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AUTUMN 2019
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BREED PROFILE
Maine coon

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Letter from the Editor



Heading into the cooler and shorter days means making sure our pets' kennels, paddocks and/or cages are ready for autumn. Now is the time to add extra bedding to kennels, check for drafts in kennels and hutches, give the coop a "spring clean", adding extra hay, and ensuring your paddock pets have shelter from rain and the cool winds.

Don't get complacent with the cooler weather. It's a good time to treat for fleas, ticks and worms, and to also check your pet's nails. Nail trimming, while very important, used to be one of the least favourite pet chores in our household. It was the one that my husband and I both tried to dodge and weave but in the end it was a joint venture, with one holding the dog and one trimming. Over the years, we (and our dogs) have got better with our nail trimming ritual. For those of you who still struggle, have a read of our nail trimming article and start "nail trimming play" to help your pet get used to it.

The change of season can also bring an itch to many of our fur babies. One of our dogs used to suffer dreadfully from skin issues. We spent so much time trying to figure out what the allergen was. We never did figure out what the cause was, but these days there are specialists who deal daily with these types of skin allergies. Animal Dermatology Clinic New Zealand has ear, skin and allergy specialists and in this issue they cover off the different types of allergies and what can be done to help your pet if they have an insufferable itch.

Last month, PETstock had their annual Pet Adoption Day and we got to head along to their store in Ferrymead and talk to some awesome rescue groups doing amazing things. There are so many people going above and beyond to help rescue and rehabilitate animals, either working in

the frontlines or donating to deserving charities. Donations, no matter how small, make a difference. Even if you can only spare \$1 a week, you too can help make a change in an animal's life today. This is exactly how this issue's rescue superstar, Animal Advocates Collective Impact NZ (AACINZ), works. They take spare change and donate it to rescue and welfare groups throughout New Zealand.

This issue also includes our first breed feature, which is on the Maine coon. I met a Maine coon many years ago and boy was he a big fella. He walked into the room with presence and a certain aloofness ... he was gorgeous! The breed feature will become a regular in upcoming issues, so if you have a breed you would like us to cover then drop us a line. Dog, cat, rabbit, goat ... well, you get the point – any breed. So, let us know!

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READER'S TIP

Barbara Smith has a tip that works well in the unfortunate event of a cat catching a bird: You've got the cat but it's not putting the bird down – blow gently on its whiskers and it drops the bird into your hands. Often the bird flies off with only a tale to tell that evening in birdsong! Worth a try.



BREED PROFILE - MAINE COON

The Maine coon is one of the largest domesticated cat breeds. It's native to Maine in the United States, and is the official cat of that state. The Maine coon is a medium to large breed, muscular, heavily boned and broad-chested. While it is a strongly built cat, it's also a very elegant cat and known as the gentle giant of the cat world. The Maine coon's head is large (yet proportional to its body) and wedge shaped. The cat has prominent cheekbones and generally a happy-looking face. Ears are large and wide at the base, with tufts of fluff that stick up in the air.

General care

It takes four to five years for the Maine coon to reach full size and during this time it is important to feed them well for healthy development. However, some can be rather lazy, therefore prone to becoming overweight, especially if food is on tap. Make sure your Maine coon gets adequate exercise. Allow them to go outside or have cat trees/perches and toys to play with if they are inside cats.

Coat care

The Maine coon has a double coat consisting of a slight undercoat and a fine and silky top coat. Its coat is longer on the stomach and behind the legs, fluffy in the tail and dense and shorter across the shoulders. Maintaining the coat means regular brushing. Use a brush suitable for grooming long hair and aim to do five minutes a day; at the very least brush or comb out the coat a couple of times a week. Regular grooming will keep the coat knot free and help reduce hairballs and their associated side effects. Ensure you start brushing your cat's coat from a young age to make grooming an easy and enjoyable task for you both. It is recommended that you wash their coat occasionally with an appropriate cat shampoo but do not overwash. The Maine coon is a cat breed that enjoys water so don't be surprised if you find them playing in their water bowl or puddles after rain.

Personality

This breed is unique in the fact that it is independent but also family-orientated. While the Maine coon may not want to sit on your lap (unless they initiate it) they will happily sit beside you. These cats don't tend to be demanding of your time, rather they observe from afar. They would suit a family where the children are a bit older and can respect their space. Maine coons are gentle, playful, sweet tempered and vocal. The breed usually gets on well with other pets, but may be a bit reserved around strangers, taking time to warm up to them.

Health problems

The Maine coon is generally a very hardy cat, however it can be prone to some medical conditions such as:

- feline hypertrophic cardiomyopathy – inherited condition of an enlarged heart which may lead to heart failure and blood clots
- spinal muscular atrophy – an inherited condition leading to muscle atrophy and weakness
- hip dysplasia – malformation of the hip joint
- polycystic kidney disease – an inherited kidney disorder which causes fluid-filled cysts to form on the kidneys.

The Maine coon is an intelligent cat who will offer you many hours of fun and love.

THE MAINE COON AT A GLANCE

Weight range: Males up to 10kg and females up to 6kg.

Life expectancy: 9-14 years.

Eye colours: Copper, gold and green, while white cats may have blue or odd eyes.

Coat length: Medium.

Coat colours: Variety of colours including solids, bi-colours and tabbies.

Grooming: Moderate.

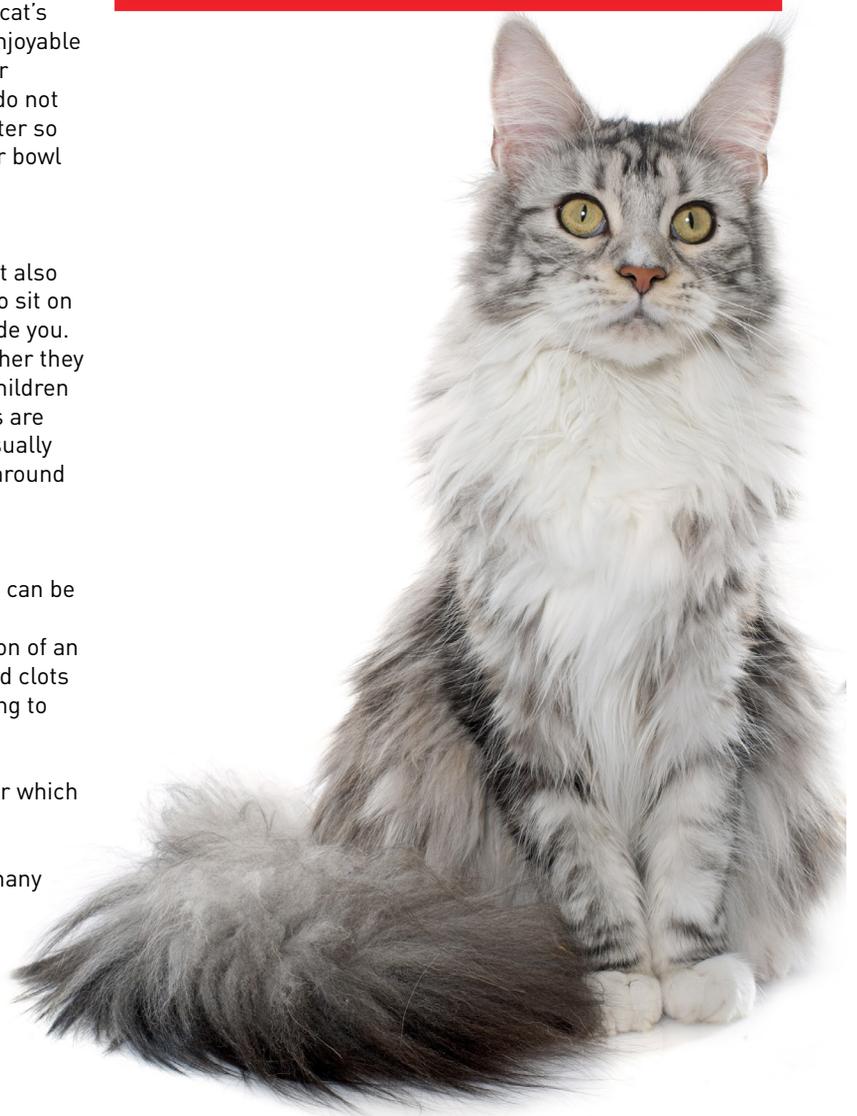
Shedding: High.

Affection level: Moderate.

Friendly: Moderate.

Social needs: Moderate.

When looking for a breeder, take your time and visit a few. Ask around to find reputable breeders, and ask whether they do genetic testing for hereditary illnesses.



NOT DIGGING IT?

Do you have a dog that digs? It can be so frustrating. One of the most important things to realise about the digging is your dog isn't doing it to be annoying, to be a jerk, or as revenge. It's most likely your dog is digging because they enjoy it. There are many reasons why your dog may start digging but they often continue because it's fun. It is self-rewarding behaviour, so even though your dog might have started digging for a specific reason, they may continue to dig for no other reason than sheer enjoyment.

A FEW OF THE MANY REASONS DOGS MAY DIG

To bury something

Burying food is an instinctive behaviour and some dogs are more inclined to bury food than others. They will bury food regardless of the amount of food they are given.

