

Puppy Love

February 2023

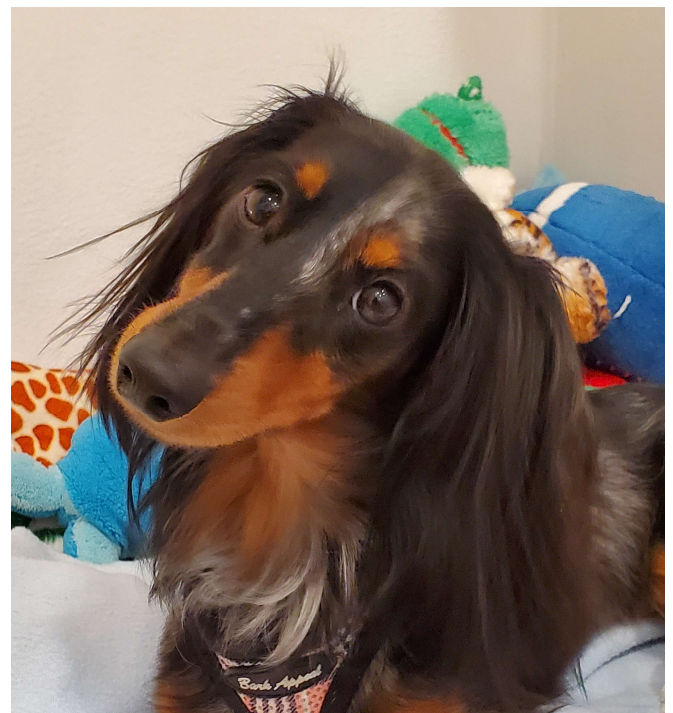
Newsletter of *Belle Amore Dachshunds*

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Eight Legs to the Rescue

Bob Harper is a celebrity fitness trainer and was the TV host of *The Biggest Loser*. Because of his dedication to fitness, Harper seemed among the least likely to have a heart attack. But, while at the gym doing routine exercises, he had a fatal heart attack, that's right, he died! Fortunately, there was a physician at the gym who administered CPR and activated an automated external defibrillator on Harper twice. When the paramedics arrived, they administered the defibrillator for the third time. The paramedics continued to care for Harper as he was transported to the hospital. Although he survived the attack due to the excellent care he received, Harper still had to work through the depression he was feeling. His friends were confident Karl, was the best medicine for Harper, so two days before his discharge from the hospital, they brought a surprise visitor to the hospital, Harper's dog, Karl. Angelo says, "All the color came back to his cheeks ~ just pure joy. Karl brought him step-by-step back to his old self." The pivotal point for Harper, mentally and physically, was his two dogs, Karl and Vivienne. He has stayed strong and motivated throughout his recovery process, determined to focus on making the most of every day because he wants to experience more joy with his two dogs. Returning to the gym was hard for Harper. He says, "At first, I was afraid of being there. My former happy place was a fearful place, the place where I dropped dead." He continues, "Workouts are still very important, but they don't rule me anymore." Harper has returned to the gym with Karl and Vivienne in tow. They are always there to provide the comfort and support their dad needs, 24/7~ because that's what dogs do. Karl and Vivienne are living a pampered life, but Harper feels he is truly the lucky one. "I am appreciative of them and the wonderful, unconditional love they give me and that I give them," he says. "I couldn't be happier and luckier that both of these dogs have come into my life."



Tallulah is home in California being adored by her loving mom.

Harvard Medical School Report *Get Healthy, Get a Dog*

Ongoing research is showing that the health benefits of owning a dog are undeniable. Dog owners have lower blood pressure and healthier cholesterol levels, and a lower risk of heart disease, than non-owners. There are also many psychological benefits to having a pooch around. Dog owners are less prone to bouts of loneliness, anxiety, and depression. Simply petting your dog can make you feel less stressed. One of the greatest benefits of owning a dog is that it encourages you to practice mindfulness ~ being in the present moment and fully appreciating life. Mindfulness can help you relieve stress and also improves your overall health.



The American Heart Association validates through research that dogs can provide their pet parents with medical benefits: including a longer life expectancy and better outcomes following cardiovascular events.