



# The K9 Coach Wellness Guide

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# The K9 Coach Wellness Guide

We can't cover everything there is to know about wellness for your dog in a few short pages. It would take books and books of content! But there are many ideas you may not have considered that I can introduce to you here and get you started on learning more and taking more control over your dog's wellness plan. For the purposes of this guide, please know that we are speaking about dogs unless explicitly otherwise described.

Families are struggling with their dogs and other pets. Our dogs are struggling too. We're seeing about 50% of our dogs die from cancer and it's showing up at much earlier ages. No longer a disease of aging. We're seeing skin allergies, food allergies, digestive issues, joint pain, and behavioral issues like never before.

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*You don't need to struggle. There are options to support your pet in a very healthy and natural way. Without breaking the bank. Please let me help you along the way.*

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There are 4 Main Areas for you to focus on right now that may aid you in better health, better behavior, and longevity for your dog. I'm here to help you and be your wellness coach.

- Nutrition
- Reduction of Toxic Load
- Vaccine Awareness
- Energy & Emotional Care



## Nutrition:

We already know 50% of our dogs will have cancer – do all you can in advance.

Many of the top vets and nutritionist are recommending a raw-fed diet for your dogs. While many traditional vets will continue to argue with us about the risks of a raw diet and the benefits of their prescription diets. I hope to help give you some food for thought.

Like humans who do not thrive on a vegan diet, not every dog will thrive on a raw diet. Most will and perhaps less than 5% will need something “lightly cooked” to support the digestive system. But fewer and fewer of the top vets are recommending kibble these days.

It could easily be argued that your dog is not meant to eat processed food for every meal for his entire life. Many people recognize that fresh real food is better than processed for human and pet alike. Many people just don't know how to proceed to create a nutrient rich, balanced diet.

While your dog may have a genetic predisposition to certain ailments or disease within their breed & lineage, there are many things we can do to manage the well-being of the body and the cells of the body to fight against the risks.

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*Did you know that feeding canned dog food though higher in calories, is more nutrient rich than kibble since it hasn't been “baked to death” – literally cooking out all good nutrients?*

*Did you know that when kibble is prepared, the last step is to add back fat – sprayed on fat like left over used oil from restaurants to add flavor and meet the fat minimum requirements. Unfortunately it's not always animal fat, just grease. When given untreated kibble, most dogs won't even eat it!*

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## Kibble

If you have access to Netflix, or can order a copy from Amazon view the video called **PetFooled**. If you'd like to view the series **The Truth About Pet Cancer** – please contact me for access to my copy. Another you can watch today is a documentary on **Youtube** called **the Dog's Breakfast**.

Most issues with your dog's skin – are a symptom of what he eats. Most people don't want to believe that. But it's true. It's true for you too. Before you ask what should I put ON my dog, we should ask what's going IN your dog.



Most kibble is insufficient in quality to keep your dog healthy. Many have artificial dyes and other chemical compounds that are not appropriate for health, and literally over time could be poisoning your dog. Even the so-called high-end kibble are not always healthy. They are often about 1/3 carbs/sugars and contribute in a very unhealthy way to inflammation and disease in the body. I mean if an old boot can technically pass the required ingredient list for dog food – you must ask what's in it in the first place.

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*Did you know kibble stays in your dog's digestive system about 15 hours before it becomes usable energy? If you're feeding kibble 2x per day, your dog's digestive system is NEVER OFF the clock – NDF only takes about 4-5 hours.*

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## Read Your Labels.

