



Tellington TTouch® Southern Africa

Issue 4, May 2016

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Website of the month
Book of the month

TTouch South Africa

www.ttouch.co.za

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Eugenie’s Letter



Dear TTouch Friends,

I have to admit that I’m still feeling elated about last month’s trainings, so it’s hard to really think about a new Newsletter! If you didn’t read the last one, I urge you to go back and do so or email me and I’ll send it to you. However I do have some exciting News for you!

2017 will see another TTouch for Humans workshop with Robyn Hood as well as an Advanced Training for Companion animals for anyone who has done 4 or more workshops.

2017 – Diarize these dates! All Johannesburg

March 18-19 Sat/Sun – **TTouch for Humans**

March 21-23 (Tues-Thurs) – **Advanced TACT** – includes holiday on March 21.

March 25 – 29 (Sat-Wed.) 3-5 Day **for Companion Animals**

April 1-5 (Sat-Wed.) 3-5 Day **Horse Training**

“The clearest way into the Universe is through a forest wilderness.”

– John Muir

I don't know if any of you belong to Holiday Clubs but I am grateful for points that are going to expire as they "make me" book a Holiday. So here I am sitting at Hazyview Cabanas, enjoying the sounds of the rushing waters of the Sabie River. So very peaceful and quite different to the pace of Joeys. I spent the afternoon in the Kruger yesterday and very mindfully called up the energy of Linda Tellington-Jones (I was sure she wouldn't mind :-)) as when I have travelled with Linda to the bush, the animals seem to seek her out! Well I wasn't disappointed when I took an unintentional detour and found the most magnificent Leopard having a snooze on a rocky koppie.

At first I could only see the backside and his very long tail, but thanks to the "powers that be", he woke up and moved a bit to give everyone the picture they wanted!

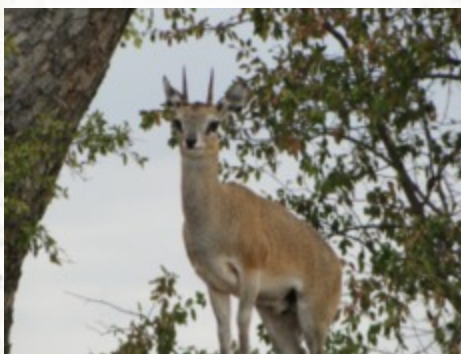


As it was
Mother's Day I
gratefully gave
thanks to
Mother Nature
(and Linda of
course) and
carried on to
the next

Koppie where I found one of my favourite buck, the Klipspringer! What a gentle and sweet face!



So I highly recommend Holidays! Even if you have to "force yourself" to take them!



In the meantime, make sure your animals are warm in the upcoming colder months and get ready with the right equipment for any load shedding coming out way. Or even better let's send loving thoughts to the government officials who control these things and look to an easier winter

Keeping in Touch!
Eugenie

Editor's note: In the April Newsletter, on page 7, the "5 questions to ask yourself when you are working with an animal" comes from Debby Potts. I forgot to give credit.

**Instructor for
Tellington TTouch
Companion
Animals**

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www.ttouch.co.za

011 884-3156

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 TFACT Practitioner Trainings

With Edie Jane Eaton and Eugenie Chopin

Dates: 24th to 28th September, 2016

Venue: Sandton/Midrand, Johannesburg, Gauteng

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 23rd July 2016

3 Day TFACT 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 23rd July 2016 for Companion Animals and 31st July for Horses)

For more details, [click here](#)

Horses

5-Day TTEAM Horse Clinic

With Edie Jane Eaton and Lindy Dekker

Dates: 1st October to 5th October, 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 31st July 2016

Thirty signs that might indicate a dog has tension

By Sarah Fisher - TTouch Instructor and Behaviour Counsellor

I have listed thirty signs that might indicate a dog has tension, stiffness and/or discomfort in body.

Many of the behaviours described are also exhibited by other animals that are wary of contact for a variety of reasons but for ease I am only referencing dogs.

