

# *Grow Young with Your Dog*

Learn How You and Your Canine  
Companion Can Feel Better at Any Age!

**#1 Amazon  
Best Seller**

**INCLUDES  
over 4 hours  
of online  
audio & video  
instruction!**

**Mary Debono, GCFP**  
Creator of *Debono Moves<sup>sm</sup>*

Mary Debono GCFP

## Grow Young with Your Dog: Learn How You and Your Canine Companion Can Feel Better at Any Age!



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This book can help you and your dog feel better – Using exercises in this book, you can learn how to:

- Minimize the risk of injury
- too old to recover.” at any age!

Lessen the effects of arthritis, hip dysplasia and aging

The book also contains innovative exercises which can help you move freely, feel better and grow young with your dog!

**WINNER - Best Health Book - 2015 NORTH PARK Publication Awards**

Mary Debono describes how she's helped dogs completely heal from accidents and surgeries, move well despite arthritis and hip dysplasia, recover from a paralyzing stroke and run and play again after getting classified as “Comfort and ease the aging and infirm

- Improve athletic performance
- hours of audio instruction at no additional expense.

Facilitate healing after injury, medical procedures or illness

- Cultivate a deep bond between human being and canine
- Reduce stress and anxiety
- Purchase of this reserve entitles you to access 55 a few minutes of video and over 3½

Enhance vitality and well-being



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It's a Winner! It really is well organised We am a Feldenkrais Instructor and a Tellington Contact Practitioner and I have been surprised at how much I use and refer to this lovely, gentle, intelligent book. Fifteen years ago I used Mary's use an elderly equine with EPM with positive results, and that was before the medicine from the veterinarian arrived. In her publication, Grow Young together with your Pet, Mary Debono builds upon the various bodywork techniques she's studied and offers some new and very effective techniques called Debono Movements. Knowing she required something I started her with pool therapy, that was amazing and helped her hip. Except rather than using a pencil as well as your eyes, you use your hand and the feeling of contact and feel. Buy it now:) Great Book Very insightful book. At this time, I'm still reading but I'm liking what I've read up to now. To wrap it up, Grow Young together with your Dog offers practical, easy to understand techniques and exercises that you can use correct away to improve the health and well-being of you and your dog. Seven circumstances are presented. They are about canines who suffer from a variety of problems - stroke, problems walking due to weakened muscle tissues, stiffness in the spine, a neck damage, continued limping after surgery for a torn ligament, hip dysplasia, and infirmities of old age. Second: In order for the reader to understand how to help his or her own puppy, the anecdotes are accompanied by apparent explanations and photos of some techniques used during the session. To get her to lessen her leg and begin the process of walking on it once again, I utilized gentle touch and pressure on her behalf higher thigh while she stood on three legs. In Chapter Eight there are steps of ten Debono Movements sessions for folks. Additionally, the reader is usually encouraged to go to the website free of charge recorded Debono Moves audio sessions and nearly one hour of video classes. The book is well-organized so that you can quickly leap to the section you will need. The guidelines of all exercises are obviously explained. If you happen to have a reactive or anxious dog, Debono Moves exercises can help reduce tension and enhance your pup's overall well-getting. I'll certainly recommend it to my friends and clients. Practical and mind expanding Exceptional information that heals the dog and enriches the individual in many ways. I've known Mary Debono and her work for sometime. Her publication is beautifully and honestly written and shows her love and compassion, not merely for the canines she works with but for their human close friends as well. This process is another valuable device in the alternative healing toolbox. It reminds me of Drawing with the Right Side of the mind. Keep up the great work! But, my persistent little terrier blend still refused to use the leg. I originally believed Molly had sprained her leg, so I kept her calm for few days, but when Molly afterwards collapsed while on a brief walk, I brought her straightaway to the veterinarian. As an pet communicator who consulted with her and her person, Personally, i know the down sides the Border Collie, Blossom, faced emotionally and physically with significant hip dysplasia at such a young age. The before and after x-rays reveal the excellent results of this method in a most powerful way. I highly recommend Mary's book for all dog owners and their pups. After Haley's CCL knee procedure last year, I relied on some of Mary's theories and methods. Mary Debono challenges this way of thinking, both for people and their pets, in her book. JUST A LITTLE About Mary First Mary Debono is a lifelong animal lover with over 20 years experience in helping thousands of animals overcome physical and psychological challenges. She's a qualified Feldenkrais® Practitioner who has combined that knowledge with pet bio-mechanics, behavior and training knowledge to generate her own technique known as Debono Movements. Once she was feeling better from the colitis, keeping her knee up got become a brand-new habit and she was behind plan in her rehab progress. She shares that knowledge with us in her book and her passion for helping animals and people can be experienced on every page. Excellent. Mary explains in her book that people

