

ALONE AT HOME PET SERVICES

“Humans would be better off if they tried to be more like dogs!”

May 2026

Say NO to this TikTok Challenge!



Today, social platforms reward posts provoking intense, unexpected reactions. But that doesn't mean it's harmless.

For example, a popular TikTok pet challenge, **#BarkAtYourDog**, encourages dog parents to get very close to their dogs' face and bark loudly while recording their reaction. While on the surface, this may seem funny, perhaps harmless, it's **not from your dog's viewpoint!**

“High-intensity reactions drive engagement. But what's being rewarded here is fear” (on the part of the dog). That creates a cycle where people push further for a bigger response, without understanding the impact on the dog.”

(Darren Beale, CEO of Years)

Never Encourage Reactive K9 Behavior

Your dog's behavior is a **natural form of communication**; it should never be about performing for the sake of entertainment.

The best interactions with our beloved K9s focus on building a **bond of mutual trust and respect**; not unpredictable, confusing, and even stressful interactions which can escalate reactive behaviors into **unwanted defensive reactions** including:

- Fear.
- Aggression; or
- Biting.

In addition, ignoring your dog's subtle, quieter warning signs can negatively intensify the overall situation.

Beware the Quiet Warning Signals

Before a dog engages in reactive behavior, they **quietly signal their discomfort with a situation** by:

- Turning their heads away.
- Showing the whites of their eyes (aka the “whale eye”).
- Licking their lips.
- Freezing or lowering their body.

So first, consider how your actions may negatively affect your human-dog bond, your dog's trust, and the potential for reactive behaviors from the dog who trusts you with his life!

Your Dog's Behavior and Beyond



Courtesy: CanineZen.com

Calmer Moments Together = Calmer Moments Apart

Are you using **mindfulness** in your Separation Anxiety training with your dog?

A calm human creates a calm training environment making your dog feel safer and able to learn.

Practicing mindfulness also helps you, the dog parent, slow down, focus on the moment, release judgment, and support your dog with empathy!

Learn WHY mindfulness gives you and your dog “breathing room” in this blog post from Canine Zen!

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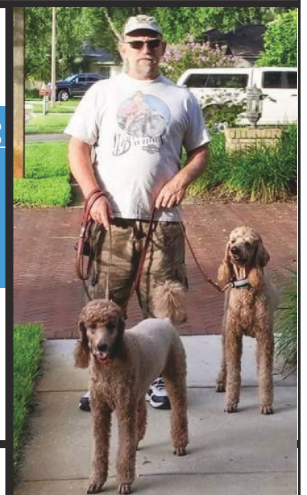
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Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

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How to Prevent Seasonal Allergies Before They Start!

Reduce Steroids, Apoquel and Cytopoint This Allergy Season.

Bromelain

Bromelain works for allergies by reducing the inflammatory response that is typically triggered by allergens. The science behind bromelain's effectiveness lies in its ability to break down proteins, which helps reduce inflammation.



Quercetin

Quercetin stabilizes mast cells, reducing histamine release and easing allergy symptoms like sneezing, hives, and wheezing.



Dr. Becker's Seasonal Allergy Relief & Prevention Chart

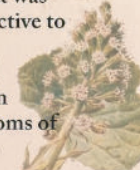
Luteolin

Luteolin has been found to suppress key inflammatory events associated with seasonal allergies, by preventing the release of pro-inflammatory mediators responsible for seasonal symptoms.



Butterbur

Research shows butterbur extract was comparably effective to fexofenadine, a commonly used antihistamine, in reducing symptoms of allergic rhinitis.



Urtica Dioica

Research shows stinging nettle can inhibit inflammation that can trigger seasonal allergies. This includes blocking histamine receptors and stopping immune cells from releasing chemicals that trigger allergy symptoms.



As allergy season approaches, help your pet **stay itch-free** by naturally supporting their immune system **before** it overreacts! Start them on supplements like Quercetin, Bromelain, and Butterbur extract. (*Butterbur has been clinically shown to be as effective as Zyrtec (cetirizine) without drowsiness.*)

Source: [Planet Paws, Facebook.com](https://www.facebook.com/PlanetPaws)

K9 Body Language 101: Raised Hackles

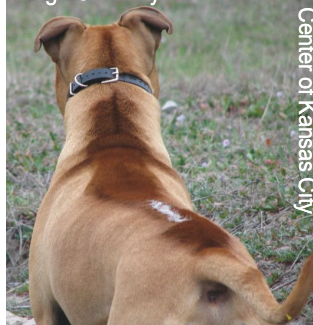
Like a wagging tail on a dog, a dog's raised hackles may often be misinterpreted by humans. For example, raised hackles on a dog **do not always indicate** aggression!

Raised hackles describes the hair along a dog's back **involuntarily** standing up across the shoulders, down the back, and even the tail. But again, this reaction **does not always mean K9 aggression**.

Raised hackles **do** signal the dog may be aroused, upset or stressed, but it can **also** mean a dog who is alert, curious and excited (in a good way) or intensely interested in something they see or smell.

Think of it like when you get goosebumps. The reason is not always negative, it could be due to the cold or excitement instead of fear or a fight or flight response! So, remember, **context is crucial in all canine behavior**, so notice **all cues** first!

Image Courtesy: Pet Resource



Center of Kansas City



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

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Are You a Pet Owner Using GLP-1 Medications?

If you're using GLP-1s to treat Type 2 Diabetes Mellitus or support weight loss, it's crucial to understand its **very real risk to the pets** in your home!

With the increasing popularity of these medications, accidental exposure to the pets who share our lives has also grown in recent years. And because pets metabolize drugs very differently than humans, these medications should always be **stored** and **disposed of** in places and containers your curious pet **cannot access**.

Common GLP-1 Medications include: Ozempic®, Wegovy®, Rybelsus®, Mounjaro®, Zepbound®, Victoza®, Saxenda® and Trulicity®

Pet Exposure Symptoms include:
~ Vomiting ~ Lethargy
~ Diarrhea ~ Decreased appetite

While rare, serious complications such as low blood sugar and pancreatitis are also possible.

How are Pets Exposed?

Pets commonly gain access to GLP-1 medications by:

- >> Accidental administration of the medication.
- >> Licking any residue after an injection.
- >> Chewing on pre-filled injection pens or vials.
- >> Cuts or obstructions that can occur when a pet chews on GLP-1 pens or vials.
- >> Ingesting oral GLP-1 tablets.

Pet Exposure to GLP-1 Medication

If your pet has been exposed to a GLP-1 product or if they begin to exhibit the symptoms noted above, **immediately** seek your vet's help or call the **ASPCA Poison Control at 888-426-4435** for expert guidance (a fee may apply).

OTC Supplements Also Pose Dangers!

In addition to GLP-1 medication, many of the over-the-counter supplements for **appetite suppression** and **weight reduction** can contain dangerous ingredients for pets. These unwanted ingredients for pets include:

Xylitol: a toxic, popular sweetener that can cause K9 vomiting, low blood sugar and liver damage.

Caffeine or other stimulants can cause agitation, hyperactivity, tremors, seizures and heart rhythm abnormalities in pets when ingested.

5-HTP or 5-hydroxytryptophan: a dietary supplement that can cause severe neurological issues such as agitation, tremors and seizures.

[Learn More at the ASPCA.](https://www.aspca.org)