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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Dogs Make Me Smile

By Marcey Low

I am the owner of two miniature dachshunds who share my house and home. Many dog owners would rephrase that and instead call me the human who shares the house with the dogs. Dogs are indeed wonderful creatures.

Recent experiences have made me reflect upon and notice things about dogs and their presence in my life. I grew up with dogs so was taught at a young age to appreciate and treat animals with loving care. I recall clearly watching our pet Boston Terrier comfort my little brother who sat on the floor crying about something.

My friend came over to walk the dogs today and as she stood on the doorstep Peanut, my 12 pound dachshund stood up to lick her face. I belong to a PLR site for dog articles and there have been several written on this topic – all as if this was a bad thing. This got me thinking.....

Both dogs lick my face when I'm in bed and I call this "kisses". Peanut will go so far as to stand on my chest with all four paws so he can give my full face a wash including my eyes. This usually only happens every couple weeks yet I endure because he's my dog. Bark goes after my husband more because the only time he gets to lick his face is in bed whereas I'll sit with them during the day.

My dogs also jump up on me when I walk in the door and will do this with others they know. Again, the articles say this is bad and that you should train your dog to quietly accept a short pat on the head as a way of greeting. When my two dogs have been apart for as little as ten minutes they greet each other very enthusiastically. Why shouldn't they greet me and my friends in the same fashion.

I've decided that regardless of what the articles may say, I'm all for having my dachshunds jump up and lick my face. First of all, they're just being dogs and second of all they are my friends and they don't know any other way of saying hello. I figure if they can make me smile and laugh it can't be all bad!

Marcey Low is the owner of two black and tan dachshunds. Check out her blog at

<http://wienerdoggcentral.com>

Healing Hounds

By Jack Russell

Dogs are man's best friend. Always loyal and ever loving, this trait has made canines an integral and common part of what is fast becoming a common mode of therapy in many health care facilities. Not just dogs but animals in general have long been recognized as having a positive effect on the healing process. Dogs, especially, have a calming effect.

These dogs help people cope with emotional issues, offer physical contact, invoke pleasant memories and they divert a person's focus from the problems of the day. That's why they've been used to great success as helpers for those people who are in therapy. Dogs are specially trained for their jobs of helping to take care of the sick, the elderly or the infirm. Currently there are three types of therapy dogs:

- a) Facility Therapy Dogs
- b) Animal-Assisted Therapy Dogs
- c) Therapeutic Visitation Dogs

The first two types assist physical therapists by meeting the requirements for a person's recovery. They are usually found in hospitals and are permanently assigned there. The most common type of therapeutic dog, however, is the third type.

Therapeutic visitation dogs are ordinary pets whose owners take to hospitals, nursing homes and rehabilitation facilities. These dogs help people who are away from home due to mental or physical illness. These people are usually in a highly stressful or depressing environment and a visit from a therapy dog can always brighten their day and help them deal with their problems.

Through their bright example, these dogs help the people they meet maintain a positive attitude. This positive outlook is important in good health, happiness and staying young. Pets also provide a chance for patients to touch and be touched. This gives the patients a chance to express their need for physical contact, a need that doctors have proven as a very important factor in a patient's psychological health.

This is integral in helping people maintain a better mental standing on their condition. This and the ever-loving nature of dogs make them perfect cures to depression that often plagues many patients and residents of nursing homes and hospitals.

It's very difficult to accurately measure how positive an effect these dogs have on patients. But all you have to do to see that they're doing their job is a happy smile on a patient's face when they're in the company of one of these amazing healing hounds.

Jack Russell is a a long time dog fancier, visit his Dog Resources Blog and download his Free Dog Owners Handbook – it's Dog Gone Good!

<http://www.daveshealthbuzz.com/dogcare/>



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