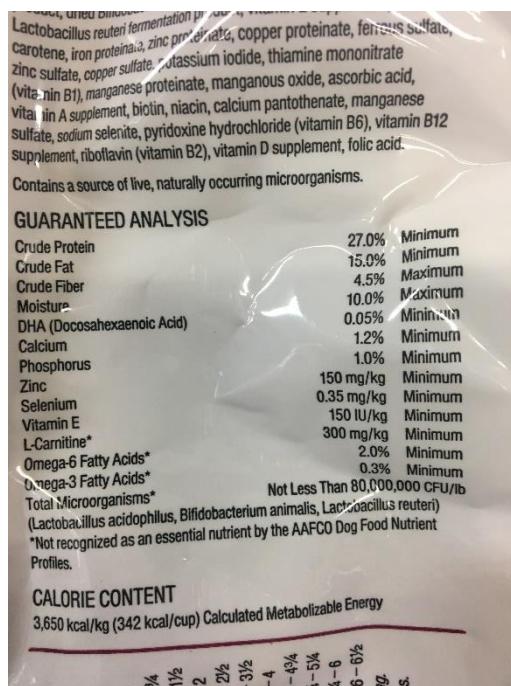
Exactly what are accents of pumpkin and blueberry. Be aware of high priced marketing campaigns. They are designed to entice you – and are often misleading.

Do a little math.

You know that guaranteed analysis (Crude Protein, Crude Fat, Crude Fiber, and Moisture) on the bag of kibble? Add it up – does it add up to 100%? Most don't come close.

This bag adds up only to 46.5%. Technically this means, this bag of dog food is 53.5% Carbs. Aka Sugar. It's quite a lot given that we know sugars create inflammation in the body and can lead to disease. We really want as few carbs as possible which is why raw diets are so beneficial.

Marketers are getting creative with their labels. Most of you are looking at the first ingredient now. And they are listing meat as the first protein. But if you look more closely, you'll start to see peas in many formats that are contributing to the total protein count. In other words, the % of protein on the label be low is NOT just meat protein. When you see plant proteins listed in multiple formats – they often are a greater % of total protein than the meat. That's disappointing.



Check your bag of food on the internet and dogfoodadvisor.com! A little research goes a long way. Recalls and Lawsuits should be worrisome to you. Right now, Blue has a pending class action lawsuit for lead in the food.

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*Adding a bit of warm water to your dog's kibble will help begin the digestion process at meal time & prevents having to draw on the body for moisture reserves to begin breaking the kibble down.*

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## What Exactly Are Those Ingredients?

There are lots of ingredients on the package label that many of you have not ever stopped to consider "what is that, really".

Truth be told, there are food manufacturer's that put literal waste food into dog food. Some of been known to put in road kill. And worst of of there have been recalls and outcry over the manufacturers that have used deceased animals killed with pentobarbital (the euthanasia drug) that ultimately killed many healthy dogs.

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Know your dog food. Know the source, the quality, and the integrity. Labeling laws do not require full disclosure in the way you think it would.

Be sure to visit <https://www.k9coach.dog/wellfedk9/dog-food-ingredients-explained>

### Improving Nutrition Baby Steps at a Time:

Many of you aren't quite ready to go to a RAW diet. It took me a while to think about it, debate affordability, and to see results before I could fully commit. Now, I only wish I had known more and started my wellness journey with my dogs sooner. Much Sooner.

I have created an online training you can review to learn a bit more about things like protein sources, pro-biotics, digestive enzymes, fasting, and so much more. Go look for free training module on my website: <https://www.k9coach.dog/well-fed-k9> pw: k9wellfed

### RAW Feeding

Raw feeding has been shown to improve the nutritional quality, overall health and longevity of our dogs. There are a few different approaches to Raw diets.

- 1) Whole Animal Prey Model. This is where dogs get complete rabbits, squirrels, birds, etc. Fur, feathers and all. There are some cleaning protocols you'd want to implement before giving such a meal.
- 2) Some purists feed Raw Meats only -- which is made up of specific ratios of Meat, Muscle, Fat Bone, and organ of animals.
- 3) Balanced Raw – which is the above diet of meats along with vegetables, fruits, and supplementation.

You can find raw toppers which frankly, I think are a waste of money for the limited influence to nutrition they will have.

You can find commercially prepared RAW in tubes, freezer sections of your retailer, or in delivery models. These foods are going to be much more expensive in the long run, if for no other reason than overhead and marketing.

You'll find dehydrated RAW and Freeze Dried Raw options as well.