These are all behaviours that have been displayed by client dogs of mine that significantly diminished or disappeared altogether once the dog was relaxed and/or supported by appropriate veterinary care alongside TTouch, physiotherapy, acupuncture, hydrotherapy etc.

Growling is an obvious sign of worry and concern but many other clues that a dog might benefit from some physical support are often over looked because they are so subtle, or so overt that they have become a 'normal' part of a dog's character and behaviour. For example (in my experience) a high proportion of dogs that might be described as being boisterous and/or overly friendly and throw themselves enthusiastically at people when greeting strangers or humans that are more familiar to them, do not enjoy being touched.

This list is by no means exhaustive but if you recognise some of these signs, it is well worth taking the dog to a vet for a thorough check up. If the dog in your care is anxious at



www.tilleyfarm.co.uk/
www.ttouchteam.co.uk/



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www.facebook.com/profile.php?id=1280058630&fref=ts

www.facebook.com/tilley.farm?fref=ts

the vets or does not show the behaviours in the clinic that you have observed in a more relaxed environment, take a video or series of stills to show your vet.

Growling is an obvious sign of worry and concern but many other clues that a dog might benefit from some physical support are often over looked because they are so subtle, or so overt that they have become a 'normal' part of a dog's character and behaviour.

1. He moves away, rolls over, turns his head or keeps swinging his body round so you only stroke him on a specific part of his body when you try to touch him or initiate contact

2. He stops blinking or blinks quickly, holds his breath or pants, wags his tail quickly or holds his tail still etc when you touch him

3. He keeps a little distance between you and him when you call him or when he comes to sit near you

4. He repeatedly licks you when you stroke him

5. He seems to be easily distracted and struggles to learn new skills

6. He is an enthusiastic greeter and becomes more 'excited' when he is touched

7. He freezes when you put on his collar/harness/coat and/or bend down to attach or remove his lead

8. He struggles to walk in balance on the lead and pulls, or is reluctant to walk

9. He does not like being towel dried, having his nails clipped or being groomed

10. He has stopped playing physical games that he used to enjoy

11. If he does play games they only last for a few minutes

12. There are areas of raised hair, dead hair that doesn't shed, dandruff, changes in shading/colour, and/or excessive swirls and whirls in his coat

13. He grumbles, air snaps or nips if you sit next to him on the sofa or approach him when he is resting

14. He is reluctant to move from his bed when asked

15. He sits down on walks at regular intervals

16. He seems depressed or withdrawn

17. He cannot jump into or out of the car or onto or off a raised surface with ease

18. He panics when lifted or helped up onto a raised surface

19. He does not shake off or only shakes his head after a game, after contact or when concerned

20. He has become less tolerant of other dogs and/or people in his space

21. He has a consistent hot spot in the middle of his back (around T11 where the natural dip occurs) or other areas in his body that feel excessively and consistently cool or warm

22. He is worried about walking on slippery surfaces such as laminate floors or up or down steps

23. His sensitivity to noise has increased

24. He repeatedly chews or licks a specific part of his body such as a wrist, a back leg, his flanks or his paws

25. He struggles to turn either left or right and muscle development is uneven through his neck, back, hindquarters and fore and hind limbs.

26. There are subtle or more obvious changes in his gait

27. He cannot maintain a stand and repeatedly shifts his weight from side to side or front to back

28. He rags or grabs the lead and this behaviour increases when he feels pressure on his neck

29. He doesn't sleep deeply and dream

30. He habitually stands/sits/lies down with a leg out to the side, or with one limb placed in front or behind.

Six reasons a harness will stop your dog pulling

by Janet Finlay - Prac Level 3

These days there is an almost overwhelming choice of equipment available, all claiming to help us walk our dogs easily and safely.



A wealth of different designs of collars, head collars, and harnesses. All have their proponents who feel theirs is the right tool to help you train your dog not to pull on the lead. So how do you decide what is the best for you and your dog?

As a TTouch practitioner I always want to choose equipment that will help the dog to succeed, so I start teaching loose lead walking by fitting a good harness – one that doesn't tighten on the dog and that has at least chest and back attachments – together with a double-ended lead.

