



Some plant a tree, some write a poem, some have an art piece done.

I decided this time to share what my friend taught me, to make her senior life the best possible.

To **Prada** (06/04/07- 12/11/23), my loyal and beautiful dog, and to all those beautiful souls that are living their senior life.

I will share what I tried and worked for Prada, helping her stay happy and comfortable during her senior years and enjoy this beautiful stage of her life.

I hope it helps your dog as well.

### Less Stressors

Diminish all those stressors, environmental and mental ones.

Examples:

- using less to none chemicals to clean the household
- use a natural non fragrant shampoo on your dog
- use an air purifier in your home
- make use of positive associations if something makes them nervous, like giving them treats while you trim their hair or nails
- ask your vet how you can help your dog if they get anxious in any situation, like thunder storms, car rides, vet visits
- Always try to look for alternative medicine like homeopathy amongst others.

### Grooming

-After a walk, try to give them a quick comb with a flea comb to avoid any unwelcome guests on your dog

-Nails. To keep their nails nice and short helps them have a good posture and avoid a bad form for walking or when they are

## Keep Them Mentally Active

All dogs DO learn new things.

Even though our older dogs can't move so fast anymore, or are not that active we can still do many things together!

Here are a few ideas:

-Scentwork. Enroll them in a Scent Work class, either in-person or online you can both learn and have fun

-Conditioning class. A few exercises a day earning their daily food allowance while strengthening their muscles, getting good blood circulation and work on their flexibility, they feel proud working for their food. You can find this class online or in-person as well.

-Enrichment program. Dive a little into the marvelous enrichment world! Look for a few games that your dog can enjoy daily. I leave you with a few links of some I have made videos of, but again you can find many more ideas online.

<https://www.youtube.com/watch?v=nt5HBaRvavY&t=1s>

<https://www.youtube.com/watch?v=BtVSnAJyb28&list=PLhuUDjUfJbylK26OXO1muzgvLv3slQeUc&index=9>

<https://www.youtube.com/watch?v=sk-uDNcirTU&list=PLhuUDjUfJbylK26OXO1muzgvLv3slQeUc&index=10>

<https://www.youtube.com/watch?v=LrHwXe764bQ&list=PLhuUDjUfJbylK26OXO1muzgvLv3slQeUc&index=2>

<https://www.youtube.com/watch?v=8bPQx56KZUU>

<https://www.youtube.com/watch?v=7MuEzSFDY6s>

[https://www.youtube.com/watch?v=zE7\\_TwiRUJw](https://www.youtube.com/watch?v=zE7_TwiRUJw)

It is normal for their thermostat not to work as well as before, and we can help them.

## For Warm Days

-Take them outside for their walk earlier in the day and/or later once the sun is gone

-Give them foods like, cucumber, watermelon, homemade “pupcicles”, which could be frozen bone broth or chicken broth, or whatever that your dog enjoys you can blend and put it in small Tupperwares for them to lick and enjoy at the peak of the heat of the day

-You can also get their neck and tummy a little wet and have a wet towel on the floor if they wish to lay on top of it

-A small fan at their height where they can choose to lay or stand by

-You can buy if you wish a cooling mat as well for them to lay on

### For cold days

I’ve heard before, “there is not bad weather if you have the right gear”

-Invest in a good jacket or sweater for your dog.

I couldn’t find any cotton sweaters and I made one easily out of one of my husbands cotton long sleeve shirts that was a bit tick, and on top of that I would put her thick winter jacket on.

Prada was not a fan of sweaters but she did appreciated them when older.

-A cozy and warm bed is always nice for them to nap

-You could purchase a self warming bed that is not electric and place it on top of their cozy bed

### Care

-Holistic Vet. Look into visiting a holistic vet where they can see your dog and give you some advice on how to supplement or treat/help anything that is going on with your dog in a more holistic and natural way

-Acupuncture. Is great way to help keep their bodies and organs working nicely and smooth. The best is that it doesn’t harm them and you can see the benefits right away

-Chiropractor. Having a dog chiropractor do some work on your dog is very helpful and can either prevent or help with something going on already. They will let you know how often your dog need this.

-Massage. Either if you can find somebody that has this speciality or you can learn how to online! Here is a link to a great online class where you can learn: <https://dogs4motionacademy.com/lets-learn-dog-massage-27/>

You can also get a pet massager tool. I thought Prada wasn’t going to like it and I was wrong, she really enjoyed it and helped her muscles relax and take nice naps after a session:

<https://pawwave.pet/paw-wave-perk-percussion-pet-massager-orange/>

-Pulsed Electro Magnetic Field therapy can help them improve circulation and help with the inflammation. This is a therapy they can have at home if you can buy it.

I started using the Assisi Loop but then discovered the PetsPEMF bed and really liked it because you could use it over and over during the day and charge it.

## Supplements

We are what we eat. Fresh food instead of process food wins, and supplements can play a big role in our seniors dog's life.

Here is a list of the supplements Prada used and actually worked:

-Probiotics:

<https://www.holisticbin.com/collections/pets/products/canine-fermented-farm-superfood-dog-supplement-50-grams>

<https://peterdobias.com/collections/essential-supplements/products/gutsense>

-Digestive Support:

<https://www.homeopet.com/product/digestive-upsets/>

-Omegas:

<https://peterdobias.com/collections/essential-supplements/products/feelgood-omega>

-Vitamins and Minerals:

<https://www.holisticbin.com/collections/pets/products/canine-super-greens>

<https://www.holisticbin.com/collections/pets/products/phytoplankton-capsules-30-count>

<https://peterdobias.com/collections/essential-supplements/products/greenmin-for-dogs>

<https://peterdobias.com/collections/essential-supplements/products/soulfood-multivitamin-for-dogs>

-Bladder control:

<https://www.herbsmithinc.com/bladder-care/>

[https://peterdobias.com/products/canine-health-pack-incontia?\\_pos=2&\\_sid=ffd259794&\\_ss=r](https://peterdobias.com/products/canine-health-pack-incontia?_pos=2&_sid=ffd259794&_ss=r)

-Joints

<https://www.herbsmithinc.com/product/sound-dog->

<viscosity/><https://wuffes.com/products/advanced-hip-joint-support-for-small-medium-breeds>

-CBD

[https://www.icharlotte.com/dog-hemp-oil?gclid=EAlaIQobChMIodvSvp-NgwMVdp9aBR206ARnEAQYASABEgJFrPD\\_BwE](https://www.icharlotte.com/dog-hemp-oil?gclid=EAlaIQobChMIodvSvp-NgwMVdp9aBR206ARnEAQYASABEgJFrPD_BwE)

Enjoy this last stage of their life with you, more or just as much as you have enjoyed the other stages together.

You are one of the privileged ones. Caring for a senior dog is something special, that not everybody gets to experience.

Pets to your dog from me.

*“Dogs will always give you their very best. You are in good company.”*

~Marly Arandia

**[marly@mydogssessence.com](mailto:marly@mydogssessence.com)**