

Newfie News



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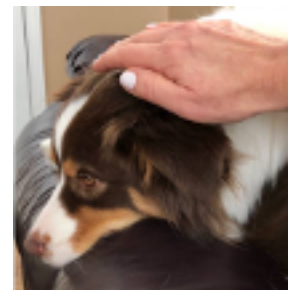
Alternative Healing Methods May Benefit Your Newf

Our pets are valued members of our family and when they are not feeling well, we seek to provide them with as much comfort as possible. Veterinarians are often our first choice and offer many treatments to help our Newfs feel better.

Yet, veterinarians cannot cure all the ailments of our furry family members. They don't always have answers as to what is troubling their patients, and our Newfs can't tell us what's wrong. Alternative medicine may be an option in these cases, used in conjunction with traditional medicine.

Reiki is a type of energy healing that has been around for thousands of years. It's current form was developed nearly one hundred years ago by a Japanese Buddhist. Reiki channels the universal energy that is around all living beings to targeted areas of the body to promote healing.

According to practitioners, energy can stagnate in the body where there has been physical injury or emotional pain, causing energy blocks. Energy healing aims to help the flow of energy and remove blocks to promote relaxation, stress-reduction, speed healing, and promote well-being. Reiki supports the healing of emotional, behavioral, and physical injuries and illnesses.



Reiki treatment
©Shutterstock.com

Carol Knell is a Reiki Master/Practitioner and owner of The Relaxed Pet. She earned her Master Level Certification in 2010 and has helped both humans and animals find relief through Reiki. "It's a relaxing energy," Carol said. "It's not a cure for disease, but it relaxes the body so the body can do its best to heal emotionally and physically." Reiki can complement medical or behavioral care.

Reiki is a gentle, non-invasive technique. Energy is directed by the practitioner by placing hands gently on or above areas of the body. It is even effective from a distance, such as across the room, which is sometimes preferred by anxious or shy pets.

Carol finds that animals are often receptive to Reiki. "Animals are more in tune to energy than people so they tend to be more responsive," she said. Responses indicating pets are

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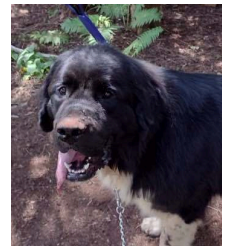
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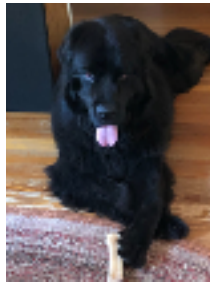
Who's at TNP?

Moose is an active 18-month-old neutered male. He is good with other dogs and cats. He would do best with space to run and play and people who are home who can spend time with him and work on training.



Recently Adopted

Junie - was adopted by Ginny and Jeff Soybel on August 21. This energetic girl is almost 2 and loves the water. A full update will be in the October TNP newsletter.



Cooper, age 6, was placed in a foster-to-adopt home on August 21. Watch for a full update in the October TNP newsletter.



Seven-month-old **Lil Moose** (now Wellington) went to his new family - Oliver, Martha, Lara (11), Oliver (9), and Bowden (6) Zuther on July 19. "He's an absolute doll, such a sweet soul," Martha said. "He's pretty calm for a puppy. Instead of jumping he sits right in front of you to get attention."



Milly & Wellington

Wellington joins 12-year-old Golden Retriever Milly. He's respectful of her space and has fit into the family seamlessly. There have been no major transitions except a slight hiccup with pottyng in the house, which was quickly remedied.

True to his Newfie nature, Wellington is loved by all and loves his family. "He loves the kids," Martha said. "He paces around waiting for the kids to wake up."

The Zuthers spend much of their summer on Cape Cod with Martha's family, which includes two siblings and their families and four other large dogs. Wellington has been on a couple of Cape visits and is learning good doggy manners from his canine cousins.

Wellington is lucky to live on the water, both at his Mattapoisett, MA home and on the Cape. He swims nearly every day and has had several boat rides as well as some time on a paddle board. "He was an angel," Martha said of Wellington's 30 minute ride across the bay.



