

APRIL 2023

WELOVEPETS

south africa

& THE DOG BOX

SERVICE DOGS

Our Guardian Angels

MAKING THE SWITCH

Tips to change your dog over from a kibble diet to Raw food

THE PLACE

Where dogs are special guests and free to roam and explore

**DOGFRIENDLY JOZI
- WOULD BLOKHUIS**

CAPE TOWN HIKE

ELEPHANT'S EYE CAVE

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I started this group to help pet parents find pet friendly rentals and properties for sale, Nationwide.

The Goal is to keep pets out of shelters because their parents cannot find suitable pet friendly accommodation.

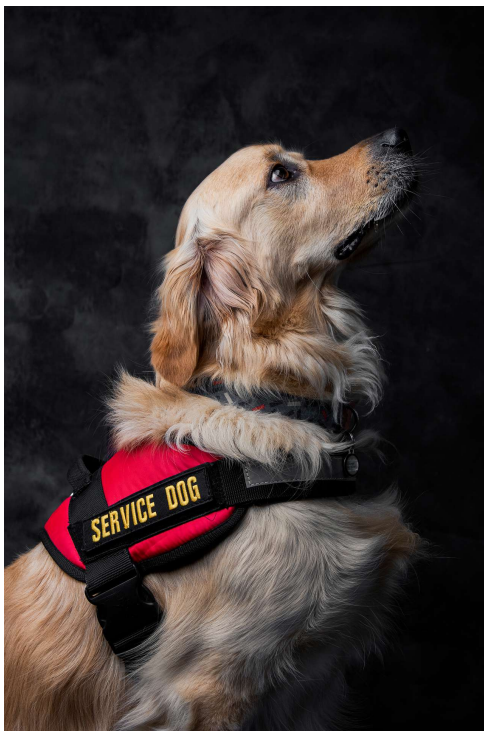


Pet Friendly

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the cover



*Cooper is our Cover.
He is a medical alert service dog.*

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A hike to Elephant's Eye Cave

A real treat in Silvermine that you can do with your fur-riend

written by Imtithaal Dawood

The view of the Constantiaberg Mountain from the Lower Tokai Park, with Elephant's Eye Cave and the Constantiaberg Mast visible.

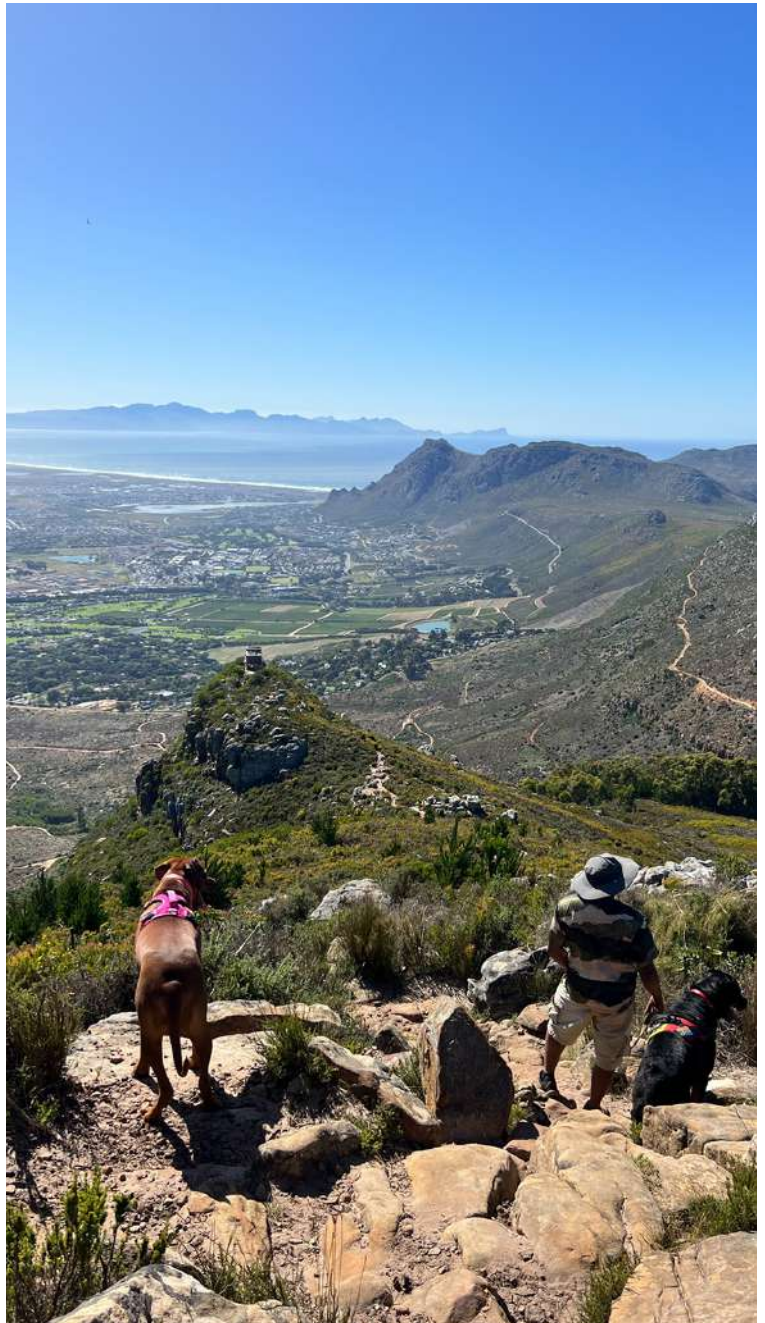
One of the most popular hiking trails in the deep South of Cape Town is Elephant's Eye, with the destination being the unique cave. It's a moderately challenging, five-kilometre hike, yet easy enough to do with kids and dogs and offers exquisite views.

Where is Elephant's Eye hiking trail?

The Elephant's Eye hiking trail is found in Silvermine Nature Reserve (Gate 1), which is part of the Table Mountain National Park, and on the Constantiaberg mountain. The Constantiaberg mountain is 927 metres high and has two very distinct features, the tall red and white Constantiaberg mast, which transmits a Very High Frequency signal for many television and radio stations, and supports cellphone networks and Elephant's Eye, which is the cave that forms the eye of the part of the mountain that resembles an elephant's head, with the trunk stretching towards Cape Point.



Once you've paid the entrance fee into the park (dog walkers require a **SANParks My Activity Permit**) and enter through the boom, drive to the parking area for Silvermine Dam. You will see a sign board that shows the option for two routes. Just left of the sign board is the start to the Elephant's Eye trail which is well-marked.



Hiking to Elephant's Eye

Follow the trail and you will pass a white building on the left (the toilet facilities) and continue until you join up with the jeep track and turn left. This out and back trail is quite wide, which allows you to pass other users quite easily. You will start a gentle incline which snakes around a few bends.

You'll be treated to the view of the Dam, amazing fynbos and different types of birds. The alternate route is to climb the single-track steps which joins up with The Jeep track at some point. The Jeep track will split to your right and there's a sign board marked Elephant's Eye. Follow this trail with the Constantiaberg mast as the beacon that you are edging towards. You will get to a clearing where you see the Tokai Arboretum, Tokai forest/plantation, lots of vineyards, the Zandvlei Estuary, the Cape Flats and the False Bay coastline. You will cross the Prinzkasteel (Princecastle) Stream, a great water stop for the dogs to get their paws wet and to have a sip.

There's another circular signpost that indicates the route to Constantiaberg Elephant's Eye. Continue to follow the path. Make sure to stop and take in the amazing views. We saw pink and orange Watsonias, lots of different shades of fynbos and as you climb you see the expansive landscape of the Reserve. There is a viewing point at the old fire lookout or you can continue in the direction of the cave. The back of Table Mountain and Devil's Peak will now be in full view on your right-hand side.

There's a combination of a log staircase and some rock steps that you need to climb to get to the cave. The path is well-worn with some loose rocks so tread carefully. You will see another signboard that indicates Constantiaberg to your left and Elephant's Eye Cave to the right.

It is at this point that the path becomes quite narrow and you have to navigate carefully over a few rocks but as you come around the corner, you can see the cave's entrance which towers over you. The cave is huge inside and it is a small climb to the back of the cave, where you'll be rewarded with some shade. The back wall of the cave also has some fern-like plants growing on it which makes a great backdrop for photos. We had our breakfast and some water and took a long break just cooling down in the shade. After our break we headed back down the same way. It took us about two hours and 30 mins to complete the hike which included lots of stops.

During summer it gets quite hot. On the day we hiked (1 January 2023) it was 26 degrees Celsius. The Reserve opens at 7am and there's usually a long queue to enter, which means you only start hiking before 8am. We try to avoid the midday heat and prefer to be down by 10am. We carry lots of water (about 5 or 6 litres to share between two large dogs and two adults). A great tip to beat the heat is to take a detour to the Dam before you start hiking. Kygo enjoys swimming and retrieves his lighthouse toy a few times before the hike to ensure he is cool, while Selena just dips her paws.

Dogs are not allowed on the boardwalk and the dog path is just to the left of it. Follow the path straight to the Dam. This is the dog-friendly section and you're allowed to picnic on the left-hand side of the Dam.



ABOUT IMTITHAAL

Imtithaal is the dog mom of Kygo, a five-year old Rottweiler, and Selena, a one-year-old Rhodesian Ridgeback. She's married to Waleed and they enjoy hiking, beaching and exploring Cape Town with their dogs. You can read her blog for interesting dog-friendly walks. Follow Kygo & Selena's adventures on Instagram or Facebook and DM them if you'd like to join one of their adventures.





ALFIES
PET ACCESSORIES



THE GIRL TIPS

Where it all started

Ursula worked in the 5★ Hotel Industry for 13 years in events and sales & marketing and was retrenched during Lockdown. One day she was on Pinterest and saw how they made dog collars. Not having sewn in years, she was super impressed with how the final product looked and hasn't looked back since. **Alfies Pet Accessories was born.**



The main thing for me was durability and attention to detail. I saw the gap for tough, durable yet fashionable pet accessories in SA & the only way to get that was to import it. Through trial & error I found that I'm pretty good at sewing and combining that with my creative side, I started creating the beautiful products you see on my website.



Favourite Moments

"WOW, there are so many, but I am a people person and connecting with so many pet owners and sharing the same love that they have, is incredible.

A highlight for 2023 is working with Dogscapes, creating pet portraits with different themes. The creativity that she has, pushes me to create next level products.

I also got to shoot with TikTok celebrity, Nadia Jafta & Mackenzie."

... & the tough times?

"Juggling being a business owner is tough. You have to be 10 people in one, planning for new products, making products, shooting them, editing them and loading them to the website. Even though it's tough it's still so rewarding seeing your creation on pets and people, knowing your brand."

The future of Alfies

"We started off doing custom orders for a lot of our clients - from doggy dresses to wedding outfits & birthday accessories - so we decided to launch a new division to Alfies, namely: **Alfies Luxe** - This will be all our high end items ... wedding outfits, tutus, dresses and luxury accessories.

You will be seeing **Alfies Active** - inspired by Klaus and Kara's mom Jesslyn, to get back into hiking and back into why I loved being outdoors and amongst nature and of course sharing it with Enzo - I feel we need more colourful active gear for those pets that love the outdoor life, still ensuring durability."



www.alfiespetacc.co.za

TOP TIP

"I would say never give up, there will be days that you feel like 'why on earth did I do this.' Always remember there will be good days and bad days, but the good ones will always overpower the bad. If you have a dream and you are willing to put the time into it, then it will be a success!"



