



Brands, products and service referrals....

There are so many brands and companies competing for our purchases these days it makes it hard to choose effective products and reliable services. Sometimes we do not know a service exists until someone says, "have you tried "x"? Below is a list of products and services I have experience with. I aim to

support local whenever possible! These are listed in no specific order. I welcome discussions about these products and services and why I chose them. I encourage all pet parents to do their own research and find products that match your pets' needs, your values and budget.

PRODUCTS

- ❖ West Paw Brand – this is probably my top brand for dog toys! They are located in Montana, make every part themselves & use eco-friendly materials and manufacturing. AND they guarantee every product! They design and make toys for all levels of chewers, puzzle toys, beds, collars & leashes and even treats now! I have an assortment of West Paw toys and they really last. My first toy bought in 2006 was their hurley. It has been through dozens of different types of dogs and still intact!
- ❖ Kong brand – well known and trusted! Stuffed kongs are a great way to pass the time for any level pup. Room temperature or frozen they can be good tools for when we need our pup to have a quiet activity. Like when we leave the house, take a nap or need our pup to keep busy while we work at home.
- ❖ JW Pet Hol-ee Roller balls. These come in different sizes and have holes which make it easy for dogs to grab without putting pressure on their teeth. Great for small dogs! And easy to clean. Note: this is a supervised play toy and not meant as a chew toy.
- ❖ Planet Dog toys – tough, fun, eco-friendly and made in USA. Variety of options and chew levels. Toys that last.
- ❖ Busy Buddy toys – puzzle toys designed to interact with your dog physically and mentally with rewarding treats.
- ❖ LickiMat – these are flat interactive mats that come in various sizes, colors and patterns. Smearing a soft food like peanut/almond butter, yogurt or even can food, creates a calming, rhythmic licking by your pup. It can be both a challenging and rewarding tool for longer periods and I have found it useful as a calming exercise for stressed or over excited dogs. Note: this is a supervised activity and not meant as a chew toy.
- ❖ Slow feeder bowls – these come in various sizes, colors and shapes by many brands. They are intended to slow a dog when eating for easier digestion, prevent reflux after meals and create an interactive environment including a dog's brain to be active during the meal process instead of just eating from a boring bowl. Note: this is a supervised activity and not meant as a chew toy.
- ❖ Food puzzles – these are designed as interactive feeders which encourage your pup to use its brain and instincts as much as its physical interaction to give a well-rounded exercise, rewarding your pup's success with its meals. These can support your dog's needs on many levels AND us humans benefit too! We get entertainment watching them, opportunities to build their confidence by teaching them and then praise them for a job well done, quiet time while our dog feeds itself, and we get a pat on the back for being such smart pet parents. Note: this is a supervised activity and not meant as a chew toy.
- ❖ 2Hounds Design - I am a HUGE fan of the freedom no-pull harness set up! It is my go to for the shelter dogs I train. It has a comfortable harness with 2 places to attach the leash which supports all levels of training and is easy to clean. My favorite part is it fits the shoulders better than other harnesses I have used, allowing for freedom to move and extend without putting pressure on the shoulder and impeding rotation which can cause future damage. Some models come with a velvet material chest strap to prevent chafing behind the front legs which is great for short haired breeds. I have found it extremely difficult for a dog to back out of and escape. They have fun colors and reflective too for night walking. They also make collars and other fun products.
- ❖ Calming stuffed toys – a special stuffed toy that plays a heartbeat or calming music sounds can be a great asset to help a puppy, senior, anxious or fearful dog to feel secure and get some good rest.

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- ✿ Rescue Remedy – Natural stress relief made from a combination of 5 natural flower essences chosen to ease mental tension. Safe for dogs and cats, and can be put right in their water dish. [rescueremedy.com]
- ✿ Essential oils – with research and guidance oils can be a game changer for medical or behavioral challenges. I have been using them for several years now. I use Doterra. Animal EO created by Melissa Shelton, DVM. NOTE: *EO on pets requires education & experience. Always use with a rep specializing in use with animals.

Food, supplements and treats....

I offer to share my experiences and I am not a vet or nutritionist. We need our vets to guide us on medical issues however veterinarians are not nutritionists either. Many larger vet hospitals like UF in Gainesville have certified nutritionists on staff to assist pet parents in selecting diets or making homemade appropriate meals for a specific pet.

With that said.... A very common question is “what food or treats should I feed my pet?”

Some points to consider in selecting your brand;

1. What is the purpose of the food you serve? We all want food that will nourish and maintain a healthy pup. Sometimes there are bigger goals to be considered such as meeting a specific age group (puppy, senior, high energy etc.) or a medical condition.
2. Are you interested in a specific lifestyle diet? There are as many diets for dogs as there are for humans. ANY diet can be balanced with the right information. Raw, plant based, homemade, etc.
3. What kind of food are you looking to serve? Kibble? Can? Dehydrated? Freeze dried? Homemade? Or a mixture of any of these. Are you going to add whole foods like veggies and fruits?

