

Carole Bryant, Naturopath

(ATMS & HATAA accredited)

• nutrition • herbal medicine • homoeopathy • flower essences • iridology • massage • kinesiology • reflexology
• manipulative muscle therapy • Neuro-Linguistic Programming • Thought Field Therapy • Reiki
plus for pets: • TTouch Practitioner I • TTEAM Practitioner-in-Training • Cert IV Behavioural Dog Trainer

TRAVELLING WITH DOGS: preventing travel sickness and inappropriate behaviour

Preventing travel sickness in dogs

The simplest method I know to prevent travel sickness (in humans as well as dogs) is to place some sheets of newspaper (5 - 10 sheets) underneath the dog when travelling. You can still place a mat or rug over the paper for comfort but it is important that the newspaper is between the dog and the vehicle.

For a dog that is on the back seat, spread several thicknesses of newspaper over the seat and cover with a rug. For a dog that is crated or travelling in a trailer, just place the sheets of newspaper underneath the normal bedding in the crate or trailer.

[Berigora Farm Travel Mix](#) (a combination of homoeopathic remedies and crystal essences) is recommended for travel sickness. Give one dose (10 drops under the tongue) ½ hour before travelling with follow up doses every couple of hours on long trips.

For poor travellers, I would combine the newspaper method with the [Berigora Farm Travel Mix](#).

Dogs that feel just a little unwell when travelling may bark or become restless or agitated (see below). Also see the section below on TTouch.

Reducing anxiety/barking

Some dogs react adversely to travelling by becoming extremely agitated, restless and/or barking.

These dogs may benefit from [Berigora Farm Stress Mix](#) (a homoeopathic/flower essence/crystal essence mixture). Give 10 drops under the tongue 15 - 30 minutes before travelling, with additional doses every hour or two while travelling, depending on how stressed the dog is). Some dogs become anxious as soon as they know they will be travelling). [Berigora Farm Stress Mix](#) and [Berigora Farm Travel Mix](#) can be given together if needed.

For dogs that are extremely agitated/unsettled and cannot relax, it may be best to give them relaxing herbs starting 12 hours before the trip. This should help your dog relax enough to lie

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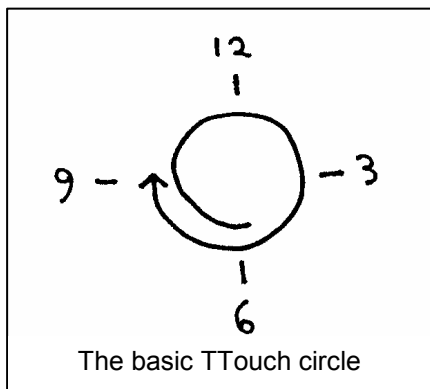
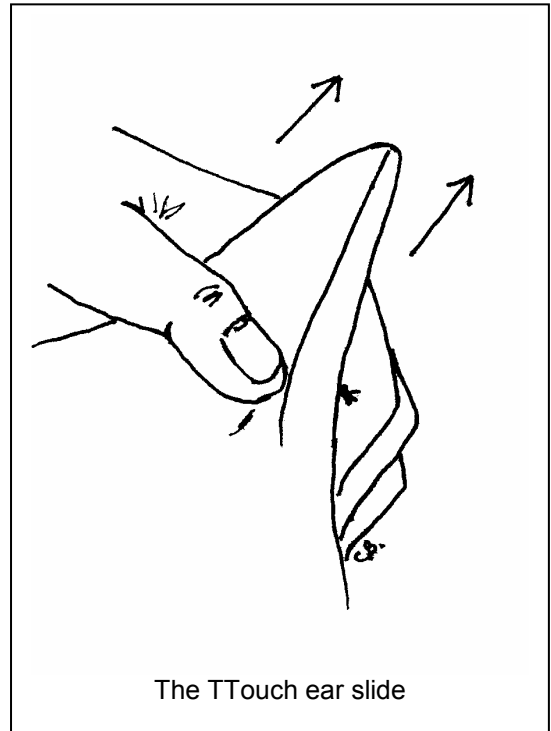
down and sleep during the trip. However, if you are driving to a show or other performance competition your dog may be a little drowsy and not perform to his potential although this will depend on the herbs used and the dose given. Consult a health care professional to prescribe appropriate herbs for your dog

Also see the section below on TTouch.

