

Behavior Modification

# 30 Day Treatment Plan

---



Before you start working on a treatment plan for a behavioral issue, make sure you've covered all of the micro twin behaviors in the preceding chapters. Never push a dog to the point of being provoked by reactivity or intensity. Not until you've established that it's capable of serious contemplation. Take a dog nowhere as long

---

---

as it is in the reactive stage. Your dog has been placed under home arrest for the time being.

Keep in mind that not every scenario is the same, and you must have a controlled environment to properly observe behavior. We must manage everything the dog hears and sees, even keeping them away from windows in every circumstance, as if it were an independent study. During the therapy process, the dog may be affected by what you are unable to hear or see. Taking a walk around your house or learning what is behind a blind wall will be important in this step. The house has everything to do with latent work.

The treatment plan and guidelines listed below are just temporary and are only in effect for 30 days.

1. **In Home Boundary training:** Split your home in two and keep your dog away from the front door. They're only permitted on one side, the one that's the furthest away from the door you use the most. The weakest sections of the home elicit the strongest reactions from dogs. On its portion of the home, there are no commands or instructions given. If your canine crosses to the wrong side, simply reposition them by the collar over and over again, without saying anything. If you are not at home, your dog may cross the border; however, as soon as you return home, you must immediately return them to their side. The dog will link the invisible boundary with your body position and expression after enough repetition. This will show your dog that your actions, expressions, and body language have meaning in communicating.
2. **Outdoor Boundary Training:** Just like a wild pack of puppies they are not permitted to be more than 30 seconds away from the den. Keep in mind that they may cover a lot of ground in 30 seconds, but they are safe as long as they are 30 seconds away from their den in the event of an emergency. Because of this fundamental reality, your dog is not permitted more than 30 seconds from your home throughout this process. It's fine to use a long 25-foot line for this as long as you follow the notion mentioned in the last chapter about working with a puppy on a long line. (at a later time, you can promote being one minute away from home.) As I'm sure your dog will require numerous bathroom breaks, this will be done frequently. If your dog approaches the end of the line, step on your 25-foot line and do nothing.

---

Don't yank, tug, or shout. Wait until your dog realizes he can't go any further and begins heading back toward you.

3. **No marking is allowed:** You must choose only two locations where your dog is permitted to defecate. In order to understand this concept we must explore a universal truth. Using puppies as an example, when you first allow a puppy to explore your yard, what are the first things they will do? If you answered exploring and sniffing, you would be correct, this is a universal truth. Now for the next question. Why do they do this?

The reason for this is that just like puppies leaving a den to explore their immediate vicinity, there is a lot of information obtained, below are some examples...

- A. To gather information (how large a pack is and size, the frequency of traveled territory, as well as how long ago did they pass through)
- B. To find their way back home
- C. To notify others of their presence

Dogs mark territory with their urine (and occasionally excrement). Other dogs will know they are present if they mark their territory. Urine can also reveal a dog's reproductive state and rank. If you feel you have a territorial aggression problem in any way, make sure they urinate before you go out to explore, and then let them have a pee or two while you're out, but stop when they elevate their leg and release little droplets all over the area. They need to trust if anyone is going to be sending far away dogs behavior signals, it's YOU. Simply not allowing the dog to mark anything on walks can reduce territorial aggression by 50%. So long as the dog is permitted to mark and the owner is not, the dog is the sole animal acting as a leader when outside. "If you're so clever, why aren't you marking our territory?" the dog will constantly wonder, no matter what the owner is struggling with. This is a significant issue for dogs.

***The methods outlined above should be followed consistently for a period of 30 days. After that, you can proceed to the instructions below.***

4. **There will be no hunting:** Nothing should be thrown for your dog to chase. Not even playing with a ball, which is a form of mock hunting. Anything that makes a

---

reactive dog go into prey drive is TOO MUCH for him to bear. It's the equivalent of giving your credit card to a 16-year-old.

