



January / February 2007 Newsletter

Happy New Year!!!!!!!!!!

Greetings for 2007 – We made it through the holidays and we still have two more months of “winter”, however, we get daylight savings earlier this year! It is hard to believe that it is already 2007.

Did you include your animal companion in your New Year’s resolutions? If you didn’t, it’s not too late. Here is a list of ideas to consider:

- **Become more educated about pet food and treats (learn what makes good ingredients)**
 - **Change daily kibble if needed**
 - **Offer higher value treats 2-3 times a week**
 - **Add fresh veggies to your pet’s diet**
- **Do more active things with your animal companion**
 - **Walk (at a new location once a week)**
 - **Play (ball, fetch, chase the light – at least once a week)**
- **Do more bonding things with your animal companion (at least once a week)**
 - **TTouch**
 - **Yoga**
 - **Meditation**
- **Learn one new activity you can do with your animal companion (just for fun, it doesn’t have to be for titles)**
 - **Agility**
 - **Freestyle**
 - **Tracking**
 - **And if you prefer low key – see list of bonding activities above**

This wouldn’t be the “winter” newsletter without some reminders about winter safety tips:



- **Our furry companions should have limited amount of time outside when it is very cold or mostly snow/ice on the ground. Our four-legged friends may have their own fur coats, but exposure to the ice/cold can cause rapid loss of body heat and frostbite to their ears and paws.**
- **Be mindful of where your pets go when they are outside. We all know exposure to “ice melt” products and antifreeze is deadly, but we forget that it could drip or fall off of cars anytime (around our property or places we take our pets).**
- **We are sometimes proactive in taking vitamins**

or zinc during winter months to avoid colds and flu. You can also be proactive with your animal companions, by adding higher quality nutrients to their food or giving them vitamins during the winter months as well.



Feature Companion(s) for this issue: Freckles



You may have heard the story on the news last fall about the little dog that was found hanging from a tree with wounds around the neck. Well that story made the news, but there are countless other stories of horror that don't make it on the news. At the same time that the puppy made the news, another dog was brought into the shelter with severe wounds around the neck. He is a VERY sweet young cocker spaniel, with soft fur, a gentle personality, and well behaved. This dog had been chained to a tree until the choke chain had dug ruts into his neck. His wounds were not the kind that could be stitched, but were treated with antibiotics and wrapped to keep clean. The TTouch method helped his wounds to heal faster and provided him with tools to learn how to rebalance after going through that trauma. He found a wonderful forever family with the added bonus of learning to live with a kitty (who is such a diva I just had to put her picture in here too).



Announcements:

N2paws was scheduled to offer yoga with your animal companion in January. These classes have been postponed until February. So, if you still want to get in on some relaxation with your dog or cat, you have time to sign up! You may have heard of doggie yoga, (sometimes called Doga), but these classes will be a little different because TTouch will be incorporated with a special blend to enhance the bond between you and your furry friend. Check the event schedule below and contact N2paws (pat@n2paws.com or 816-522-7005) to get registered – don't miss out!!!!!!

Just for Fun (and in the spirit of the New Year):

“Until he extends the circle of his compassion to all living things, man will not himself find peace.” – Dr. Albert Schweitzer

Alpha Sim

Upcoming Events for N2paws & other fun stuff



Feb or Mar (TBD) – Half-day, TTouch for Dogs workshop, in Liberty, MO
Feb or Mar (TBD) – Half-day, TTouch for Cats workshop, in Lenexa, KS
Feb. 15 – Mar. 29 - TT/Doga Class, Thursdays 6:00pm – 7:00pm
Feb. 17 – Mar. 31 - TT/Doga Class, Saturdays 10:00am – 11:00am
Mar 22-25 – TTouch demos at the Home & Garden Show (Bartle Hall)
Apr 7 – TT/Feloga Class, Saturday (one day) 10:00am – 11:30am

If you would like to learn more about TTouch, you may contact N2paws by email: pat@n2paws.com or 816-522-7005, for a private session, group workshop or a public speaking engagement for your club or organization. Also, visit our website www.n2paws.com, for interesting links and current workshop schedule.

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