To find something

A digging dog may be motivated by ground-dwelling animals. Even a lowly earthworm moving through the dirt may be enough to spark a dog's interest and get them digging. They smell or hear the animals beneath the surface and this may drive them to dig.

Comfort

Some dogs dig holes for a comfortable bed, to keep warm and out of the wind, or as a cooling spot, especially during the heat of summer.

Escaping

Occasionally, a dog digs as a means of escaping containment. Escaping tends to come from boredom.

Anxiety

Digging can also be related to anxiety. When a dog is anxious, they may channel their energy into something they can control, such as digging a hole.

Trying to understand why your dog is digging is the best start to stopping or redirecting the digging behaviour. If a dog is motivated by digging to find something, this may be the hardest behaviour to prevent or redirect. You can't stop worms or other bugs from crawling noisily around in the ground.

If a dog is suffering from anxiety, this needs to be addressed. Why is the dog anxious? You will need to call in professional help. There may be something in the yard making the dog anxious, which can be easily solved, but if it is a more generalised anxiety issue then a visit to a veterinary behaviourist is highly recommended. A veterinary behaviourist is able to diagnose and treat anxiety. Quite often, the veterinary behaviourist may require you to follow up with a dog trainer who works in behaviour modification.

If a dog appears to be digging for a comfortable spot, try adding more bedding to where they sleep or create more places

for them to rest, or provide shelter from the elements with a kennel or other sheltered area. Having one space for your dog may not be enough. It is important to consider how the condition of your dog's kennel changes throughout the day. For example, the kennel may not be in a suitable position for the hotter parts of the day. Try to provide a couple of shelter or beds options for throughout the day.

With a dog that is trying to escape, you have to ask why? Why are they trying to escape? What are they missing? Dogs can get bored or have endless amounts of energy that needs to be used up. While physical stimulation is great, mental stimulation is better. Get their brain working with food puzzles, or hide and seek games with toys and treats. In general, just make their area more fun and give them interesting things to play with and work out.

One of the best things you can do for a dog that likes to dig is let them dig. Give them somewhere appropriate to dig. Make it rewarding with burying toys or treats. A great way to give them an appropriate area is to make a digging spot. Clam shell sand pits are great for this. Fill them with dirt, wood chips, straw or whatever works for you. Bury favourite toys, treats, or sprinkle with a few dried herbs to engage their nose each day. This will encourage them to dig in the pit and not elsewhere. Encourage and reward them when they dig in their pit. If they dig outside of the pit, take them over to where they can dig, show them you are putting treats in it, and encourage them to dig. They will get the idea pretty quickly. You'll have less holes in the garden and you will have a happy and entertained dog.

There can be many reasons why your dog is digging so it essential to understand the reason behind the behaviour. All behavioural problems should be approached by trying to understand why and then solving the issue. Some reasons are impossible to change but many aren't. If you are unable to change the cause of the digging, look at providing a place where your dog is allowed to dig and gets rewarded for doing so. The key to having a happy, healthy and confident canine is to try and understand them.

Lucy Anderson
Veterinary Nurse & Dog Trainer
www.confidentcanines.co.nz



BIRD CAGE CLEANING TIPS

Regular cleaning of your bird cage is important to ensure your birds remain in top health, and it is also a good time to check for any signs of an unwell bird. If you break down the cleaning of the cage into manageable tasks then it will seem less daunting.

DAILY CHORES

CLEAN FOOD AND WATER DISHES

Wash the dishes in hot soapy water, using a mild detergent. Rinse them out well and ensure they are dry before you place them back into the cage. Daily cleaning of the dishes will stop the buildup of bacteria on the surface of the dishes (known as a biofilm), which can cause illness for your birds.

CHANGE LINER

Depending on how tidy your bird is, changing the tray liner may not be a daily chore, however, it is important to make sure that the base of the cage is clean, free of food and droppings.

CHECK FOR DAMAGE

Inspect the toys and perches for any damage that could cause injuries to your bird. Remove anything that is unsafe.

WEEKLY CHORES

CLEAN THE TRAY AND WIPE DOWN THE BARS

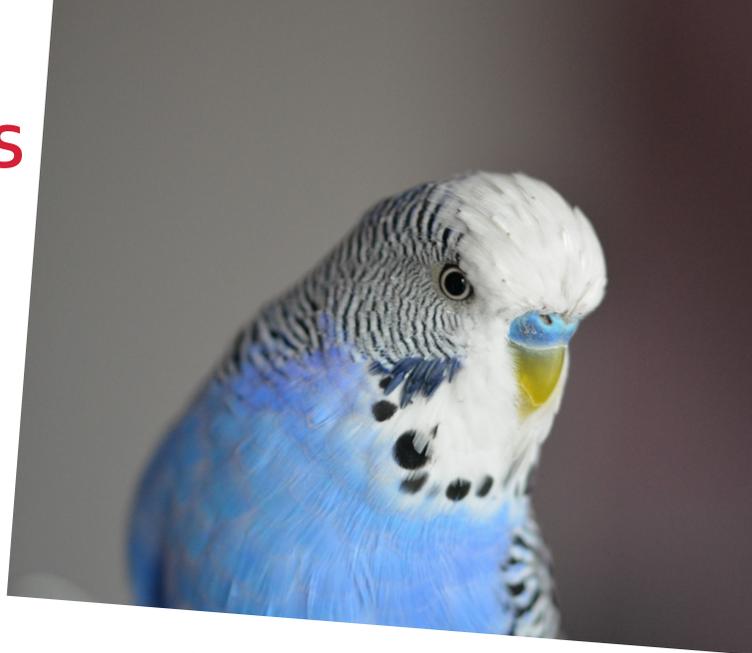
Remove the tray and give this a good scrub with a cleaner that is safe for birds. Dry the tray completely in the sun and then

give it a new liner before putting it back into the cage. Also wipe down the bars of the cage with a damp cloth to remove any dust or poo.

CLEAN TOYS AND PERCHES

Remove perches and toys from the cage and give them a good scrub in hot soapy water. If the perches or toys are made of wood then it's important to make sure they are completely dry before returning them to the cage. It may be best to have backup toys and perches so you can rotate them weekly, mixing it up to give your birds variety.

Remember, dirty cages can cause a variety of health problems for your bird so be sure to keep their cage clean. We all want happy, healthy birds.



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GASTRO-INTESTINAL UPSETS

As with any disease, a gastro-intestinal tract (GIT) upset is the body's way of saying that something is wrong. With vomiting and diarrhea, it's generally nature's way of cleansing or ridding something that is causing irritation or upset. Vomiting occurs when the disturbance is in the upper GIT, while diarrhea develops when it's in the lower GIT.

There are a number of reasons for GIT disturbances. Some are due to longer term (chronic) problems, such as food intolerances, inflammatory bowel disease, worms and organ failure. Others occur more suddenly (acute), such as toxins or poison exposure, something being stuck like a fur ball, various infections (both bacterial and viral), rotten food being eaten, or even simple things such as stress or a sudden diet change, which is especially common in young kittens.

If your dog or cat is still relatively bright and the vomiting or diarrhea is not profuse, it may be possible to help to support their body and let it run its course. If your animal is collapsed, vomiting profusely, has blood coming out or is straining unsuccessfully, then seek the advice of your vet as soon as possible.

Practical management of a GIT upset involves giving the GIT a rest, ensuring that the animal has sufficient fluids and salts, supporting the GIT to help toxins pass through and allow for repair. If this does not work then there is likely to be a more complex underlying issue and further diagnostics or treatment is warranted.

First and foremost, ensure that your animal has sufficient fluid – plenty of fresh water to prevent dehydration, as well as electrolytes (salts) and glucose, which is especially important in very young animals whose glucose levels plummet very quickly. This can be in the form of a broth created by boiling up meat, rice and vegetables, or a mixture of four cups of warm water and a quarter of a cup of honey. In animals that aren't drinking, use a dropper or syringe to carefully place small amounts of the fluid on the animal's tongue and allowing them to swallow, while they're sitting or lying upright.

Slippery elm powder, kaolin and bismuth are wonderful internal poultices to help soothe and heal an inflamed GIT lining. Use 20-40mg of dried slippery elm per kilogram of animal three times a day, mixed in water or food. Alternately, mix one teaspoon of powder in one cup of water, and give kittens a quarter of a teaspoon, cats and small dogs one teaspoon, medium dogs 30-60ml and large dogs 90-120ml three times a day. In adult animals, allow 24 hours before giving any food to give the GIT a rest. Young pups and kittens require food much sooner, so give them four to 12 hours of fast, depending on their condition. Commence with bland food, such as boiled or roast lean chicken, egg or cottage cheese (some pasta, rice and kumara can also be used for most dogs), for one to three days before gradually transitioning them back to their normal diet. For animals that have been vomiting, feeding them four to six smaller meals throughout the day is helpful to ease digestion.

Adding oat bran and probiotics from unsweetened acidophilus/lactobacillus yoghurt or commercial formulations will help to normalise bacterial flora in

the GIT and minimise overgrowth of the bad bugs. Activated charcoal may also be useful if there are toxins present either from poisons or produced from the overgrowth of certain bacteria. Use 2 grams per kilogram of animal, daily. In chronic conditions such as irritable bowel disease (IBD), aloe vera juice is also beneficial to help improve digestion and normalise GIT function, however, ensure that it is not preserved with sodium benzoate or benzoic acid which is toxic to cats. A dose of 1ml per 5kg of animal, daily, is good support but be aware that it can also have a slight laxative effect.