don't necessarily have to accept that we're likely to feel even worse or have less energy as we get older and that our thoughts and perception of aging may limit our actions. She connects and communicates with pets through gentle hand contact and movements which can lower anxiety, ease arthritis, heal injuries and even regain motion after paralysis. Debono Movements utilizes neuroplasticity, which is the brain's ability to form or reorganize new neural pathways in response to damage or disease when additional pathways have already been forgotten or switched off. The book is laid out very concise with comprehensive explanations of methods. Since then, I have performed the exercises daily on my dog (and on me, as well) and am happy to survey he gets better w/ each passing day! Do we have to accept that as we obtain older we're going to experience old and tired? Right after her surgery, Haley arrived down with a severe case of colitis which went undetected until a fever provided itself. She was in such discomfort for several days that she kept her harmed knee high and restricted to her tummy and refused to lessen it at all. She's worked effectively with dogs, cats and horses at her practice in Encinitas, CA and offers traveled all over the world teaching her techniques in workshops. Limping about on three hip and legs and continuously pivoting on her good foot was putting a lot of extra pressure on her behalf good knee. Third: There are two options of the way the reader can go through the Debono Moves for him or herself. The light but constant pressure helped her relax her leg just a little at a time. After several periods, she finally brushed her toenails on the carpet, then gradually put a growing number of weight on her behalf leg. Then, I adopted up with Mary's technique (page 88) where I supported Haley while slowly and carefully shifting her fat to all four hip and legs in a circle. The exercises taught her to relax and trust that she could put pounds on her leg once again. I was so relieved to obtain her back on the right track with her rehab. Mary shows you how to use the hands to experience and learn about your pet's anatomy. The Many Great things about Debono Moves If you have an older dog, Chapter 7—Enhancing the Life of the Older Pet, offers practical tips and exercises to help keep your dog moving more freely. I am a physical therapist and was trying to do therapy with her to no avail. It's about assisting all dogs feel younger and more energetic. Active or athletic canines can reap the benefits of these exercises as well and may see a reduced risk of damage and enhanced athletic ability. How exactly to Grow Young with Your Dog can advantage everyone from a beginner to a tuned bodywork practitioner. Chapter 8 is specialized in exercises simply for you, but additionally, there are human exercises incorporated into many of the techniques you do with your dog. Probably the most valuable benefits of using Mary's techniques, is the strong bond it generates between you as well as your pet dog. And, while you're helping your dog, you're reaping the advantages of touch and relaxation as well. Initial: The reader is introduced to the purpose of each chapter through an anecdotal review of a bodywork program with a pup with a specific problem. This is where the windpipe collapses and she can't breath for a few seconds. This reserve is filled up with heart warming stories alongside detailed descriptions and several photos of the techniques that have been used in the periods with the dogs and individuals. Each chapter highlights a particular area or problem being treated and includes exercises and tips to review at the end of the chapter. There are plenty of pictures to greatly help illustrate Mary's techniques. One of the best topics covered is in Chapter 2—Getting to Know Your Dog in a New Way. Whew! This technique of listening with your hands can help you place potential trouble areas in movement. Although Mary's book is fantastic for a person with a senior dog or a dog that's dealing with a condition that affects their motion, I would recommend it to any dog owner because of the many benefits you and your dog can enjoy by practicing Debono Moves. As a reward, the book also contains access to additional audio and video files via Mary's website.

