



# ALONE AT HOME PET SERVICES

"DOGS DO SPEAK, BUT ONLY TO THOSE WHO KNOW HOW TO LISTEN." (ORHAN PAMUK)

March 2023

## YOUR DOG CAN LIVE LONGER AND HAPPIER!



Courtesy: Patrycja Kwiatkowska

Imagine if our dogs could live longer and happier without succumbing to physical challenges before their time!

Recently a dog in Portugal was announced as the world's oldest living dog by Guinness World Records at 30 years old! ([Learn more about Bobi on the right.](#))

While there are many variants that factor into any life expectancy, there **are** things you can do to support your dog's best life, health, happiness and comfort with the five tips below.

### Feeding a Healthy Diet

A high quality diet is essential for good health! Foods that have little to no processing along with fresh vegetables and fruits should all be part of your dog's daily diet even if you feed kibble. Educate yourself on **your** dog's daily dietary requirements and offer the best diet you can. Also, follow experts like [Rodney Habib](#) and [Dr. Karen Becker](#) for their expert guidance on "all things dog."

### Maintaining a Healthy Weight

Just like their humans, dogs should maintain a healthy weight for their breed, age and size. Extra weight not only causes mobility issues especially later in life, excess weight can also lead to other health issues like K9 diabetes, high blood pressure, cancer and chronic pain.

### Exercising the Body and Mind

All living beings need regular physical and mental exercise and stimulation for their best health! As your dog ages, modify his exercise routine, but don't abandon it! Also provide challenges for your dog's mind with games and interactive toys.

### Regular Socialization

Dogs are naturally social creatures and need regular socialization with other dogs and pets, environments, smells, sights and sounds. Socialized dogs are happier and free from anxiety and aggression.

### Preventative Healthcare

Regular visits to your vet are critical for prevention and can also help diagnose any issues earlier with a better outcome. Regular vaccinations, bloodwork, urinalysis and dental checkups all support your dog's best health and longevity. Also, investing in pet insurance can help protect your dog no matter what comes along.

## MEET BOBI, THE WORLD'S OLDEST DOG!



Courtesy: Guinness World Records.

Another Guinness World Record Holder has been validated as the world's **oldest** dog! Born in May of 1992 (yes, you read that **right**), Bobi has spent three decades living on his family's farm in rural Portugal.

According to the **Guinness World Records**, Bobi is the oldest dog ever! (*Bluey, an Australian Cattle Dog, previously held the record at 29 years and 5 months of age!*)

Bobi has enjoyed the calm and peaceful countryside, free roaming the surrounding forests and farmland. Apparently, this environment contributes to K9 longevity as Bobi's mother, Gira, lived to be 18 and another family dog, Chicote, lived to be 22!

Although these days Bobi prefers to relax by the fire, we hope this **incredible** canine celebrates his 31st birthday in May!

## Alone at Home Pet Services

### Our Spring Break Travel Special!

(Beginning in March for New Customers Only)



~ Licensed, Bonded & Insured ~

15% Discount  
on 8+ Visits  
(in same trip)

~ OR ~

15% Discount  
on Monthly  
Dog Walking

**Note:** Coupon Must be Presented Before Services are Rendered.

Click Here to Email Directly:

TammyMcMahan@AloneAtHomePetServices.com

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



Visit us at [www.AloneAtHomePetServices.com](http://www.AloneAtHomePetServices.com).

Email: [TammyMcMahan@AloneAtHomePetServices.com](mailto:TammyMcMahan@AloneAtHomePetServices.com) or call: 727-395-0051.

Certified Veterinary Technician & Certified Professional Pet Sitter.

## March 23rd is National Puppy Day!

Thinking about adding a new puppy to your family and life? While there's no love like puppy love, there are also many wonderful benefits to living with pets!

### SECURITY

Dogs offer a greater sense of security for families and those who live alone!



### CALMNESS

Research shows our dogs reduce stress, ease anxiety and help us relax.

### SOCIAL LIFE

There's no greater "ice-breaker" than a dog when you are out and about! Dogs keep us social and happier!

### EXERCISE

Dogs need daily exercise motivating their humans to move more often and longer improving physical & mental health!

### ROUTINE

Both puppies and adult dogs thrive on consistent schedules which in turn, adds structure to their human's daily life and health.

### COMPANION

There are no other companions that offer a never-ending supply of unconditional love than a dog!

Learn More at "[102 Scientific Benefits of Having a Dog](#)"

(Layout by [www.freepik.com](#))

## COOL STUFF FOR THE DOG LOVER

### GOLDEN PAWS CANDLES: DOG-FRIENDLY CANDLES THAT GIVE BACK!

Air fresheners and candles are popular items for the home. **But** these same products could be making your dog and other pets sick! (*Learn more in our November 2022 newsletter.*)

But now, there is a new dog-friendly choice from the Golden Paws Candle Company in Indiana. Motivated by her Golden Retriever, Louie, Kate set out to create a dog-friendly candle with 100% natural soy wax, a **clean** and **biodegradable** wax made from a naturally grown plant. Kate avoids all paraffin wax in her candles (a petroleum-based product), so her candles do not give off petroleum soot (the black smoke from a lit candle) making it **safer** for your home, family, pets and the environment.

Each candle is hand-poured by Kate herself into convenient tin cans (with a lid) instead of breakable glass. Made with various scents for all occasions, Kate gives a minimum of 10% of profits to organizations, humane societies and shelters around the world working with canines.

[Learn More and Shop at Golden Paws Candles!](#)



Visit us at [www.AloneAtHomePetServices.com](http://www.AloneAtHomePetServices.com).

Email: [TammyMcMahan@AloneAtHomePetServices.com](mailto:TammyMcMahan@AloneAtHomePetServices.com) or call: 727-395-0051.

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## POTENTIAL SUPPLEMENTS FOR AN OLDER CAT

Last month, we discussed supplements for the aging pup, but we didn't want to leave out our senior felines! Just like our canine companions, aging felines may benefit from natural supplementation.

**But always work with your vet before adding them to your kitty's diet** because many supplements have **not** been well-tested for cats and their very different metabolisms.

The following **may** help support your cat's aging process. Again, check with your vet first.

- ~ Probiotics & Digestive Enzymes
- ~ Urinary Tract Health
- ~ Omega-3 Fatty Acids
- ~ Water-soluble Vitamins
- ~ Bone Broth

[Learn More at Pets.WebMD.com](http://www.Pets.WebMD.com)



## FROZEN PEANUT BUTTER YOGURT TREATS

If you've come home after a long day and found your dog's treat container empty, how can you satisfy those begging puppy eyes without baking, rushing back out to the store or placing an urgent DoorDash order?

With just two simple ingredients, dog-themed silicone molds or even simple cupcake papers and your freezer, you can whip up a delicious (and healthy) treat in no time!

### FROZEN PEANUT BUTTER YOGURT TREATS

- ~ Peanut Butter (make sure it's **xylitol-free**)
- ~ **Low-fat** and **sugar-free** yogurt

Mix the peanut butter and yogurt until well-blended and spoon into molds. Freeze for 1-2 hours until firm.

**Suggestions:** Feel free to add blueberries, mashed or diced bananas, canned pumpkin (**not** pie filling), mashed sweet potatoes, fresh mint or other healthy ingredients your dog loves to make a **personalized** treat!

Courtesy: [ThisDogsLife.co](http://ThisDogsLife.co)

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