Various homeopathics are also often useful and best used under the guidance of a homeopath. Use either complex remedies or individual 30 C (diluted 30 times) potencies every four hours for three doses. If there's no change then another remedy is usually indicated. In very acute cases, dose more frequently and then decrease the frequency to effect. Useful remedies are Nux Vomica for occasional vomiting, Arsenicum for vomiting and diarrhea where the animal is thirsty, and Merc Cor for acute diarrhea.

For the management of longer term problems, various nutritional programmes, including optimal amounts of nutrients such as omega-3 fatty acids, as well as regular treatments with therapies such as NIS (Neurological Integration System), acupuncture, homeopathy, Bowen therapy, etc, can help to make a marked difference.

Dr. Liza Schneider
Veterinarian
www.holisticvets.co.nz

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Animal Dermatology Clinic New Zealand

Ear, skin and allergy specialists for New Zealand pets

Who are we?

Have you ever heard of a veterinary dermatologist? Most people haven't and that's OK!

We are the ones who take care of the itchy, feet-chewing and ear-scratching dogs that drive their fur-parents mad because they can't work out the cause of their allergies, and we help cats with hair loss and horses with skin problems, too (we've also helped a capybara and a lion at the zoo).

Believe it or not, the top reason that pets visit their vet is for skin or ear problems. But your general practice vet clinic focuses on the overall health and medical care of your pet, whereas veterinary dermatologists have done an extra three years of study to qualify as a dermatologist.

One main job of a dermatologist for pets is to provide advanced diagnostic and treatment options for skin complaints and allergic diseases such as itchy, allergic dermatitis and chronic and repeated ear infections, which are often due to allergies. Another is taking care of uncommon skin diseases like autoimmune conditions, hormonal abnormalities, claw/nail diseases and unusual infections.

Our New Zealand practices are part of a global group of clinics in the United States, Australia and nationwide. This means that when you bring your pet to us they're getting access to a pool of international specialists with experience unmatched in the field of dermatology.

What can pets be allergic to?

You can't tell just by looking at an animal if they have allergies, and there are heaps of different types. Just like people, animals may not show symptoms or the worst of their symptoms may be controlled by medications. Unlike people, pet allergies mainly show up as itchy, red, irritated skin, chronic/repeated ear infections, fur loss or frequent infections.

Environmental allergy

Even when infection is fixed, your pet might have an allergy. The most common type is environmental allergy. We call this atopy and pets with this type of allergy we call atopic. These pets have a more significant immune response than normal due to

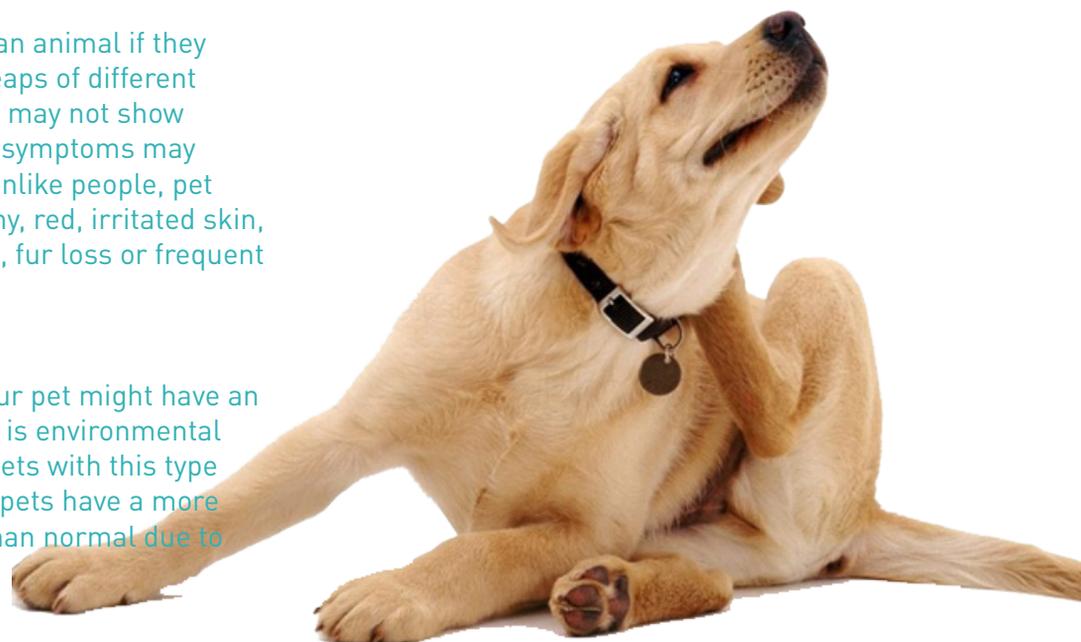
certain environmental offenders such as grasses, weeds and tree pollens, moulds, insects, cotton, wool, dander, dust mites and many others. Your pet may show you signs – by keeping you awake scratching their skin or ears at night, constant feet chewing, overgrooming, regularly getting little red spots on their skin – or they may not show any obvious signs at all.

Food allergy

The other primary type of allergies we see is food allergy. These tend to be the cause of skin problems in around 25 per cent of our allergic patients, with the rest being atopic. The only accurate diagnosis for food allergy is a comprehensive dietary trial using a diet manufactured in a laboratory or a nutritionist prescribed home-cooked diet. Done correctly, a food trial can determine the item(s) your pet is allergic to in their food and you can subsequently avoid it, making it the easiest type of allergy to address. While grain-free diets are popular at the moment, it's rare for pets to have grain allergies and the most likely culprit is a protein source. Symptoms of food allergy can be indistinguishable from atopy and this is where our expertise as specialist veterinary dermatologists comes in.

Flea allergy

The third type of allergy we see is flea allergy. The most effective treatment for flea allergy is a comprehensive and regular flea regime for all the pets in the household. Ask your vet for a fast-acting, effective treatment specifically for flea allergy



dermatitis. You may want to consider allergy testing to confirm this diagnosis and ensure nothing else is contributing to the symptoms.

Contact allergy

The last type of allergy we can see is contact allergy which requires a thorough examination and treatment plan to keep on top of.

WHAT CAN WE DO FOR PETS WITH ALLERGIES?

Allergy testing

For dogs, cats and horses with allergies (atopy), we can do intradermal (skin) allergy testing, which is the gold standard test to identify the environmental allergens triggering your pet's symptoms. There is no simple blood test that will diagnose allergy on its own. It's an art and a science that encompasses your pet's physical exam, lifetime medical, genetic and home life history, as well as allergy and other diagnostic testing by a veterinary dermatology specialist. Our allergy test includes 50+ allergens in the environment and is done under a light sedation. The whole procedure takes one to two hours, and we have the results for you when you pick up your pet.

Drug-free treatment for allergies

After years of extensive research, veterinary

dermatologists have been able to refine a tailored treatment specifically for airborne environmental allergies, following the results of allergy testing. Called allergen-specific immunotherapy, the completely drug-free treatment aims to normalise your pet's immune response to environmental allergens. It is considered one of the safest ways to manage allergies, does not interact with any other medications, and is the only treatment that can result in long term remission from allergies.

The treatment is given at home by injections or drops under the tongue. As your pet starts responding, over six to 12 months, you will find they need less allergy medications, such as steroids, because their allergic symptoms are reducing or even disappearing.

OTHER SERVICES

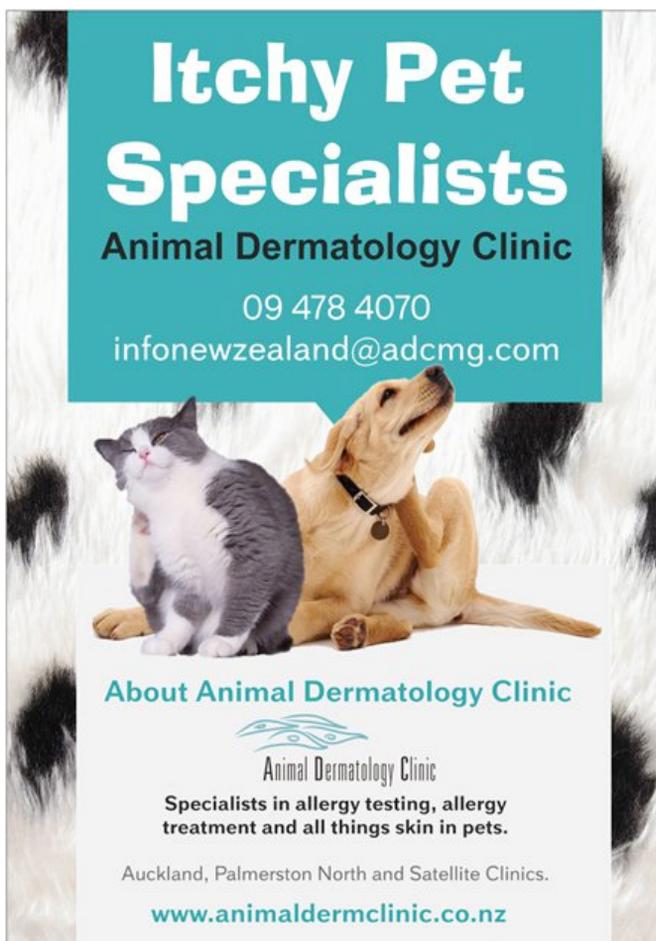
Video otoscopy

If your pet is having ear concerns or infections, we can help by looking down their ear with a camera called a video otoscope. This camera allows us to see all the way to the bottom of your pet's L-shaped ear canal and assess ear health, check the condition of the ear drum, remove anything that is down inside the ear and properly treat any infection.