This may seem counter-intuitive. After all, anyone who has seen a team of huskies, knows that dogs can pull pretty hard into a harness. But it is also the best tool I know to stop a dog pulling. Here are six reasons why.

1. It takes pressure off the neck.

A dog pulling into a collar around the neck pulls himself off balance and he therefore has to use you (pulling back against him) to balance himself. Pressure on the neck also restricts breathing, reducing the oxygen that reaches the brain, increasing anxiety and reactivity and reducing the ability to learn. Not to mention the risk of physical damage to the neck and spine and to the soft tissue in the throat from pulling hard into a collar. So the first thing we need to do if we want to teach a dog to walk on a loose lead is to get that pressure off his neck! A good harness means that we can take all pressure off the neck, connecting instead to the chest and/or back.

2. It allows two points of connection.

When you attach the lead to one point on the dog, when the lead tightens, the dog's opposition reflex will mean that he pulls into it. This is the case whether the attachment is to the collar or the back of the harness, which is why attaching to the back of the harness only, encourages a dog to pull. When a dog has not yet learned to walk on a loose lead, the lead will tighten simply because his natural pace is faster than ours. But a good harness has at least two connection points, one on the chest and the other on the back, and we can connect to each of these with either end of a double-ended lead. Then, if one end of the lead tightens, we can meet that pressure and then release it, while taking up the other connection. Alternating between connections in this way means that there is nothing for the dog to pull against and the opposition reflex is not triggered.



3. It positions the dog naturally at your side.

If you want your dog to walk on a loose lead, the ideal place for it to be is beside you, matching your pace and direction. Attaching a lead to a collar or the back of a harness, positions you firmly behind the dog – in the perfect position to encourage pulling! But when you add that front connection to the harness, with two points of connection, the dog moves naturally to be positioned with his shoulder at your side. This is a much more comfortable position to walk in and does not encourage pulling, which brings us to our next point.

4. It is more comfortable for your dog.

Harnesses distribute any pressure across a much larger and less sensitive body area in the chest and flank, than the alternatives where pressure is concentrated in the neck or face. A well-fitted harness is therefore more comfortable for your dog than being led by a collar or wearing a head-collar. Combined with two points of connection, a fixed harness does not put unpleasant pressure on the dog, which makes the dog more relaxed and therefore less likely to pull. Note: harnesses that tighten on the dog work by creating an unpleasant sensation when the dog pulls, which is not comfortable and not recommended.

5. It gives you better influence and communication.

Two points of connection on a harness give you much more influence on your dog's behaviour than a single point, and it increases your ability to communicate what you want to your dog. It can be helpful to think of the connection at the back as your "brake" and the front connection as your "steering". If you want your dog to slow down, a gentle lift upwards (rather than backwards) on the back connection, will slow your dog without unbalancing him or triggering the opposition reflex. Direction can be communicated very clearly using the connection at the front. This allows you to use the lead gently to reinforce your verbal communication, as a cue or a signal, rather than a correction.

6. It encourages your dog to walk in balance.

Ultimately, to set your dog up to succeed in learning to walk on a loose lead, he first needs to learn to walk in his own balance, without leaning his weight against you through the lead. As we have seen, using a single point of contact on a collar works against this and encourages the dog to pull forward, putting the dog (and you!) out of balance. But using a harness with points of connection on the chest and back, encourages the dog to move his centre of gravity backwards so he is more balanced. And a dog that is physically balanced will also have better emotional balance and will therefore be better able to learn.



Once he is in that balanced position beside you, you can start to reinforce the non-pulling behaviour you want. Select what you want to reinforce – the lead being loose, your dog being in a particular position at your side – and use a clicker to mark that behaviour. You will find that it happens much more naturally and frequently using a harness in this way and he will be able to learn quickly and easily, because you have set him up to succeed.

Nutritious, Delicious Pet Treats You Can Make in a Flash

by Dr. Becker

Pets love treats! And pet parents love being able to offer them to four-legged family members.

Unfortunately, the majority of commercial pet treats, while yummy tasting to dogs and cats, are neither species-appropriate nor do they contain high quality ingredients.