If you REALLY want something bad enough you will put in the work to accomplish it.



Annemarie Gillmer is a proud volunteer of AACL-CT and internationally accredited Trauma-Informed Life Coach.

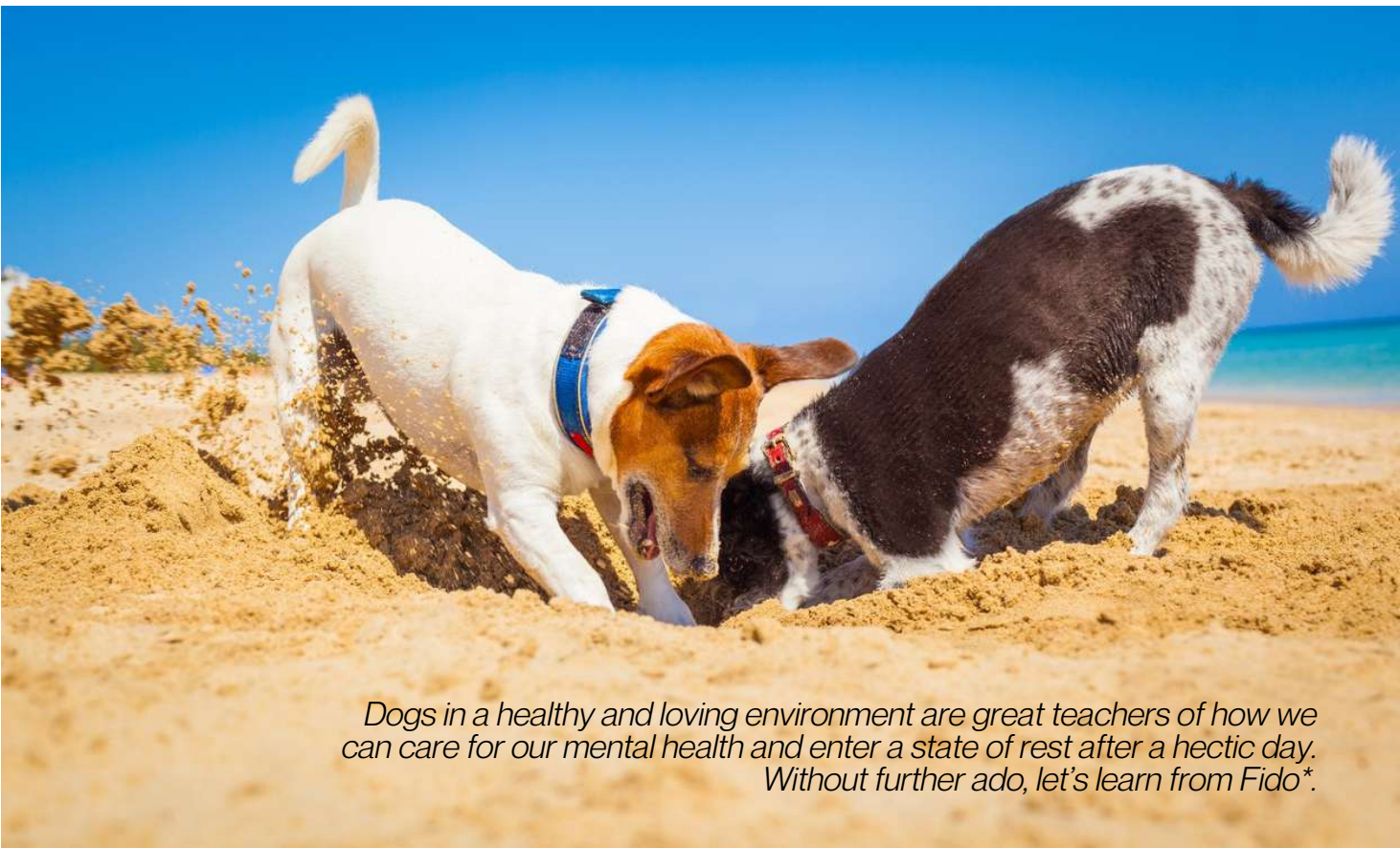


The Lost Art of Self-care

“Self-care? No, I don’t have time. And if I had time, I wouldn't know where to start.”

This is the standard refrain I receive from stressed out and overwhelmed clients when I raise the topic of self-care. In a world where the average person wakes up and immediately goes into performance mode, adding self-care on the list of daily tasks is normally met with resistance. But once we start unpacking self-care rituals, clients often realise that it does not entail going for expensive two-hour massages and weekend mountain retreats. Although these are great for stress relieving, the reality is that very few of us can afford these luxuries. Luckily as pet owners, we have our own self-care coaches right there on our sofas!

Without going into too much boring detail, let me give a quick and high-level explanation of our nervous system. The sympathetic system controls our “fight-and-flight” responses and prepares the body for action. However, when the parasympathetic nervous system (PSNS) is activated, it slows our heart and breathing rates, lowers blood pressure and promotes digestion. Our body enters a state of relaxation, and the more time we spend in a PSNS state, the healthier we are. There are a few things we can do to activate the parasympathetic nervous system and enter relaxation, and this is where man’s best friend can help.



Dogs in a healthy and loving environment are great teachers of how we can care for our mental health and enter a state of rest after a hectic day. Without further ado, let's learn from Fido.*

Meditate

When we think of meditation, images of monks sitting still for hours on end with a quiet mind pop up. We tend to forget that they built this skill over years! Countless times I've heard people say they tried quieting their minds but could not do so for 5 minutes before breaking down in cold sweat. But I often witness my two fur kids laying in the sun and staring into nothing. They are not fighting their own minds but just soaking up the sun. The lesson? Find a spot in front of a window or under a tree where you can concentrate on the light breeze or the warmth of the sun on your skin, point your nose in the air and breathe in the sweet smells around you to reset your nervous system into a relaxed state.

Be present

A dog experiences his environment fully. Just think of a sheepdog herding sheep (or whatever is available!) with total focus, or playing tug of war or fetch with your pup. Animals fully immerse themselves in what they are doing. Instead of running through your to-do list in your mind, how about today fully focussing on what you are doing?

My JR/Dachshund rescue pup recently discovered digging. Although I am not so happy with his earthmoving services, I must appreciate the little man's focus and determination. When he is digging after that imaginary bone or mouse, his mind is only on what he is busy with now. I can certainly learn a lot from this razor focus. I so often live in the mistakes

of the past or the worries of the future that the joy of sitting with my daughter and listening to her elaborate stories of what happened at first break passes me by. In your next task, think about Buddy digging his tunnel with passion and bury yourself in the moment. Eat your next plate of food without the TV on and taste every mouthful with the same passion your four-legged friend enjoys his meal.

Engage your sense

Ever watched a dog's nose at work? Man, oh man, they don't just smell, they experience the smell! Sure, for every scent receptor a human has, a dog has about 50, but how often do you stop to smell the roses?

My son went through a phase of playing animal sounds on YouTube for our dogs and we had so much fun watching them! They gave into the sound and sat there with their ears forward and their heads turned, fully engaged in figuring out what there is to discover in this new sound adventure.

Yes, we hear the TV or radio all day. But when was the last time you really listened to your favourite song and tried to identify as many instruments or sounds as possible? As I am writing this article the neighbour is using a leaf blower. I found the noise distracting and annoying. But just now I sat back and decided to try and identify as many sounds as I can.

Leaf blower, lawnmower, birds, my son's music in the background, hubby talking on the phone in his study. My irritation turned to gratitude for the beautiful noise of life around me and the immense blessing of hearing. Instead of gulping down your morning coffee, spend 5 minutes in stillness smelling the aroma, feel the heat of the cup in your hand and lose yourself in the taste and the gentle heat as you swallow. You will have a new appreciation for that cup that is normally taken in a hurry. Since enjoying my guilty chocolate pleasure this way, I've lost 15 kilograms! A huge thank you to my pets for teaching me to appreciate the gift of senses.

Allow yourself to get pampered!

We often feel guilty allowing someone to spoil us a bit. This morning Lalie was enjoying her routine stomach scratches. Every now and again she gave a huge sigh, and her eyes went all glassy as she



enjoyed the massage. How often do we reject an offer of pampering or someone wanting to help, simply because we feel guilty or unworthy? Next time your spouse offers you a cup of coffee, say yes instead of saying you will go make it. Have a few Rands to spare at the end of the month? Go get that massage! And if you have no one to pamper you, run yourself a bubble bath and light some candles. Play some of your favourite tunes and relax. Showering? Use your best body soap and indulge in the clean smell and comforting warmth of the water. Ask someone to fetch kids from school or order a take-away every now and again and use the time to spoil yourself a bit.

Go wild & have fun!

One of my favourite times of the day is getting home to my pooches and being greeted with total joy. I know the animal behaviourists recommend that you don't encourage your dog to go all crazy when you get home, but I just can't get over seeing their excitement (and if I am honest, feeling like the best thing since sliced bread that someone is so happy to see me!). They run and bark with wagging tails that make their whole bodies shake with joy. Watch a Labrador Retriever play in water, oh boy, they let go of all inhibitions and lose themselves in the fun of the moment. What can we learn from our fun-loving fur kids? Build play and fun into your life! Turn up the volume of your favourite song, grab a hairbrush and sing your heart out while dancing like nobody's watching.

Make the most of South Africa's amazing climate and do a summersault into the closest swimming pool. Visit a waterpark and scream your heart out on every slide. Tickle your children until they laugh so hard, they lose their breath. My personal favourite? A fun-filled YouTube dance workout to my best (or worst) Abba moves, guaranteed fun!

Sleep, yawn & stretch

As I scratched Lalie's stomach this morning, she was laying on her back with her legs in the air giving a huge sigh while going into an even deeper slumber. She looked so serene! No noise or movement bothered her while she was chasing squirrels through green fields with unicorns grazing in the distance. When she finally woke up, a long deep yawn was followed by stretching that would make any yoga fanatic jealous.

Stretching and yawning are both very important for relaxation. It wakes our bodies and supplies a valuable boost of oxygen. We so often jump out of bed in the morning and rush to wake the kids and start the day. I want to challenge you to match your dog or cat by waking up tomorrow morning with a big yawn while you slowly stretch out and give your body and mind time to wake up. Starting your morning this way sets you up for a positive day!

Pets make our lives better in so many ways. Lower anxiety, lower blood pressure, less isolation, more physical movement, there are numerous advantages to sharing your space with a pet. On top of all these great benefits,

Fun fact: the name **Fido is Latin and means to “trust, confide and believe in”. The name became well recognized to refer to a dog, and we can't argue that it is perfect to describe our faithful and trusty best friends.**



you also have a wellness coach right there on your couch. We just need to know how to look for the precious lessons they have to offer.

Don't have your own pet? Visit your local animal shelter and indulge yourself and a shelter pet with some love and cuddles. It is the perfect place to immerse yourself in the gratitude of an animal who soaks up every moment of love and attention. For the time you are there, you are that animal's whole world. Quiet your mind and lose yourself in love!



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further together

written by
Minette van den Bergh



THE PLACE

Less than 4 hours away from the centre of Cape Town, this is The Place where dogs are special guests and are free to roam and explore. Humans can rejuvenate and relax with endless hikes in nature, stargazing at night, bird watching or appreciating the succulent Karoo.

Photography is my favourite as there are not many landscapes that beat a Karoo one. Numerous artists feature the Karoo in their art and writings. Karoo sayings are also frequently sold in gift shops. Should you know any of these then you will have a further appreciation for it after your stay. If you do not know any, then you will be writing your own even if it is just for your social media posts.

