

Puppy Love

January 2015

Newsletter of *Belle Amore Dachshunds*

Volume 5, No.1

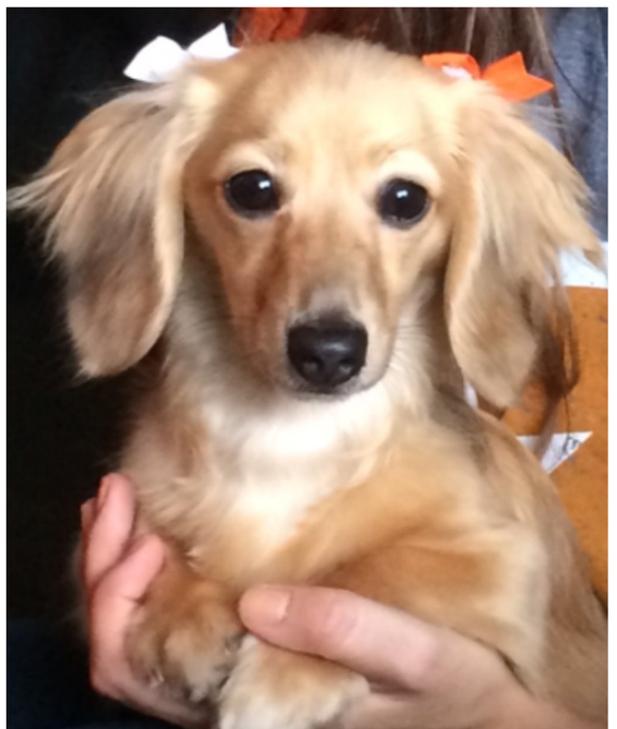


A Dog's Tail

Can a dog's wagging tail help with depression? Actually, yes. Most pet parents can easily express the joy their dog brings into their daily life but many remain unaware of the mental and emotional benefit they receive from sharing their life with a dog. According to Dr. Ian Cook a psychiatrist and director of the Depression Research Clinic Program at UCLA this is true. She states, "Pets offer unconditional love that can be very helpful to people with depression." Recent studies scientifically validate the benefits of the human-animal bond indicating the emotional benefits are overwhelmingly positive for human mental health. The major contribution of these benefits are found in touch, companionship and being needed: all the necessary ingredients for sharing your life with a dog. The simple act of stoking your dog is soothing and can improve your mood and reduce feelings of being depressed. Caring for another living being and receiving affection in return is great for anyone's self-esteem and is especially important if you are lonely, bereaved or depressed. Having a dog comes with responsibilities and providing for your dog's physical needs is rewarding and gives you the feeling of being needed. The simple act of loving your dog literally adds years to your life. So, if you are having a good day, thank your little doxie. Just keep those tails wagging ~ there's a good possibility it will make you smile!



I am writing you a prescription for a dachshund. Your insurance may not cover this but dachshunds are essential for good health. In fact, I recommend more than one.



Blair is enjoying her very first University of Tennessee game. She lives and is loved by her mom at home in the volunteer state of Tennessee.



**A Wagging Tail
A Friendly Woof
Bring Joy To All
Beneath This Roof**