In fact, most species-appropriate pet treats won't remotely resemble the cute and colorful dog biscuits and cookies you may be used to seeing on store shelves.

Forming treats into tiny dog bone or fish shapes requires the use of undesirable ingredients like grains and other starches, not to mention fillers, preservatives, sugar, and other additives. Wouldn't it be great to be able to offer delicious, delectable treats to your pet that also provide your dog or cat with species-appropriate nutrition?

I certainly think it would be, so I asked my team to keep their eyes open for some excellent alternatives to the usual pet treat fare.

I'm sharing a few of the results of our research with my readers here at Mercola Healthy Pets.

I hope these recipes, tips and ideas will inspire you to make those treat calories count by offering nutritious, biologically appropriate snacks to your furry loved ones.



Story at-a-glance

- » Most popular commercial pet treats are loaded with grains and starches, sugar, preservatives and other ingredients that don't promote the health of dogs and cats.
- » Rather than offer empty, biologically inappropriate calories to their dog or cat, many pet parents are looking for alternative, healthier treats.
- » To answer that need, we've found several easy-to-make, nutritious, species-appropriate pet treat recipes we think your dog or cat will love.
- » We're also including a great tip on how to turn pet food into pet treats, and some ideas for healthy pet treats that are already in your fridge or pantry.
- » And remember... treats should be fed only occasionally and in very small amounts. Otherwise, the calories from treats add up fast and before you know it, your pet is overweight or obese.



Super Easy Nutritious Pet Treat Recipes

Crunchy Beef Cubes

What you'll need:

- 1 pound lean beef
- Baking sheet covered with baking parchment

To prepare:

- Dice beef into half-inch (1.2 cm) cubes
- Place cubes close together on baking sheet
- Put baking sheet into cold oven and heat oven to 300°F (150°C)
- Cook for 1 hour
- Reduce oven temperature to 200°F (100°C) and prop open oven door (to allow moisture to escape)
- Continue cooking for 2 additional hours
- Remove beef cubes from oven and allow to dry overnight at room temperature

Place beef cubes in airtight container and keep refrigerated or frozen until ready to serve.

Chewy Liver Strips

What you'll need:

- Beef livers (butcher shops sometimes throw these away or you can buy them at the supermarket)
- Food dehydrator*

To prepare:

- Cut liver into 1-inch (2.5 cm) slices
- Apply a non-stick spray on the dehydrator drying racks
- Place the liver slices into the dehydrator for 24 hours
- Seal in airtight container and refrigerate or freeze until ready to serve

*An alternative to using a food dehydrator is to put the liver strips on a greased or non-stick baking sheet and bake them in a 325°F (160°C) oven for 45 minutes to an hour.

Livertaters

What you'll need:

- 1 pound liver (450g)
- 1 egg
- ½ teaspoon garlic powder
- 1 ¼ cups potato flakes
- Beef or chicken broth
- Food processor
- Greased 13 x 9 pan (33 cm x 22 cm)

To prepare:

- Preheat oven to 400°F (200°C)
- Cut liver into approximately 1-inch (2.5 cm) pieces (to help with the blending and cooking process)
- Place the liver pieces, egg, garlic powder and potato flakes in food processor
- Pulse ingredients to combine
- Add as much broth as needed to make the mixture spreadable (the consistency will be very thick)
- Spread mixture into pan
- Bake for 25 minutes; cool on wire rack for 5 minutes
- Loosen sides with a knife, turn pan over and empty mixture onto wire rack
- Cool completely before slicing
- Place slices in airtight container and refrigerate or freeze until ready to serve

Turkeyballs

What you'll need:

- 1 pound (450g) ground turkey
- 1 egg
- 1 teaspoon chopped parsley
- ¼ cup shredded cheese (optional)
- ½ cup chopped veggies (optional)

To prepare:

- Preheat oven to 350°F (180°C)
- Mix all ingredients in bowl
- Shape mixture into bite-size balls
- Bake for 10 minutes or until brown
- Cool and serve or seal in airtight container and store in fridge or freezer until ready to serve