Diagnosis and treatment plans for unusual skin conditions

We are specialists in performing skin biopsies and work with pathology specialists to interpret samples, make a diagnosis and start appropriate treatment for unusual skin conditions such as hormonal abnormalities, autoimmune conditions, claw/nail diseases and unusual or problematic infections.

We know how frustrating it is to deal with itchy skin, ongoing infections, feet chewing and ear scratching. If you're frustrated with any of these signs in your pet, looking for an alternative option to medication, or can't get on top of it, then your solution is to come and see us; the ear, skin and allergy specialists for New Zealand pets.



Itchy Pet Specialists
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About Animal Dermatology Clinic


Animal Dermatology Clinic
Specialists in allergy testing, allergy treatment and all things skin in pets.
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Book your pet in with Animal Dermatology Clinic New Zealand and quote PETLIFEMAG to get 20 per cent off your initial consultation fee. Expires 31 May 2019.

SOMETHING TO BARK ABOUT

If you are looking to purchase something just a little different for your dog then check out The Barkery Brothers. We asked Olivia Burns, the owner of this Canterbury based boutique business, a few questions.

Why did you start The Barkery Brothers?

The Barkery Brothers started back in 2011 after adopting litter brothers Archie and Finn (aka the barkery brothers) from Invercargill. Wanting good, healthy treats without any nasty fillers, preservatives or dairy for their first Christmas, but unable to buy any, I started to bake my own. These were shared with their cousins (my parent's dogs Paddy, Rosie and Phoebe) and with dogs belonging to friends.

I decided to take these homemade treats to the Mistletoe Market in Blenheim, in 2014, and our setup was a simple card table with an umbrella. The treats sold out within the first hour, and Mum had to run home and bake a few more batches. When



she returned, I had already pre-sold all the treats she had made.

What do you enjoy most about your business?

I enjoy coming up with scrumptious new treats and meeting the owners and the dogs that they are going to. My latest creation was a Valentine's Day version of our Droolicious Doggy Donuts. I absolutely loved seeing photos of all the woofers with their special Valentine's Day treats.

What is unique about your business?

Everything is handmade by myself. All our treats have no preservatives, no dairy and are made from human grade ingredients.

What are your best-selling products?

It's a tie between our reversible, over-the-collar style bandanas, which have a different print on each side, and our Droolicious Doggy Donuts.

The bandanas simply slide over your dog's collar and can be worn down the chest, to the side or over the back for a more boy scout look.

As for my Droolicious Doggy Donuts, they are seriously drool worthy and the perfect way to let your woofers know how much you love them, or for your woofers to share with friends. Presented chocolate box style, the donuts come in a four pack, wrapped in paw print tissue paper. They are available in our most popular biscuit flavours, beef or chicken, and are topped with dog safe icing.

Check out their full range of products at www.thebarkerybrothers.com



UP COMING EVENTS

MARCH

Saturday 2nd, 11.30am
Responsible Dog Owner Training Course
75 Lakewood Ave, Churton Park, **Wellington**

Sunday 3rd, 1pm
Woof! - The Auckland Rainbow Dog Show
Western Park, **Auckland**

Sunday 3rd, 10am
Paws In Parnell - A Great Day for A Dog Wedding
Heard Park, **Auckland**

Saturday 9th, 10am
Doggy Degustation Lunch
The Keg Room, **Hamilton**

Sunday 17th, 9am
Owera Hot Diggety Dog Show
Western Reserve, **Owera**

Sunday 17th, 9.30am
Greyhounds As Pets Walk
Marine Parade, **Petone**

APRIL

Sunday 6th, 10am
The "Omega Plus" Big Dog Walk - Wellington
Waitangi Park, **Wellington**

Sunday 7th, 10am
The "Omega Plus" Big Dog Walk - Auckland
Waiatarua Reserve, **Auckland**

Sunday 7th, 10am
Paws In Parnell - The Big Dog Walk After Party
Heard Park, **Auckland**

Sunday 7th, 10am
The "Omega Plus" Big Dog Walk - Christchurch
Hagley Park, **Christchurch**

Sunday 27th, 9.30am
Greyhounds As Pets Walk
Marine Parade, **Petone**

MAY

Sunday 5th, 10am
Paws In Parnell - The Big Dog Walk After Party
Heard Park, **Auckland**

Sunday 19th, 9.30am
Greyhounds As Pets Walk
Marine Parade, **Petone**

Pet Life Ltd takes care collating upcoming pet events listed within. Pet Life Ltd is not associated with the running of the events listed and as such recommend you check directly with the organisers regarding each event. Times and dates may vary to those listed here.

PETstock Adoption Day

Every year, PETstock runs a nationwide Pet Adoption Day as part of their PETstock Assist programme. It is a day set aside to promote pet adoption within their stores and to help connect potential new pet owners with rescue groups in their respective regions. This year, 9 February marked adoption day at the Ferrymead store and we were lucky enough to be invited along to take part in this day.

We met up with Tania Lee and Mocha (the Cocker) from PETstock Ferrymead who introduced us to four rescue groups taking part in the day: Christchurch Bull Breed Rescue, Hedgehog Rescue, Greyhounds as Pets and Dogwatch Sanctuary Trust. Alongside the rescue groups were representatives from Nutrience, ZiwiPeak and K9 Natural, plus the local VetEnt clinic.

Christchurch Bull Breed Rescue

This registered charity was started by Abbey van der Plas around 15 years ago. The group works with local and national pounds and SPCA, taking dogs into their care to provide temporary shelter and medical attention to neglected and rejected dogs. Seeking out new homes for these dogs and educating the public about the humane care of dogs is the top priority. All the dogs are assessed for their unique needs and volunteers work compassionately to prepare safe, appropriately socialised dogs for wonderful new lives.

While the bulk of the dogs that come through the shelter are adolescent dogs, they often have puppies and dogs up to 12 years of age in their care. They rehome about 70-100 dogs a year, and it can be hard work finding experienced dog owners

who appreciate a dog's needs. If a suitable home can't be found then that's not a problem. "Dogs stay with us until they find a home", says volunteer Charlene. "All dogs are desexed before they go to their new homes, and all new homes are vetted by us."

Christchurch Bull Breed Rescue survives on donations and fundraising. Their Facebook page has over 23,000 followers so they have great public support. However, fundraising is hard work, with a success rate of just 1 per cent of the grants they apply for. "If our supporters can spare just \$1 a week or even a month, everything counts and adds up," Charlene says.

The rescue group also offers a desexing programme – payment plans and heavily discounted pricing for the procedure – with the aim to prevent more dogs ending up in shelters. They approach owners and work with councils to find at risk dogs.

Hedgehog Rescue Christchurch

Kirsha Wood, the self proclaimed crazy hedgehog lady, focuses her work on the rescue, rehabilitation and release of hedgehogs. Kirsha started rescuing hedgehogs after a friend, who was doing it in Tauranga, convinced her to give it a go. Her first successful release was a hedgehog named Gavin, and since then there have been many more.

Most of the hedgehogs that come into Kirsha's care either have wounds or mange and have come as far away as Ashburton. There are currently 50 hedgehogs housed in Kirsha's garage; in fact her car has not seen the inside of her garage since October 2016. The number of hedgehogs that need help fluctuate wildly. Last winter, she rescued and rehomed 33 hedgehogs yet the year before that it was just eight.

Kirsha doesn't just take in and care for the hedgehogs. She



TOP LEFT: PETstock staff Tania Lee and Mocha.

BOTTOM LEFT: PETstock worker Ty the shih tzu.

TOP RIGHT: Mila, a gorgeous 14 week old puppy, was left abandoned at a home after the previous owners moved out. Mila is currently with Christchurch Bull Breed Rescue.



ABOVE: Piper from Dogwatch has found her forever home.

LEFT: Recovering hedgehog currently residing at Hedgehog Rescue Christchurch.





also gives advice on how to care for them, and is called often.

Like most other rescue groups, Kirsha relies on donations from generous people. "If I need food for them, I just put a request on Facebook and I come home to bags of food at the door."

Kirsha has safe country locations where she releases her rehabilitated hedgehogs, however, some people who have brought them to her are happy to take them back. "When I get a hedgehog, I ask the person that found it if they would like them back once healthy. If they say yes then I give them a call and they come back to pick up the hedgehog."

Greyhounds as Pets (GAP)

This display at PETstock Adoption Day was well supported by some lovely gentle giants lounging on beds. GAP, established by Greyhound Racing New Zealand, is a nationwide registered charity that finds pet homes for retired racing dogs. Its overall aim is to adopt out one greyhound every day – 365 dogs a year – and while they haven't quite managed this they get close. In January, seven dogs were rehomed in Canterbury and 20 nationwide.