Wellington (l) with Milly and cousins

Wellington is the Zuther's first Newf, but they are no strangers to big dogs. Martha grew up with a Golden Retriever/Saint Bernard mix and Oliver grew up with Great Danes. Martha's sister has a Great Dane that the Zuther's babysit when she travels, and they recently fostered a Saint Bernard.



Oliver, Bowden, Wellington & Lara

Martha has wanted a Newfoundland her whole life. "They fit everything I want in a dog - good with children and friendly with strangers," she said. The Zuthers had been waiting to adopt through the New England Newfoundland Rescue and TNP for almost two years, but the timing was perfect; Martha lost her mother this summer. "We really needed some joy," she said. Wellington has provided that and so much more.

Expert Excerpts

*With Dr. Lauren Flanagan of
Pepperell (MA) Veterinary Hospital*

Dog Allergies (part 1 of 3)

Types & Signs of Allergies

Just like you and I, dogs can suffer from allergies. Where you and I typically get a runny nose and itchy eyes, dogs tend to experience itchy skin. They can experience allergic conjunctivitis and rhinitis as well, but by far, most dogs present for itchy skin and skin infections secondary to all the scratching. Recurrent ear infections are also a sign of allergies.

An allergic dog can be very frustrating for many owners as the itch reflex is quite intense and most dogs have an extremely difficult time not "itching." Itchiness in dogs doesn't just involve chewing and scratching with their paws. Licking, biting, and rubbing their body on the floor or on furniture are all signs of an itchy dog. Food allergic dogs are itchy to, but often have gastrointestinal signs as well, such as vomiting, diarrhea, and increased frequency of bowel movements.

There are three primary types of allergies to consider. By far, the most common in dogs is a flea bite allergy. Dogs who are flea allergic have an exaggerated itch response to flea bites. One bite may trigger very intense itching but you may never see a flea on the dog. Second most common is environmental allergies. These include all the pollens, mold, and dust mites that people are commonly allergic to. Dust mites are the number one environmental allergen. The third type of allergy is a food allergy. Usually a food allergy is caused by the protein source in the diet and far less likely from the carbohydrate source.

Next month: Diagnosing allergies

TNP Alumni

The loss of a pet can be devastating and is often the most difficult part of being a pet owner. The thought of getting another pet can be unimaginable, yet often provide as much joy and love.

Else, Erling, and son Connor Emerson of Noank, CT adopted Newfoundland Willow about 18 years ago when he was about 2 years old. Friends had informed Else and Erling of a family that was recently divorced consisting of dad, children, and Willow who could no longer financially afford Willow. He was very bonded to his former family and the adoption was a difficult situation for all.

Willow tested positive for heartworm shortly after arriving at the Emersons and they bonded during his recovery. They enjoyed several years with Willow until an ordinary walk resulted in crushing news.

"We were walking one day and he did not want to walk home," Else said. "I thought he was just being stubborn. Then it happened a couple more times. I took him to the vet but they said he was fine. Then he had a seizure." Willow was diagnosed with osteosarcoma (bone cancer), which spread to his brain. "It was very hard," Else said. "You want to honor their life but you don't want things to go on too long." Willow was 10 years old when he passed away.

The family was so heartbroken at the loss of Willow, they weren't sure they would get another Newf. But several months later Else contacted Newfoundland Club of New England who put her in touch with Cathy Derench and



Connor and Harvey on adoption day

TNP. They went to an open house to meet some dogs and filled out an application. The Emersons were contacted about an older Newf but the timing did not feel right. Later TNP called

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accepting the Reiki can be in the form of licking, smelling, or pressing against the palms, sighing or yawning, or even falling asleep. She adds that each case and response is individual. "It can depend on the experiences of the animal, such as their comfort level around strangers. With some animals, one session can provide the needed relief; in some situations, pet parents may find additional sessions can be beneficial." To make the session as relaxing as possible, Carol offers sessions at the pet's home where the pet feels most comfortable in familiar surroundings.