Things to look for in any pet food;

- ✿ INGREDIENTS! Simply put, the less processed a food is the higher the quality. (tip: meat is a processed food, even when “raw”. More meat does not equal a better quality food) Look for a well-rounded food.
- ✿ Check your brand names. Whatever brand you are looking an easy google search can give you info on reviews, recalls (this is an important one!) and history of the brand. Do they source and manufacture within the US? Do they focus on a special type of food? Does the company limit who can sell their food? Are there many flavors or types of foods this company makes that would allow you to switch as your pup’s needs, availability of the food, or flavors change?

Should we add to our dog’s food?

YES! I highly recommend it! Why? Because no one food is ever going to meet all of a living beings’ constantly growing and changing bodily needs. Because if given the choice, who would eat the same food every single meal their entire life? And mostly because the plants (vegetables’ and fruits) coming from our earth are the most natural and vitamin rich foods in existence. Why would we NOT share this with our furry friends?! There is a whole bright world of nutrition out there where unprocessed natural plant foods can support, heal, and bring balance to our pet’s needs.

Personally, I buy V-Dog kibble for my own dogs and add veggies, fruits, healthy grains and herbs to create a well-rounded diet and keep their meals interesting. I have often used the Fromm and whole hearted brands food for the shelter dogs I train and select a type that best suits the individual dog’s tastes, physical and energy needs.

TREAT Suggestions – try different flavors and textures to find what your pup likes! Remember the DOG determines the value of the reward! Use small soft treats for training. Dogs will be taking in allot of treats during training. Healthier options with less ingredients will minimize digestion upset and weight gain. The brands I most use: (when I am not using my own homemade treats)

- ✿ Whole Hearted brand treats – dogs love the freeze dried chicken
- ✿ Zukes – allot of flavors, healthy ingredients and dogs seem to really like them.
- ✿ Fruitables – variety of fun flavor mixes, both crunch and soft textures.

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- ✿ For some dogs plain, boiled, shredded turkey or chicken can be very motivating as a training reward.
- ✿ If weight is a concern for adult dogs, add some strong-smelling treats to a container with plain cheerios and let it sit covered. The cheerios will absorb the treats smell and make a low calorie, non-fat yummy treat!

Dental Treats

- ✿ Herbsmith Dogbreath dental chews, C.E.T. Veggiedent tartar control chews, Whimzees natural dental chews.
- ✿ Ark Naturals Gray Muzzle brushless dental treats for dogs that need a gentler crunch.

SERVICES

There are many services available to us to give our pups the best life. Whether it be for maintenance, therapy, prevention or recovery from an injury or addressing behavioral issues. I have found that sometimes thinking outside the box of traditional western medicine is more beneficial as we treat the whole dog and not just the “issue” at hand. Ask me how these vendors have helped pets I know. I love to share their stories!

- ✿ Dogtown – Indoor gyms and an indoor pool area. They take dogs from local rescues to give them a break from the shelter environment, give them the opportunity to socialize with other dogs and new people or sometimes board dogs waiting for space at a rescue or shelter to keep them out of animal control. The staff can be easy to work with, the dogs are the priority, and they follow directions for food, toys etc., and they always give me good feedback on how the dogs are doing.
- ✿ Cindy’s Retreat for dogs – The play yards are large, fenced and have allot of trees for shade. They even put in an in ground pool. Less dogs and more outdoor time.
- ✿ Soggy Doggy grooming services – also has a self-service bathing room! Equipped with tub with unique sprayer that allows cleaning a pup without having to touch them. Great for dogs reactive to touch! St. Augustine. [soggydoggyfl.com]
- ✿ Rehab therapy – similar to therapy services humans receive to prevent injury in sports, to rehab and injury or treat a medical issue. Services that can be included in rehab are physical therapy, acupuncture, chiropractic, massage, underwater treadmill, laser therapy and more.
 - ✓ VOMC – Veterinary Orthopedic and Mobility Center in St. Augustine. Full surgical and rehabilitation services for orthopedic and neurological injuries or age-related joint disorders. [vomcvet.com]
 - ✓ Veterinary Acupuncture and Wellness located in Jax Beach specializes in acupuncture and holistic therapies to heal pets naturally. [vetacuwellness.com]
- ✿ Jade Paws canine massage and animal Reiki – Doryan shares Reiki with both humans and animals to help process energy for a healthier life on emotional and energetic levels. It can be extremely beneficial for pets with emotional trauma causing behavioral issues. She is certified using touch massage for therapeutic, relaxation and palliative benefits. These are non-invasive methods to recharge any pup in a supportive and natural matter. [jadepaws.com]
- ✿ Constance the pet Messenger – communicates with your pet offering an effective way to bridge the communication gap with troubled pets. [constancefrankenberg.com]