Full disclosure The Place Klein Karoo Guest Farm is owned by my sister and her partner. However, I can assure you none of the current 168 rave reviews on Airbnb are from family. Not to forget all the top ratings on Trip Advisor, Budget Getaways, SA-Venues.com and LekkerSlaap. Lizelle and Joseph perfected the SuperHost title even before Airbnb made us aware of this and it is well deserved. Only 19.4% of Airbnb hosts have this recognition. Definite elements of their success are their perfectionism, mindfulness, and thorough honest communication from day one. Starting with your booking enquiry, continued after the confirmation, whilst you are on route and then their 24-hour availability during your stay.

All well behaved dogs are welcome, they do however kindly request that you bring your own fur child bedding as they are not allowed on the beds, furniture and in the plunge pools. The bed linen is lovingly designed and handmade, from 100% cotton and European linen, by Joseph's mom and Lizelle. Combined with feather duvet inners. Not forgetting luxurious handmade imported Turkish towels. All the furniture is unique - ranging from carefully sourced at auctions and antique shops, handmade by them, upcycled and family heirloom pieces. Lizelle returned to South Africa in 2011 after 11 years in the UK. Her experience as artist, designer and gallery owner combined with her lifelong passion for permaculture and sustainability is





expressed here in true authentic Karoo style. Water, as with all parts of the Karoo, is their most sacred commodity due to extremely limited rain falls. Care with your own water consumption is expected. The dam is not guaranteed to have water and if this is essential for you and your fur kids to your booking, then best to enquire upfront before making a booking.

As soon as we take the farm road, the 3 G's instantly become farm dogs. Gabi will be the first one to have her head out the window breathing the fresh air. As we park, we lose them as they go exploring on their own and we battle to get them back as they are in paradise. They know they are safe no matter where they go and explore, as the farm dogs are in their own large, enclosed space. We are also at peace, knowing that they will not be able to kill a chicken, as they will never be able to get to them. Further to this they can play with all the elements of nature that only the Karoo can offer.



When it comes to the accommodation, we do not have a personal preference between **Red Rock Cottage** and **The Studio**. We love both. Red Rock is where they will put you if your dogs are power breeds and if you are bringing more than two. We are yet to stay in the almost completed **The Eye**. All units have dog friendly interiors and are private and self-catering. They cater for all seasons with inside fireplaces and their own refreshing cold water plunge pools. Lizelle, with her incredible taste, combined with the practical skills and attention to detail of Joseph, have perfected and beautified the inside and outside spaces. Combining this with endless views, you will not want to leave. Whether you prepare food inside or braai outside, you will be comfortable and have all you need. Not forgetting to order in advance one or five of Lizelle's home-made breads. This famous olive and rosemary bread, made with stoneground flour, was featured in the Daily Maverick by a delighted guest. We agree it is delicious. You will fall in love with Lizelle's artwork on the walls and Joseph's handmade light fixtures and wish they sold them.

Let us talk dates quickly:

- *Their Farmhouse* will be 178 years old this year.
- *Red Rock Cottage*, originally a three-roomed workers cottage, which they extended and renovated themselves with the help of volunteers, is celebrating its 9th birthday this year in September.
- *The Studio* was the original ostrich chick building which they converted themselves without losing its original industrial look. It celebrated its 10th birthday last year in November.

I will never forget my first visit and doing a post on Instagram. The suggested location was Kannaland. I was confused yet loving this as I never realized the area fell under the Kannaland municipality. In my mind the word Kannaland reminded me of one of my favourite story books as a child named 'Kammaland'. It contained different stories about a magical land where humans and animals were transported to a different 'kamma' place and that is exactly what The Place is about!



Even with its remoteness you can take a day trip to many dog friendly surrounding areas, such as Barrydale, Riversdale, Ladismith, Calitzdorp, Van Wyksdorp and Still Bay. To not forget experiencing the magnificent mountain passes that are in abundance in this area.

You will return but book well in advance as 80% of their bookings are from regulars, both from South Africa and abroad, that return and return. Can you blame them?

email
lizelle@the-place.co.za





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MOM!!! Someone stole my ball!

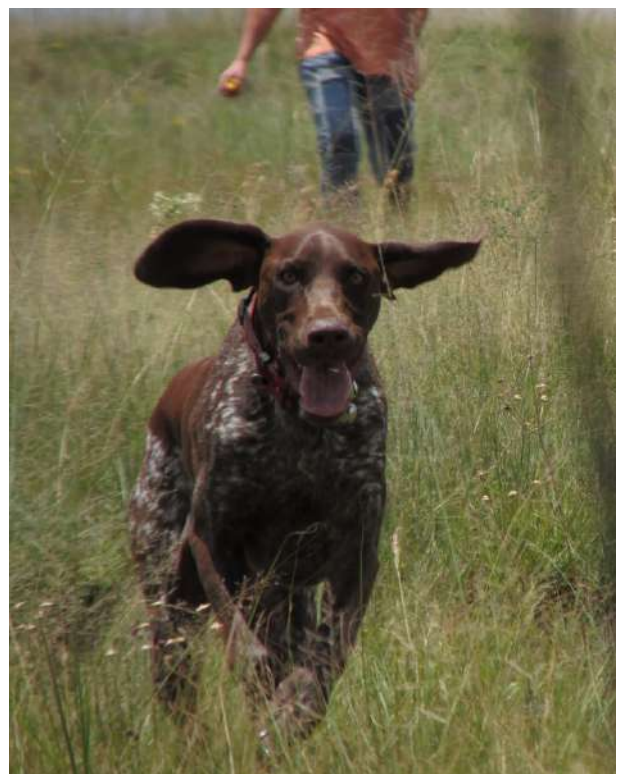


How to train a Search and Rescue dog!

Have you ever wondered what it takes to train a Search and Rescue (SAR) dog? We sat down with volunteer organisation K9 SARA, based here in South Africa, to ask them how they do just that.

Training a search and rescue dog is probably the most fun thing you can do as an adult! To put it simply it's one huge game of hide and seek, with a very big emphasis on the word game. Working through a guided set of stages we train our dogs to trust their noses, and home in on human scent. In the most basic terms, we find a toy that our dog loves more than anything else in the world, we then steal it, run away, and hide! The dog is then encouraged to search for their toy to get it back.

This is done through reward based games, of varying degrees of complexity, until the dog is ready to figure out their job on their own, and lives for the instruction "Go Find".





There are different disciplines in SAR and dogs and handlers will be better suited to one or the other. These include: **Airscent** - these dogs work off-lead and cover vast areas to find missing persons, lost hikers for example, and come back and guide their handlers to the person; **Mantrailing** - these dogs work on-lead and are given the scent of the missing person and will then follow that scent until they find them, with their red faced and puffing handler in tow; **Disaster** - these dogs are used to find people in, for instance collapsed buildings after earthquakes or floods, and will usually bark to bring the handler to the spot where the person is buried; and others such as human remains dogs which can help look for the bodies of people who are unfortunately deceased. In all instances our dogs are trained purely to look for human scent, this is so that they do not get distracted or confused by another animal in their search area, for example a rabbit or a cat.

All of the dogs on our team are house pets, even the ones who were sourced specifically to become Search and Rescue dogs. We have a variety of beautiful purebred dogs in training and equally as many "specials" that aren't going to get any breeders awards! Regardless of the breed of dog, we look for certain characteristics when we select a young dog for training: firstly are they confident and inquisitive; secondly can they stay on task - if you roll a ball under a table will it give up after a few minutes and find something else to play with, or will it "doggedly" try and get that ball; thirdly does it like to play with toys - play to the point of an obsession; fourthly, does it genuinely like people and want to be with them? Importantly though, it's not just about the dog, we assess the handler as well. SAR has a way of taking over your life and building the human skills required beyond training your dog takes a lot of dedication, and time commitment - these additional skills can include: how

scent flows away from a missing person, how to set up a search, first aid, map reading, rope work, and radio communications to name a few. A standard industry joke is that it takes 6 months to train the dog and 2 years to train the handler. And, as one of our trainers is often heard saying "This isn't Sunday doggy club" (her bark is worse than her bite).

In addition, our handlers come from all walks of life from school teachers, to security personnel, engineers, and entrepreneurs. We are brought together by a love of dogs and the outdoors, and a deep desire to give back to our communities. We always welcome people to come and see what we do. Either casually to help by hiding for the dogs, or if they are interested in becoming a handler to come to some training sessions to get an idea of what it's all about. Importantly, you don't need to have a dog already – it's often better to get involved and learn the ropes, and then let us help you find the right puppy for SAR, and for your lifestyle. This way you will have the greatest chance of success. Not every dog makes the qualification standards.

We have very active teams in Western Cape, Gauteng, and KwaZulu Natal – we would love to hear from you! You can get a hold of us through our Facebook page: K9 Search and Rescue Association of South Africa - simply leave a message indicating your province and we will get in touch.



CLICK HERE TO FOLLOW ON FACEBOOK

written by Anthea Myburgh, Ubuntu Healing

Animals Make Life Better

In whatever shape, colour, or form they come, animals simply make life better – they connect us back to ourselves and fill our hearts with joy, love, and companionship. And perhaps herein is a small compensation for the relatively short time that they spend with us here in the physical.

Is it Really Goodbye?

Knowing When It's 'Time'

A question I am often asked is 'How will I know when it's THAT time?' And the animals tell me a similar message each time - that their person will know when 'it's time' and they will feel this in their hearts. But somehow this still doesn't make saying 'goodbye' any easier, plus we often doubt these feelings, especially when so emotionally connected. And yet, in my experience, never has an animal said that they were let go too soon. Usually through an Animal Communication with an animal 'In Spirit', they will share confirmations about how their person made the right decision and share personal insights which can support someone in finding peace to overcome the guilt they may carry by having let their animal friend 'crossover'.

Is Euthanasia the Only Way?

Animals are usually very clear about how they want to leave – some are grateful for the 'assisted release', while others prefer to do this on their own. They have also shown me that sometimes 'going missing' is a conscious choice to leave the comforts of a loving home in order to cross over in their own way. There is no set formula, and each animal who comes into our lives also has their own soul journey, which intertwines with our own. Our role is to love them and give them the best we can; allowing them the space and freedom to choose how they would like to go, when this time comes.





Heart Animals – ‘That’ Special One

Then there are those animals who seem to rip our fragile hearts open a bit wider than others when they cross over. Often you hear someone speak of ‘my heart dog/cat/horse’ – the one whose memories will still fill up their eyes. And sometimes we can clam up inside, vowing to never have another animal again as the pain is too much to bear. But what if these animal friends’ purpose was to break open your heart? And that through the healing of this pain that you become a slightly better person – like in the Japanese art of Kintsugi – mending those cracks with gold?

When speaking with the animals about this, each one of them has always encouraged their person to open their hearts to another animal. Once a dog who had crossed over a few years before showed me a heart that looked like a cloud, explaining that each time we bring another animal into our lives to love, that our hearts expand a little more – just like this huge cloud he was showing me, and that our hearts have an endless capacity to love many many more animals than we feel we are capable of doing.

But It’s Only An Animal...