What I prefer to use is an exceptional quality diet that is freeze-dried everything you need but fresh raw meat daily. It's easy, balanced, and convenient with the exceptional benefits to health, nutrition, and common behavior issues.



To be honest, I am not one that is going to source and calculate the right balance of nutrients, bone, organ, meat, veggies, etc. But I do want to feed my dogs the best food possible, at a convenience. So, my food of choice now is Volhard Dog Nutrition. There are a couple of options we can discuss in detail

- NDF2 – has been tested by Wendy Volhard with many many dogs, blood tests and quality testing for over 30 years. It also is tested during manufacturing 3 times before it's sealed in the package for quality. Ingredients are certified to be Non-GMO and glyphosate free. It began as a home prepared food – and you can still get the recipe today in her book! But to make it convenient for non-grocery shoppers like me, NDF2 offers a complete balanced, nutrient rich dog food when you add your own source of fresh meat. Usually 80/20 Hamburger for most dogs. You add raw bone a couple of times a week, sub out the meat for fish, cottage cheese or other protein 1 day a week, and fast your dog for 1 meal per week.
- AM/PM – is quite like NDF2 but breaks out when nutrients and how are delivered to the body. It also has some adjustments to the percentages of protein, fats and carbohydrates. Some are delivered only in the am feeding, others at the PM feeding. This helps older dogs, small dogs, and dogs with health issues with digestion, nutrient absorption, and other issues.
- If you're not ready to leap into a complete change of food but want to start seeing the benefits of better nutrition – the supplement **Endurance** from Volhard Dog Nutrition may be the product for you!
- Visit <http://www.volharddognutrition.com> for more info (be sure to choose me as your consultant Dana Brigman – even if you're just looking around)
- Volhard is announcing a new grain-free, gluten free, hypo-allergenic food in fall 2019.
- You can also take a look a great supplements and treats available on the website.

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Some Facebook groups suggest that if your dog has been diagnosed with Mast Cell Tumors that you should NOT transition to a RAW diet. They suggest a low carb kibble instead. This is generally a result of not wanting to introduce bacteria to the system – all RAW has a higher bacteria basis than kibble. But you may have multiple options -- Change your dog's diet now before you are in a crisis, use a lightly cooked home prepared meal (far better than kibble), or



source sterile pasteurized raw food diets/organic grass feed meats with less bacteria.

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Rather look at recipes to source your own raw diets? I can help!

## Home Prepared Food

Home prepared foods are certainly a good choice as well. But it's not as simple as some boiled chicken and sweet potatoes. Those 2 ingredients would leave your dog's diet unbalanced. You need to ensure proper nutrients and mineral in the diet! It's essential to have a nutritionally balanced diet if you want a healthy dog with a long life.

We can help you with recipes and supplements if you want to go the home cooked route!

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Foods are considered Hot, Cool or Neutral. If you're feeding a dog who naturally is "hot" according to TCM hot proteins (like Bison or Venison), you could be seeing challenging behavior, difficulty learning, unsettled restlessness, even **aggression**.

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I have so much more to tell you! There are so many things that we can do. It's worth considering just what your dog eats and getting on a good nutritional plan. I know not everyone can jump in head first. But you can take some important steps and start making improvements today. Even if you need to stay with kibble for now.

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*Did you know dogs need fat in their diet? And as they age, they typically need more fat in their diet than younger dogs?*

*Did you know fasting your dog 1 meal a week gives the kidneys and digestive system a break from processing protein – which is beneficial to overall health?*

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## Treats

Once you start using better foods, don't blow the nutritional quality or introduce risky ingredients in your treats.

I like to use single ingredient dog treats & real bones for my dogs. Sometimes I'll make homemade treats so that I'm 100% confident in the quality of the ingredients used.

Some of the treats would include

- Pure Bites – Freeze Dried Beef Liver (remember to keep organ meat to 5% of the total diet)
- Trail-Mix from [www.drjodiesnaturalpets.com](http://www.drjodiesnaturalpets.com) You'll find she has other great options too
  - But we know our dogs need some level of organ meat
- Uncooked bones – chicken wings, legs, necks (unless your dog has chicken allergy), short ribs, properly cut & properly sized marrow bones, etc.
  - If you are uncomfortable giving bones, you can consider bone broth. Join me on FB for recipes. Also, very good for unwell pets or those who are not eating well.
- Home made treats where you control the ingredients.
- Small pieces of veggies or fruits.

