

 **Daily Doga Inspirations for you and your dog**

Just because we can, doesn't mean we have too!

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We are deluged with ways to get ourselves and our dogs skinny, healthy and more attractive. Recently, I experienced a rare opportunity to watch Dr. Oz five days in a row. I had to rest for a few days because of dental work and publishing a book. My eyes (and teeth) were tired. I was intrigued.

Day one was about ways to reduce our belly fat. Day two was about enhancing our faces, followed by disgusting things people want answers too. Why not Google and keep it private? Day three pretty much the same into day four I which I think was a repeat.

Day five was the best about his Labrador Retriever, Sally, who was introduced as "the Flabrador". She was overweight. Sally was happy to be with Dr. Oz, the Vet and the audience. She wagged her tail as they talked about how to reduce her weight for a longer and better quality of life. "It's okay Sally, I can lose a few pounds and get called names too." Sally took it in stride while the Vet tried to find her ribs.

With the exception of the Sally episode, I was exhausted from making lists of things to enhance me. I give sage advice to others so gave some to myself. I scanned the list. "Okay, aside from Sally, who clearly is the star, the list went into my "save for a few days when the excitement wears off" bin. I have learned that impulsively buying things until I explore them more fully can make me dizzy. A few days later, quick scan and the list went into the garbage can. This wee, except for Sally, was not for me.

I have a hard time wrapping my brain around, "try this, not that", then the next day, "try that, not this" followed by "try them all", and not said out loud, "to raise sales". I enjoy the enthusiasm and sense that Dr. Oz genuinely wants to help people and pets too. Plus, he's cute in a caricature sort of way. Having women hug, kiss and nearly faint over you can't be that hard to swallow. Plus, the money's good.

Splendid, we have choices. We can get aggravated or grab the opportunity to make informed decisions for ourselves and dogs (pets - life).

Just because we can and are told we should (social media) doesn't mean we have too, but thank you for sharing.

Inspired by Dr. Oz, I am happy that Sally is benefiting. A dog's health and well being relies on our awareness, action and good choices. The food - not going there except to share, "just because we can, doesn't mean we have too."

Clearly, we love our dogs and vice versa. I am hoping that Sally (all dogs) gets some exercise in moderation with her lifestyle, whole healthy and fresh foods (squashed veggies, real meat, fish) and a little fruit to juice up her life while she waits for Dr. Oz to come home. I don't know about you, but I want the dogs to sprint to me, not waddle. I want to be able to bend and embrace them, not fall over.

Back to Awareness Centered Training (ACT) with an expected publication date of "September" - if I stop watching Dr. Oz that is preceded by "Ellen" followed by the news ... never mind, taking in a deep nose-to-navel breath.

Enjoy the Journey!