The grief and sense of loss when our beloved animal friend crosses over the Rainbow Bridge is very real, and yet this is often something that is not always understood by others – especially ‘non animal’ people. We are expected to ‘get over it’, and as quickly as possible! However, this is often not so easy – losing a dear animal friend can often feel like a part of ourselves has died in the process and life feels meaningless without their wet nose waking us up in the morning, or their gentle purrs as we fall asleep. Often it is our animals with whom we are the most vulnerable – we share our secrets with them, and they see us at our most fragile. And it’s our animals who still love us when it feels like the rest of the world has gone mad.

So we keep our emotions inside – to cope and show face in a world that has no time for our grieving heart.... Yet, grieve we must – both for ourselves and for our animals. The animals have shown me so many times how important this grieving process is and how when we suppress these emotions that they can become like a prison for both the person and animal. And as tough as this can be, the healing comes when

we are able to let go, to cry and honour the life they had with us. Either through journaling, or creating an altar of remembrance or doing an artistic expression – allow your animal friend to show you and guide you how best to honour their life. This will bring peace and closure, for both of you and with time, that pain will begin to feel less raw as the heartache heals.

Is It Really ‘The End’

The Western paradigm views death as The End, however, when looking at any indigenous or ancient wisdom teachings, they each share this belief that our souls are endless and that we have been here many times before. And this is congruent with what the animals have shown me too – that there is so much more to living and dying than what we grasp. Their viewpoints are so much broader and that they come to this Earth for

a purpose and that when this purpose has been achieved, they then leave here, often still guiding and watching from above.

There’s an article by a vet who shared the wisdom of a little boy who had recently lost his dog and his explanation as to why the dog left so soon was that we come here to learn how to love and perhaps because his dog already knew this, he didn’t need to stay here as long as people.... Maybe this is true – and the best that we can do for the animals is to just love them unconditionally for the short time that they are with us, and by doing so, we will learn how to love a little more each time.



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VALUE VETERINARY CLINIC

written by

Calika Morries

Lead Trainer & Behaviourist

Service dogs

Our Guardian Angels

Paws4life Training Academy is a specialised dog training facility. With us a dog is NEVER just a dog. Our mission is always to build a stronger bond with you and your dog.

Paws4life not only trains dogs to be obedient but also trains service dogs. In our experience these service dogs are invaluable for someone who struggles with a disability and or struggling with mental health. All animals have the capacity to provide emotional support for a person who struggles with everyday life, this can include horses, birds etc.

Service dogs are completely different, they are not just normal pets. To explain this further it would help to clarify the difference between a service dog and a therapy dog. A therapy dog offers comfort to different individuals such as in old age homes, schools and hospitals whereas service dogs go through extensive training to be able to execute tasks for one individual, who rely completely on these dogs.

Service dogs go through various levels of obedience training and various levels of testing, one of the tests being the **KUSA Canine Good Citizen** test, which is done by a registered KUSA judge. The other test is a **Public Access Test** where the dog is tested in a real-life situation. Service dogs are trained to help their person with specific tasks for their specific needs.

What does a service dog do?

There are different kinds of service dogs, namely: Diabetic alert, Seizure alert, Hearing assistance, Medical alert, Mobility assistance, Autistic support and Psychiatric service dogs. Depending on what type of service dog is needed for a person, these dogs will be trained to go and get help if their person needs assistance,



or alert their person when an attack is imminent whether it is alerting the person of their blood sugar levels, or when a seizure is about to happen or when a PTSD attack is imminent. Service dogs are also trained to do certain tasks around the home whether it is to go and fetch a pair of shoes or to remind you to take medication. Psychiatric and Autism support service dogs are trained in Deep Pressure Therapy (DPT).

What is Deep Pressure Therapy (DPT)?

DPT is a concept you never knew you needed but once you have experienced the therapy you will definitely realise that you do need it. Deep pressure helps the body transition from a sympathetic nervous system to the parasympathetic nervous system. When a person has an anxiety attack or a PTSD attack the body goes into survival mode which is the sympathetic nervous system. DPT helps to produce the “feel-good” hormones such as dopamine and serotonin. For people and children who have been diagnosed with Autism it helps to balance their proprioceptive sense while for people who suffer from anxiety or PTSD it helps to achieve a sense of calmness. When a dog has to apply DPT they will go and lie over the diaphragm of the person and help them to regulate their breathing and give comfort. We at Paws4life always tell our clients to use their senses, meaning to feel and hear your dog’s breathing, feel and hear their heartbeat, smell your dog and most importantly feel their fur under your fingertips. It’s important to focus on your dog especially if you feel anxious in social environments. Before applying DPT, focus on a favourite spot on your dog, whether it is ears, muzzle and just focus on touching these areas. For example my favourite spot when I get anxious are the ears and you will see when I start to touch my dog’s ears it is because I feel anxious.



www.paws4life.co.za

We offer service dog training with the owner or person of the dog. This means that you will partake in the training process with your service dog. The pup or dog stays with you in your home, we will give you work to do at home. We at Paws4life go through every step with you and give you the support that is needed.

When you train with Paws4life Training Academy you become part of the family. Training a service dog takes time and we offer the human support behind the training. We also offer emotional therapy with horses for those who live in the Cape Town area. We offer you a space where you can just be with the horse, read a book out in nature. We also offer grooming the horses or a liberty lesson with a very sweet horse.

Living today we need to start focusing on ourselves. So many people struggle with mental health and the effect it has on our daily lives. We aim to help everyone as best we can with the help of animals.



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With Different Savoury Toppings



written by
Carolyn Dudgeon

I can't keep my dog anymore.

When you get a dog, you promise to love it forever. You make a commitment to care and take care of them for at least 10 - 15 years, but life is unpredictable and now you've found yourself in a position where you have no other choice but to rehome your treasured family member - where do you start? How does one begin?

Firstly, you'd need to establish WHY you're wanting to rehome your pooch. If you are rehoming because they are displaying behavioural issues (such as barking, digging, jumping, destroying your things) OR you're having a baby and not sure how your dog will react: Why not consider getting a trainer, behaviourist or pet communicator to help make suggestions and teach you ways to resolve the issues, or consider a reputable dog school that offers force free training.

If you are rehoming your pup for financial reasons, consider approaching your local animal welfare organisation for assistance. Many will offer cheaper vet rates and will often help out with pet food for a donation if asked, knowing the reality is that there are not enough suitable homes for fur-babies. Many organisations will do anything they can to help you keep your doggy with you.



If you are emigrating, there are affordable ways of taking your doggo with you. DIY is usually cheaper. There are lots of options available. **EMBARK - South Africans Emigrating with Pets** is a fantastic, helpful and informative Facebook group to join. Their group members are filled with suggestions and advice on how to travel with your pets.

I may say this a few times going forward - shelters and animal welfare organisations with foster systems are full to the brim, finding a way to keep your dog with you is always the first prize.

If you've exhausted all your options and keeping your pooch becomes impossible there are ways to rehome your pet responsibly, ensuring their safety and wellbeing for the rest of their lives.

If your dog (cat, rabbit, horse or bunny) was previously adopted, all reputable, registered animal welfare organisations have a return policy. You not wanting to send your pet back to a shelter is not worth risking their safety. Do the right thing and make the call, they may be disappointed but your animal's safety will always be their number one priority.

If you have bought your dog from a breeder and you're on your own, it is essential that you involve a reputable, registered animal welfare organisation to handle or facilitate the rehoming process. Reputable breeders will have a return clause in their puppy contracts and will assist with rehoming.

It is VERY IMPORTANT that you DO NOT advertise your pet privately on Gumtree or Facebook - these websites are trawled daily by individuals who unfortunately do not have your pet's best interests at heart. These websites are magnets for abusive, cruel people and those who wouldn't be approved to adopt an animal from a reputable shelter. You need to be aware of the dangers of private rehoming - your dogs could end up being used in fighting rings, as security dogs living in horrific conditions, as breeding machines in puppy mills or worse.

How to make sure the organisation you're working with is reputable

- Check their NPO status with Department of Social Development.
- Check Hello Peter and Google for reviews.
- A reputable organisation will never ask you for money up front when surrendering your pet to them.
- They will not ask you for a deposit to show their NPO registration certificate.
- Check out their Social Media pages - see if they are posting the same dogs over and over. Look for images of the facility - they should be proud to show their runs, kennels and other facilities.
- Are they actively participating in fundraising & community activities?
- What content do they post - do they give advice or just do begging posts?
- Visit the physical premises before you introduce your dog to them. See with your own eyes the condition of the dogs in their care. Ask how often the dogs are exercised and given enrichment activities.
- Ask for a copy of their adoption contract and read ALL of it.
- Rescue organisations are NOT regulated. Anyone can start a NPO and start "saving" and rehoming dogs.
- Get the names and contact details of the behaviourists that they work with.
- Get recommendations from other reputable rescue groups.

Once you've had a successful rehoming through a rescue organisation, support them with a donation and share your experience to encourage your friends to support the registered rescue organisations too.

Once you have signed a surrender form your pet belongs to the organisation you signed them over to. That is why it is so important to check them out first.

The sad reality is that older or reactive dogs are incredibly difficult to rehome. If your dog is a senior, has previous aggression or bite history or major anxiety, will not cope in a kennel or needs to be an only dog and in your heart you know that they will be extremely difficult, if not impossible to rehome; do what is right for them, take them for a long walk, feed them their favourite meal, and let them go knowing they are loved. This is never an easy option, but sometimes doing the right thing is the hardest - our dogs are our responsibility, and we need to put their best interests ahead of our own emotions. There are fates much worse than peacefully crossing the rainbow bridge.

LET'S RECAP

Start Early

- Deadline rehoming often leads to emotional and irresponsible decisions and does not generally end well for the rehomed animal, more often than not finding themselves needing to be rehomed again, or worse, abused, given away or dumped.

Sterilise your dogs

- If you put up your dog for rehoming and they are not sterilised you are putting your dog at risk from breeding farms and dog fighting syndicates or costing an additional expense to the organisation helping you.

Take them for a vet check

- Make sure they are microchipped, vaccinations are up to date and the vet gives them a clean bill of health.

Our dogs are our responsibility and there is always help available to ensure their best welfare - all you need to do is ask.



If you are rehoming your dog, do all you can to ensure their safety.



Making the Switch



The Big Switch from Kibble to Raw

It's a new year and you've decided that 2023 is the year to start feeding your dog a *Balanced Raw Diet*.

Now that you understand why raw foods are better for your dog, let's talk about transitioning. The most important thing to grasp is that transitioning to raw does not have a "one size fits all" approach. Each dog may handle the transition differently.



When making the transition from dry food to raw food, some prefer to make the change gradually. For some, it can be a few days, where for others it may take a few weeks. Some will progressively reduce the kibble and increase the raw at each meal time until the dog is only eating raw food. And some owners, whose puppies or dogs have more robust digestive systems, can make the switch immediately.

From our experiences we suggest one of the following transitions, with pros and cons to every method:

A "Rapid" cold turkey switch

You prefer and believe the transition to raw dog food should happen *immediately*. A rapid switch is a simple, no-nonsense approach, where you simply replace the old food with the new raw food. This type of switch is recommended for young dogs or those with a normally functioning gastrointestinal system.

For this method, we suggest that you prepare your dog's gut with some digestive enzymes and raw apple cider vinegar added to their water. Raw goats milk kefir is also a great aid to help the gut. Adding some pawpaw and grated pineapple also helps to naturally kick start the digestive enzymes.

The cold turkey switch is for *confident* dog parents. *Always remember for each dog, it can be different.*

A gradual switch

You transition to raw dog food gradually. For most dogs, this process takes one to two weeks. The speed of this process will depend on your dog's response to the food. Many dogs need *time* to get their system up and running with a new diet. By slowly introducing new foods, we can decrease the risk of gastrointestinal (GI) upset.