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*Balanced diets matter. Did you know a deficiency in Vitamin B could lead to hair loss in your pup? Vitamin D is needed for immune function. Iodine is needed for thyroid function. Amino Acids deficiency example: (tryptophan) could affect your dog's behavior! Taurine Deficiency could affect his heart?*

*Did you know that most dogs no longer naturally make the enzymes needed to break down real, natural food if they are on a kibble diet? That when transitioning from a kibble diet, you need to add digestive enzymes???*

*Did you know that vegetables need to be blanched or steamed and partially pureed for your dog to digest them?*

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## Supplements

At some point we all need a little something to help us out! Sometimes, it's a boost to our immunity for seasonal or circumstantial issues. Sometimes, our body just needs a little extra help beyond what our best diet can do. Sometimes we need a little pain relief. And certainly, as we age, we need different things.

It's no different for your dog.

The top 5 you need to think about include:

- Vitamin Mineral Supplement
- Probiotics
- Digestive Enzymes
- Joint Supplements
- Omega 3 Supplements

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*Most commercial supplements on the market are or include synthetics. That means 1) it's less healthy and 2) most of it gets peed or pooped out the back end. You're wasting money and risking health with synthetic supplements.*

*Even in the kibble based products – vitamins and minerals are added back in at the end of processing – and they are almost always synthetic not whole food sources.*

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It was a game changer for me when I realized that Young Living had supplements that I could use for my dog too. Natural, essential oil-based supplements, from a trustworthy source, all in one place. Volhard nutrition has many supplements are well. So far, I have found no reason to use any others!

There are options for human and dog

- Shampoos & Conditioners
- Insect Repellents
- Ointment

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- Digestive Support, Probiotics, Enzymes
- Allergen Relief
- Skin Care
- Cleaning the ears
- Joint, Muscle & Ligament Support
- Brain Health
- Emotional Support
- First Aid (*stay tuned for a suggested first aid kit to be emailed to you separately*)
- And more.....

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Essential Oils added to supplements have been shown to help the nutrients be absorbed better – Eos clean receptor sites and help cells of the body function better.

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Before you start, be sure you understand which ones and how much to use, etc. I can help you with guidance, references, resources, etc.

## Reduce The Toxic Load:

### Home Environment:

The world is filled with harsh toxic chemicals. Sadly, our homes are too. Toxins exist in our cleaning products, dryer sheets, even our bath and beauty products – even baby products! If there are in human quality products, what must be in some of our animal care products!

This was something I never fully understood until I started researching answering to improve my own health. I was seeing a lot of people I know with serious health issues, and finding myself feeling like my own future was not one of health and wellness if I didn't make some changes.

I begin also looking for things I could clean my kennel building with and treat my yard that would be more natural for my personal dogs and my business clients. I found products I was looking for, but I also found information that scared me because I had been doing / using so many of the things not good for us.

There is an app for your phone called Think Dirty and one from Healthy Living | EWG – download them and start scanning the products under your kitchen sink, in your bathroom, etc. As you learn more

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about the harmful ingredients everyone has in their home that are considered safe to use – you should become alarmed at what's approved out there.

Consider the same concerns for your pet products! Probably worse in most cases since pet products are no regulated the same way our products may be. But realize cosmetic companies, are not even required to be fully disclosed on the label if the company claims they are “trade secrets”.

Now let's look at this a bit further from your dog's point of view.

He's in your house all day – probably more than you are. If our skin is our largest organ, he walks around naked and barefooted. Therefore, everything sprayed on your yard, goes IN your dog. All the fabric sprays you put on furniture, plug-ins, floor cleaners, laundry soap, wax burners, candles, etc. – all are in the air he breathes and settles onto object he lays on naked. You're exposed as well, of course! It's not good for you either.

