potty where ever you are not supposed to.

RECIPE SOURCE: WHITEONRICECOUPLE.COM.

6 - Do some Ear work. Ear work has an amazing effect on the whole body of an animal, and you can spend a few moments in the stillness of the presence of each other and connect and heal by Loving through Ear work.



To do the ear TTouch on your dog, support your dog's head with one hand. With the other hand, hold the ear between your thumb (on top) and the rest of your hand (underneath) and gently slide with your thumb from the base of the ear to the tip, covering the whole ear in one or more strokes. Imagine the ear is a green leaf and use the sort of pressure you would use to slide over this without damaging it. You can also do little circular touches over the ear (against the head) and all around the base of the ear. Use just your finger tips with the fingers close

together and follow the TTouch circle and a quarter pattern.

With a cat, the slide can start with the thumb at the center of the cat's head, and you may choose to use both hands at the same time.

The Ear TTouch is particularly important in cases of emergency and shock. This TTouch helps induce relaxation, reduce stress, improve digestion and overcome fatigue and car sickness.

7 - Make sure that your animal has enough access to the earth and Nature. The power and healing of the earth is amazing, and having bare-paws access to it on a daily basis, including the trees and sky and sunlight, and for long enough, can do wonders for the health and wellbeing, physically, emotionally, mentally and spiritually, for your animal. The healing power of Nature has been well documented. See this article for some good information on the healing power of the earth: [Why Walking Barefoot Might Be an Essential Element of Good Health](#). There was actually a case in a town/village in Europe (and for the life of me, I can't find the story anywhere, but I did not make it up!!) All the children in that village were found to be getting sick. Visits to doctors and hospitals came up with no answers whatsoever. These children were sick with no cause, until some clever fellow realised that the children had no access to the earth at all. From their houses and flats, there was no ground or grass, only pavement in the yards. They went to school walking on the pavement; at school, no sports ground, no earth. Basically the children lived without having any barefoot access to the earth. So measures were taken to provide a playing ground and parks that the children could go to on a daily basis. And you know what? They all got better!

So give your animal some more Love and all of you go for a long barefoot/paw walk on the beautiful earth, with the sun shining on your skin, the breeze playing with your hair, and the inspirational blue sky above.

8 - Put a support system in place in case something happens to you. If you get sick, or experience a car accident, or get lost in the mountains of China for one month, who is going to take care of your animals? Is your house keeper capable enough to take care of your animals long term? Are your family members able to take and love your animals for a while? Do you have friends who will temporarily adopt your animals until you get better? Is there money aside to buy food long term? What happens if you die? Do you have your animals on your Will so that you know they will be taken proper care of once you are gone? It is all very well to say that your family member, or friend, will take your animals, but are you sure?? Put a system into place that you know for sure will take care of your loved companion animals if you are not around to take care of them.

9 - Love yourself. We all know the healing capabilities of animals. How they give so much of themselves, how they help us with emotional issues, how they are there for us when we are in pain, how one lick can ease our discomfort and loneliness. The more unhealthy we are in our physical body, the more emotional issues we have, the more traumas we have not dealt with, the more burdens we carry instead of letting go; all these take a toll on our companion animals as well. So do them a huge favour, as well as yourself, by learning to Love yourself Unconditionally, warts and all, and be, to the best of your ability, the best person you can be in the moments that you are living this life, and sharing this life with your companions.



Love yourself, the way your animals Love you, and take care of yourself so that you can be there, fully present, fully Loving, fully whole, for your life and for their lives.

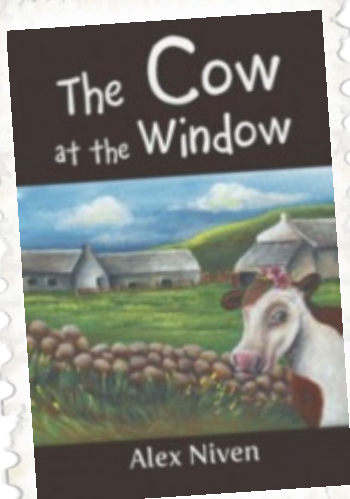
The Cow at the Window By Alex Niven

Press Release

“Having been a vet for a very long time, it is reasonable to assume that many interesting cases have drifted under my stethoscope.

Some of these stories make me smile while others still tug at my heartstrings.”

Helco Promotions is pleased to announce the publication of Dr. Alex Niven's book, The Cow at the Window is presently available as an ebook and book from internet sales.



The Cow at the Window is an anthology of stories about fascinating animals and their equally-as-interesting human companions. Dr Alex's anecdotes are funny, tender and outrageous. This book will make you smile at the absurdities and oddities

that happen when animals and humans co-exist.

The stories told in his experience and line-of-work are not all lighthearted with that air of a page-turning exhilaration towards a happy ending, instead, they are true happenings of the realities faced, and does everything it can to highlight the fascinating dynamics that exist between all our four-legged friends and the care and protection given by their humans.

Author Detail

Vet, Homoeopath and Deacon, Dr Alex Niven, has tackled some interesting problems. From Glasgow to Johannesburg, he has enjoyed working with, amongst others, cattle, horses, dogs, lions, elephant, eagles and buffalo. Dr Alex's rich and often amusing storytelling style is evidence of his great experience in the University of Life.

Availability: The publisher at Xlibris.com, Amazon.com, Barnes & Noble, Apple iStores, Kobo, Takealot and Loot.

(-See back page-)



For all media enquiries, review copies, or interview requests please contact:

Helen Holyoake at Helco Promotions on Tel (082) 452 9488 or email helen@helco.co.za

Website of the month

<http://www.petmd.com/blogs/thedailyvet>



The Daily Vet is a blog featuring veterinarians from all walks of life. Every week they will tackle entertaining, interesting, and sometimes difficult topics in the world of animal medicine – all in the hopes that their unique insights and personal experiences will help you to understand your pets.

Book of the month



The Cow at the Window

The Cow at the Window is an anthology of stories about fascinating animals and their equally as interesting human companions. Dr Alex's anecdotes are funny, tender and outrageous. This book will make you smile at the absurdities and oddities that happen when animals and humans co-exist.

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Bits and Pieces



It is often said that an animal is a man's best companion. Alex Niven, a retired Vet reveals the literal meaning of this phrase in his new book titled **THE COW AT THE WINDOW** -
SABC Digital News -

<https://www.youtube.com/watch?v=2YlnA9ApQoM>

Did They Really Say That?

by Dr. Ken Tudor

As with all professions, veterinary clients and customers are capable of saying some outrageously hilarious things.

- Mrs. Y presented her dog to me with very bad breath and was adamant that the fecal smell was caused by constipation. She insisted that I give her dog an enema despite the fact that I could not palpate any stool in the dog's colon. She refused an X-ray to solve the mystery, insisting that constipation could be the only reason for fecal breath. Not so delicately, I asked if she had fecal smelling breath when she was constipated. She assured me that such an assumption was absurd and that dogs were different.

The fact that the dog ate its own feces was immaterial. -