In order to make every rehome a success, each dog is carefully assessed prior to going to live with their new family. Each greyhound gets a health check, is flea and worm treated, has their teeth checked and is desexed.

GAP has kennels and foster homes nationwide. Some dogs spend time in foster care, brushing up on their house manners, which is a great time for the carer to learn about any quirks they may have. Volunteers perform property checks before any dog is rehomed. A fully fenced section is a must, and the preferred fence height is 1.5m. It also needs to be strong enough to withstand a hound pushing against it or jumping on it.

Greyhound owner Nicole spoke to us about how the retirees make great pets and quite enjoy the lazy life.

"My dog would happily spend 18-20 hours a day laying horizontal on the sofa," laughs Nicole. "They don't need an excessive amount of exercise, rather short bursts! A 20 minute walk morning and night is enough."

Greyhounds are also adaptable and willing to please, so even though their instinct is to chase many can be taught not to bother small animals like cats or pet rabbits.

Dogwatch Sanctuary Trust

We got to have cuddles with Piper, a gorgeous wee puppy who was found in an abandoned cow shed. Thanks to the Dogwatch team, Piper has found her forever home.

Dogwatch rescues and rehomes unclaimed puppies and dogs that have, through no fault of their own, ended up in pounds in Christchurch, Selwyn, Waimakariri and Ashburton. If the dogs have special needs or are extremely young then they go into foster homes until they're ready for adoption.

"Puppies are easier to rehome than the older dogs" laments volunteer Karen.

Dogs that are lucky to find their way to Dogwatch get plenty of TLC. They are vaccinated, microchipped, wormed, desexed and socialised with the other dogs, puppies and people.

Home checks are carried out prior to adoption and all potential families are vetted. Dogwatch considers things such as whether you own your own home or have written consent from your landlord, if you can offer stability and security for a rescued dog, and also whether what type of dog would suit your lifestyle.

The self-funded charity raises money via donations, grants and legacies. It has a secondhand variety shop based in New Brighton as a major source of funding and it gets great support from people donating goods such as furniture, knick-knacks, books and clothing.

Pet industries

It was great to see industry stands present at the adoption day to help potential new pet families make informed choices about healthcare and dietary requirements.

Vet nurses Amy and Rebecca from Ferrymead VetEnt were there to support pet adoption and get behind helping pets in need. The vet clinic, located just down the road from Petstock, has two vets and five vet nurses who offer a huge amount of experience to the pet community in Ferrymead.

"Orthopaedic specialist Andrew Whiteside, who had to move from Redcliffs after the earthquake, is now working from our clinic. It is great to have his expertise available to our patients," says Amy.

Alongside usual veterinary services, the clinic offers puppy preschool to help new dog owners socialise their dog and become confident dog owners, "which is very important".

Giving out free food samples and taking the time to talk to pet owners were Shelley Gayford, a representative for Ziwipeak, Candice French from K9 Natural, and Kim Morgan from Nutrience.

"We like to be here to support the adoption day and to promote our food," says Shelley. "Ziwipeak makes both cat and dog food that contains no grains, sugars or glycerins and is air dried to retain nutrients."

Kim was giving away samples of Nutrience Fraser Valley kibble, which contains Nutriboost, cubes of freeze-dried raw meat, for cats and dogs.

K9 Natural also produces grain-free cat and dog food using only sustainable, free-range, grass-fed ingredients.

We had a great time at PETstock. It was a great family day to head along to and we really recommend you keep an eye out for next year's adoption day.

RIGHT: Spot, now living the dream after finding a forever home through GAP.



Helping pets in need.



PETstock Assist charity foundation works to make significant contributions to organisations devoted to helping pets in need, at a local and national level.

The goals of PETstock Assist are to:

- raise awareness
- provide support
- help get pets adopted.

You can contribute to PETstock Assist by:

- rounding up your purchase at any PETstock store
- dropping your small change into a donation box in any PETstock store.

MAKING NAIL CLIPPING LESS STRESSFUL

If you live in a house with wooden floors, the click, click, click of your pet's nails when they walk on that floor is an indication that they are due for a trim. While your vet or groomer can clip them with ease, you too can do them at home ... it just takes a bit of preparation, time and patience.

In the middle of your pet's nails is the quick, a collection of nerves and blood vessels. Covering and protecting the quick is a layer of keratin. The keratin outer grows continuously if not worn down naturally. Long nails can cause a variety of problems such as splitting, tearing or breaking, which can become very painful and require veterinary care. If nails become too long they can make standing or moving painful for your pet. A worst case scenario is they can curl back into the pad on the underside of the foot. So, nail trimming is essential to your pet's overall health.

There are a variety of nail trimmers on the market, ranging from clippers through to grinding tools. Make sure you take the time to research which tool would be the best option for your pet. Buy a good quality trimmer or grinder that is sharp and designed for the correct type and size of your pet. If you are still unsure, talk to fellow pet owners to see what they use and why they like them. Once you have decided which tool you are going to use it is a good idea to seek advice from your vet practice, breeder or groomer to show you how to use it safely.

When you trim the nails you are removing the keratin tip only; you don't want to trim off too much as you may hit the quick which will bleed. If you are lucky, your pet will have light coloured nails which means you can see the pink quick in the middle of the claw. With dark nails, go slowly. Take just a small amount off the end of the nail.

If the nails have not been clipped for a while then just trim a small amount often. Long nails will have long quicks; as you clip them regularly the quick will slowly become smaller. Be mindful that the shortening of long nails to a healthy length may take months. If you do cut the quick, do not panic or make a fuss as this may startle your pet. Stem the blood flow by putting pressure on the nail using a clean cloth or sanitary paper towel, or dip the nail into corn starch to help the blood coagulate.

If your pet shows any sign of pain, stop what you're doing, comfort them and seek veterinary advice or help. With regular trimming, you and your pet will become more confident and it can become a great bonding time. However, if you and your pet are not finding it easy then don't be afraid to ask for help.

Nail trimming needs to be a regular occurrence so it is important to get your pet used to it from a young age. Try "nail trimming play". This is when you mimic nail trimming either with or without the tool but not actually clipping the nails.

Bunny enrichment

Hey, hey bunny families!

This month we wanted to show you how easy and cost effective it is to integrate and upcycle everyday items for bunny enrichment. Bunnies love to go on adventures and play with us so get inventive and try multiple options to work with your setup.

Below you will see some easy ways to use kids' toys, furniture, storage boxes and op shop finds to make a wonderland for indoor and outdoor fun.

Kids toys, furniture, playhouses

Kids tunnels, tents, furniture and playhouses make perfect additions to any bunny home. These are great for creating options for climbing and tunnelling. It also encourages your children to share their toys and get involved in creating bunny fun. Such items also provide shade from the sun and rain. Pop-up tents indoors can house litter trays and hay racks to keep everything contained and not throughout your whole home.



hole to play in indoors or out – just superglue the lid on and put some shredded paper or hay inside. A dog kennel also makes a wonderful indoor playhouse option.

Keep an eye out on your local Facebook freecycle pages, Trade Me and op shops for some treasures you can convert for your bunnies. Your dogs and cats will love all the fun activities, too. There are so many opportunities for the kids to learn about rabbit care, apart from sharing their toys. Teach them that bunnies need more than a hutch to be happy and healthy. One of my favourite things to do with the kids is to grow a bunny garden. Make it fun and put a face on the pot so plants look like hair, or plant a whole sandpit with some seeds from us at foragenz.com. Look at the happy bunny smile that they can also create.



Household furniture

We know a lot of you have free range house rabbits. Here are some amazing ways to integrate and upcycle furniture in your home. TV cabinets, drawers, coffee tables and magazine racks are able to be turned into places to sleep, eat or even hide storage litter trays. An old rubbish bin can make a fun hidey



Be inventive and don't be afraid that things won't work. Constantly change it up and get the whole family involved. We can't wait to see photos of your new projects and your bunny's smile when they explore their new toys. Tag us on Instagram and Facebook #petlifenz #forage_nz.



Nicki Lewis
forageforbuns@gmail.com
Facebook: @forageforbuns
Forage supports New Zealand rabbit rescues

AUTUMN AND YOUR PET'S HEALTH

With summer now behind us, we are moving into the cooler months of autumn. With this change of season it is important to stay on top of your pet's health and wellbeing. Autumn is a good time to book your pet in for a checkup with your vet to discuss their weight, medication and any other concerns you may have. Here are our top autumn tips and suggestions to keep your pet happy and healthy.

Food and water

With autumn, it may be time to readjust your pet's food intake. If they are not exercising as much you may need to reduce their food, or if they're kept outdoors you may need to increase their food due to the cooler temperatures. It is also important to keep clean water readily available for your pet, refilling as you would in summer to make sure the water is fresh and the bowl clean. For owners living in more southern parts, as the temperature decreases make sure any outside water bowls or troughs have the ice broken each morning.

Parasites

While we associate the hotter summer months with fleas, autumn is also a time to be treating your pet. Prevention of fleas is the key. Treat your pet with your preferred flea treatment and also treat their environment. Wash their blankets and leave in the sun to dry, treat their kennels and vacuum your carpet regularly to remove eggs and dormant fleas.