For the gradual switch, we suggest that you

move away from kibble and start off with a partially cooked diet. If you're transitioning from a regular kibble diet to a raw diet, cook plain mince as part of the food and mix it in with the rest of the complete raw meals to make the transition more palatable and also raise the temperature. Gradually reduce the amount of cooked mince till your pet is happy to just eat the Raw food. This should take about 10 days for a full transition. Remember to be patient.

***Preferably do not cook the Pawsome Raw Balanced Meals.**

Additional products that are always handy when making the switch:

Digestive enzymes and probiotics can be added to the food, which are especially good for those dogs that may have dietary issues or are prone to diarrhoea or constipation.

A good probiotic, like **Promix's EM probiotics**, will promote the gut flora in the digestive tract and help to strengthen the digestive system.

Slippery Elm powder is also an amazing supplement to have handy to combat those switching glitches you may encounter.

If your pet is elderly, or dealing with any complex chronic disease, or end stage cancer(s), and/or is on antacids or high levels of immune-suppressive drug therapy, then we would recommend you begin the transition to a raw diet with expert help. Please call our team for assistance should it be required.

As a pet parent, you are in control of your dog's health. Our dogs don't live in the wild making decisions based on instinct anymore. They live in our modern world and don't necessarily know what's best for them.

It's your duty to be a firm pet parent and feed food that is healthy.

As with most things in life, you always get out what you put in!



Please Contact us, we are happy to assist to successfully change your fur-child over to Pawsome Raw.

For more information on top grade, premium quality nutrition for pets:

EMAIL
orders@pawsomeraw.com

www.pawsomeraw.com



HAPPY BIRTHDAY

to the South African Guide-Dogs Association

South African Guide-Dogs Association for the Blind is celebrating 70 years of Changing Lives. The Association has a calendar packed full of activities to help create awareness and raise funds to keep their super-star Assistance Dogs in Training.

SA Guide-Dogs Association breeds and trains Guide Dogs for people with visual impairment, Service Dogs for people with Physical disabilities and Autism Support Dogs for children on the Autism Spectrum.

Guide Dogs lead their owners around obstacles, helping them to get to their destinations safely. Service Dogs assist their owners with tasks that they may be unable to do such as opening and closing doors and retrieving items from out-of-reach places. Autism Support Dogs provide anchoring (which stops the child from bolting), and companionship helping the child to cope in social situations.

Guide Dogs need to be calm, adaptable and friendly, Service Dogs need to have a natural ability and desire to retrieve objects and Autism Support Dogs need to be gentle and placid with a temperament that is not upset by noise.



The South African Guide Dogs Association breeds Labradors and Golden Retrievers to become Assistance Dogs. These breeds love human interaction and are known for their loving nature making them perfect Assistance Dogs.

However, these dogs do not become somebody's eyes or service companion overnight. There is a lot of patience and important training that goes into teaching Assistance Dogs how to help their owners. Puppies are born in the Puppy Block at South African Guide-Dogs head office in Johannesburg. They live in the Puppy Block with their mother for the first 8 weeks of their lives.

Once they are 8 weeks old, they leave the Puppy Block to live with volunteer Puppy Raisers. Puppy Raisers look after the young puppies until they are around 16 months old. During the time with their Puppy Raisers, the puppies attend obedience classes and go on outings to help socialise them, getting them ready to be working dogs.

At the age of 16 months, the dogs return to SA Guide-Dogs where they begin their formal training to become Assistance Dogs. The Association uses positive reinforcement clicker training to teach the dogs their special skills. The formal training takes around 6 to 8 months to complete with the newly graduated Assistance Dogs being ready to match with their new owner at around the age of two years old.

It costs the SA Guide-Dogs Association for the Blind in excess of R300 000.00 to breed and train one Assistance Dog. As a Non-Profit Organisation, the Association relies on fundraising initiatives and donations from the public to keep the doors open.

The SA Guide-Dogs Puppy Block expects close to 100 puppies to be born over the course of 2023. All of these puppies need the best medical care and training facilities to make sure that they become qualified Assistance Dogs.



South African Guide-Dogs Association for the Blind is the first and the only accredited member of the International Guide Dogs Federation (IGDF) in sub-Saharan Africa and one of only two accredited members on the Continent. In addition, we are the first South African member of Assistance Dogs International (ADI).

In celebration of their birthday, the Association is launching 70 Days of Giving for SA Guide-Dogs. The aim is to raise R700 000.00 in 70 days between 9 May and 18 July 2023 and they need the help of the community to achieve this giant goal.

The Association believes everybody living with visual and physical disabilities across South Africa has the right to independence and freedom. They therefore provide all services to clients at no cost to them (apart from a nominal contractual fee of R5.00).

HOW CAN YOU HELP!

Come up with unique and interesting ways to raise funds for SA Guide-Dogs over the 70 days of the campaign. Here are a few ideas:

Host a walk-a-thon, dance-a-thon or fun-run at your school.

Host a blindfolded activity day or walk at your school.

Online Gaming for SA Guide-Dogs

Set a personal record by doing 70 push-ups every day for 70 days

Set up a collection box in your classroom.

Share our campaign on your social media platforms and in your newsletter to parents.

THE PAW-SIBILITIES ARE ENDLESS

WHAT WILL SA GUIDE-DOGS DO FOR YOU!

- Promote your fundraiser on their Social Media platforms.
- Visit your school or fundraising event with their dogs in training. (Only available in Western Cape and Gauteng).
- Send you a certificate of participation in the 70 Days of Giving for SA Guide-Dogs Campaign.
- Send you a thank you video from our puppies in our Puppy Block or Dogs in Training.
- Issue Section 18A Tax Certificate for your donation.

If you would like to take part in the 70 Days of Giving for SA Guide-Dogs, visit www.guidedog.org.za and click FUNDRAISE.

If you would like to donate, visit www.guidedog.org.za and click DONATE.

Follow [@SAGuideDogs](https://www.facebook.com/SAGuideDogs) on Facebook or email JackieQ@guidedog.org.za to join the mailing list and keep up to date with other SA Guide-Dogs activities taking place across South Africa.

9 May to 18 July



70 DAYS of Giving
for SA Guide-Dogs

[Click here](#)

If you are unable to host a fundraiser then you are welcome to donate via EFT. No donation is too small.

by certified Reiki Practitioner
Nikki Vacy-Lyle of Pet P.A.

the CHAKRAS

Reiki is based on the Chakra system. In humans, we have one primary chakra system which consists of 7 Chakras, however, animals have a secondary Chakra system which include the Nose, Ear, Paw and Tail.

THE CROWN CHAKRA

This is the dog wisdom centre.

Dogs with a balanced crown chakra are aware of the world, confident and accesses universal dog wisdom. Dogs with an underactive crown chakra often don't fit in, are awkward and generally uncomfortable. Dogs with an overactive crown chakra are anxious, worried and never relaxes.

THE 3rd EYE CHAKRA

This is the self-awareness centre.

Dogs with a balanced 3rd Eye chakra get along well with people and dogs. They're confident and chilled. Dogs with an underactive 3rd Eye chakra are not confident and relies on their owners too much. They're also easily confused. Dogs with an overactive 3rd Eye chakra are hyper-playful. Think "fetch addict" with no off switch.

THE THROAT CHAKRA

This is the communication centre.

Dogs with a balanced Throat chakra express themselves properly. They make their needs known and get their point across.

Dogs with an underactive Throat chakra are timid, shy and introverted.

Dogs with an overactive Throat chakra are your hyper-barkers.

THE HEART CHAKRA

This is the love centre.

Dogs with a balanced Heart chakra are loving, friendly and a pleasure to know.

Dogs with an underactive Heart chakra are distant, stand-offish and cold.

Dogs with an overactive Heart chakra... is there even such a thing? This just means extra love for everyone.

THE SOLAR PLEXUS CHAKRA

This is the social centre.

Dogs with a balanced Solar Plexus chakra play well with others, are in control of themselves and are confident with other dogs.

Dogs with an underactive Solar Plexus chakra are passive, skittish and stand-offish with other dogs.

Dogs with an overactive Solar Plexus chakra are possibly aggressive, intimidating, pushy and bossy.

THE SACRAL CHAKRA

This is the emotional centre.

Dogs with a balanced Sacral chakra express emotion properly, are open to affection and loving.

Dogs with an underactive Sacral chakra are stiff, stand-offish and not openly loving.

Dogs with an overactive Sacral chakra are prone to separation anxiety, because they're too emotionally attached, and are often needy and clingy.



THE ROOT CHAKRA

Dogs with a balanced root chakra feels safe, secure, and grounded. They trust people and are confident.

Dogs with an underactive root chakra are fearful, nervous, tense and timid.

Dogs with an overactive root chakra resource guard (think food, toys or their human). They're greedy and often over-reacts.

Now we're going to move onto a dog's secondary Chakra system. More work is still being studied into these so this information may change or evolve over time.

THE NOSE CHAKRA

This is the information centre.

Dogs with a balanced Nose chakra easily receives information from sniffing, is confident with the information received and are generally well-balanced.

Dogs with an underactive Nose chakra are stressed, anxious & frustrated.

Dogs with an overactive Nose chakra always have their nose to the ground, they're obsessed with sniffing, and can sniff inappropriately – you know, the one who always sticks their nose in your crotch.

THE EAR CHAKRA

This is the connection centre.

Dogs with a balanced Ear chakra pick up sounds and reacts appropriately, and they're also confident.

Dogs with an underactive Ear chakra are agitated, anxious & frustrated.

Dogs with an overactive Ear chakra overreacts to sounds (noise phobia) and are unable to differentiate where the sound comes from, which may be confusing.

THE PAW CHAKRA

This is the grounding centre.

Dogs with a balanced Paw chakra are grounded, are connected to nature, and energetically balanced.

Dogs with an underactive Paw chakra are unsure, anxious, and often feel lost. This is most commonly seen in your small and toy breed dogs that are always carried by their owners.

Dogs with an overactive Paw chakra can be cocky and bully others.

THE TAIL CHAKRA

This is the clearing centre.

Dogs with a balanced Tail chakra helps to ensure that their chakras stay aligned, that their energy flow clearly and are energetically balanced.

Dogs with an underactive Tail chakra don't communicate well, are insecure and anxious.

Dogs with an overactive Tail chakra are overly confident and intimidating.

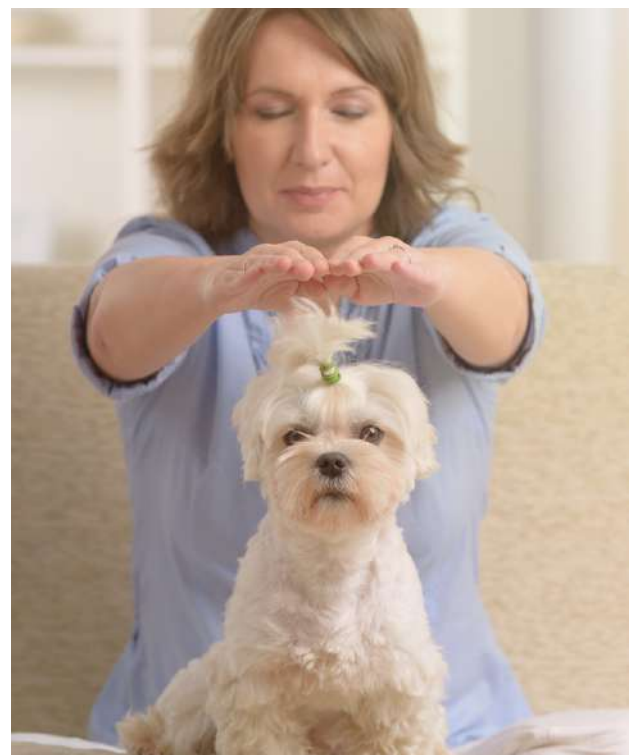
But what about dogs without tails? They sometimes wiggle that whole area, aka wiggle-butts. The lack of a tail may put these dogs at a disadvantage because other dogs can't properly read their signals and may misinterpret their motives.

