



# For Active Dogs!

Brought to you by Canine Sports Productions

Coaching dog enthusiasts to embrace the unique needs of active dogs through teaching, mentoring and educational media

VOLUME 2 | ISSUE 5 | April 2019

## The 'Cure' in Curcumin



### The 'Cure' in Curcumin: This Spice May Be The Solution to Your Dog's Lameness

**Soft tissue** (muscle, tendon, ligament) **injuries are common** in active dogs. In one study of agility dogs, 87% of all injuries involved soft tissues (1). Muscles heal quickly and generally return to full function, but **tendons and ligaments are notoriously difficult to heal** and frequently resolve by deposition of scar tissue, which impairs function.

Another common painful condition in active dogs is **osteoarthritis**, which is thought to affect **1 in 5 adult dogs** in North America, and almost certainly affects an even higher proportion of active dogs (2).

Anything that claims to improve the lives of dogs with tendinopathy or arthritis is definitely worth checking out, so **two studies of the effects of the spice curcumin on tendon healing and arthritis** caught my attention. [Check it out.](#)

[Read more](#)

### Upcoming Events:

#### For Dog Lovers/Trainers

**May 11 & 12, 2019**

[Coaching the Canine Athlete Seminar](#)

Kemptville, Ontario

Contact: Rose-Anne

Gleiser [animals@humans1@gmail.com](mailto:animals@humans1@gmail.com)

**Nov. 2 - 4, 2019**

[Coaching the Canine Athlete Seminar & Intensive Structure/Gait Analysis Clinic](#)

Langley, BC

[wgalt@telus.net](mailto:wgalt@telus.net)

#### For Veterinarians, Physical Therapists and Veterinary Technicians/Nurses

**May 2 - 4, 2019**

[Canine Sports Medicine Module](#)

Canine Rehabilitation Institute  
Coral Springs, FL

[www.caninerehabinstitute.com](http://www.caninerehabinstitute.com)

**Sept. 12 - 14, 2019**

[Canine Sports Medicine Module](#)

Canine Rehabilitation Institute  
Wheat Ridge, CO

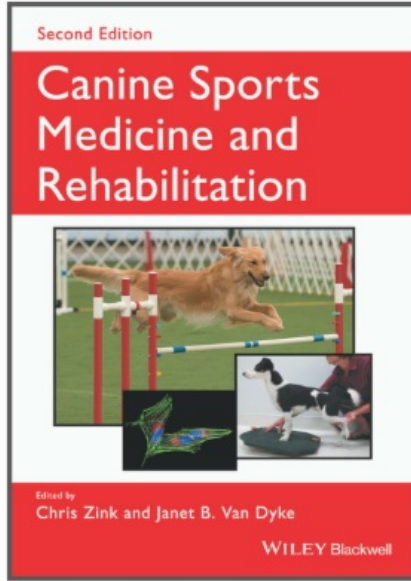
[www.caninerehabinstitute.com](http://www.caninerehabinstitute.com)

## For Active Dogs! Trivia

Answers to all trivia questions are found in past For Active Dogs! newsletters

## What is the reason to add antioxidants to your dogs diet?

click [here](#) to find out the answer



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