Things all around everyone of us contribute to our toxic load, including what we eat.

There are better options available for you, and I'd love to consult with you on them from both Young Living Essential Oils and Volhard. Don't worry, that's not all that's in my bag of tricks, we can also talk about homeopathy and other helpful options when they may be appropriate.

Let me introduce you to cleaning products, even health and beauty products, sunscreens, baby products, animals' products and more – [www.welloiledk9.com](http://www.welloiledk9.com)

There are lots of options. I can help you learn where to research information you need to explore these options.



## Vaccines Awareness

Oh, my goodness is this a controversial topic? But there are some simple things to consider, that are being driven by the top names in the veterinary field.

Give as few vaccines as possible! No one is anti-vaccine! Every should be against over-vaccinating when the dog does not need it.

Diseases like Parvo and Distemper are preventable, and you dog does need to be vaccinated as a young puppy. But it's possible they will NEVER need to be vaccinated again once the appropriate initial round(s) are given. A titer test will give you that answer.

### Parvo Distemper Shots:

- Puppies should not be vaccinated for Distemper and Parvo at the same time as Rabies? You should separate out the Rabies shot at least 2 weeks after Distemper & Parvo?
- Many combination shots for Parvo & Distemper also include a shot for Adenovirus. You may see it called DHpp. When Adenovirus is given at the same time as Parvo, Distemper it will suppress the immune system for about 10 days.... This can be especially troublesome for puppies in the 6-8-week range as they transitioning to new home.
- All vaccines are modified live vaccines – there no longer killed vaccines being use. No puppy under 6 weeks of age should be given a modified live vaccine, including Parvo. Wait for a single dose at 9-10 weeks and a next dose at 14-16 weeks. (General guidance for healthy puppies from healthy mamas)
- Giving modified live vaccines under 6 weeks of age can cause post vaccinal encephalitis and seizures. The drug was never intended for puppies under 6 weeks of age. Many communities are dosing as early as 4 weeks.
- Titer your dogs in the future before revaccinating. Many will never need another booster. Your vet may argue with you – demand the titers.

### Rabies:

- You must specify that you want **mercury-free Rabies** (or other) vaccines. It is not required to be on the label that it contains Mercury / Thimerosal -- your vet would have needed to call to verify.
- Rabies should **not** be given with any other vaccines. Separate the out 2-3 weeks apart from others. Say no to combo vaccines!
- Rabies should not be given before 16 weeks, but recommendations are for 20-24 weeks.
- The law requires Rabies vaccines at 6 months, 1 year after that, and then 1 year after that you can move to a 3-year vaccine. So, your dog will be vaccinated for Rabies 3x by age 2 ½.
  - a. The dosage of a Rabies vaccine is the same for a yorkie as it is for a Great Dane
  - b. The dosage of the 1-year vaccine and a 3-year vaccine is the same. The only variance is frequency.
  - c. Titers show that most dogs never need an additional vaccine for the rest of their lives. But we are obligated by law. Many top vets are working to change this law country-wide. You can Join "Protect the Pets" with Dr. John Robb.

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- d. The Rabies vaccine is only about 88% effective. That means 12% of our dogs may in fact be unprotected, even if they have been vaccinated. Only a titer test will confirm.

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*Ask your vet for a medical exemption to Rabies vaccine if your dog is truly unhealthy.*

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### *Detoxing from vaccines.*

There are recommendations for homeopathic remedies, use of essential oils and other supplements I can share with you on preparing your dog to receive vaccines, support the day of, and for several days after. One key goal is to keep your dog a healthy as possible, improve immunity & overall well-being in general, and to support the liver at vaccination time.

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*Did you know liver issues can cause aggressive behavior in your dog? I recommend a detox diet & essential oils for every aggressive case I work with.*

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*Liver is often burdened with chemical load from vaccines, food, oral and topical products, and other environmental factors.*

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### *Flea, Tick and Heartworm*

#### *Heartworm:*

I'm a believer in heartworm prevention. And no of us want our homes infested with fleas! Not to mention the misery and health concern for our pets.