I'm pretty sure we could all think of a few pets that fall into these categories that could benefit from a session.



Contact Nikki who would love to answer your questions or concerns and assist with your pets.

info@mypetPA.co.za
083 798 2626





You've likely seen athletes taped up in this colorful, eye-catching tape, from sore shoulders to aching knees. This wonderful tool that rehabilitation therapists, in the human and animal field, use daily has more benefits than just what meets the eye.

The wonderful world of Kinesiology Tape

First things first, let's start at the beginning...



written by
Joané van Oudtshoorn

Kinesiology is the scientific study of the mechanics of body movements. It aims to detect and correct imbalances and is not used to diagnose disorders.

Kinesiology tape is an elastic, breathable, therapeutic tape specifically formulated to have positive effects on the body when applied by a therapist.

Today, there are numerous brands of kinesiology tape on the market, but the original product, Kinesio tape or Kinesio Tex Tape, was developed in the late 1970's by Dr. Kenzo Kase, a Japanese chiropractor who wanted a tape that provided support but didn't limit movement the way traditional athletic tapes did. Kase created kinesio tape with a blend of cotton and nylon. The tape is designed to mimic the skin's elasticity so you can use your full range of motion while moving or competing.

The tape's medical-grade adhesive is also water-resistant and strong enough to stay on for three to five days when applied directly to the skin. In the veterinary or animal rehabilitation field the kinesio tape has been adapted and tested to stick to different types of coats by adapting the adhesive pattern to a more wavy pattern that will adhere better. It can be applied in an X, Y, I, or fan pattern, depending on the therapist's goals.

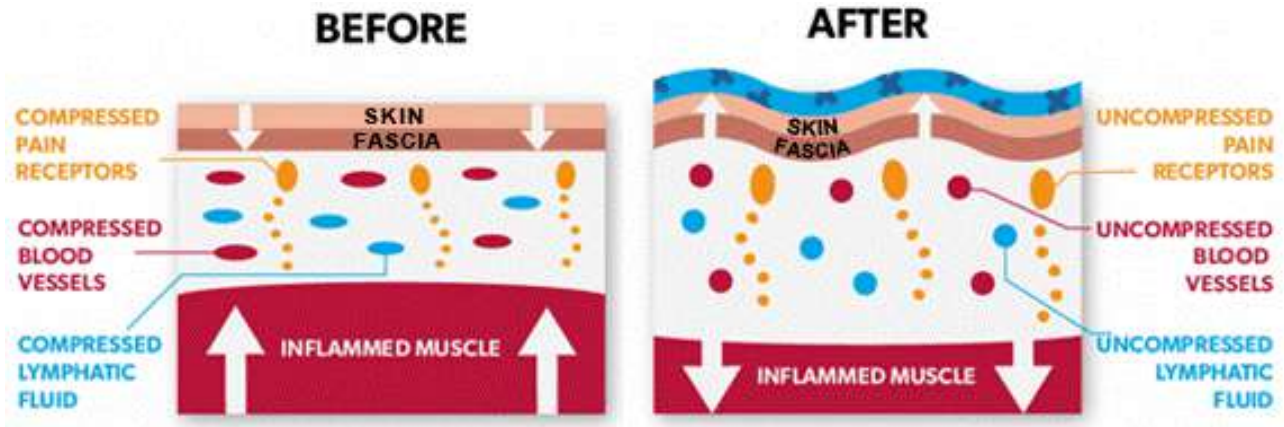


How does it work?

It is believed to decrease inflammation, improve lymph drainage, and increase proprioception and muscle activation by stimulating receptors in the skin. It encourages awareness of an area and is especially helpful when dealing with neurological patients.

When the tape is applied to an area it recoils slightly, gently lifting the skin. It is believed that this helps to create a microscopic space between the skin and the tissues underneath it. The change in pressure between the layers enhances the flow of lymphatic fluid, therefore improving circulation.

The lymphatic system is the way that the body regulates swelling, as well as fluid buildup and responsible for removing waste substances from the blood stream. The lifting action of the kinesio tape reduces compression on the affected area. It also reduces pressure on pain receptors within the skin and reduces resistance to lymphatic drainage that will increase sensitivity and pain.



Joints

Why do we use it?

- Relieve muscle pain and tension
- Reduce inflammation
- Re-educate muscle memory
- Improve body awareness
- Support the musculoskeletal system during training, travelling or performance
- Encourage full range of motion
- Decrease recovery time

Some studies have shown that kinesiology tape is effective in improving joint range of motion mainly looking at the shoulder, elbow and knee joint in humans and dogs. Even though the increase in space is slight, it helps reduce the chance of joint irritation.

Signals in pain pathways

All of our tissues (skin, connective tissue, fascia, and muscles) contain sensory receptors that feel pain, temperature, and touch. Those receptors all contribute to proprioception or body awareness. Kinesiology taping creates a lift that unloads the underlying tissues.

Trigger points are a good example. Physical therapists have used taping to lift the skin over these tense, knotted muscles. When the area is decompressed, pain receptors send a new signal to the brain, and tension in the trigger point decreases. Kinesiology taping is most effective when it's used in conjunction with other treatments like manual therapy.

Re-educating muscles

Kinesiology tape can help re-train muscles that have lost function or that have gotten used to an incorrect way of working. For example, kinesiology taping can be used to correct posture, by activating core muscles. This may be because the strange sensation of tape on the skin can make the patient more aware of the area.

Enhancing performance

Kinesiology tape is also used to add extra support to weak muscles or joints that need it. Unlike white medical or athletic tape, kinesiology tape allows normal movement. In fact, some studies show that it can enhance movement and endurance, therefore improving performance.

Managing scars

Although you should never use kinesiology tape on an open wound, there is some scientific evidence to suggest that kinesiology tape can improve the long-term appearance of scars after surgery or injury.

When not to tape

There are some circumstances in which kinesiology tape should not be used. They include:

- Open wounds
- Deep vein thrombosis
- Active cancer
- Lymph node removal
- Fragile skin

Long & short of it

Although the effectiveness of kinesiology taping is not well researched yet, it may have many positive effects on the body. Before using it, you should always consult with a professional before you try to put it on yourself or your animal.

Taping is not a permanent solution but can assist in treating the root problem in a rehabilitation program.





CANINE GENETIC TESTING

The breeding of domesticated dogs has been in practise for thousands of years, however the genetics behind the breeding has not been a factor until recently. Terms such as DNA, PCR and genetic health has been used more and more frequently over the last 5 years, but why it is needed has not always been widely understood. With genomic technologies becoming more relevant in the canine and feline world, it is important to shed some light on this complex but extremely interesting topic.

What is DNA?

Dogs, cats, humans, and all living things have unique DNA sequences, which make them what they are. DNA is composed of DNA nucleotides in sequence, which comprises of sections of DNA called genes, that contain the "blueprints" for making specific molecules. Each parent will have two copies of a gene that can be inherited by their offspring. These copies can be inherited in different ways which will produce different possibilities or "blueprints" for the offspring (Figure 1).

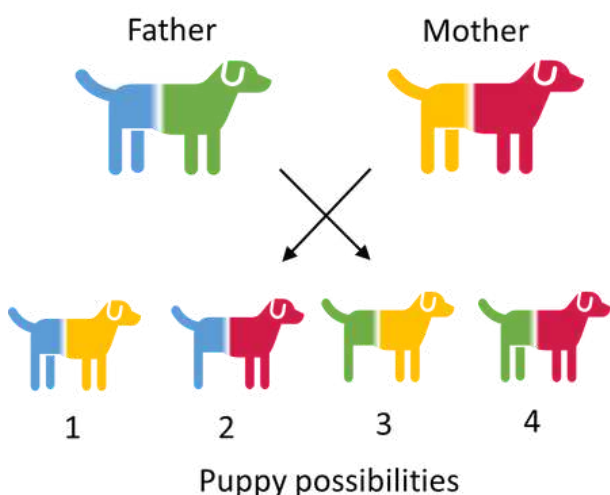


Figure 1: A graphic representation of inheritance, with each colour representing the portion of genetic material inherited from the mother and father, respectively. Each puppy will have a 1 in 4 chance of having a certain genetic possibility.

How are health issues inherited?

The genetic mutations that are responsible for health problems are inherited from the parents. These mutations have dominant and recessive alleles or variants. The dominant variants are phenotypically expressed (these are the physical traits you will see, i.e., coat colour) whether they are homozygous dominant (they have two dominant alleles) or heterozygous (they have one dominant and one recessive allele). The recessive variants are only phenotypically expressed when both variants are recessive. This means that if both the parents carry the recessive allele, they won't show any signs or symptoms of having the health issue but can pass on two copies of the recessive allele (one from each) and have offspring that are affected.


Benefits & applying the knowledge?

Not only are breeders able to fully understand the genetic implications involved with their pairings, pet owners are also able to get a wholistic view of their feline or canine companion's health. Making informed breeding decisions is therefore, of the utmost importance and genetic testing allows us to make those decisions with confidence.

Pet owners should be encouraged to purchase animals from reputable breeders, which regularly test their parental breeding pairs and the puppies bred. There is the potential for harmful conditions to develop in the offspring, which can negatively affect their lifespan and quality of life. There is of course the additional consideration of the financial & emotional implications of having pets with health conditions, which should be considered and should be made off an informed genetic evaluation of one's pet. If both parents are tested before being paired the likelihood of any genetic mutations that will result in health issues can be predicted for each offspring. This is usually done with the classic punnet square (Figure 2). For example, if you pair a clear mother with a clear father, all the offspring will be clear. However, if you pair a clear mother with a carrier father, each offspring will have a 50% chance of being clear and a 50% chance of being a carrier for the mutation. This is also helpful because when new mutations in a specific breed do occur, the recessive alleles can then be bred out by crossing with clear individuals.

There are a vast number of health conditions which affect domestic pets, some of which are widely prevalent across many breeds but there are some conditions, which are very breed specific. Many of these health conditions have been studied and genetically quantified, with the causative gene and mutation identified. Genes such as these, can be genetically tested for and characterised for each animal. However, there are still many health conditions which afflict domestic pets, which are still yet to be identified and characterised. Research into this field, is ever evolving and will be a process of constant improvement and adding to the already established body of literature and knowledge. Some examples of breed specific testing would be something like JLPP which is a condition that commonly affects Rottweilers.

Colour genetics is becoming more popular in the breeding community, with many breeders pairing specific parental candidates to achieve desired coat colours in the puppies. The genes responsible for many of these specific coat colours, can be tested for, however there are still many coat colour genes where the causative mutation is yet to be identified. Whether you are a breeder or a pet owner, the genetic health status of your canine companion or feline friend should be a priority. This will ensure the health and happiness of your pet and give you peace of mind.