5. **Free Feeding strategy:** Free feeding is a tactic used to reduce resource guarding and food aggression. Dogs are perfectly capable of self-feeding and self-regulating their food intake in order to maintain a healthy weight. When people interfere with a dog's natural ability to self-regulate, hypoglycemia can result. Symptoms of hypoglycemia often include Clinical signs of altered mentation and behavior. Altered mental status (AMS) is **a disruption in how your brain works that causes a change in behavior**. This change can happen suddenly or over days. AMS ranges from slight confusion Lack of concentration or forgetfulness, agitation etc.

Owners who believe it is necessary to develop leadership by managing resources typically encourage dogs to be served planned meals, and trainers often rely on scheduled meals to preserve a dog's interest in food. The dog food industry is invested in convincing veterinarians that planned meals prevent dogs from being overweight, but this really encourages food addiction, which will psychologically drive overeating in a blindness mania that will need to be carefully reversed to avoid bloat. To avoid any unintended food lure molding, free feeding is required. The factor of food must be eliminated entirely. For a variety of reasons, this may be a significant struggle. However, we must train the dog to no longer feel compelled to consume whatever it is provided. As a dog waits for its next meal, the build-up of anticipation can lead to a lack of self awareness of the environment because of food obsession. When starting this process you do not want to let your dog gorge himself on his first sitting as this can cause bloat once he has followed his meal with water or possibly upset his tummy to cause him to vomit or have diarrhea. An example of a proper free feeding plan has been provided below for reference...

**Week one:**

"The cereal method" Pick up any water bowls you have off the ground before doing the following. Fill their food bowl, add water as if you were pouring a bowl of cereal for your child, Repeat process every 4 hours.

**Week two:** Same as above, but every 3 hours

**Week three:** Same as above, but every 2 Hours

---

**Week Four:** Every hour, followed by when you notice his bowl is running low, on the fourth week you can start leaving water bowls down as opposed to pouring water over his kibble.

\*For those feeding raw, the above plan will work just the same. The goal is not to leave food out all day, but rather more opportunities to have meals. **DO NOT PANIC IF THEY STARTS REFUSING FOOD!** This is normal, your canine is not being picky, they are self regulating and do not always need to eat just because you're offering it.

6: **Diet:** Make sure your dog's food doesn't include any additives or chemicals that have been related to animal behavior problems. Potty accidents caused by processed food such as kibble can cause excessive thirst and dehydration. This will also prevent obsessive water consumption that can create other health risks such as bloat.

High-carbohydrate diet, given in place of protein, can cause **high level aggression and mood swings** in your dog while chemicals and additives can cause hyperactivity and allergic reactions in your dog, Though dogs' personalities have altered as a result of domestication, certain needs are still quite similar to those of their ancestors. Natural foods like butcher's leftovers, meaty bones, and animal carcasses are less stressful on the digestive tract, resulting in improved brain chemistry. When dogs or pups have less surprising behaviors, puppy training or dog training becomes more possible. Calcium supplementation is also recommended since a lack of it causes anger, tiredness, and an unwillingness to eat.

### **Holistic Golden Paste Recipe For Behavior:**

Turmeric (Curcumin) -

So, let's have a look at Curcumin as one of the most fantastic herbs we can have as a core to support our pets, in this case, our dogs, and focusing on behavior in particular.

But wait, there's more! Curcumin is such a remarkable herb that we can't talk about it without noting the numerous advantages and sorts of benefits it may provide. First and foremost, because we are discussing behavior, we must state:

Curcumin aids in the rebalancing of stress's negative effects, therefore it's closely related to stress, as we're focusing on stress as a significant underlying cause of many undesirable behaviors due to discomfort.

So, first and foremost, we must discuss Curcumin's significant stress-relieving properties. As a result, it can help our pets feel more calm and balanced. But, as we'll read in a minute, all of Curcumin's other benefits assist to clarify why Curcumin is such an essential herb and helps to relieve stress and anxiety since it has so many other beneficial properties. Curcumin, first and foremost, has an anti-inflammatory activity, which means it may aid in a variety of ways to reduce inflammation, and it can be used both topically and internally.

Curcumin can help the immune system respond normally to issues. Supports normal healthy digestion and gut defense, as well as flexible bowel movement and antioxidant support to prevent free radical oxidative damage. It aids in the detoxification of our canines and aids in the preservation of normal DNA.