While many people are now also seeking holistic solutions to Heartworm Prevention and Treatment for infected dogs, there are somethings we just don't need to risk. Heartworm is one of them, especially in the south. Many communities across the country do not have the same risk we do locally. So, there are some modified protocols that many of us choose to follow. I'd be happy to review ideas with you for consideration.

**It is strongly recommended that you do not use a combination product.** Separate out your HW prevention from any other preventatives by at least 2 weeks. Never administer the same day or with



the combo products. It can even be suggested to support your dog's liver at the time of administration. I do this with essential oil products and supplements.

## Flea & Tick:

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*A new study released in 2021 shows that 2 out of 3 pets will have a negative reaction from the traditional Flea and Tick products. Reactions can include rashes, lethargy, diarrhea, vomiting, to more significant allergies, auto-immune disorders, seizures or death. 2 out of 3. Don't let it be your dog.*

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For Flea and Tick prevention – I personally will never use another topical or ingestible flea and tick treatment. It's personal decision and you'll need to make your own decision on this and every other aspect of your pet's health.

But, you should know that flea and tick preventatives are basically a poison living in your dog's blood stream, so that when an insect bites the animal, the insect dies. So, it's not keeping them away, it's just not letting them live. What does this harsh chemical do in your pet's system, year after year? We see many dogs who suffer seizures, lethargy, digestive upset, skin irritations, and some even die from these products. Start reading the fine print on your products.

You may ask what about the 8-month collars that the dog wears. It's still contains a toxin that is worn for 8 months straight against your dog's skin. Don't you think that's being absorbed into the body?

There are solutions for natural deterrents. Lots of them.

People often ask me about parasites as well since many of the flea and tick products also deter parasites in the body. There are natural solutions for that too!

A few examples include diatomaceous earth, vitamin B rich foods, Apple Cider Vinegar, are just a few – and guess what, they are all in the Volhard NDF2 product. Even ground pumpkin seeds can help with worming.

## Outdoor Time & Yard Spray

There are natural solutions to spray your yard as well! And if you're a big hiker, outdoorsy-type with your dog, there are essential oil solutions to help further deter any insects on you and your dog during your time outside. We use Cedarwood oil.



Many of these harsh chemical laden products can cause seizures, skin irritations, and other health issues. Some can present themselves immediately, and others may take years before we realize the burden on the body.

Please start making chemical load changes today, everywhere you can.

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## Energy and Emotional Care

Your dog has emotions just like you do. Our energy and our emotions can influence our dog's behavior in ways many people don't predict. Many things can create unexpected behavior responses. It may be the addition of a new family member, a break-up of a couple, loss of a pet, even the stress of YOUR job or YOUR health could begin to create health issues or behavioral issues in your dog.

We have to look beyond training and often beyond traditional expectations for medical solutions to find answers that will help us care for our pets in the most complete way.

### Animal Reiki

One of my favorite new areas of work! I have long done work on animals that we call conditioned relaxation or teaching the to be calm on command. There are many versions of this, and some trainers are holding certification programs, but it's been such a natural approach for me. I just follow the energy of the dog and the body, and the silent communication between us.

This became so fascinating to me, I decided to go take Reiki classes. I wanted to know if it was what I was already doing, was there more I could learn, and how I could advance in this ancient technique of energy healing. I was blown away at my experiences, and the observations my teacher made.

So amazing. And I love doing Reiki on dogs.

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*Reiki is a Japanese technique used to invoke stress relief and relaxation that also promotes healing through natural energy.*

*It is often called "laying on hands" but can be done without touching as well. It is deeply based on the knowing that a "life force energy" flows through all of us and that everything in our world carries energetic properties. Energy is what creates life. When our "life force energy" is low, illness and stress are more likely. When our Energy or Frequency is high, we are more likely to be healthier and happier.*

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*The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So, Reiki is actually "spiritually guided life force energy."*

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So, we'll look at Chakras, Meridians, Seasonality and listen to what the body is telling us as part our healing process.