Reiki can be beneficial for any kind of anxiety, including adjusting to a new environment, distress from an illness (such as cancer), recovering from surgery or injury, or facing end of life issues. "It can be beneficial not only for the pet but for the pet parent to find relief for their pet," Carol said. "Reiki, acupuncture and other healing modalities can offer additional options for our pets' well-being. We all just want the best for our pets and to feel that we are giving them the best quality of life possible."

Demonstration of brachial chakra
©Gardensoftranquility.com

Helping improve a person or pet's quality of life, or even just helping to inform people about the benefits of Reiki is

fulfilling to Carol. "I like to help increase awareness of something that can benefit people and their pets," she said. "It's fulfilling to me to see the benefits it provides. It's a powerful thing to be able to help ease stress or pain for another being."

Resources/more information:

Carol Knell: <https://therelaxedpet.com/> therelaxedpet@gmail.com

Animal Reiki: [Kathleen Prasad's Animal Reiki Source | Energy Healing for Animals](#)

Find a reiki practitioner: [Welcome to Petworks - Inspired by pets & the people who love them](#)

Chakra ("wheel" in Sanskrit) refers to energy points in your body. They are described as spinning disks of energy that correspond to bundles of nerves, major organs, and areas of the energetic body that affect emotional and physical well-being. Chakras are used in various energy-centered practices such as reiki and yoga.

It is believed that both humans and animals have chakras. There are seven main chakras for humans and eight for animals (brachial is the additional one), each with a corresponding number, name, color, specific area of health focus.

It's important not to confuse the chakras with hand placements for offering reiki. While the hand placements may focus on a specific chakra or health focus, hands may not necessarily be placed directly on a chakra point.

Learn more about animal chakras:
<https://naturalchakrahealing.com/animal-chakras.html>

Diagram from
<https://naturalhealingshop.co.uk/crystals/crystals-and-the-chakras/>

about six-month-old Harvey.

It was very apparent to Else that Connor needed a dog, being a young teen in high school. "He was very resistant at the time because he was so attached to Willow," Else said. "Even when we went to pick Harvey up Connor said 'I don't know.'" It was instant love when Connor saw Harvey. "By the time they left, he had his arm around Harvey in the back seat," she said.



Harvey at the town dock

The match turned out to be a good one. "Harvey had high energy from the get go," Else said. "He and Connor would walk and walk and walk."

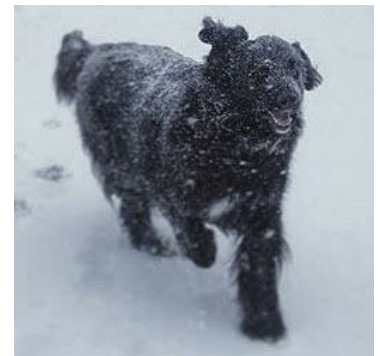
Harvey, now about 8 years old, still needs a lot of exercise. Else has found the key to his happiness is miles of walking a day – first thing in the morning and after dinner – and on warm days they drive down to the town dock for a swim. As a result of his activity, and great personality, Harvey is well-known and loved in the community. He's also very smart and attentive. "He's a student of human behavior," Else said. At the dock Harvey likes to tow people in the water and is vigilant, ensuring that the children are safe.

Harvey's very vocal and a velcro dog, always needing to be near his people. "He's a good communicator," Else said. "He won't go out in the yard by himself. He'll woof to say 'I want to go and sit out on the patio' even though the door is set up so he can go out by himself." The Emersons accommodate Harvey, of course, and accompany him outside.

When he's not on a walk or velcroed to his people, especially Connor, Harvey is likely playing with a ball. "He's ball obsessed. He will play ball by himself at the beach, chasing and digging around the ball. He chews on tennis balls like gum and spits them out," Else said.

Harvey is the Emerson's third Newf. Three-year-old Mickey was their first, adopted in the early 1990s from an older woman who had some health issues. Her husband had passed away and McDevott (Mickey) was his dog. Mickey lived to 12 years old.

Else is a strong proponent of rescuing. "There are plenty of dogs who need homes," she said. Else declared the family is blessed with all their Newfs and grateful for Harvey. "We're so thankful every day to TNP for Harvey. We love him. It was a life changing thing for us."



Harvey getting exercise

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