Ticks are also another parasite to treat your pet for in autumn. While ticks in New Zealand do not carry disease, they can cause issues for cats and dogs such as irritations, abscesses or anaemia. If you find a tick on your pet then do not pull them off haphazardly as the head can get left behind and cause an abscess to form. Using a pair of tweezers, grasp the tick as close to your pet's skin as possible and gently pull the tick

straight out without twisting. If you have any problems with the removal of a tick then seek veterinary advice and also ask your vet about a suitable tick treatment for the prevention of tick infestation.

If you haven't treated your pet for worms recently then autumn is the time to do it. It may also be a good time to worm the human family because worms are zoonotic parasites (passed from animals to humans, especially children). Worm eggs are incredibly resilient and eggs can remain viable in the environment for a long time. Once you have wormed your pet, make sure it becomes a regular occurrence and worm them regularly every three to six months. There are many worming products on the market so take the time to speak to your vet about the correct treatment for your pet.

Allergies

Like humans, pets can also suffer from seasonal allergies, and if your pet already suffers from allergies then they are more likely to be affected by a change of season. Itchy skin and itchy ears are the more common signs of allergic reactions. Your pet can be set off by inhaling allergens (such as pollen) or by it settling on their skin. If your pet starts itching, coughing or sneezing, then head to your vet for a plan to help alleviate these symptoms.

Shorter days and cooler temperatures

Autumn brings with it shorter and cooler days which can exacerbate illnesses in your pet. If your pet is an outside pet then it's time to check their kennel, hutch or roost to ensure it is free of drafts and/or well insulated. Extra bedding such as blankets for your cats and dog and hay for your rabbits and guinea pigs will keep them nice and warm. If your pet gets wet then take the time to dry them down and ensure that their bedding is nice and dry also. The cooler temperatures can make it harder for pets suffering from from arthritis and diabetes to regulate their temperature, exacerbating their symptoms. Very young and old pets also may have problems regulating their body temperature so it's important to keep a close eye on them as it gets cold.

Shedding

With the change of seasons comes the shedding of the summer coat in cats and dogs. As the daylight hours shorten, this triggers the light summer hairs to shed and for the thicker, heavier winter hairs to grow. This change of coat is most evident in double-coated dog breeds like collies and shelties. The amount of shedding you encounter and the level of grooming required will vary depending on the breed of your pet. Combing out the summer coat will make your pet feel more comfortable, and allow the winter coat to come through, leaving less fur on your furniture, clothes and carpet.

Antifreeze

Ethylene glycol is the active ingredient in antifreeze and extremely toxic. Antifreeze poisoning is more common in the southern regions where it's added to radiators to reduce the freezing point. Unfortunately antifreeze is very sweet, and colourless and odourless like water, which makes it very dangerous to pets. Signs your pet may have ingested antifreeze include vomiting, nausea, difficulty walking and fluid retention due to impaired kidney function. Even if your pet ingests just a



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small amount of antifreeze, you need to seek veterinary help immediately.

Rodenticide

Autumn is the time when mice and rats start seeking warmth and bait stations get set up again. Whether you use bait stations or not, it is good to learn signs of rodenticide poisoning in your pet as they may have consumed bait while at the neighbours' or while out walking. The signs of rodenticide poisoning vary depending on the type and quantity of bait consumed. Also, signs may not appear until a few days after ingestion. Some signs that your pet is suffering from rodenticide poisoning include:

- lethargy
- trouble breathing
- blood in vomit, urine or faeces
- pale gums
- difficulty walking
- paralysis.



Mushrooms and mycotoxins

Mushrooms become abundant in autumn. Generally, mushrooms are not a problem as most are non-toxic. However, there is a small percentage that are highly toxic if ingested. If you notice mushrooms growing on your property it is best to remove them so your pet does not have a chance to eat them. If you are out walking your pet in the forest or bush then keep an eye on your surroundings and move them away from areas that have mushrooms growing. If you suspect your pet has eaten a

toxic mushroom then you need to seek veterinary advice for prompt upper gastrointestinal decontamination. These days, compost heaps are not too common but if you do have one, and/or a leaf pile, then keep your pet away from them. The decomposing matter can contain mycotoxins which are produced by moulds and very dangerous for your pet.

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COMPLEMENTARY THERAPIES

Canine massage therapist Kathleen Crisley, of The Balanced Dog in Christchurch, gives some information, tips and opinions for pet parents navigating the landscape of complementary healthcare.

There are lots of complementary therapies that we can use to help us stay healthy. With the success of these therapies, more pet parents are asking what options are available for their animals beyond conventional veterinary care. Often, the search for alternatives begins when a traditional treatment isn't working, or where the treatments are harsh with negative side effects.

Here is a rundown of just four complementary therapies available in this country which don't rely on drugs or surgery.

Acupuncture

Acupuncture is a practice that has been used for 5000 years. Practitioners insert fine needles along different channels or pathways of energy, known as meridians, to balance the flow of energy (chi). There are meridian charts for animals which show the number and range of points and pathways; these have been extensively studied and mapped.

Pet parents can choose acupuncture for physical and emotional conditions, including the treatment of musculoskeletal injuries, digestive problems and chronic pain.

A common misconception about acupuncture is that a pet won't settle or tolerate having needles inserted into their body. Because the needles used in acupuncture are very thin, there's minimal discomfort. Most pet parents find that once the needles are inserted and endorphin release begins, their animal relaxes nicely.

If choosing acupuncture for your pet, expect a session to last between 40 minutes to an hour. Depending on your location, you'll pay approximately \$100 for a first acupuncture consultation and \$70 for followups.

Acupuncture is a modality that has been embraced by veterinarians because they are able to study it through institutions including the Australian College of Veterinary Acupuncture, the College of Integrative Veterinary Therapies (also based in Australia), and the International Veterinary Acupuncture Society (IVAS). Some veterinary schools overseas also train veterinarians in the discipline.

Chiropractic

Chiropractic focuses on keeping the spine and nervous system healthy. By making small adjustments known as subluxations to the spine, chiropractors remove blockages so that nerve messages reach organs and tissues effectively. Chiropractic is most often matched to animals with musculoskeletal problems.

The New Zealand Chiropractors' Association recognises the practice of animal chiropractic, however, there is no New Zealand-based qualification for the specialty and so chiropractors must travel abroad to further their study; qualifications range from a post graduate diploma to a master's degree. The two most popular programmes are based in the United States and the United Kingdom through the McTimoney Chiropractic College.

Some chiropractors have done their own self-study on the anatomy and physiology of companion animals and feel confident enough to practice on animals. It's really up to the pet parent to ask about formal qualifications and to make a judgement call about whether or not they are prepared to have a chiropractor work on their animal.

According to Dr Todd Keenan, a member of the Chiropractors' Association, an initial consultation should include the

practitioner taking a thorough history of your pet and performing a physical examination before making a decision to proceed. Consultations will last from 15 to 45 minutes and range in price from \$70 to \$150; subsequent adjustments will take between 15 and 30 minutes and cost in the range of \$40 to \$100.

Homeopathy

Homeopathy is a system of medicine that has existed for approximately 200 years. It treats ailments using small doses of natural substances; the basic principle of homeopathy is 'let like be cured with like'.

Homeopathy can be used to treat a range of problems including bee stings, digestive disorders, skin problems and muscle soreness.

The field of homeopathy is dominated by lay practitioners (the term used for all non-veterinarians), although there are a handful of veterinarians who have homeopathy qualifications.

The modality is more widely known in the UK and parts of Europe where veterinarians and medical professionals can train in the discipline. Dr Terryne Loney, the lead vet at Pet Doctors Harewood in Christchurch, learned about it when working in the UK; she studied homeopathy after returning home to New Zealand.

"I love the holistic focus and that is why I believe it helps me treat every patient every day, whether I am using homeopathy or not. Often vets focus on one condition/wound or disease and forget about the rest."

As a practising vet, however, Terryne has found homeopathy difficult to promote, partly due to lack of time for a consultation (a consult could last an hour or more), and the ability to charge appropriately for that time.

Homeopaths in New Zealand are likely to have completed the NZQA registered Diploma in Homeopathy (Animal Health). That qualification is being substantially reformatted as of 2019, according to Steven Castle of the College of Natural Health and Homeopathy, to involve more clinical training and supervised study and to meet the demand for natural alternatives.

Reiki

Reiki practitioners employ a form of energy healing which enables the practitioner to direct and transfer energy through their hands to encourage emotional and physical healing. Hands don't necessarily have to be laid on the animal for Reiki to be effective.

Cathy Cremen has a successful Reiki practice in Christchurch, working on humans (80 per cent) and animals (20 per cent). She started her professional life as a veterinarian, qualifying in 1978. However, after using Reiki for herself, she decided to practise Reiki professionally.

"Reiki will go where it is needed in the body," says Cathy. "It can help with a range of health problems; the way animals receive the energy and relax with it speaks for itself." Cathy says some vets are now prepared to refer animal patients to her, thanks to her background as a vet. Typically this happens when a case isn't responding to traditional treatment or is palliative.

Reiki is probably the field where it is hardest to know whether or not you are selecting a qualified practitioner for your animal. "Reiki is not something one learns in a weekend," emphasises Cathy. The discipline has a level of study structure and students need to learn from a Reiki master; level 2 and above

practitioners may practise commercially. Cathy recommends that pet parents ask about a practitioner's experience working with animals and their level of study and experience. Consultations will typically cost between \$60 and \$90 per hour.

