



YOLANDA'S PET SITTING AND BOARDING

THE LAS VEGAS PET SITTER

JANUARY 2024

UNDERSTANDING THE HUMAN-ANIMAL BOND



Courtesy: Pixabay.com/Seaq68

What is the Human-Animal Bond? It describes the dynamic bond or relationship between people and the animals that share their lives. According to the [Bayer company](#), this bond began to evolve over 15,000 years ago as a working relationship. Today, this bond has integrated our animals in every part of our life, family and home!

The [Human Animal Bond Research Institute](#) (HABRI), offers five priceless health benefits (mental, emotional and physical) from the human-animal bond during good and tough times.

8 PET-SAFE PLANTS TO PURIFY YOUR HOME THIS WINTER ON THE BACK

Alleviates Stress

Most pet owners believe animals help connect them to other people, provide crucial companionship, help reduce stress (and lower heart rates and blood pressure) and provide a sense of purpose.

Fights Depression

In a HABRI survey of family doctors, an astonishing 87% of their patients said their mood and/or outlook improved with pet ownership! Pets even make their owners laugh more every day further easing mental health issues!

Addresses Social Isolation/Loneliness

Most of us experience social isolation and loneliness at some point in our life. This is especially true for older adults. Pets provide non-conditional love and emotional social support which **positively** influence isolation, loneliness and mental health.

Improves & Encourages Physical Activity

Owning a dog can be particularly useful in inducing more physical activity (dog walk anyone?) and even dog-friendly recreational activities offering a significant impact on reducing obesity and increasing physical fitness. Regular exercise is also known to help alleviate stress, depression and isolation.

Facilitates Healing & Resiliency

Pets also play a crucial role in lowering the risk of cardiovascular diseases and health issues. In addition, pets also help improve their guardians' overall healing and fewer health risks.



Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet when it comes to your dog or cat and their specific medical history, overall condition, age and breed.

VISIT: YOLANDA'S PET SITTING AND BOARDING: THE LAS VEGAS PET SITTER!

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UNUSUAL FACTS ABOUT THE DOGS WE LOVE



Courtesy: Pixabay.com/Ilna Ilyes

Let's explore some of the unusual, even strange facts you may not know about your K9 best friend. This first one actually involves Fido and Felix, their whiskers and a reaction called "Whisker Fatigue!"

In a nutshell, this refers to the potential stress a dog or cat can experience from too much input from their whiskers! Just like humans, canines and felines can experience sensory **overload**.

Whisker Fatigue: **Sensory overload** through the sensitive whiskers of a dog or cat!

Whiskers, the long, sensitive hairs found around the muzzle and above the eyes, are highly sensitive, and when a dog's whiskers come into contact with a lot of different stimuli, it can be overwhelming. This is particularly relevant for dogs in busy or chaotic environments. These specialized hairs help dogs and cats not only detect nearby objects but also effectively navigate their surroundings by sensing touch and air currents.

Food/water bowls that are too small or too deep can create or exacerbate whisker fatigue! Provide a flat surface or wide-enough bowls so whiskers don't touch the sides of the bowl.



YOLANDA'S PET SITTING AND PET BOARDING OF LAS VEGAS

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8 PET-SAFE PLANTS: PURIFY YOUR HOME THIS WINTER

With our homes tightly barricaded against the cold temperatures, airborne pollutants can accumulate in not only ourselves but our dogs and other pets. In a new study shared by Dr. Karen Becker, dogs have SIX TIMES MORE household chemical pollutants concentrated in their bodies!

The 8 pet-safe plants below can help purify the air in your home helping to protect all occupants this winter.



Learn more from Dr. Karen Becker, one of the authors of "The Forever Dog" here: <http://tinyurl.com/PetSafePlantsThatPurify>.

COOL STUFF FOR THE DOG (AND CAT) LOVER RELIEF FOR WHISKER FATIGUE

Following up on the short story on the front page about "whisker fatigue," let's take a closer look at some of the best products on the market to help our furry best friends (both dogs and cats) avoid sensory overload through their whiskers with their food/water bowls.

Why are bowls so important when it comes to whisker fatigue? Using a too-small or too-deep bowl can affect your dog or cat's eating and drinking habits.

Some of the behaviors associated with whisker fatigue is avoiding or pawing at the bowls; dropping food or even refusing to eat or drink which can negatively affect their overall well-being if left unaddressed.

According to the [Spruce Pets website](#), a wider, shallower bowl can help prevent this potential stressor for your dog or cat.

In addition,

- Water bowls should be no deeper than 2 inches.
- Food bowls should be about 1 inch deep.
- Food and water bowls should be approximately 5-6 inches wide.

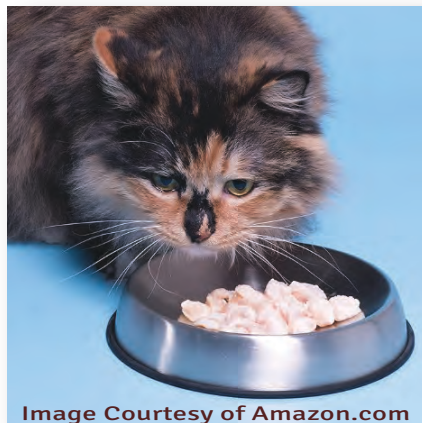


Image Courtesy of Amazon.com



**JANUARY 22:
"ANSWER YOUR CAT'S
QUESTIONS DAY!"**

**CALLING ALL CAT
PARENTS & LOVERS!**

Not sure how to celebrate this feline holiday? Below are 3 purr-fect suggestions!

- 1 Take some time to read up on your cat's well-being, behavior, meows and purrs to enhance your overall relationship with your kitty.
- 2 Share your cat(s) and knowledge on social media. Start a blog or vlog and talk about all things feline!
- 3 Proudly wear your cat love on your sleeve (and person) to let the world know! A fun hat, outrageous socks or at least a great feline shirt to celebrate these affectionate and fluffy companions sharing our lives!

#NationalAnswerYourCatsQuestionsDay



**EASY DOG
TREATS FOR
SENSITIVE
TUMMIES**

**Does your dog have a sensitive stomach?
What can you do to help them?**

Only feed food and treats with limited ingredients with no seasonings! Also, use simple starches, carbohydrates and basic proteins that are easy-to-digest.

Like the recipe below with just salmon, rice and egg from [BoneAppetreat.com](#)! Not only is salmon one of the easiest proteins to digest, it's also filled with Omega-3s that help reduce inflammation in the body (including in the gut).

- » Canned salmon packed in water
- » Cooked rice
- » Egg

Preheat oven to 350° F. Drain/rinse salmon to remove any oil or salt. Stir all ingredients together. Roll into tablespoon-sized balls and place on a baking sheet lined with parchment paper. Bake for approximately 30 minutes or until dry and firm. Cool completely and feed as an occasional treat. Store in the refrigerator in a sealed container (up to 5 days) or up to 2 months in the freezer.

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