

Aromatherapy For Dog

You likely know that dogs have a much keener sense of smell than humans, due to the 220 million olfactory receptors in a dog's snout, compared to 5 million for humans. For this reason, dogs can benefit emotionally and physically from aromatherapy, the therapeutic use of essential oils derived from plants. However, it's important to be fully informed about the oils, their uses, and effects to ensure safety for your Newf. If you are interested in learning more, discuss the best and safest way to use essential oils with your vet or ask for a referral for a holistic medical provider.

While there is little scientific evidence to support substantial health benefits of aromatherapy for dogs, there are numerous studies that support benefits for humans. The practice is considered a complementary therapy for dogs, not meant to replace traditional medicine, rather enhance the effects of treatment. The essential oils used in aromatherapy are highly concentrated, resulting in extremely strong scents. Using very small, measured doses is imperative. Remember, your Newf's sniffer is over 40 times more sensitive than yours! And be sure to use oils specifically for dogs. Oils for humans could be mixed with carrier oils that could cause your canine irritation, or, worse yet, be toxic.

How Can Aromatherapy Help?

The practice of aromatherapy is thousands of years old. Scent molecules are released from essential oils and inhaled or absorbed through the skin. The molecules travel to the brain, where they can support many aspects of psychological well-being. Specific oils are used to target different aspects of well-being, including:

1. Stress and Anxiety Relief

Dogs who are anxious during thunderstorms or fireworks, travel, or experience separation anxiety may benefit from the calming properties of lavender, chamomile, cedarwood, valerian root, vetiver, frankincense, myrrh, and bergamot.



Valerian root oil
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Who's at TNP?

Yuma is an energetic 2 year old who arrived at TNP due to owner illness. This sweet girl has been vetted and is looking for her new home.



Interested in adopting from TNP?

All dogs are placed only in APPROVED homes. Email Nancy for an application: nancy@thatnewfoundlandplace.org. Home checks are also required (virtual or in person).

Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

February Is Love Month For Your Newf, Too

Valentine's Day has been around for centuries, although it was not initially associated with love and romance as it is today. That happened during the Middle Ages, around the 14th century. Today, the month of love is not restricted to people. Be sure to celebrate the love you have for your Newf on February 3 - Doggy Date Night, and February 20 - Love Your Pet Day. And don't forget the dogs who are less fortunate on Feb. 7-14 - Have a Heart for Chained Dogs week.

The Perfect Valentine's Gift for Newf Lovers



Cathy's Crew is a special project within TNP that ensures elderly or hard to home animals have a beautiful farm in Connecticut with space, resources, and love to safely live out their lives forever. The farm is the life work of animal rescue legend Cathy Derench who was the divine intervention to thousands of

animals that found a new beginning because they crossed Cathy's path. All animals that have been rescued, crossed paths, or helped in any way by Cathy are part of Cathy's Crew.

Visit the TNP Facebook page or website for order information.

Expert Excerpts

Thyroid Disease in Dogs

The thyroid is a gland in the neck on either side of the windpipe. The thyroid regulates internal systems by sending hormones to different parts of the body. It also makes a hormone called thyroxine that controls metabolism, which turns food into fuel for the body. When the gland does not make enough thyroxine, animals and humans develop hypothyroidism. Too much thyroxine results in hyperthyroidism.

Thyroid disease in dogs is fairly common in all dog breeds, however, usually occurs in medium to large breed dogs ages 4-10. Neutered males and spayed females are also at a higher risk.

Hypothyroidism causes your dog's metabolism to slow and affects all your dog's organs. In many cases, hypothyroidism occurs due to an immune-mediated attack on the thyroid glands, however, dogs can also lose gland function without an obvious cause.

Symptoms can vary but are mostly related to the slowing metabolism: rapid weight gain (without increased caloric consumption), brittle or thinning coat, lack of energy, symmetrical hair loss on the trunk, back of the rear legs, and tail, flaky skin, skin and ear infections, slowed heart rate, dark patches on the skin, and intolerance to cold. Diagnosis is determined by multiple blood tests to check hormone levels.