Turkey Mash

What you'll need:

- 1 egg
- 1 to 2 tablespoons mashed potatoes
- ½ cup diced cooked turkey meat
- ½ cup chopped cooked veggies
- ¼ cup grated cheese

To prepare:

- Warm a small amount of olive oil in a medium-sized skillet
- Blend the egg and potatoes in a bowl and then spread in the skillet
- Lay the turkey and veggies on top in even layers
- Cover and simmer until the egg is cooked and the mixture is warm
- Sprinkle cheese on top of mixture and cook a few more minutes until cheese is melted and egg is golden brown
- Cool thoroughly, cut into wedges, seal in airtight container and put in fridge or freezer until ready to serve

How to Quickly Turn a Can of Pet Food into Nutritious Treats

If you buy commercial (hopefully human grade) canned food for your dog or cat, you can 'repurpose' a can for use as a supply of healthy treats.

Open a can of your pet's favourite brand, preferably something with a strong aroma, and spoon out little treat sized amounts onto a baking sheet covered with parchment paper.

Put the baking sheet into the freezer until the bite sized bits of food are frozen. Then move them to an airtight container and back into the freezer they go until you're ready to treat your pet to a treat! (Most dogs will enjoy the treats frozen, but you'll need to thaw them to a chewy consistency for kitties.)

Additional Ideas for Quick-and-Easy Pet Treats

Don't count out people food when it comes to offering healthy treats to your pet.

Fed in moderation (meaning fed only occasionally, and in very small amounts – no more than a 1/8 inch square for a cat or small dog and no more than a ¼ inch square for a bigger dog), any of the following items from your kitchen can provide a nutritious snack for your dog or cat:

- Fruit
- Cheese
- Raw almonds, cashews, Brazil nuts
- Blueberries
- Frozen peas

No matter what treats you feed, they should be counted as part of your dog's or cat's daily caloric intake. It's easy to imagine, as you're handing a tiny morsel of this or that to your pet, that those extra calories are inconsequential in such small amounts.

Most pet owners would be surprised at just how many extra calories a treat here and there can add to a pet's daily energy intake.

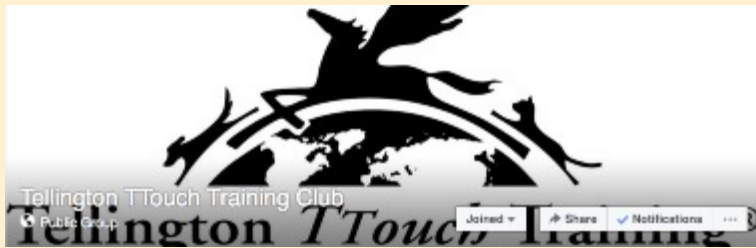
About Dr. Becker

- Licensed Veterinarian
- Voted Top 10 Veterinarians in Chicago, IL
- Wildlife Rehabilitator
- Animal Advocate



[Discover More](#)

<http://healthypets.mercola.com/sites/healthypets/archive/2012/02/10/easy-to-make-pet-treats.aspx>



Note from Linda Tellington-Jones

New Facebook Page: Sarah Fisher and Robyn have started a Facebook group - Tellington TTouch Training Club where anyone interested can post TTouch questions and receive answers.

Having such a service has been a vision of mine since the 90's when I left Santa Fe for Hawaii.

Thanks to the power of Facebook and the energy and manifestation skills of Sarah and Robyn, it's happening and will help many people.

I am grateful! Thank you Sarah and Robyn.

<https://www.facebook.com/groups/1701380693479335/>

Testimonial via [Michelle Sachs](#)

I got such a wonderful testimonial from a client I wanted to share it with you.

TTouch rocks!