I do pair my conditioned relaxation work and Reiki with Essential Oils for a more complete experience.

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## Animal Raindrop Technique:

Raindrop Technique for dogs is a home remedy for dogs that uses a combination of essential oils and holistic modalities to bring harmony to the dog's body.

ART combines unique, targeted touch and energy approaches with pure, authentic essential oils for a deeply harmonizing, rejuvenating, and relaxing experience. The original technique, developed by Young Living Founder and CEO D. Gary Young, draws from his experience with Lakota Native American wellness traditions and provides a spiritual means of nurturing harmony—physically, mentally, and emotionally.

The Native American ritual was first used to support the skeletal systems and related muscle injuries. With the work Gary and many other have put it to evolve this practice and pair with essential oils we now know it as a powerful, non-invasive process for supporting the body in all systems of the body.

This technique can be used for every dog. But you may see amazing benefits to dogs that may have suffered from abuse, trauma, health issues, over vaccination, or other emotional and physical issues.

Benefits may include:

- Emotional Release
- System Detox
- Immunity Boost
- Inflammation Relief
- Performance Recovery
- Joint Care
- Stress
- Wellness Support

## 5 Element Theory

This is one of the most fascinating areas of learning for me. It's quite a lot to learn. But did you know not only seasons of the year can affect your dog's (and your own) wellness & how the body systems work, but so can time of day? What you eat, when you eat, and the time of year you eat it plays a direct result in many of the issues we see in our dogs throughout the year?

We must take a closer look at Meridians in the body as well. How energy moves through the body. And something as simple as the removal of a dew claw or surgical procedure can create an interruption in systems of the body.



It sounds a bit out there when you hear it for the first time – but it's amazing to start seeing results unravel when we work with nutrition, acupressure, Raindrop and Reiki.

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*Chinese Medicine suggests*

*Fear and anxiety live in the kidneys.*

*Aggression and Anger live in the liver.*

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## Behavior:

Genetics are a core contributor to our dog's behavior. But they are not the only factor. This proves true in behavior as well.

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*Behavior, Color, Build, Breed Characteristics, etc. include 7 generations of breeding.*

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Yes, genetics are a factor. That's why you will never hear me say "it's how they were raised". Of course, we can influence behavior with experiences – but the good roots must be there! In my years as a trainer, I have seen 1 dog with true genetic aggression. It showed at 13 weeks and despite 9 months of training rehab, including numerous consults with others, we could not change it.

For most dogs, their behavior, is a result of the experiences they have had. We cannot ever fully replace the guidance a dog would get from a good mama and a good daddy. You can do a lot to simulate and influence developmental needs, but you can't replace the parents and the litter experience. Most dogs today do not get that full experience. Many are taken from mama too young. Many never know the daddy. Many don't have good pre-natal care. And so on.....

And unfortunately – many good people, don't know what they don't know about raising puppies or even taking in an adult dog. So, a lot of well-intentioned errors are being made that lead to some difficult behaviors to live with.

It's hard on everyone.



For me now – it's a complete training solution that I want to offer. Guidance on teaching obedience and problem solving is rooted in Leadership and Structure from the owners. It's an Energy of Leadership in Dog training I want you to implement. It changes everything

But is so much more than that. It's everything else we are talking about!

So, when we begin looking at an inclusion of Nutrition. Detox. Natural Support in our training programs, we are finding better long-term results. We should be looking to make improvements for everything from cleaning the house, spraying the yard, and supporting the systems of their body as they mature and age. Even just the elimination of many of your products – fabric sprays, candles, cleaning products, can reduce the toxic load.

It's even about giving palliative care and using Essential oils for spirituality as we guide them to transition to the bridge. It's all for your well-being as well.

**How you feel, how you lead, how you live is often reflected directly in your dog's health and behavior. Behavior is not just teaching the dog to come when called, it's having him want to because the relationship with you is strong & solid. So, I want to help the entire family becoming more focused on better health options through natural solutions, better food and supplements, and Young Living Essential Oils.**

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This is where is all started for me. Dogs with bad behavior. I had many of them pass through my house as a Great Dane foster home. Again, I was just naturally in-tune with these dogs and able to help move them through problems and into a much better space with their behavior.

