

Ask the Professionals

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Dog Grooming Services Available

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It's allergy season for humans - and pets! It's important to try and understand where your pet's allergy discomfort is stemming from so you can try and help them become more comfortable and improve their health.

Here are four common sources of sensitivities that may be affecting your cat or dog, along with suggested remedies to help your pet lead a healthier (and happier) life.

Outdoor Pollutants- Just like humans, pets can be impacted by seasonal, plant-based allergies. Pollens and grasses are common sources during the warm spring and summer months. There are natural remedies available to assist in your pets well being.

Flea Allergy Dermatitis- Some pets are allergic to flea saliva and even a bite from one or two fleas can cause misery for weeks. In just 30 days, 10 female fleas can produce 90,000 eggs. Flea prevention is critical and affordable, it can cost as little as \$5.00 per month.

Food- Commonly, food allergies will show up in your pet as excessive itchy skin, gastric upset, paw licking or ear infections. If you think your pet may be suffering from a food-related intolerance, try replacing their food with one that is geared towards pets with food sensitivities and specific dietary needs. There are many LID (limited ingredient diet) foods available.

Indoor Allergens- Often forgotten, indoor allergens such as dust mites and mold spores can cause a reaction in your pet. Cleaning your floors and carpets regularly to minimize the dust bunnies that have accumulated is one method for decreasing the risk of sensitivities.

By closely monitoring your pet's exposure to allergens, and keeping an eye on how they react to the food they eat, you can help ensure your allergic pet thrives.

Please feel free to stop in anytime and talk to our knowledgeable staff

Drop by the store for your free trial sample of Go! Sensitivity & Shine LID cat or dog food.

ROSS...Bounce Back

Ross Physiotherapy Solutions

905-873-7677

318 Guelph St.,
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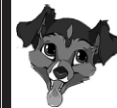


Gerry Ross
 H.B.Sc. PT, MCPA,
 res.CAMT

Q: The weather's improving and I am itching to get out and do some yard work. What can I do to reduce the likelihood of getting injured?

A: There are two key issues to understand. One: The physical characteristics of our winter lifestyles are very different from those of our spring lifestyles. Two: As we get older our bodies ability to adjust to different physical demands reduces (the good news is that as we get older we become wiser). With this in mind it is important to plan your work so that your exposure to extremes postures like kneeling and crouching is paced over time and mixed in with postures that are not so extreme, like working at chest height or walking. In addition to movement and postural variety taking full advantage of thoughtfully chosen gardening tools like gardening stools for sitting and kneeling and long handled tools for weed removal and tilling the soil will reduce exposure to aggravating postures. This may require changing some old habits and perhaps loosing a little speed but it will still be faster, more enjoyable and better for you than trying to work while in pain. If you have any aches or pains that you suspect may become distracting or disabling I recommend that you consider booking a consultation.

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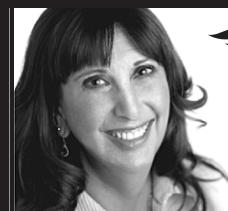
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Q: How often should I get my dog groomed?

A: It is a very good idea to get your dog on a regular schedule for grooming no matter if it is just for nail trims, bath/tidy-ups or full grooms. Double coated dogs are breeds like boxers, golden retrievers and Newfoundlanders that have fur and shed their undercoat they are usually able to go longer between grooms to help release the fur. Typically these breeds can go 4-16 weeks. Dogs like Poodles, Shih-Tzu's and Maltese have hair that continues to grow and usually should be tended to every 4-12 weeks depending on the care they receive at home. Your groomer should be able to explain and show you what tools you will need to properly brush and maintain your dog's fur/hair. I also recommend that you should get your dogs nails trimmed every 4-6 weeks as it will help keep the nails from growing into the paw pad or causing pain by deforming the paw.



DR. ELAYNE TANNER
 Registered Social Worker

Counselling & Psychotherapy

Milton 905-854-0801
www.DrElayneTanner.com

Q: My husband had a massive heart attack 4 months ago and died a few days later. It was totally out of the blue and unexpected. We had plans for our future—so many dreams that will now never happen. I can't see anything good to look forward to. I am going through the motions but I am so sad all the time. Will I always feel so horrible?

A: You are going through the grieving process. This is a normal human reaction with no 'right' way to go through it. In most cases, survivors are able to adjust somewhat and resume usual activities, experience joy and remember their loved one with positive emotions, within six months.

Sometimes, however, the grief lasts much longer and is much more disruptive. This is complicated grief. When normal grief will become complicated grief is unpredictable. Complicated grief is not related to how much you cared for your loved one or to how unexpected the death was. You are not being more loyal to your loved one by not moving on or enjoying life.

People experiencing complicated grief may not make meals for themselves or sleep in their own beds. They often do not go out anywhere because they do not want to go without their loved one. They lose friends and shut out family. They may experience symptoms such as intense yearning, longing, a persistent feeling of disbelief and a general emotional numbness. Complicated grief is like a wound that does not heal.

If you find yourself still feeling this profound sadness after the 6-month mark, I suggest that you seek some professional support. While there are some very helpful grief groups, individual work may be the best way to begin. You are not being unfaithful to your loved one if you allow yourself to feel happiness. Your loving memories will endure forever.

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