TTouch

Dogs that travel badly can be helped by using TTouch.

Dogs that suffer from nausea/vomiting can be helped by doing TTouch ear slides. Gently (imagine the ear as being as fragile as the petal of a flower) stroke the whole ear from the base to the tip in the direction the ear grows. The ear contains acupuncture points for the whole body, so by doing ear slides you can influence the whole body. At first it could be helpful to have a second person travelling with you, sitting beside the dog and working on his ears at regular intervals.



The basic circular TTouch is a $1\frac{1}{4}$ circle. If you imagine the circle being like the face of a watch, start the circle at 6 o'clock, then move clockwise right around to 6 o'clock again, then continue on to 9 o'clock to complete the $1\frac{1}{4}$ circle. You can use the ends of the fingers to make tiny circles around the muzzle; use the pads of the fingers to make small circles about the size of a 10 or 20 cent piece; or use your whole hand gently cupped to do large circles over your dog's body. Use just enough pressure to move the dog's skin. Experiment with this by closing your eyes and doing a small circle on your eyelid using just enough pressure to move the skin. As dogs normally have loose skin, it

only needs a very light touch to do the circles on your dog (TTouch is not massage - we are not working with the dog's muscles). TTouch works on the nerve endings to influence neurological pathways and provide the dog with information about his body. Only when the

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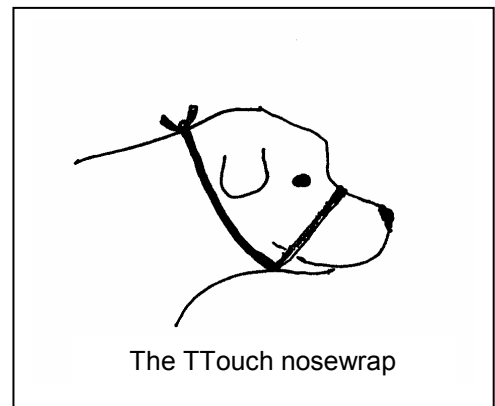
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dog is aware of what he is doing is he able to make changes leading to more appropriate behaviour.

Incessant barking while travelling is usually "mindless" in that the dog isn't even aware of his own behaviour. For those dogs that bark when travelling, it is best to do the TTouch work with your dog for several days or more before travelling if possible. Try doing small TTouch circles on the outside of his muzzle/lips, then inside his lips, then on the gums, then rubbing across the gums in front of the incisors (especially the upper incisors which is especially important for emotional issues). Do these things as a gradual progression. Stop and back off and gradually work your way back again if he shows any signs of emotional discomfort at any stage. When he is comfortable with all this, then try gently tapping your fingers on his tongue (like playing the piano) and also rubbing a little on the roof of his mouth. These will all help to raise his awareness of his mouth and how he is using it. Initially, it could be helpful to have a second person travelling with you, sitting beside the dog and gently massaging his gums whenever he starts to become agitated.

Also try the TTouch nosewrap on him as this is excellent for helping with unthinking behaviour in relation to the mouth. The TTouch nosewrap is simply a piece of soft elastic - place the centre on top of the dog's muzzle, take the ends under the muzzle, crossing over under the jaw then back up behind the ears and tie in a knot. The elastic should fit snugly without being tight (I would be especially careful of this when using it with teething puppies). The dog can still eat, drink, yawn, etc. but every time he opens his mouth the feel of the elastic helps him become aware of what he is doing (changes an unthinking behaviour into a thinking behaviour). I use soft 1" (25 mm) elastic for large dogs and 1/2" (12 mm) for small dogs/puppies.



The TTouch nosewrap

If your dog is uncomfortable with the nosewrap, do some small TTouch circles around his muzzle as preparation before putting the nosewrap on.

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