As I left corporate America and opened my dog training business – Behavioral cases followed me. It's something I am good at, and that word travels well through results.

It's stressfull! As a trainer, I found myself never without a challenging dog, and as I got the dog in a good state of mind, they moved one and I worried about making sure their owners would keep putting in the work the dog needed to stay well. Essential Oils, Meditation, Reiki, & Yoga have helped me be better all around.

So essential oils, exercise, good training for the owners all became a more complete solution. Helping the dogs, helping me, and helping families.

Today, I include essential oil starter kits in my private and board and train programs. I saw the results in the dogs here with me for training and I wanted that to continue. Its such a better solution!



Essential oils can not only help us with systems of the body, they help us with emotional-based issues as well. I think most people think about aromatherapy as something for emotions and stress. And it absolutely helps in that area for everyone.

Our dogs can struggle with stress and anxiety-based issues as well. They may have Traumatic experience, feel a lack of security and inclusion, they may feel like there will never be enough food, they may hold on to negative experiences and have reactions to sights and sounds in negative ways.

Essential Oils paired with training, conditioned relaxation, Reiki, better food, detox, etc. make an amazing difference. I want you to experience it for your dog and yourself. I can tell you about it all day long – but until you experience it you won't fully grasp the idea.

It works. It's amazing.

## Budget

You don't have to break the bank. You can see that many of the things we're talking about above include elimination of products. That alone is going to be savings if you do it right.

A few years ago, I felt that I couldn't afford to feed a raw diet, especially when I was feeding Giant Breed Great Danes. I finally sat down one day and did the math. Bowl for bowl of food, yes, feeding Volhard was a few cents more per meal. It adds up. I think home prepared could be more budget friendly.

But where I found the real value was in the number of products I was able to offset the costs for. Everything from shampoos, unnecessary supplements, etc. It all added up. I'm getting better products, spending less money, and everything is streamlined in one place (two counting food). I get monthly incentives and points back for everything I buy, meaning I can buy more! I can share the same products with my family and the dog – depending on what we need!

There are many other options for every budget I can reference you to in a private consult. And often shared in our FB group The Well-Oiled Well Fed K9. See you there!

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*Call me to discuss the products from Volhard or Young Living. YL has made a big change – you can just shop online the same way you would on Amazon. Buy what you need as you need with no membership require, not distributor requirement, etc.*

*You can do a subscribe and save if you choose!*



*Using YL Produce through the K9 Coach affiliate # get you access to online resources, support from me & others, and so many good things to support a natural wellness lifestyle for the entire family!*

*Would you like to learn more about Young Living, Volhard Dog Nutrition and getting your dog on a good wellness plan?*

*Just complete the form found here: <http://www.k9coach.dog/wellness-consult> I will call you schedule a time, to spend 30 minutes with you!*

*If necessary, we can schedule a complete wellness review.*

*Your inquiry about specific products, the companies of YL or Volhad or my services are always free.*

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## Dana Brigman

- Certified Dog Trainer
- Certified Canine Nutrition: Companion Animal Sciences Institute
- I am also certified with Volhard Dog Nutrition as an affiliate.
- I am a Brand Partner with Young Living Essential Oils. Shop using my affiliate # 28595621
- Certified Practitioner Raindrop Technique for Animals
- Certified as a non-veterinarian in Veterinary Medical Aromatherapy and am a member of the Veterinary Medical Aromatherapy Association. Board Member.
- Certified Homeopathy Pet Educator
- Reiki Master with specialty in Animals.
- Healing Touch Practitioner
- French Aromatherapy Course 2018

*I cannot diagnose, treat, or prescribe treatment for any medical condition, illness or disease. I am not licensed to practice veterinary medicine.*

*My support for you is through educational programs & practical experience. What I teach is for educational & informational purposes only. You are advised to do your own research, make your own decisions and seek veterinary care as appropriate. The opinions presented are my own, based on experience, education & certifications.*