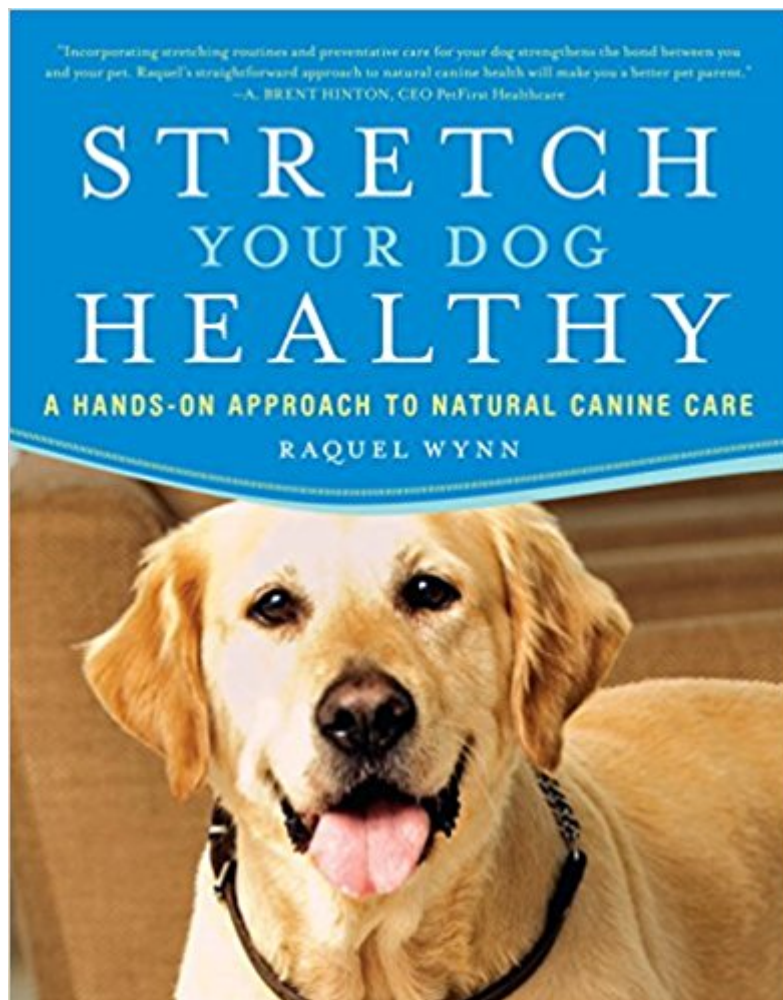




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# Stretch Your Dog Healthy: A Hands-On Approach To Natural Canine Care



## Synopsis

Read Raquel Wynn's posts on the Penguin Blog. A holistic trainer and physical therapist tells dog lovers how to keep their pets healthy for a long and happy life. Dogs' lives are high impact – playing, chasing, begging, walking. Just like people, they experience joint degeneration, muscle pain, stress, and general body breakdown. In *Stretch Your Dog Healthy* holistic health specialist Raquel Wynn offers dog owners the latest information on stretching, massage, acupressure, and other techniques to improve and maintain their dogs' good health, enhance calm energy, and strengthen the pet-owner bond. The natural treatments in this book suggest preventive care and offer an alternative to expensive prescriptions for day-to-day ailments, including such chronic problems as hip dysplasia. The stretching routines that form the centerpiece of the book are clearly explained and accompanied by photos of dogs and owners demonstrating the poses. Raquel Wynn's stretching and massage techniques have been shown to drastically improve dogs' daily well-being in addition to overall health and life expectancy. What better way to treat man's best friend?

## Book Information

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## Customer Reviews

Raquel participates in the pursuit of health and wellness with humans and animals alike, sharing her knowledge not only with the general population, but also with entertainers, both in the film and music industry; and professional and animal athletes, including members of the NFL & MLB, polo and fox hunting horses, and dog agility competitors. A successful holistic health specialist, she enjoys her hands-on role as personal trainer and massage therapist to humans, hounds, and

horses. Her years of experience with bodies in motion, research of the body systems, and holistic health, shape the content of her groundbreaking, first book, *Stretch Your Dog Healthy*, a hands-on approach to natural canine care. In her own words, “consistent, varied movement is integral to the process of healing and the maintenance of health.” An avid animal advocate, Raquel is a well-known and respected curator of canine culture in her home town of Nashville, TN. A contributor to *nFocus* magazine, her monthly column, “for the love of dog!” continues to delight Nashville pup parents. Always in search of answers that lead to a better understanding of flexibility, longevity, health and happiness, Raquel offers a comprehensive and impassioned approach to the experience we all have with our bodies. She contributes her fresh insight and broad view of health to her dual-work with humans and animals, “it is the interconnectedness we all have that truly gives me perspective.” Raquel is happily married and the proud pup-parent of two dogs.

I bought this book some years ago in a Canine expo and had the privilege of speaking with the author as well. The book is full of great tips for maintaining your dog healthy. I found the stretches to be really helpful. I am also a dog trainer and I have incorporated a lot of these stretches into my dog training routine. Stretching is more important than people realize especially for dogs that are kept indoors for the majority of the day. It is a key to good health as it promotes blood circulation along with preventing muscle injury. Highly recommend this book for any dog. It will help you keep your dog healthy!

After reading the reviews of this book I expected it to have detailed, informative illustrations/photos & instructions to explain how to massage and stretch out your dog. There are plenty of illustrations, more than expected, but they don't really provide much insight or specifics on how to give my pet an effective stretching or massage session. I took the book with me to agility class and asked the instructor to look through the book and indicate which of the stretches in the book she would recommend, and only a few of the stretches she had suggested to us were included. Those stretches are great, but what was disturbing is that she warned against doing a few of the stretches in the book for fear of causing future problems. So I would caution you to have the vet or another professional look over the stretches included and recommend which are truly beneficial for your dog. For the stretches that are good, the book is helpful to help you remember what you need to do after having been shown the exercises.

Wasn't what I expected. I'm new to the rehap field but I've been a veterinary technician for over 20 years. This book put me to sleep it just repeat every word that came from a text book or what you can pick up from the Internet. Very boring!!!

Unclear info and horrible pictures.

Just started reading book for my dog's health and I find it easy to read and to the point with great pictures

The younger you start with your furry friend, the better.

This book is long overdue. Starting puppies out with these stretches can minimize some of the problems that develop as they age. One of our senior dogs suffered from digestive issues and pancreatitis from a very young age. The information in this book might have helped calm some of her distress during severe attacks, especially the calming points and chakra information. Raquel Wynn did an excellent job in writing simply and compassionately. The photos showing the techniques are great. Providing quality of life for "pet-children" at any age is a goal of most pet-lovers. Thank you Raquel.

LOVE this book!!!! It has helped so much with our dogs being more peaceful..they actually will lean into us while we are working on stretch moves, to let us know they enjoy the stretch! The book has Excellent illustrations which are super easy to follow so as to make sure you are stretching your pet correctly. Our cats love it too!! GREAT BOOK FOR ALL SERIOUS DOG OWNERS!!

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