

# COLD NOSES NEWSLETTER

"Humans would be better off if they tried to be more like dogs."

FEBRUARY 2026  
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## Fear-Free: What Does it REALLY Mean?



Acronyms, buzzwords and catchphrases are **so common** in today's society even when we don't always understand their true meaning.

**Fear-free®** is one of these popular phrases tagged onto just about everything "pet." **But what does it really mean for you and your pet?**

It was "America's Veterinarian," Dr. Marty Becker, who coined the phrase "Fear Free Care" in 2016 for the veterinary, pet professional, and animal welfare industries. According to the **Fear Free® website**, "*Fear Free ... is to prevent and alleviate fear, anxiety, and stress in pets by inspiring and educating the people who care for them.*"

### Why Fear Free?

Every pet parent wants the **very best** for their beloved animal companions, especially when it comes to unwanted fear, anxiety, or stress. Like the "white coat syndrome" in humans (the anxiety of being around doctors leading to higher blood pressure readings), our pets often feel anxious, fearful, or stressed when outside their trusted home, such as at the vet or groomer.

The Fear Free mission offers science-based, behavior-led strategies to prevent and reduce fear, anxiety, and stress of pets around the globe!

### Fear Free: Professionals

By learning and implementing the Fear Free philosophy and practices, pet parents, shelters and rescues, veterinary and pet professionals can all work together to support and nurture a healthier, calmer, and emotionally happier pet.

Fear Free Professional Memberships or Certifications are available for:

- ♥ Veterinary Professionals
- ♥ Veterinary Practices
- ♥ Pet Professionals

### Fear Free: Pet Parents

**Pet parents**, take advantage of the "**Fear Free Happy Homes**" extensive content library that has been reviewed and vetted by board-certified veterinary behaviorists for all kinds of pets!

Want to find Fear Free Certified Veterinary Practices and Professionals near you? [Click here for the Fear Free Directory.](#)

## Your Dog's Behavior and Beyond



In February's article, Stephanie of Canine Zen encourages us to rethink whether our dog is "stubborn!"

"Stubborn" is often an adjective used to describe the dogs humans feel are not responding to - or blatantly disregarding - their cues.

**But is it really that simple? Not at all!**

Although we love to anthropomorphize our K9s, dogs **do not** act out of spite or stubbornness. But they **are** communicating to us **if** we stop and focus on them.

A dog's behavior is shaped by past experiences, their environment, as well as their current emotional and physical state. **Context is everything**, and when we understand that, the **connection** and **bond** with our dog **deepens** and **strengthens**.

[Click here for 4 Common Reasons WHY Dogs Don't Respond!](#)



Image Courtesy: Melissa from Pixabay.com

*Disclaimer: This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.*

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# GREEN BANANAS

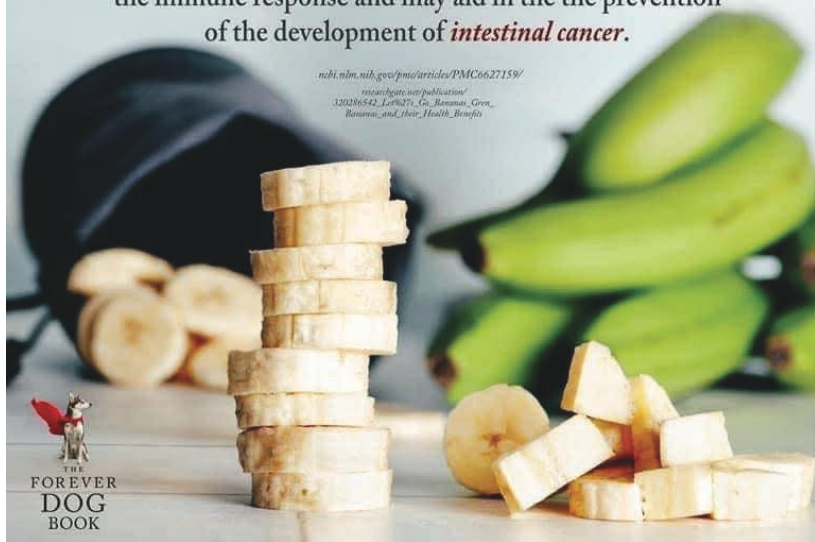
THE WORLD'S MOST SURPRISING TREAT  
FOR **GUT & IMMUNE** HEALTH

Scientists have discovered **unripe bananas** are very beneficial for alleviating **GI symptoms**, including **diarrhea** and **colitis**.