Hypothyroidism is treatable with an oral replacement hormone, which your dog will need to take for the rest of his life. Left untreated, the disease can be life-threatening, potentially affecting heart rate, respiration, core temperature, nervous system, muscle tone, and more.

Next month: Hyperthyroidism

Sources/More Information:

<https://www.akc.org/expert-advice/health/thyroid-disease-in-dogs/>

<https://www.akc.org/expert-advice/health/hypothyroidism-in-dogs/>

<https://www.webmd.com/pets/dogs/hypothyroidism-in-dogs>

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2. Skin and Fur Health

Several essential oils promote healthy fur and skin and can soothe inflammation and allergies, including chamomile (note: some dogs may be sensitive or allergic to chamomile oil), coconut, lavender, lemongrass, and cedarwood. Diluted oils can be applied directly to the coat. Sweet orange oil can help

eliminate odors in your Newf's coat.



Frankincense oil
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3. Pain Relief

Ginger, frankincense, myrrh, lavender, and turmeric oil have anti-inflammatory and pain-relieving properties, and may be a helpful supplement for dogs with arthritis, recovering from surgery, or dogs with sore muscles.

4. Boosted Immunity

Used in moderation, frankincense and rosemary may support the immune system. Ginger can also boost the immune system and can ease nausea.

5. Pest Repellent

Some oils are natural repellents for mosquitos, fleas, ticks, or mites, but do not kill or prevent them. Vetiver, citronella, lemongrass, and cedarwood all have repellent properties. Sprays can be created by mixing a few drops of oil and a carrier oil, such as coconut or olive oil.



myrrh oil
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6. Mood and Energy Levels

Sweet orange and myrrh can help boost mood and

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energy levels in your Newf.

7. Digestion

Ginger oil is known for its digestive properties, but note that it should not be ingested, rather used topically or in the air.

How To Administer Oils

Oils are most commonly applied by diffusion and inhalation or topically - directly to the coat or skin.

Diffusers are used to evaporate the oils, dispersing the scent in the air. Use a closed pet-safe diffuser and put it out of reach of your dog to avoid any droplets falling directly on him. The room should have plenty of air circulation, and your Newf should not be confined to the room. Leave the diffuser on for no more than 20 to 30 minutes.

Topical application places oils directly to the affected area. The oils penetrate the skin and are absorbed to the bloodstream. Oils are applied through massage, sprays, or as an additive to shampoos, salves, etc. Avoid sensitive areas such as face, anal or genital areas, and paws.

To reduce anxiety and stress, you can apply diluted oils on your hands and rub them until a light film remains. Then pet your Newf using both hands. The petting and oil will help ease your Newf.

You can also mix a spray and apply to your dog's bedding, perhaps on the underside so no oil gets directly on her. This method may be effective for calming oils to create a peaceful area.

Administering oils orally should only be done under the supervision of a veterinarian who has proper training in aromatherapy.

Tips for Using Essential Oils

Essential can be helpful for your Newf, but only if used properly. Keep these tips in mind for safe application.

Oils **MUST** be diluted. Even oils marked pre-diluted may be too strong for your dog. Dilute with a carrier oil, such as olive oil, sweet almond oil, jojoba oil, etc. Start with a 1:20 dilution – 1 drop of essential oil to 19 drops of carrier oil unless specifically directed otherwise. If that is well tolerated, try a 1:10 dilution.

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At a glance... Essential Oils That Are Toxic for Dogs

- Peppermint
- Pennyroyal
- Citrus (d-limonene)
- Cinnamon
- Sweet birch
- Yarrow
- Wintergreen
- Eucalyptus
- Pine
- Thyme
- Tea tree (melaleuca)
- Anise
- Clove
- Cassia
- Ylang ylang
- Juniper
- Camphor
- Hissop
- Horseradish
- Mustard
- Tansy
- Rue
- Wormwood

Note: Some of these ingredients may be in pet shampoos or grooming products, however, the dilution and formulas used render them non-toxic.

