



Wags and Purrs Comfort Corner

National Wellness Month



The greatest wealth is health! August is a month to celebrate all we can do to keep ourselves and our pets healthy and well.

The foundation of health and wellness is nutrition. Pets should be fed a high quality diet, and if possible a raw or home cooked diet, for optimal nutrition. Low quality dog food coupled with too many treats is one of the major leading factors in [pet obesity](#). For picky eaters or pets with health concerns, [supplements](#) can be added to aid in getting the essential nutrients into a pet's diet.

Pets need exercise! Not only to help keep the extra pounds at bay but for proper cardiovascular health as well. Overweight pets are more likely to develop joint and back issues and diabetes. There are many ways for your pet to exercise from a simple walk to a full blown [home agility course](#)! In the warmer months, some pets will even enjoy a quick dip in the pool but be sure to [never leave your pet unattended while swimming](#). Exercise needs can easily be adapted for age or health issues and doesn't need to leave your pet overheated or overworked. A senior pet can get exercise from a slow, leisurely walk. The most important part is to get your pet moving!

Pets need mental exercise as well as physical exercise for overall wellness. Mental exercise, or [mental stimulation](#), helps keep a pet's mind sharp and staves off boredom. Mental exercise can be achieved with different types of puzzle toys, treat dispensers or allowing your pet to sniff while out on a walk.

Health Tip for the Season

Vaccinate your pets but always pay close attention to your pets immediately after vaccination. If your pet suffers from a side effect of the vaccination, they should never get that vaccination again! While Benadryl can help in emergency situations, it is not the answer to protect pets who have experienced side effects from a vaccination in the past.

Training Tip for the Season

Be sure to work with your pet to make going to the vet a positive experience for the pet, the pet parent and the veterinarian. Take treats with you to help a pet associate the vet's office as a positive and comfortable experience.

Nothing brings on the crankiness quicker than a lack of sleep and pet's need proper rest as well. Pets should have a dedicated place to rest at night and for quick naps to recharge during the day. Some pets even prefer to sleep in their [crate](#) at night where they feel safe and secure and can get a good night's rest.

Making small changes now for the wellness of our pets will reap many benefits over the years and allow pet parents the chance to share their lives with their pets as long as possible.

Pet Sitter Tip for the Season

Always make sure to keep your pet's profile updated with any new issues, health concerns and up-to-date vaccination records in your Professional Pet Care Specialist's system.

Featured Pets of the Month



Dakota and Jade

Foster needed ASAP. Rescues are low on fosters and we have a couple rescues willing to step up and help if we can find a Temporary foster for these wonderful boys. Once foster is found we can get them neutered and adopted.

Meet Dakota and Jade. 11yr old litter mate brother boxers. These very sweet dogs are healthy, currently unneutered and up-to-date on vaccinations. They are house trained and perfectly trained gentlemen. Their one owner recently passed away and their mom has medical issues and can no longer care for them and needs to sell the house. These brothers need to be adopted together to live out the rest of their lives. There will be an adoption fee.

Please share and spread the word to help find them a home to live out their senior years or find a foster until their new home is found. All inquiries can be emailed to jen@comforthomepetservices.com



August Birthdays

Phil Kienholz
Dinah Cortez
Trico Escalante
Pia Moreau
Phineas Yates
Fiona Yates
Abby McGuire
Lea Massarelli
Knox Ingram
Butters Coleman
Gabriella Borrasso
Barkley Paredes
Zeke Diorio
Aida Diorio
Rory Gottschall
Jax Cieslak
Sidney Poitier Beatty
Tootsie Durham
Mallie Scheffler
Cinder Swarts
Jaxon Standard
Morty Wiles Ellis

Happy Birthday, all! Paw-ty hard!

Healthy Homemade Treats for the Season

Apple Cinnamon Delights

Ingredients:

4 cups unbleached white flour
1/2 cup all natural applesauce (no sugar)
1/2 cup vegetable oil
1/4 cup honey
1/4 cup water

2 eggs
1/4 cup wheat germ
1 Tbsp ground cinnamon
1 tsp baking soda

In a large bowl, mix all the ingredients.

Knead the dough on a floured surface.

Roll out the dough to 1/2 inch thickness, and cut out shapes with a cookie cutter. Put the cookies on a baking sheet, 1 inch apart. Bake at 400 degrees for 8-10 minutes.

When done, the cookies should be firm to the touch. Turn the oven off, and leave the cookies in for 1-2 hours to harden.



Bacon and Apple Cat Treats

Ingredients

1/2 cup bacon grease
1 grated apple with peel
2 cups flour* plus extra for dusting the dough

Preheat your oven to 350°F (180°C).
Soften the bacon grease in the microwave for about 30 seconds.

Fold in the apple and flour, forming the mixture into a dough.

Mix as little as possible to get an even consistency – or use a pastry dough cutter – this ensures that the cookies have a flaky, delicate texture.

Roll dough onto a well-floured work surface and roll with a rolling pin, sprinkling some flour on top as you go to avoid sticking.

Roll into a sheet approx. 5mm (1/8") thick and use cookie cutters or small object to cut into shapes.

Line cookie sheet with parchment paper, add the pre-cut cookies, and bake at 350°F (180°C) for 20-25 minutes, until golden.



Barking Truth

Clients, followers and friends have voiced their appreciation of our educational blogs and monthly newsletters and have urged us to release a pet care podcast. We are excited to announce that we have answered the call with Barking Truth, a podcast exposing the truth in the pet industry to keep all pets safe, healthy and well.

We will be releasing a new

podcast every Wednesday and hope you can tune in and support pets everywhere by uncovering the truth of pet care.

Be sure to follow us on Anchor, Spotify or your favorite podcast service.



Barking Truth

By Comfort at Home Pet Services



Wags and Purrs Comfort Corner strives to provide educational, informative and fun content to our readers! We love hearing your feedback on our newsletters and blogs and want to know what you, dear reader, would like to see in future newsletters and blogs. Are there topics you are interested in that we haven't covered or you would like more specific information? Please feel free to let us know. We'd love to hear from you!

Please email suggestions

to Jen@comforthomepetservices.com

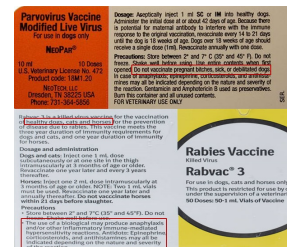
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