So you can see that Curcumin has such a wide variety of actions and effects on the metabolism of the organism that we call it "the joker herb" since you can use it in so many different ways and combine it with other herbs! Similar to a card game.



## Herbs and Behaviour

### Turmeric (Curcumin)

- Supports in rebalancing the negative effects of stress
- Anti-inflammatory function

80%-95% Curcumin

- Supports a normal immune response
- Supports normal healthy digestion and gut defense
- Supports comfortable, flexible movement
- Provides antioxidant support
- Reduces oxidative damage from free radicals
- Supports detoxification
- Maintains normal DNA



---

But, as you can see in the image above, there is one key point to remember about Curcumin: the root. You'll discover capsules and powder on the bottom left, however it's crucial to note that the turmeric found in most kitchen cupboards lacks all of the active qualities that we need for healing. The Curcumin content of the Turmeric we have at home is actually rather low. Make sure to look for at least 80% Curcumin on the label. It's possible that you'll need to go to a pharmacy or a vitamin store.

You may also use it as a preventive by including it in meals. You don't have to wait until there's an issue to utilize it. It's completely safe to incorporate into their diet on a daily basis. It aids in bowel motions and helps DNA maintenance, as well as strengthening the immune system.

Commercial dog food or puppy food is convenient to serve, but if dogs have to eat the same diet every day, it might get monotonous, which leads them to refuse to eat even when they are starving. A species appropriate diet is crucial!

# Turmeric Paste

## The Recipe



1 Mix the turmeric with the water in a pan. Stir the liquid on medium/low heat for 7 to 10 minutes.



2 Once thickened, add the pepper & oil. Stir very well.



3 Place in a jar with a lid & store in fridge. Add ¼ tsp of paste per 10 lbs of body weight to your pet's diet.



1/2 cup organic  
Turmeric Powder



1 cup  
Filtered Water



1/4 cup organic  
Coconut Oil



1 1/2 tsp  
freshly  
ground  
Black  
Pepper

Pet Nutrition Blogger  
Rodney Habib®

## WITH A HOMEMADE PASTE, YOU CAN MAKE TURMERIC MUCH STRONGER!

It is thought that 5% of cancer is caused by hereditary causes, whereas 95% is caused by lifestyle and environmental variables. Every year, almost 6 million canines (and counting) succumb to cancer! Cancer affects one out of every two dogs and one out of every three cats.

According to a recent turmeric study, one of the world's most widely investigated herbs may specifically target and destroy cancer stem cells while causing little to no damage in normal stem cells.

This implies that, unlike chemotherapy, which kills good cells as well, turmeric will only kill cancer cells in you and your pets!

---

The main issue with utilizing turmeric to fight cancer or repair inflammation such as arthritis is that it has a low bioavailability when consumed alone.

Because the active ingredient curcumin makes up around 5% of the spice turmeric, it is this compound that gives turmeric its potency. To top it off, turmeric root is poorly absorbed across the gastrointestinal system and is quickly excreted from the bloodstream.

When pets or people are fed turmeric root, a small amount enters their bloodstream within an hour. This is because your liver is actively attempting to eliminate it! So, while many pet owners are providing turmeric to their pets, the majority are experiencing little to no effects.

NOT TO WORRY! THERE IS A SOLUTION!

There's an easy-to-follow method that will increase the availability of turmeric root powder and its powerful curcumin to your pet's body!

What is the solution? Turmeric Paste (also known as Golden Paste) is an ancient Ayurvedic recipe that has been used in India for thousands of years!

"How does it get made in India?" With black pepper and fat. It's amazing that they figured it out without using double blind trials. (Though maybe it's simply a coincidence that it tastes good?)" -Dr. Michael Greger

Turmeric may be transformed into a powerhouse with the addition of fresh ground black pepper and a healthy fat.

According to studies, roughly 5% of black pepper's weight is made up of a component called piperine, which boosts Turmeric's bioavailability.

Dr. Doug English, an Australian veterinarian, recommends adding freshly ground peppercorns (piperine) to your turmeric root combination. Piperine will boost intestinal absorption, giving the curcumin more time to enter the bloodstream.

