



AVERY'S PET STYLING SALON

"THE WORLD WOULD BE A NICER PLACE IF EVERYONE HAD THE ABILITY TO LOVE AS UNCONDITIONALLY AS A DOG."
~ M.K. CLINTON ~

November 2022

WHY DOGS ARE THE BEST PETS!



If you're a dog parent, you probably already know that dogs are the best pets! After all, they are known as "man's best friend!"

But behind that wagging tail and unconditional love are scientifically-proven benefits you may not realize. Below, let's take a closer look at why dogs, paws down, make the best companions!

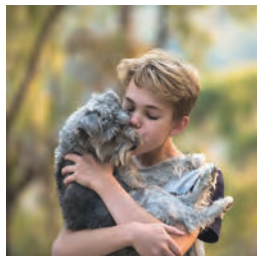
What The Science Reveals

Research has shown that owning and interacting with a dog is priceless when it comes to our physical and emotion health! Learn more below.

Social Isolation. While 85% of people surveyed believe their pets help address social isolation (known as the "pet effect"), an Australian study specifically found dog ownership reduces loneliness and helps improve overall mental well-being.

Heart Health. Research has concluded that the bond between us and our four-legged best friends helps reduce stress and in turn, decreases cardiovascular risks, **even** in people who experienced previous coronary events! Studies have also shown dogs help us maintain lower blood pressure levels.

Stress Levels. The American Institute of Stress announced stress levels are rising rapidly in 2022 with 87% of Americans citing day-to-day life and world events as major sources of stress. Thankfully, Washington State University discovered just 10 minutes petting a dog can have a significant impact in lowering cortisol (a major stress hormone), slow breathing and relax muscles. In fact, just gazing into a dog's eyes raises the "feel good" or "love" hormone, oxytocin.



Activity. Dogs are unique in keeping their owners active! Unlike other pets, dogs need to get outside regularly for bathroom breaks and walks and that means owners are more active! From maintaining a good weight and body condition, to joint health and digestive and urinary health, our canines help us keep moving and healthy! Studies have revealed those who walk their dogs daily enjoy a healthier weight, a reduced risk of heart disease, osteoporosis, cancers and Type-2 diabetes with just 30 minutes a day.

**Our dogs contribute SO much to our life!
They certainly are our best friends and best pets!**

DOGS & AMAZING WORLD RECORDS!



Celebrity and greatness not only belong to humans!

Did you know that our wonderful canines have quite a few world records they can claim? From canine sports, to catching balls and popping balloons to riding scooters, we're going to feature some of these **incredible** canines right here over the next few months!

Let's start with the Guinness World Record in 2007 with the world's **tallest** dog (at 44 inches) and the world's **smallest** dog (at just 4 inches)! While both these records have since been broken, this 2007 record is still amazing!

The image above features this striking duo with **Gibson** the male, harlequin Great Dane and **Boo Boo** the female Chihuahua meeting outside the California State Capitol Museum in Sacramento, California. Now that's incredible!

Enjoy Our Referral Program for the Rest of 2022



Earn Yourself a **\$10 Discount** with our "Thank You Bux" Referral Program!

Receive \$10 off your next visit as our personal "Thank You" when a friend uses your name as a referrer. *

* To receive your discount, the referred friend must confirm and complete their appointment.

Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet when it comes to your dog and their specific medical history, overall condition, age and breed.



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KEEP FIDO SAFE THIS THANKSGIVING!

Every dog parent wants to include their pup in the holidays; they are family after all!

But remember which foods your dog can - and cannot - eat this Thanksgiving to keep them safe and healthy. Post this handy guide on your refrigerator!

FEED THIS!

Turkey (unseasoned)
 Turkey Heart & Liver
 Pure Pumpkin
 Plain Yams
 Plain Sweet Potatoes
 Plain Carrots
 Plain Peas
 Fresh Celery
 Plain Green Beans
 Plain White Potatoes
 Plain and/or Fresh Cranberries
 Apples (no core/seeds)
 Small Amounts of Cooked, Plain Corn

NEVER FEED THIS!

Turkey Skin or Fat Ham
 Cooked Bones
 Gravy and Stuffing
 Casseroles
 Mashed Potatoes
 Nuts
 Grapes or Raisins
 Onions or Leeks
 Scallions or Chives
 Chocolate
 Sweets/Desserts
 Alcoholic Drinks
 Unbaked Yeast Dough
 Foods with Spices
 Nutmeg or Sage
 Cranberry Sauce
 Fruit Cake
 Mushrooms
 Artificial Sweeteners

HAVE A SAFE & HAPPY THANKSGIVING!

COOL STUFF FOR THE DOG LOVER

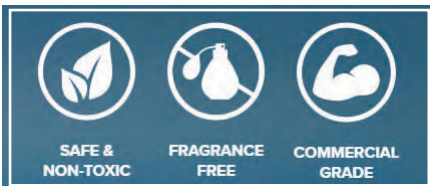
THE PET ODOR REMOVER THAT TAKES "STINK" OUT OF THE EQUATION

Dog parents know addressing and eliminating dog odors from their home, furniture, floors and even cars is a never-ending task!

While many enzymatic formulas and products are available, many work slowly, leave odors behind or attempt to "mask" odors with **overpowering** scents!

Pooph™ is addressing this issue on a molecular level through **neutralizing** and **eliminating** the odor at the source with NO overwhelming fragrances.

AND ... Pooph is safe for people, pets, plants and the planet!



Pooph is used by 5 of the largest US waste treatment companies (including landfills, recycling centers and composting facilities) to eliminate odors and improve the quality of life in the surrounding communities.

ONLY Available Online at Pooph.com!

Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet when it comes to your dog and their specific medical history, overall condition, age and breed.



AIR FRESHENERS
 COULD BE MAKING
 YOUR DOG SICK!

As our homes are closed up tight against the colder temperatures, air fresheners become more popular to keep our homes smelling fresh. But are sprays, plug-ins or diffusers **safe** for our dogs?

Air fresheners contain poisonous fumes so they pose a serious risk to your dog **just** from breathing. Also, any negative reactions by your dog could be mistaken as just a tired dog when it's much **more** serious and potentially fatal.

In addition to dogs, air fresheners can also be hazardous to humans, especially those with **asthma** and **allergies**. This is from the inherent chemicals called Volatile Organic Compounds or VOCs responsible for vaporizing and distributing the scent. These can include ethanol (alcohol), acetone, formaldehyde and more!

This includes air fresheners labelled as "green" or "natural." Since manufacturers are **not** required to list the specific ingredients, buyer beware!



CRUNCHY GREEN BEAN TREATS!

This dog treat recipe could not be any easier with just two ingredients you probably already have in your kitchen! With just 2 minutes for prep, these healthy treats will be Fido's "must-have snack!"

K9 Green Bean Crunchies

- ~ 16 ounces frozen green beans (cut, thawed and drained)
- ~ 1 tablespoon olive oil

Preheat oven to 170 degrees F.

Add green beans and oil to a mixing bowl and toss to coat beans. Evenly spread green beans on a large, parchment-lined or non-stick, baking sheet.

Dry beans in the oven for 8 hours or until all beans are crunchy. Turn off the oven and allow to cool completely before storing in an airtight container.

Optional Dehydrator Instructions: Dry at 170 degrees F for 8 hours or until crunchy.

Courtesy: SkinnyMs.com



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