



Hands on
Paws

Presents

Pawfect Balance

The Wonderful World of Dogs and Canine Myofunctional Therapy

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FREE



Cover Photo: Archie Retired Guide Dogs Queensland Ambassador.



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From the Editor.



Hi to all my friends,

It's been another busy 3 months; filled with the things I love doing. One of the highlights was Archie's (Cover photo) retirement party. I've written a short article about Archie and Joy, as I find their story inspiring.

In our top dog spots, a few words about our beaches and how lucky we are to be on the coast. I have an article on bone broth which should help those with senior fur kids or those feeling a little off colour. Travelling with dogs looks at travelling with our fur kids on raw diets, and keeping it frozen until ready for use.

Join me on my Facebook page where I post articles about our furry friends, their muscles, skeletal system and the wonderful world of Canine Myofunctional therapy.

<https://www.facebook.com/CanineTherapy4575/>

Regularly visit the web page www.handsonpaws.com.au where I have various free downloads available and more information on my business.

Archies Retirement Party

The 1st July this year was enjoyed with my being invited to Archie's farewell party. Joy, Archie's custodian, and Archie raised money for Guide Dogs Queensland.



Archie and K9 friend with well wishers

Money was raised in a variety of ways, with Archie's attendance at stalls, fundraisers and as an ambassador for Guide Dogs Queensland functions to name a few.



Supporters of Archie and Joy at the retirement party

Joy and Archie raised over \$150,000 in excess of 9 years for Guide Dogs Queensland. Joy is a volunteer for Guide Dogs Queensland giving up her time for this worthwhile cause.



Joy Chatting with Archie's fans and supporters

The retirement party had around 100 supporters attend with all having a great time. All wished Archie a long and happy retirement and thanked Joy for her hard work and devotion.



Joy, Archie and me.

Top Dog Spots - Our Beaches

During the past, I have mentioned many places that are dog friendly. I thought in this issue I would talk mainly about our beaches, and how dog friendly they are.



We are so lucky on the Sunshine Coast. Our fur kids accepted so readily in so many places. We take it for granted, but there are many places outside of the Sunshine Coast where our fur kids are not welcome.



From Caloundra to Rainbow beach our dogs are welcome, except a few areas reserved for people. Most of the coastal waterways are pet friendly.



Some areas do have restrictions on the times that our fur babies are permitted off leash. A small price to pay for the freedom we have with our pets.



People are friendly, kids asking permission to say hello to our pooches. Chats while walking, sharing information about our furry friends. A great place to live, our Sunny Coast.



Let me know if you have a favourite spot at info@handsonpaws.com.au

Canine News – Make no bones about it

There's been a lot of banter about bone broth on the internet and in daily blurbs, the health benefits it provides for both humans and animals. So is it fact, fiction or just another fad?

I must admit right now though that I take bone broth personally, and I do give it to my Golden Retriever on occasions. I personally think it is fantastic, but draw your own conclusions after reading some of the proven benefits.

Bone broth has amino acids such as arginine, cysteine, histidine, glycine, L-glutamine and glutamine which have been proven to be essential micro nutrients, fighting inflammation and boosting the immune system in both humans and animals. There is also now evidence that chicken soup helps with the symptoms of the common cold. Chicken soup (Bone Broth) clears mucus, opens airways and is easily digested nutrition.



Not convinced? Bone broth as a supplement served along with some vegetables some meat or fish provides a healthy quantity of calcium, protein, magnesium, phosphorus, potassium, zinc, manganese, copper, boron iron as well as vitamins D, A, K, C and the B vitamins. This creates strong bones, teeth and optimal health and well being and is a great immune booster.

Bone broth assists with weight loss as it has a good supply of L-glutamine as shown in scientific studies. These are just a few benefits, and a quick search on the internet will show many more.

Bone broth is ideal for our older canines, those with an illness and for general well-being of our fur babies. Bone broth is rich in minerals that support the immune system and contains healing compounds like collagen, proline and those mentioned earlier. The collagen in bone broth heals your gut lining and reduces intestinal inflammation.



Here's a recipe I use:

Instructions

1. Place the bones in your slow cooker.
2. Fill the slow-cooker about one litre to 1kg of bones,
3. Add 2 tablespoons of apple cider vinegar to the water and stand for 45 mins.
4. Cook on low and cook for 18- 36 hours for chicken bones. Beef bones will need about 72 hours.
5. Strain the broth through a strainer and cool.

The resulting bone broth can be placed in the fridge for a maximum of 5 days or in freezer for up to 3 months for later use. As an example a serve of beef bone marrow contains 6.79 grams of unsaturated fat, which is 10 percent of a human's daily requirement on a 2,000-calorie diet. It contains zero grams of saturated fats. Unsaturated fats may help in reducing overall cholesterol levels.

Give it a go for yourself and your fur kid.

Travelling Canines

Travelling with a fur kid on a raw diet

In the past I've talked about destinations, national parks and travelling with your dog. This article is about travelling with your furry friend, and things you need to consider if your best friend is on a raw diet.

Like many dog owners, we buy frozen ready to eat raw nutritionally balanced food for Darbi. On short trips we add a few ice bricks and put the food in the freezer as soon as we got to our destination. On this occasion we needed to be able to keep the food frozen in the car whilst travelling for 3-5 days.



Looking at what is available was a task in itself, taking price into consideration, how often will it be used and the capacity. The choices are there from the most cost effective esky right up to a 3 way (240 volt / 12 volt / Gas) being top of the range.



This is similar to the type we decided to buy, to meet our budget and use.



Looking at a few I decided on an icebox, 55 litre, square and not too high so it would fit in our VW Golf, and still have room for the fur child. This is at the lower end of the cost scale, but we don't do many trips that require food to stay frozen for more than 2 days.



We'll let you know how good our decision was in the next issue. Looking at the freezers, you would need air circulation around them. The VW Golf isn't big enough for that to occur. Its food for thought, some prior planning is required, as well as a good supply of ice in our case. It's worth the effort though, if you feed your fur kid raw. Happy travelling.....





My Fees

Hands on Paws, provides Canine Myofunctional Therapy to the Sunshine Coast. Covering Caloundra in the south To Noosa in the north, and west to Landsborough for a standard set fee.
(Currently we only accept cash payment.)

45 Minutes	\$45
60 Minutes	\$60

Outside of these areas services are provided at the standard fee, **plus** a fuel and travel expense to be negotiated at the time of booking.

Bookings:

Please call Sarah on
0431 948 208
to make an appointment

*Please leave a message if
I don't answer
I may be treating a patient.*