Sensitive, intelligent work that will surely help your dog A friend of mine who is a thoughtful, educated breeder of canines recommended that I read this book. This publication and Mary's strategies are a classic gift of love. You'll find nothing so fulfilling as hearing your dog breathe a heavy sigh when his muscle tissue relax and release beneath the gentle touch of your hands. Yet, what really sets this book apart is the format – it really is arranged three learning segments. It is an intelligent, gentle book. I've hardly ever fulfilled Mary but we don't live definately not each other. After scanning this book, I'll reach out to her. He is 15 and his hind legs were very poor.) Both of my canines may use some help making use of their knees (luxating patellas). Also, one has a congenitally deformed jaw that I'm hoping she can ease. It must be painful. I'll update my review when I've read further and have been functioning with this technique a while. Helped my dog a lot! Dogs are our soul, teaching us peace, mindfulness, and patience. I have a 15-year outdated terrier combine who was left w/ extremely arthritic hips after a fall down a flight of stairs. The exercises in it- once I got practiced them on her 3-4 times- really seemed to help her activity level and feeling. Fast forward to 90 days after Zoey surgery I found myself sitting in a community presentation on Feldenkrais. intelligent book. Loved this book, and my pet dog responded wonderfully to the techniques, she clearly enjoyed this. It's also inspired me to employ a very similar approach with the horses I focus on, and they also love it! SOMETHING SPECIAL of Healing We purchased this directly from her site and was really intrigued by the information and exercises. I took her for two Feldenkrais classes with a practioner and, as the time and expense of taking her regularly were hard, our practitioner recommended this book. Acupuncture acquired helped, but he still experienced weakness. When I learned that Mary was going to be here in LA providing a workshop I jumped at the chance to match w/ her for a private program. How Debono Moves Helped My Pet, Haley Mary's reserve has specific chapters specialized in helping dogs with back problems, neck problems, hip dysplasia and of course, the all too common knee injuries. I really like that this book approaches recovery by combining your brain, breath, muscle tissue and nerves. The rhythmic motions trigger a response in the nervous system that opens a pathway to healing, helping the muscles re-learn how exactly to move correctly again after months of compensating for discomfort. I have caused my canines using TellingtonTouch and Reiki and appearance forward to by using this technique aswell. She stated that Mary had really helped her canines when chiropractic and acupuncture acquired failed. What Does It Mean to Grow Young TOGETHER WITH YOUR Dog? Miraculous changes in my dog. Recommend this book. It is very easy to follow and the videos you get access too are fantastic. The difference in my dog is fairly incredible. (I'm a pet dog book author as well: Scared Poopless: The Straight Scoop on Dog Care. He is right now leaping around chasing his youthful lurcher mate and even jumped in to the back of the car. I've really benefited too and feel much less stiff in the mornings and have much less back pain. There's careful attention to details, with many footnotes to refer the reader to previous segments in the reserve or additional information. Mary Debono certainly has a unique present in dealing with all pets! Everyone can relate to living with an aging canine companion. Clearly written, educational and pleasantly illustrated. The first symptom was hat she was lame on her behalf left front leg My 9 year previous; ;rescued mini Yorkshire terrier, Molly, suffered a spinal damage. The first sign was hat she was lame on her behalf left front leg. A chance to find out the anatomy of a puppy and by expansion our own. The veterinarian said that my pet dog had harmed her back and suggested even more diagnostics, I then got Molly to a neurologist who after acquiring x-rays, concluded that she injured her backbone in the region between her neck. Because of the method the nerves operate, he spinal injury was causing her to limp on her behalf left front leg. The neurologist recommended steroids and various other anti-

inflammatories for Molly. To complicate matters, Molly also has trachea collapse. Mary highlights several cases where she's helped dogs and explanations and the methods she used to obtain a positive outcome for every dog. It's very distressing for Molly and myself. The first outward indications of her trachea collapse had been that she was coughing and gagging when normal water or becoming over anxious. As a pensioner on a restricted budget, I can't afford expensive therapies and treatments for m beloved Molly. I was desperate to get help for my little lady, therefore i searched online. Highly recommended! I have already been a bodywork practitioner working with animals for more than 30 years and am familiar with a variety of techniques for bodywork and healing - massage, acupressure, Reiki, Feldenkrais, TTOUCH, SENSE, etc. It really is well organised, perfectly illustrated and is a very useful introduction to the Feldenkrais method and bodywork for dogs, even if you are not used to both. I was assured by many that dogs prosper with FHO surgery. Healing Techniques for THE ONE YOU LOVE Pet and You!! My small dog has been experiencing back again pain the previous few months and I must say i did not really want to put her about a chronic medication first thing. Therefore, when I was told by the vet that my three-year-old pup needed hip surgery I was devastated. I recommend it. Mary Debono was among the speakers and I immediately knew this is what Zoey needed to rehab her hip. Well, that was not the case with Zoey. 8 weeks post surgery she was not using her medical leg and it had been obtaining stiff and atrophied . But Mary's reserve is not just about helping old or injured dogs. I'm always looking for new tools to put in my toolbox. Mary lifts the veil and displays us what she does and how she does in an easy to follow manner. I'm very pleased to have it and strategy to give a copy to my vet and a pal whose dog has a limp. Also, she was youthful she would be running around in no time. I contacted Mary and she suggested her publication. I also did one program with her to observe how she caused Zoe. Through these movements and exercises, both you as well as your pet can regain a more youthful state collectively utilizing the power of touch and connection. Also, she's links to movies so you can view how she performs the treatments. What I liked was it starts with connected breathing with your dog.



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