"I had such amazing results with both Max and Sasha from Michelle's visits to us whilst we still lived in JHB so I can personally vouch for the amazing results. Max being an older German Shepherd struggles with his back legs and after 1 session his walking improved tremendously. Sasha my female German Shepherd has suffered with chronic ear infections over the years and as a result of having her ears cleaned roughly in Tanzania she was extremely sensitive and wouldn't let me nor anyone near her ears. In 2 years in JHB we had to sedate her twice to have her ears sorted at almost R 2000 a visit you can imagine how ecstatic I was to have been introduced Michelle as after 2 sessions I was able to touch Sasha's ears inside and outside and after session 3 she lets me softly clean them ... and since I have learnt and used this amazing technique on her ears she hasn't had any infections or need to return for treatment. Both Max and Sasha love their TTouch time and I can see the results when I regularly do the techniques which need only a few minutes per day."

"If I comfort my dog when he is afraid, am I going to make his fears worse?"

If good things happen when your dog is afraid, he can learn that those times are not so scary.

Fear is an emotion, not a behavior. Change the emotion from fear to happiness by providing comfort and rewards for the things your dogs fears.

www.la-sPCA.org/training



The reason why dogs don't live as long as people according to a 6 year old:

"people are born so that they can learn how to live a good life. Like, loving everybody all the time, and being nice. Well, dogs already know how to do that, so they don't have to stay as long."

Website of the month

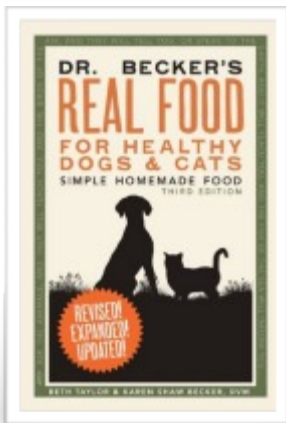
<http://barkpost.com/>



About BarkPost

FACT: Dogs do pawesome stuff.
 FACT: But there was never a place where all this pawsomeness was shared with the world. The BarkPost helps dogs share their stories with the world, using the power of the hoomans.

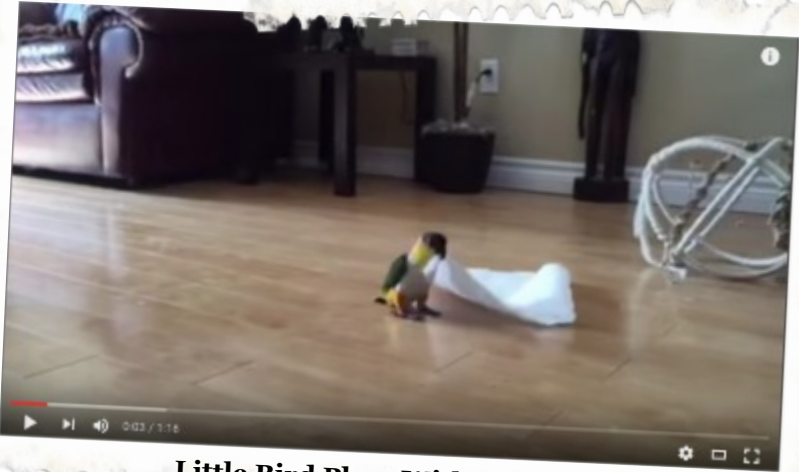
Book of the month



Dr. Becker's Real Food for Healthy Dogs and Cats: Simple Homemade Food

This book covers the basics of a homemade meat and vegetable diet for dogs and cats based on their ancestral diet. This program provides a rotation of different meats and vegetables and strives to provide most nutrients as food. Meals are intended to be fed raw, but recipes may be cooked. A mineral supplement recipe to fill in the gaps is included in an appendix.

Bits and Pieces



Little Bird Plays With Paper Towel

https://www.youtube.com/watch?v=6_-4KArFRo8

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.

Mr. Z reported that his dog was constantly voiding small amounts of urine very frequently. X-rays revealed that the dog had over 30 stones in its bladder. When I showed the X-ray to the owner, his response was, "How did she eat all of those stones!" Explaining to the owner that the urinary system and the gastrointestinal system are not connected was an absolute exercise in futility.

Fortunately, he let us surgically remove the stones from his dog's bladder, but he has since removed all stones and gravel from his yard to prevent a repeat of the problem. Dietary management of mineral and water content made absolutely no sense to him.