What does your vet think?

It would be fair to say that the level of acceptance in the veterinary community is mixed. Dr Wendy Dixon of New Plymouth Vet Group, herself a practitioner of both acupuncture and homeopathy, says there's a prevailing lack of understanding and trust in complementary therapies in the veterinary community.

"For this reason, many vets don't seek to learn and those of us who practise other modalities tend to rely on word-of-mouth," says Wendy. The business demands on vets are also a real impediment. "Acupuncture and homeopathic consultations take more time and a different charging scheme is needed." Wendy is a big believer in "tolerance rather than criticism" when clients ask about using other treatments. Dr Terryne Loney agrees. "I actually believe we should all work in together and it upsets me that both sides of conventional and alternative often seem to contradict and oppose each other."

What does a complementary practitioner think?

I gained my first certification in canine massage in the United States 10 years ago and have been growing my practice in Christchurch ever since. I agree with Dr Dixon – that the reception to complementary therapies is variable. But the therapists themselves also have a role to play in supporting pet parents.

Professionalism, in my view, is paramount. Does the practitioner respond to an enquiry within 24 to 48 hours? Do they list their credentials on their website in a clear and understandable way? Do they have a commitment to continued professional development? Do they ask to review your pet's vet records?

Using the human healthcare model, most of us wouldn't expect our GP to practise other modalities of treatment; the same is true of our vets. So, it's up to us as pet parents to do our homework and to ask the right questions when choosing someone to work with our beloved animal.

WHERE TO FIND A PRACTITIONER?

Acupuncture

The College of Integrative Therapies (civtedu.org) includes a directory of holistic veterinarians that have studied with them. Since most veterinary practices now offer websites with staff profiles, a Google search should also help you find a vet with acupuncture qualifications.



Chiropractic

The New Zealand Chiropractors' Association lists a handful of qualified animal chiropractors on its website: chiropractic.org.nz.

Homeopathy

The New Zealand Council of Homeopaths has an online directory of practitioners at homeopathy.co.nz. Vets who hold homeopathy qualifications are not listed here but most will advertise their qualifications on the website of their practice.

Reiki

Reiki New Zealand has a member directory at reiki.org.nz. Pet parents should ask about a practitioner's experience in working with animals when making an enquiry.

And, of course, Google to find the websites of professional practices in all of the modalities.

Kathleen Crisley
Certified canine massage therapist
www.balanceddog.co.nz



ABOVE: Reiki session sequence. Indie, a white swiss shepherd, relaxes with Reiki.

LEFT: An acupuncture session. A common misconception about acupuncture is that a pet won't settle or tolerate having needles inserted into their body.

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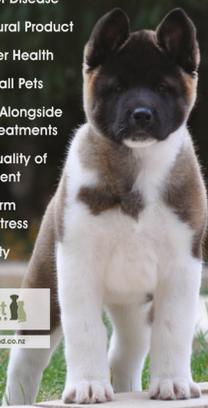


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for the little lions in your life



www.littlelionsnz.co.nz

NEW ZEALAND WELFARE & RESCUE GROUPS

NATIONWIDE

KITTYCAT FIXERS

Phone: 021 059 5863
Email: info@kittyfixers.org.nz
Website: www.kittyfixers.org.nz

ROTTWEILER RESCUE & REHOMING NEW ZEALAND

Phone: 021 022 006633
Email: rottierescuenz@gmail.com

NZ RAT RESCUE

Email: office@nzrr.org
Website: www.nzrr.org

NORTHLAND

RUAKAKA DOG RESCUE TRUST

Phone: 021 222 2849
Email: ruakakadogrescue@gmail.com
Website: www.ruakakadogrescue.com

AUCKLAND

CRAZY CAT LADY CAT RESCUE SOUTH AUCKLAND

Phone: 027 248 0577
Email: cclcr@hotmail.com

FRANKLIN CAT RESCUE

Phone: 027 901 2244
Email: franklincatrescue@gmail.com
Website: www.franklincatrescue.co.nz

9 LIVES ORPHANAGE

Phone: 021 210 0051 or 021 208 2486
Email: 9livesorphanage@gmail.com
Website: www.9livesorphanage.co.nz

HOPE RESCUE SOUTH AUCKLAND

Phone: 027 686 2778 or 021 0200 8791
Email: hope.rescue.south.auckland@gmail.com

PASSION 4 PAWZ

Phone: 021 126 1031
Email: passionforpawz@gmail.com

NORTH SHORE TURTLE, REPTILES & AMPHIBIAN RESCUE

Phone: 021 140 9491
Email: nsrescues@gmail.com

AUCKLAND FISH, TURTLE & REPTILE RESCUE

Phone: 021 113 3469
Email: reptilerescuenz@gmail.com

AUCKLAND PUPPY RESCUE

Email: Admin: puppyrescue@outlook.com
Fostering: puppyfoster@outlook.com
Adopting: puppyadopt@outlook.com
Website: www.aucklandpuppyrescue.com

AUCKLAND CAVY CARE

Phone: 021 969 301
Email: jrpetkeeper@gmail.com
Website: www.aucklandcavycare.org

CHAINED DOG AWARENESS

Email: info@cdanz.org
Website: www.cdanz.org

LOVED AT LAST "LALA"

Phone: 021 179 8689

BAY OF PLENTY

WHANGAMATA CAT

Phone: 021 252 7002
Email: whangamata.cat.adoption.team@gmail.com

FREE AS A BIRD BATTERY HEN AND POULTRY RESCUE

Phone: 021 212 4788
Email: freeasabirdrescue@outlook.co.nz

ARRC WILDLIFE TRUST

Phone: 07 579 9115
Email: info@arrc.org.nz
Website: www.rrc.org.nz

WAIKATO

ADOPTABLE

Phone: 07 390 0529 or 021 263 5652
Email: jay@adoptable.org.nz
Website: www.adoptable.org.nz

PAWS 4 LIFE

Phone: 021 246 8978
Email: rachael@paws4life.co.nz
Website: www.paws4life.co.nz

NEW LIVES ANIMAL RESCUE

Phone: 027 649 9088
Email: newlivesrescue@xtra.co.nz
Website: www.newlivesrescue.co.nz

PAWS AWHILE ANIMAL SANCTUARY

Phone: 021 102 9977
Email: anna.dahlberg@hotmail.co.nz

DOG PROTECTION LEAGUE

Phone: 027 535 8930
Email: dogprotectionleaguenz@hotmail.com

L.A.R.A ANIMAL RESCUE & FARM SANCTUARY

Phone: 07 974 9024
Email: larafarmrescue@gmail.com
Website: www.littleacresfarm.co.nz

DC RESCUE

Phone: 021 041 4108
Email: dc_rescue@yahoo.co.nz

HAWKE'S BAY

HASTINGS & DISTRICTS SPCA

Phone: 06 878 8733 (shelter)
Email: committee@spcaghastings.org.nz

GOAT WELFARE NZ

Phone: 0211 602 329
Email: goatwelfarenz@hotmail.com

MANAWATU/ WHANGANUI

POPPELLES KITTEN RESCUE

Phone: 027 438 7913
Email: poppelles@clear.net.nz

ALL PAWS RESCUE

Email: rescueallpaws@gmail.com
Website: www.allpawsrescue.org.nz

HAVEN BULL BREED RESCUE

Email: havenrescue@yahoo.co.nz
Website: www.havenrescue.org.nz

WELLINGTON/KAPITI

HUHA – HELPING YOU HELP ANIMALS

Phone: 04 392 3232
Email: enquire.huha@gmail.com
Website: www.huha.org.nz

KITTEN INN

Phone: 04 565 1193
Email: info@kitteninn.org.nz
Website: www.kitteninn.org.nz

WELLINGTON AMPHIBIAN AND REPTILE RESCUE

Phone: 027 840 6064 or 027 318 3840
Email: wgtm.rescue@gmail.com

THE OUTPAWED RESCUE TRUST

Phone: 021 644 538
Email: outpawed@gmail.com
Website: www.outpawed.wordpress.com

WAIRARAPA COMMUNITY KITTIES

Phone: 027 882 9518
Email: wairarakitties@gmail.com

CATS PROTECTION WELLINGTON

Phone: 04 389 9668
Email: catsprotectionleaguewgtm@hotmail.com
Website: www.cpl-wellington.org.nz

WELLINGTON RABBIT RESCUE

Phone: 02 026 05577
Email: info@wellingtonrabbitrescue.org

MARLBOROUGH

KAIKŌURA WILDLIFE RESCUE

Phone: 021 585 586

WEST COAST

GREYMOUTH SPCA

Phone: 03 768 5223
Email: greyspca@xtra.co.nz

CANTERBURY

CAT RESCUE CHRISTCHURCH CHARITABLE TRUST

Email: catrescue.chch@gmail.com
Website: www.catrescue.org.nz

CHRISTCHURCH BULL BREED RESCUE

Phone: 021 296 7389
Email: chchbullbreedrescue@hotmail.co.nz
Website: www.chchbullbreedrescue.org.nz

TURTLE RESCUE AND REHOMING

Phone: 021 202 0185
Email: turtleinfo@paradise.net.nz
Website: www.turtlerescue.co.nz