Pennyroyal oil, in the mint family, is toxic to dogs due to the strong odor.



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Always use 100% pure essential oils. Consider the processing method; cold-pressed is considered high-quality, as it retains more nutrients without added heat. Oils stored in dark glass bottles also retain more nutrients. Be mindful of expiration dates.

Daily use of essential oils over prolonged period is not recommended. Overuse can cause adverse reactions. Consult your veterinarian for length of therapy.

Use less diluted oils on small dogs than on big dogs. Consult your veterinarian for use of oils on pregnant dogs, dogs on medication, and puppies. Do not use oils on epileptic or seizure-prone dogs as some oils, such as rosemary, can trigger seizures (in humans too). All dogs react differently to oils so be careful about administering oils around multiple dogs.

Always keep oils out of reach of your Newf and make sure drops of oil cannot be deposited on an area your Newf can lick.

Signs of Toxicity

Some oils are toxic even in small amounts, but others may become toxic if given in unsafe amounts. Symptoms will depend on how the oil came into contact with your dog: licking, inhaled, or on the skin.

Dogs that lick oils may develop irritated or burned skin around or in the mouth and on the tongue. Oils applied to coat or skin may cause skin rashes, itching, fur loss, and inflamed skin. Oil toxicity from inhalation may result in difficulty breathing.

Common signs of essential oil poisoning are:

- Lethargy
- Listlessness/Depression
- Drooling
- Vomiting
- Stumbling or loss of limb coordination
- Diarrhea
- Weakness

Severe cases of toxicity can result in liver damage. If you notice any signs of poisoning or you know that your Newf got into essential oil, contact your vet.

With caution, aromatherapy can have tangible benefits for your dog. Always consult your veterinarian to determine the best plan of action for your Newf.

Sources/More information:

<https://www.hepper.com/aromatherapy-for-dogs/>

<https://www.petguide.com/pets/dog-health/general-health/what-are-the-benefits-of-aromatherapy-for-dogs-44631556>

<https://www.thedodo.com/dodowell/essential-oils-safe-for-dogs>

<https://vetexplainspets.com/list-of-essential-oils-safe-for-dogs/>

<https://www.natural-dog-health-remedies.com/aromatherapy-for-dogs.html>

Open House Dates Set for 2025

That Newfoundland Place has scheduled Open Houses for 2025. Mark your calendars for the following dates:

April 13 May 18 June 22 July 20 August 24

Open Houses are held from noon to 3pm and are an opportunity for prospective adopters to meet TNP alumni and the TNP rescue staff. Applications for adoption, information on the breed, and pizza and soft drinks will be on hand. Available dogs may be on site as well.

All well behaved, leashed dogs are welcome to attend events. Dogs are not adopted during an Open House; they are meet and greet events only.

Events are held rain or shine at 554 Pucker St, Coventry, CT and are free to attend.

Thinking of leaving a bequest to TNP?

Donations should be made payable to:
That Newfoundland Place, Inc.
EIN (Tax ID): 27-2176439

Payment Address:
554 Pucker Street
Coventry, CT 06238

Thank you for your
consideration!

To continue to support Cathy's work & her foundation please see below.
Thank you for all the generous support.

THAT NEWFOUNDLAND PLACE DONATIONS

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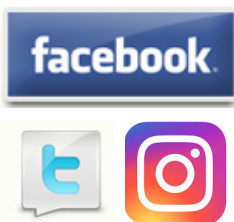
 



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<https://www.americanexpress.com/en-us/banking/round-up/frequently-asked-questions/>

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That Newfoundland Place Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes. Specifically, this organization has been formed to prevent cruelty to animals. Our mission is to offer quality of life to senior dogs of various breeds, to assist in rescue, rehabilitation, and re-homing of dogs in need, with a focus on Newfoundland dogs, and to provide humane education as related to care and life quality. of animals. Ed Derench, President *Newsletter editor and publisher Joanna Dumas: joanna.l.dumas@gmail.com*