		Maternal Candidate		
		Clear	Carrier	Affected
Paternal Candidate	Clear	All Clear	50% Clear 50% Carrier	All Carrier
	Carrier	50% Clear 50% Carrier	25% Clear 50% Carrier 25% Affected	50% Carrier 50% Affected
	Affected	All Carrier	50% Carrier 50% Affected	All Affected

Figure 2: Punnett square showing all possible outcomes of crossing clear, carrier or affected maternal and paternal candidates. The percentages show the chance each offspring has of either being clear, carrier or affected.

Where can I get genetic health tests done?

At ZooOmic we provide both health and colour testing as well as DNA profiles for canine and feline. We utilise innovative technology for our mutation testing and provide you with certificates for all testing done, which can be submitted to registrars and breed societies. Contact us at info@ZooOmic.co.za for any enquiries on sample collection, shipping of samples, sample processing and services offered. Alternatively visit our website at www.zoomic.co.za to download our sample submission form.

Meet the Team



Back row from left to right:
 Almero Oosthuizen, Candice Jooste, Catherine Greenslade, Shenrae Carter, Dr Christiaan Labuschagne
Front row from left to right:
 Keagan Strydom, Dr Keabetswe Ncube, Demika Naidoo, Mulisa Simba





ZooOmics™, the animal genetics division of inqaba biotec™ (est. 2002) has been dedicated to providing accurate genetic tests and exceptional client service for over a decade to sub-Saharan Africa.

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Dr Lo-An

Vet Vision's veterinary ophthalmologist Dr. Lo-An treats eye conditions of animals, domestic and wild. The most frequent calls we receive are from owners who have noticed their dogs suddenly unable to see. Often the cause of the blindness is cataract formation, a treatable condition. We thought we'd ask Dr. Lo-An to explain more about the condition and treatment options.



VET VISION

BY SASCHA ODAYAR
COAPE QUALIFIED ANIMAL
BEHAVIOURIST

CATARACTS

Everything you need to know

What is a cataract?

A cataract is opacity in the lens. It is a problem we see mostly in dogs, but cats can develop the condition.

The fibres within the lens become damaged (denatured). The lens body is the most protein dense structure in the body, as these proteins become damaged, the only way for the lens to react is to form a cataract.

The opacity causes visual impairment.

You say damaged, but many owners report blindness with no history of a traumatic episode. In these cases there is most likely a genetic or hereditary predisposition to forming these cataracts. In essence it's a genetic mutation. Certain breeds can be prone to this. Spontaneously at a certain age these defective genes are triggered and we get the formation of a cataract in their lenses.

Why do we see cataracts in dogs so much more than cats?

Breeding plays a big role in passing on the defective genes. Our cat patients that do present with the problem are usually due to genetics. In other cases, these elderly cats have lived long enough to develop these age related degeneration.

If a dog develops cataracts, how do you decide they are candidates for surgery?

Cataract surgery is a big procedure, it's costly and there is a long recovery stage. If the client is going to invest the money and time in the procedure, we need to be sure there will be a good outcome after surgery.

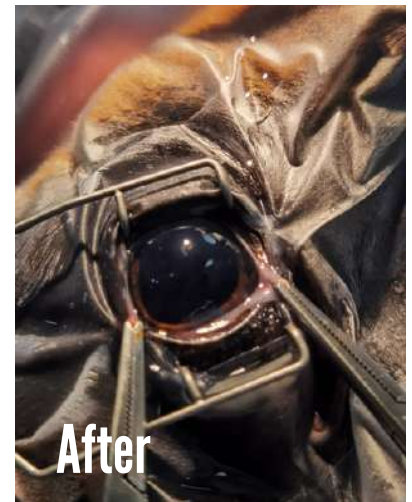
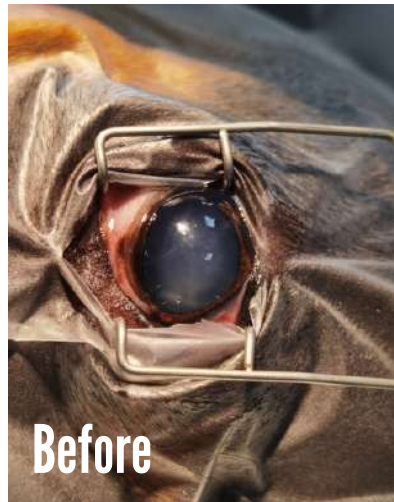
The aim of the surgery is to restore the vision. There are some things we can assess beforehand to determine if the post-op outcome will be successful. At the initial examination we would look for any other triggers of this cataract. For example, trauma may have caused inflammation and changes in ocular pressure and these problems could affect the function of the eye.

There are some tests we do to assess the function of the eye behind the cataract. Typically we would do an ERG, a retinal function test, to test those nerves and see if they are working. We would also do an ultrasound scan of the eye to see what is happening behind the lens and if that chamber is nice and healthy.

How long does surgery normally take?

Typically surgery takes up to an hour. We normally do both eyes at the same time. It is a fair amount of time to be under anaesthetic, so we want our patients to be in good health before the procedure.

It is important to remember cataract surgery is an elective procedure. It is nice to be able to do this procedure for an animal but we must make sure the patient is stable and not suffering any other health complications before we opt for the surgery.



What exactly do you do during the surgery to remove the cataract?

Exactly the same procedure, equipment and consumables that is used in humans. We use a technique called phacoemulsification. We go into the eye and remove that opacity. We break it down into little pieces, using high frequency ultrasounds and then suck those pieces out.

The procedure is done through a tiny incision, around 2.5mm in diameter, at the top of the eye that can barely be seen. The whole procedure is done through an operating microscope. The suture material used to close the incision are very fine. Finer than a strand of hair. These dissolve a few weeks after surgery.

What kind of care does the animal need after surgery?

Most of our patients are completely blind before the procedure and wake up with vision, which is amazing. There is intensive home care after the pet returns home. For a 4-6 week healing phase, owners will need to administer eye drops 4-6 times per day. These drops manage any inflammation caused by the procedure and also keep the ocular pressure stable. The patients will need to come back for regular check-ups during this period.

Essential Oils & Pets

written by Lynette Esson

Natural remedies and essential oils have been used for centuries with great success and it's my heart's desire to teach and share my knowledge on how best to use essential oils for pets and people.

The biggest danger out there is using not pure essential oils, not using it in the correct manner or not having enough knowledge. As essential oils can vary in quality and poor quality can equal toxicity. I only use top quality essential oils knowing I am choosing the best quality at all times.

It is important to note that animals cannot tell us if something is working or not, so it is our duty to exercise due caution and approach using oils on animals safely and responsibly.

Please note that these are general recommendations for use. If your veterinarian suggests other usage, defer to your veterinarian. If your pet is pregnant, nursing, or has a medical condition, consult a veterinarian prior to use.

Basic Guidelines

There are some general tips and suggestions you'll want to keep in mind as you share essential oils with your furry friends.

- Do not use essential oils on and around cats or dogs under 8 weeks old because they are developing at fast rates; it is easy to mess up the proper dilution for each breed.
- Animals are generally more sensitive to essential oils than humans are. It's best to heavily dilute essential oils and use them in moderation.
- Every animal is different, so carefully observe how your animal responds to essential oils. Use common sense and good judgement as you try different methods.
- Be especially careful to not get essential oils in an animal's eyes.
- If diffusing, always allow pets an easy exit to areas where they can avoid the diffused oil.
- With cats, avoid using high-phenol oils, as they are notoriously deficient in the cytochrome p450 liver metabolism pathway. Oils I avoid using with cats are Oregano, Wintergreen, Clove, Mountain Savory, and Thyme as well as citrus oils.





Spiritus Healing
HEALTH & WELLNESS COACH
for animals and their people

Essential oils are an important part of my holistic animal toolbox.
Join me & I will teach you how to use safe, natural solutions for your animals well-being

Lynette 079 845 0564

Feline Bundle



Equine Bundle



Emotions Bundle



Canine Bundle



Essential Oil Acclimation

Your pets may need some time to adjust to the new scents and sensations of essential oils. Use these tips to introduce your pets to essential oils in an easy and comfortable way.

- Wear essential oils throughout the day, so as to comfortably introduce them.
- Diffuse essential oils in spaces where your pets like to relax. Keep in mind that dogs tend to stay in a room with their owner even if something is bothering them. Closely watch for signs of irritation—such as whining, sniffing, nervousness, and excessive scratching—while diffusing around them.
- Apply an essential oil to your hands and let your pets smell them, so they can explore the scent on their own terms.
- If your pets are jittery or resistant to essential oils, try applying an oil to yourself and staying near the pets for several minutes, so they can get used to the aroma.

Dilution for Topical Application

Your animal's size affects the amount of oil you should use and how much you should dilute for topical application.

- For cats, small dogs, and other smaller animals, use a carrier oil, such as organic olive, coconut oil or V6 Vegetable oil complex to dilute the essential oil before application. I suggest a 9:1 ratio of carrier oil to essential oil.
- For medium sized dogs dilute 4:1 carrier oil to essential oil.
- If you're using essential oils on medium-sized animals—like large dogs dilute 3:1 carrier oil to essential oil.
- For very large animals—including horses and cattle—start with a 1:1 dilution on the back and, if desired, move to the directions indicated on the bottle.

**If your pet or animal has a known health issue, please consult your veterinarian before administering essential oils.*

Topical Use

Once your pets are used to essential oils, they'll better handle topical application. Keep these tips in mind as you experiment with using essential oils on your pets.

- I recommend applying to the back for dogs and cats, being sure to rub your hands together until they are no longer shiny before rubbing the essential oil on the pet's fur.
- For animals with hooves, apply to the spine and flanks, avoiding the face. Apply oils to places that allow them to evaporate and breathe. Do not apply oils under any tack or saddles.
- For easy and comfortable application, rub oils between your own hands until they are no longer shiny and then apply by stroking the animal.
- For easier application in large or hard-to-reach areas, combine essential oils with V-6 or water in a spray bottle.



Sparrows Healing
HEALTH & WELLNESS COACH
- for animals and their people -



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My name is Lynette, owner of Sparrows Healing, residing in the Western Cape, and we service the whole of South Africa and abroad. I am a Health & Wellness coach for animals, pets and their people, it's my passion.

A large part of my business is using essential oils to support pets, as well as their humans, body, mind and emotions.

If you have any questions or concerns, please don't hesitate to contact me via email at 0798450564@vodamail.co.za for assistance. I also do animal communication that has proven over and over to be very helpful for pets and their people.

www.sparrows-healing.co.za

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HAZELWOOD VALUE VETERINARY CLINIC

Q&A

WITH DR FALON OLFSSEN



Hazelwood Value Veterinary Clinic is a top-tier veterinary clinic located in the heart of Hazelwood Village, Pretoria that is dedicated to providing the best possible care for pets.

The journey to opening our first veterinary clinic started with the dreams and aspirations of a four year old Durban girl, and thereafter involved 12 years of tertiary studies, 5 medical and animal science degrees with double honours, three and a half years of being a practising vet, two years of being a mobile vet where we had the wonderful opportunity to meet and build our cherished customer base.



WWW.VALUEVETS.CO.ZA

At Hazelwood Value Veterinary Clinic, pet owners can expect a warm and welcoming environment where their pets will be treated with the utmost care and attention. We understand that pets are an important part of your family, and we strive to provide personalised care to meet their individual needs. Our team takes the time to listen to your concerns and answer any questions you may have about your pet's health.

The clinic offers a wide range of services, including routine check-ups, vaccinations, dental care, diagnostic testing, surgical and specialist surgical procedures, and emergency care. This means that you can get all your pet's needs taken care of in one place.