CAT CARE INC

Phone: 021 202 0185
Phone: 03 313 3851
Email: info@catcare.org.nz
Website: www.catcare.org.nz

OXFORD BIRD RESCUE & CANTERBURY RAPTOR RESCUE

Phone: 021 292 7861
Email: obr@xtra.co.nz
Website: www.oxfordbirdrescue.org.nz & www.canterburyraptorrescue.org.nz

**CATS PROTECTION LEAGUE
CANTERBURY**

Phone: 03 376 6094
Email: cplcats@xtra.co.nz
Website: www.cats.org.nz

DOG WATCH SANCTUARY TRUST

Phone: 027 319 2411
Email: info@dogwatch.co.nz

THE NEW ZEALAND RAPTOR TRUST

Phone: 027 448 9044
Email: admin@nzraptor.co.nz

ŌTAUTAHI RABBIT REHOMING

Email: rabbitreomingotautahi@gmail.com

OTAGO

**ANIMAL RESCUE NETWORK NEW
ZEALAND**

Email: arnnz.enquiries@gmail.com
Website: www.arnnz.org.nz

ONE BY ONE RESCUE NZ

Email: onebyonenz@gmail.com
Phone: 03 926 9325 (Trina)
Phone: 027 857 9379 (Jaimee)

SOUTHLAND

**SOUTHERN CROSS GREYHOUND
ADOPTIONS**

Phone: 027 201 6812
Email: debbie.branks@sit.ac.nz

SOUTHLAND GREYHOUND ADOPTION

Phone: 027 511 8894
Email: southlandgreyhoundadoption@gmail.com

FUREVER HOME

Email: info.fureverhomes@gmail.com
Website: www.fureverhomes.org.nz

Pet Life is not associated with any group listed within. This list has been put together to assist our readers with finding suitable rescue and welfare groups within their area.

If you would like to see your rescue/welfare group listed here, email info@petlife.co.nz.

MEET OUR READERS



Hello, I'm Tiny Tim. I am a very mischievous and cheeky bunny. I have four other brothers and sisters who I love to chase. I am a Netherland dwarf and love posing for my mum's Instagram! Even though I am small, I eat so much! I love food. My favorite food is carrots – cliché right?

Livia Azzopardi



Hello. My name is Coffee. I'm 6 years old and I am a French mastiff-labrador cross. I am on my way to becoming an Instagram star (@coffee.doggy). I love meeting new people on there. I have so many brothers and sisters I love to play with. My favourite is my little sister, Missy (@missy.doggy). We adopted her a few years ago. I'm also a dad to my little kittens (@littletabbytwins). I adopted them from the SPCA six months ago. I get super spoiled all the time and I'm so grateful for my family. I love sleeping and playing with teddy bears. But I am super scared of squeaky toys. I have so much fun swimming at the river but hate baths. I have a little special star on my chest – my family says it's because I'm a star. I'm very smart. I understand what my parents say even when they spell words out. I believe I'm hooman. I also love Christmas and am super happy @petlifenz sent me a Christmas bandanna. Lots of love, Coffee xxx.

Alykx Zinsli



My name is Nonu. I'm a rescue dog from Serbia. I'm a pedigree mixed breed. According to my passport, I will be 13 years old this July. I was adopted three years ago from Serbia's Forgotten Paws rescue/charity/amazing organisation. We were living happily in London but we decided to move to New Zealand in 2017. I'm loving my new life in Christchurch (and I really really want to feature in Pet Life magazine).

Maria Guba



This is Harvey. He is a 2-year-old bengal who is full of character. He is harness trained and loves to go out in his harness for walks. This photo of him is taken at Owhiro Bay in Wellington.

Jo Bach

We want to hear from you. Send us a photo and tell us about your pets. Email info@petlife.co.nz.



ANIMAL ADVOCATES COLLECTIVE IMPACT NZ

PUT YOUR MONEY WHERE YOUR CONSCIENCE IS

RESCUE SUPERSTAR

Our rescue superstar is Animal Advocates Collective Impact NZ and a bit of a twist on our usual group spotlight. AACINZ, run by Roz Holland, is a fundraising group which donates weekly to New Zealand rescue and welfare groups rather than being one itself. Roz answers some of the more common questions she gets regarding AACINZ and what they do.

What is the Animal Advocates Collective Impact NZ all about?

AACINZ is a collective giving group. Members all donate small amounts of money each week and then collectively give that to a randomly selected New Zealand organisation helping animals. It is a great way to see your small contribution go further by collaborating with others.

Why did you start it?

The concept was suggested by a friend who didn't have the time to put into setting it up. I thought it was a fabulous idea so I went ahead and got it started. I have worked in animal welfare in New Zealand and overseas so I have a reasonable understanding of what some small groups go through and how far this sort of support can go. I just thought the idea was too good to not make it work.

Can you explain how it works?

All the group members weekly donate however much they want to into the AACINZ bank account. The suggested donation is \$1 but many people give more and some people give less.

Whatever people can afford or want to donate is appreciated. Each week on a Sunday an organisation is randomly drawn, and on the following Friday all the money in the AACINZ account is donated to the selected organisation. Once an organisation receives a donation we remove them from the draw. When we finally get through all the organisations we will put them all back in and start again, although, with over 50 organisations currently in the draw this is not going to be for a while!

How can people get involved?

The best way is via the Facebook group: Animal Advocates Collective Impact NZ. If you don't have Facebook then you can email me on roz.holland1@gmail.com. Everyone is welcome to join the group. We have lots of members who support us in ways other than donating.

What charities do you give to?

I don't have any hard guidelines and, in general, as long as organisations are doing work that improves animals' lives then they can go in the draw. I don't require an organisation to be a registered charity and we are open to all sorts of groups. The majority of our groups are rescues and sanctuaries, but we also support those working on advocacy and supporting people to make lifestyle changes that reduce their negative impacts on animals. Some of the groups are controversial, but there is always an option to not donate that week if you don't align with their approach.

How can a charity get on your list?

Any organisation interested in receiving a donation should put up a post on our Facebook page telling us about what

they do. We are very happy to support organisations of any size and in any part of New Zealand. I do a little bit of background checking to make sure an organisation is legitimate. There is a working document that all AACINZ members can access to see which organisations are currently in the draw and those who have already received funds.

Is there anything else you would like to tell us?

I find AACINZ to be a great positive space in what can be a challenging and exhausting field. Making the Friday posts about how much we have given to help animals and seeing all the positive comments really makes my day. I also love finding out about all the great work that people are doing to help animals around New Zealand. I am super proud and appreciative of every member of the group. I feel like we have done so much good together, and I know I never could have achieved this on my own. I look forward to our future and all the good we can do.

Facebook details

www.facebook.com/groups/AACINZ

Email details

roz.holland1@gmail.com

AACINZ bank account

02 1248 0574504 002

**HELP
MAKE A
DIFFERENCE
TODAY**

IS MY FISH SICK?

It's a funny thing. Most people who keep ornamental fish, be they tropical or coldwater fish, just don't seem to be able to tell if they are sick until it is too late. This, combined with the fact that, generally speaking (there are some notable exceptions), aquarium fish are quite cheap to buy, often leads to a mindset that treats fish as disposable items.

They aren't. The animal welfare laws in New Zealand are quite clear and no distinction is made between a fish and a cat, dog or other pet. You are required to look after your pet and this includes getting it suitable treatment in a timely manner when it is sick!

So, how do you know if a fish is sick? There are endless books on fish health but you do not need to read them (unless you are a fish nerd like me in which case you will read them for fun) to keep fish successfully. What you need is a few clues to tell if your fish is sick BEFORE it is too late.

Look at your fish

Look at your fish daily. Healthy fish are active, they feed well, they carry their fins erect (mostly) and they have good colour. If your fish are lethargic, off their food, have "clamped fins", are "scratching" against gravel and other objects, are gasping at the surface or are unusually drab then they are probably sick. None of these are disease specific symptoms but they are general visual indications that something is wrong. ACT NOW.

Begin remedial action (either treatment or correction of poor water quality or both) or get down to your chosen aquatic store

for advice straight away. Do not take the fish with you in a bag as the extra stress may just finish it off. Do observe your fish for any symptoms so you can tell the "fisho" at the shop for the help you need.

Water quality is everything

Poor quality water is the number one cause of poor fish health. Look after the water and the fish will pretty much look after themselves. What constitutes good water quality will vary depending on the type of fish kept, but the areas that most commonly cause problems are temperature, pH and ammonia. Take a water sample with you to your aquatic store and ask them to test it.

The big W

The most common disease of freshwater fish is called white spot. If you keep fish you will deal with it sooner or later. The main symptom is, funnily enough, lots of small white spots on the fish's skin and fins. It can also cause the fish to flick (scratch itself) and, in advanced cases, to gasp at the water surface.

White spot is easy and cheap to cure but if left untreated it will certainly kill all the fish in the affected aquarium. To not cure it is just plain neglect.

Best fish health advice

Find a knowledgeable and friendly aquatic store and get down there. There is no substitute for prompt action and good advice.

David Cooper
PCTI aquatics tutor
david@pcti.co.nz

Random fact: There are four times as many pet fish kept in New Zealand as there are cats and dogs combined!