"Just a quarter teaspoon of black pepper boosts curcumin (turmeric root) levels dramatically." Although the same quantity of curcumin is ingested, the

---

bioavailability increases by 2000%. Even a small amount of pepper—1/20th of a teaspoon—can elevate levels dramatically." -Dr. Michael Greger

Turmeric can be made more accessible by adding freshly ground pepper, and piperine in black pepper can induce TRPV1 (transient receptor potential vanilloid type-1) in the body. This triggering has the potential to alleviate discomfort and pain!

So, what's the deal with the coconut oil?

"Another strategy to maximize curcumin absorption is to ingest it in the complete meal, turmeric root (fresh or dried as a powder), since natural oils present in turmeric root and turmeric powder can increase curcumin bioavailability seven to eight fold," according to studies. Curcumin can be absorbed straight into the circulation through the lymphatic system when consumed with fat, bypassing the liver in part."

You may use healthy organic fats like olive oil, fish oil, or coconut oil, which is my personal favorite!

## THE COOKBOOK RECIPE

To begin, gather the necessary ingredients:

- 1/2 cup turmeric root powder (organic)
- 1 cup of filtered or spring water (may need more)
- 12 tablespoons black pepper, freshly ground (fresh is always best because of the piperine levels)
- 1/4 cup organic virgin coconut oil, cold pressed (you can also use olive oil)

Here's how simple it is: in a pan or saucepan, combine the turmeric root powder with 1 cup of water; you may need to add extra water if necessary. On medium/low heat, stir the ingredients until it becomes a thick paste, which should take around 7 to 10 minutes. (If the paste is too runny, add a little more turmeric and cook it for a few minutes longer.)

---

Stir in the fresh cracked pepper and coconut oil until the mixture has been reduced to a paste.

Place the paste in a mason jar and keep it in the fridge until it has cooled. The paste should last around two weeks.

To your pet's diet, add 14 teaspoons of paste per 10 pounds of body weight.

It's never been a better time to start a preventative approach, such as adding turmeric root to your pet's food.

### **Last Step To The Treatment Plan (Holding A Pen)**

Now that we've finished our 30-day treatment plan, it's time to gradually add a natural emotional stressor as a mental distraction. To do so, you'll be able to use your boundary training skills from the previous chapters to regulate and manage intensity and reactivity. Now that you know how to construct invisible boundaries, you can do it anywhere, even outdoors on a walk, by drawing an unseen circle around yourself and commanding your dog to stay within it while you're in motion, all while holding a pen in their mouth!

Yes you heard right! Before re introducing your canine to environmental stimulation (Toys, People, Food, Dogs) they must first learn to hold a pen. Why a pen you might ask, and what does a pen have to do with cognitive function and latent work?

Negative behavior in dogs is caused by past associations and perceptions that have arisen as a result of emotional trauma. Experience develops bad or positive connections, which establish a perception, which then becomes a reality for the dog or person experiencing the experience. Old associations are replaced with new perceptions as part of the rehabilitation process.

The problem is that simply re-socializing your dog with beautiful new experiences won't suffice since you won't be able to get close enough to those wonderful experiences once they respond, and they will become additional unpleasant experiences that will only legitimize their reaction. This has now turned into a problem for both of you in your relationship. It's critical that they learn latently that

---

you are capable of making sound decisions that will help them relax and be more comfortable with allowing you to better control and manage the environment when you're together to provide your dog with a sense of safety and security, rather than the other way around, where your dog is freaking out and trying to provide that for themselves.

For this reason, redirection and desensitization doesn't always produce the results you're looking for and you will often just be stuck in a never ending plateau. The reason for this is because you're missing a cognitive latent component. The good news is that this should no longer be a factor for you if you follow the 30 day treatment plan above and incorporate cognitive thinking while multi-tasking AKA holding a pen. Your dog's outdoor freedom will be contingent on how long he can hold a pen. If you're walking around the block and he loses mental focus and drops the pen , the walk comes to a halt. You calmly say "no" and your dog is returned home on their living room boundary.