

## Learn Massage for Your Hairless Wonders!

The Dog has always been considered humanity's best friend. Peruvians found their canine friends to be more enjoyable than human friends to the extent that they were buried with their perros sin pelo.

Peru has the largest Chinese population in South America, and many Chinese came over in the middle of the 19th century to work on the coastal haciendas when slavery was abolished, although the conditions in which they worked were not much better than those experienced by the slaves. By the

beginning of the 20th century, there were 120,000 Chinese in Peru, and there are now almost one million Peruvians of Chinese origin living throughout the country. The Chinese influence in Peru is obvious, especially in cooking, and Peruvians incorporate the same human and animal therapies and medicines as the Chinese havefor centuries.

Applying variations of traditional massage, acupressure, positional release, healing touch, and animal communication, pet massage allows you to support your animals in their bodies, minds, and spirits. Most pet owners can learn simple massage techniques. Pet massage is "complementary". It is not an "alternative" therapy, and it does not take the place of proper veterinary care. However, in cases where traditional veterinary medicine simply fixes a health problem for the moment and fails to tackle the root of the problem in the longrun, canine massage can be incorporated as one more piece of a holistic care and wellness package.

Pets and humans receive identical benefits from massage:

- Relieves stress and relaxes nerves
- Promotes physical, mental, and emotional well being
- ★ Increases flexibility and range of motion
- ✦ Reduces joint soreness and stiffness
- ✦ Relieves pain
- Improves digestion
- → Decreases blood pressure
- Flushes toxins and increases lymphatic circulation
- Increases oxygen and nutrients in the body

Featuring: Canine Model **IUSTINA** Medium-Size Peruvian

Hairless Dog

Here are some behavioral and health reasons to have your animal massaged:

- Allergies or itching
- Stiff joints
- Sensitive ears
- Indigestion
- Teething
- Hip dysplasia
- Fear of strangers
- Barking uncontrollably
- Fear of loud noises
- Difficulty trimming nails
- Wound that is healing
- Shock after an accident
- Arthritis
- Fever
- Surgery
- Fresh injury
- Shyness
- Hyperactivity
- Difficulty with stairs
- Aggression toward other dogs
- Nervous before competitions
- Chewing on objects



Specific techniques pictured should not be used unless you have the knowledge of a trained massage therapist or skill in canine skeletal and muscular anatomy. Basic training is often available locally for pet owners to try at home.

## www. <u>iaamb.org/Home.htm</u> Pet owners click on "Members" for training opps by state/abroad.



**ABOVE:** 

Massaging the eartips of an animal who has had major trauma helps to reduce stress on the animal

**LEFT:** Providing the proper surface and support are key to a successful experience



Pets naturally come to their humans to be petted, as a sign of approval, reward, or affection, so all animals are candidates for massage. Touch is the most basic bond between animals and people, so it is not surprising that touch is a powerful technique for healing!

The author, Melanie Chan, is a Licensed Massage Therapist (FL MA 29466) and small animal massage provider. She lives with many happy Peruvian Hairless Dogs and supports them by working for NASA.