One of the key strengths of Hazelwood Value Veterinary Clinic is its state-of-the-art facilities and equipment. The clinic is

equipped with the latest technology, including digital x-ray machines, ultrasound equipment, and a fully equipped surgical suite, which enables the veterinary team to provide the highest level of care for pets.

At Hazelwood Value Veterinary Clinic, we believe that high-quality veterinary care should be affordable for everyone. We offer competitive pricing for all of our services, without sacrificing the quality of care.

Overall, Hazelwood Value Veterinary Clinic is a top-notch veterinary clinic that offers exceptional care for pets at an affordable price. Pet owners can rest assured that their furry companions are in good hands when they entrust their care to Hazelwood Value Veterinary Clinic.

CONTACT US TODAY ON 012 III 0073 TO SCHEDULE AN APPOINTMENT AND EXPERIENCE THE DIFFERENCE IN QUALITY AND VALUE THAT WE PROVIDE.

FAQ

BY PET PARENTS

Q How often should I bring my pet in for check-ups?

A It's generally recommended that pets receive a check-up at least once a year, although more frequent visits may be necessary for puppies, senior pets, or pets with chronic health issues.

Q How can I tell if my pet is sick?

A Signs of illness in pets can vary depending on the condition, but some common signs include vomiting, diarrhoea, lethargy, loss of appetite, and changes in behaviour. If you notice any changes in your pet's health or behaviour, it's best to consult with a vet.

Q Why does my pet need a blood test before surgery?

A A pre-anaesthetic blood test gives us a detailed look into your animal's health by showing any underlying disease processes that may be present but not obvious. Vets are predominantly looking at kidney and liver function as these are the two main organs that process the anaesthetic drugs. Any hidden problems can therefore be detected before surgery.



It's important to keep in mind that every pet is unique, and the answers to these questions may vary depending on the individual animal's health and behaviour. If you have specific questions or concerns about your pet, it's always best to consult with a qualified veterinarian.

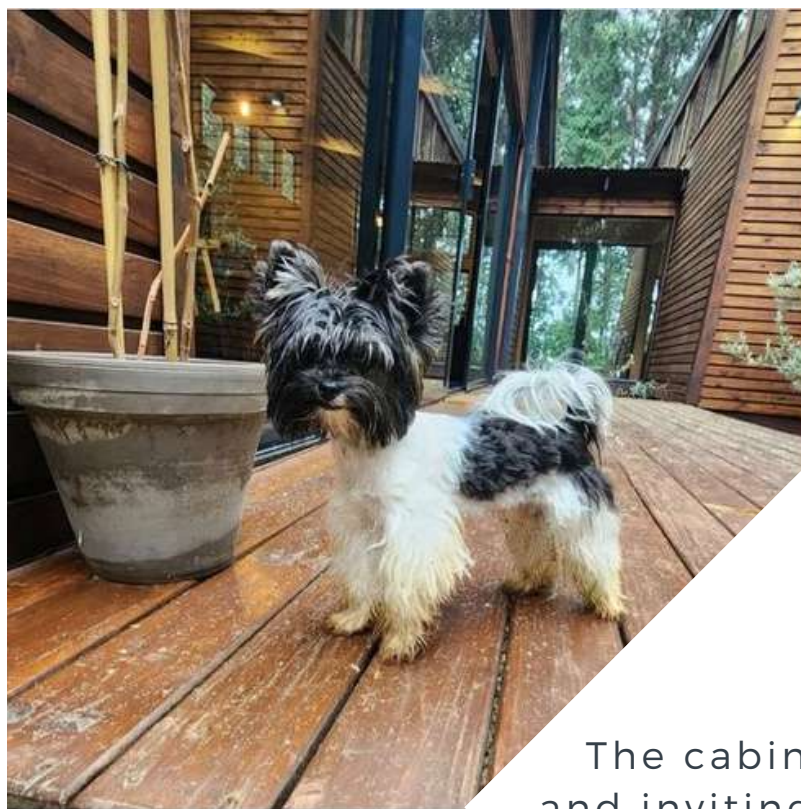


DOG FRIENDLY JOZI

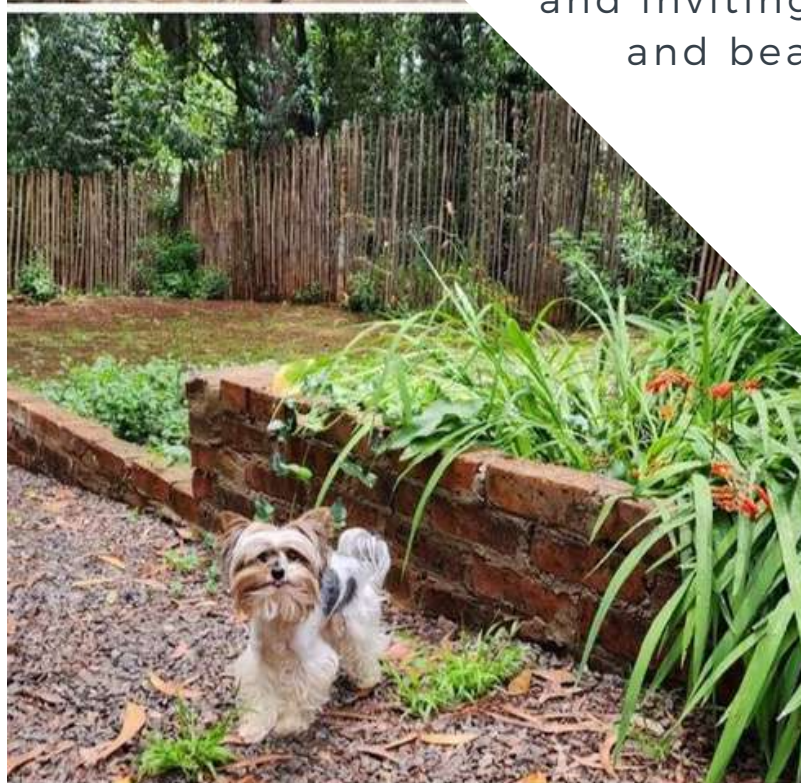


This timber cabin is situated in what could be a forest in Dullstroom, merging luxury with the outdoors in a way that can make anyone relax.

Book on AirBNB - the host is very responsive



The cabin is warm and inviting yet classy and beautiful.



FOLLOW
DOGFRIENDLYJOZI

The open-plan dining room is home to a cupboard full of board games, a retro record player with classics, and two reading nooks overflowing with books.

The main bedroom comfortably sleeps two, is tastefully decorated, and overlooks the garden. The bathroom has a

gigantic shower with fluffy white towels and complimentary toiletries. The kitchen is fully equipped with every possible pot, pan, and device you would need, with a stove, an oven, a fridge-freezer, a microwave, cutlery and crockery, as well as a built-in braai.

Small to medium sized dogs by arrangement

With massive windows providing a 360-degree view of the surrounding forests, the cabin and its surroundings are something you would expect to see in a forest in Germany or Canada, not a small town in South Africa. Built on stilts, the towering silver birch trees surround the property, and all you hear are the sounds of nature.

Back to those massive windows that let in as much light as possible no matter where you are in the cabin. The view from every window is picturesque and good for the soul.

It is basically in town, but you feel like you're staying in the woods! You don't have to go anywhere if you stay there, because the beauty makes it a holiday on its own! The peace and tranquillity is unmatched, and you can fully recharge.

Thoughtfully laid out with wonderful attention to detail. Woud Blokhuis is very central, and only 2.5hrs out of Joburg. A real holiday nestled in the woods. And a great break away from city life. It has everything you need.

Woud Blokhuis offers the best of both worlds being situated close to the centre of town, restaurants and tourist amenities, yet overlooking a natural "vlei" and neighbouring farmlands. A beautiful, relaxing stay. Highly recommended when you want to get away from the hustle and bustle. It is a perfect weekend getaway and exactly what the pictures show. Highly recommended.



PAWSTEPZ

Where pets comes first

Nita 0823785306
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Denim cover canvas cover

Dimensions	Length x Width x Height	Denim cover	Canvas cover
Small	3 step 50 x 32 x 33 cm	R450	(Canvas R500)
Med	4 step 66 x 32 x 45 cm	R550	(Canvas R600)
Lar	3 step 74 x 40 x 48 cm	R680	(Canvas R730)
XL	4 step 80 x 40 x 55 cm	R780	(Canvas R830)
XXL	3 step 90 x 40 x 63 cm	R900	(Canvas R950)

all Pawstepz come with removable denim / waterproof canvas cover

Small

Med

LAR

XL

XXL

PAWSTEPZ
NITA : 0823785306
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	L x W x H	Denim cover – cooling memory foam upper
SMALL	70 x 70 x 7,5 CM	R495.00
MEDIUM	100 x 60 x 7,5 CM	R595.00
X LARGE	120 x 80 x 7,5 CM	R750.00
SUPERSIZE	160 x 80 x 7,5 CM	R875.00

www.pawstepz.com

Pawstepz has become a household name when it comes to looking after your furchild's needs. Our high density foam, no sagging stepz ensure a safe way for your little one to get to where they need to be without injury, and our beds are super comfy with cooling gel uppers – so that all the benefits of the memory foam can be enjoyed without overheating!

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The MOON and its influence

The Moon and its cycles have fascinated humans since the beginning of time, so it's no wonder people began to pay attention to its movements. Scientists believe that the very first lunar calendar appeared in Mesopotamia in the state of the ancient Sumerians.

The change of lunar phases in the sky is visible and easy to observe. That is probably why ancient people in different parts of the world were able to determine how Moon cycles affected the rhythm of their lives. But in the transition from a nomadic to a settled way of life the lunar calendar ceased to meet the new requirements.

The agricultural work that man began to do was tied to the movement of the Sun and the change of seasons, so people began to use solar calendars instead but that didn't stop the Moon from affecting everything on Earth as it

always did. Each lunar day contains its own special energy and can affect humans and animals alike according to it.

The lunar cycle is about 29.5 Earth days long, lasting from one new moon to the next. During this time, the Moon goes through four phases, which are called quarters – you can check those on the NASA website. In those 29.5 days the Moon manages to visit 12 signs of the Zodiac circle – each sign corresponding to a certain planet. Moreover, those 12 signs correspond to different elements – Water, Fire, Air and Earth and those signs in turn correspond to different organs – ancient doctors never treated the patient without concluding his natal chart first!

Our bodies are ruled by the Moon and it really doesn't matter if we believe in this fact or argue with it – everything on Earth is tuned into Lunar cycles and we can make our lives easier by observing them.

You may ask why at this time and age we must go back to basics and make ourselves busy with things like this. But what if this knowledge helps you to determine the best days for surgeries, immunizations, treatments and exercise? It is absolutely possible and would make the procedure safer and an outcome better minimising side effects and complications which may arise otherwise - we all know of someone who's surgery went the wrong way, don't we? Our pets, just like any other living being, are ruled by the Moon and just like us, humans, do respond to treatments much better if they are done observing the Moon cycles.



The following dates will be the most suitable for immunisation, spaying, tick and flea treatment/deworming - April 12-13, May 23.

Mercury goes retrograde (long story!) from 20th April to 17th May and during this period our pets are the most vulnerable, so try to avoid this period if possible for new procedures, especially done for the first time and immunisations and watch your pets if you are planning to travel to unfamiliar locations during this time.

Dates to avoid for surgeries (unless it's urgent): 4-6, 21 April, 4-6, 19, 31 May.

We Love Pets SA

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