The anti-ulcer activity of **green bananas** has been attributed to a **flavonoid**, **leucocyanidin**.

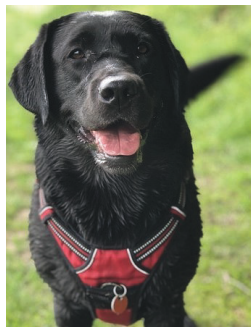
**Green Bananas** are loaded with **pectin** and powerful **prebiotics**, contributing to the prevention of **intestinal diseases**, improving the immune response and may aid in the prevention of the development of **intestinal cancer**.

nchi.nlm.nih.gov/pmc/articles/PMC6627159/  
researchgate.net/publication/  
320286542\_Let90271\_Go\_Bananas\_Green\_  
Bananas\_and\_Their\_Health\_Benefits



THE  
FOREVER  
DOG  
BOOK

## K9 Body Language 101: The Wagging Dog Tail



Who doesn't love a wagging dog tail?

While most people believe this means a happy dog who is ready to meet you, a wagging tail is also one of the **most misunderstood dog behaviors**! Below, we'll clear up the misconceptions.

As with all canine behavior, **context is crucial**! In other words, notice **all** the K9's body language cues for an proper interpretation.

If a dog is wagging their tail, also take notice of the tail's position, body stance and the dog's facial expressions.

**For example:**

- A **tucked-in or low, fast-wagging tail** indicates a dog who is scared or unsure. Refrain from approaching them to aggravate the situation.
- A **highly-held tail with a stiff wag** means the dog is excited, agitated, or aroused. If the body is also stiff, positioned forward, and their ears are up or forward, be careful.
- A **loose, broad, and sweeping wag** (that is neither high, nor really low nor tucked in) typically means a dog that is comfortable and friendly. But again, **notice the overall body language first**. Look for other signs of friendliness such as soft eyes, a "smiling" mouth with a loose jaw, and a loose, wiggly body!

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## Vaping Can Make Your Pets SICK

While vaping is often viewed as less harmful than smoking tobacco cigarettes, it's still not safe, according to John Hopkins. And if you're a dog or cat owner, **it's even worse**!

Vaping around your canine or feline can pose **potential and serious health risks** to your animal companions, like **heart disease**, **respiratory issues**, and **even cancer**.

Symptoms include vomiting, coughing or wheezing, excessive drooling, skin conditions, allergies, and eye issues. In addition, dogs may be susceptible to bronchitis and cats to asthma!

**Even licking the vapor off their fur can increase the risk of negative health conditions.**

There's also a risk of the pet chewing or swallowing parts of the e-cigarette, the vaping liquid, or even the battery.

**Proactively protect your pets from the risks of vaping around them to protect their health!**



## Nutritious Yogurt Biome for Fido or Felix

**Have leftover plain yogurt in your refrigerator?**

Don't throw it out, make these easy, and gut-nourishing dog treats!

Add a spoonful of Manuka Honey to the yogurt, it's packed with valuable antioxidants, anti-bacterial and anti-inflammatory properties.

Line a baking pan with parchment paper and spread the yogurt and honey mixture on top. Now add anything your dog **loves**!

Like **berries**, rich in prebiotics and Vitamin C to improve the gut barrier.

Or **pomegranate seeds**, to fight chronic inflammatory disease.

And don't forget **chia** and **pumpkin seeds**, packed with antioxidants.

Place in the freezer for a few hours until frozen, and then cut into bite-sized pieces for your dog or cat.

**Recipe Courtesy of  
The Forever Dog Life Cookbook**

**Disclaimer:** This information does not constitute professional veterinary advice. Always work with your regular licensed vet for your dog, their medical history, overall condition, age and breed.

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