

OBEY YOUR OWNER

It's never too late to train your dog, says Sam Robertson



Labradors are born half-trained and spaniels die half-trained but not all dogs conform to types. Whichever breed you own, and however old your dog is, training is one of the most gratifying parts of pet ownership. A training class doesn't train your dog – it teaches *you* how to train him. A small amount of training every day will be repaid by living with a well behaved dog who doesn't pounce on visitors, dig up your favourite flower bed or lie on your expensive sofa.

Puppies can embark on training as soon as they have completed their course of vaccinations. There is an

abundance of classes that cater for all sizes, all ages and all breeds. As well as aiding essential socialisation, classes help to lay the foundations for good manners and basic obedience. Older dogs also benefit from training – it's never too late.

Before enrolling in a course, perhaps watch a class without your dog and assess if it's the right environment. Training should be reward-based and no punitive methods or excessive shouting employed.

Dogdaysadventure.com. For more information about classes, contact the Kennel Club Good Citizen Dog Training Scheme; thekennelclub.org.uk

NOT JUST A HEADACHE



One in seven people suffer from migraines, yet do they realise that chiropractic care can help them? Toby Colliver has the answers

Headaches are not uncommon but some are worse than others and these may be migraines, a complex neurological disorder. Triggers include certain foods, alcohol, caffeine, lack of, or too much sleep, fluctuation in hormones, crying, loud noises and bright lights, to name but a few of the typical ones. According to the Migraine Trust, there are around 190,000 migraine attacks daily in the UK. Both migraine and tension headaches plague more women than men and over half of sufferers experience symptoms at least once a month.

Past research shows that out of 127 people suffering from

this debilitating condition for an average of 18 years and, who then underwent chiropractic therapy, 22 percent of these experienced over a 60 percent reduction of symptoms and a further 50 percent saw a noticeable improvement. By gently correcting the bones in the spine, particularly in the upper neck, chiropractic treatment can improve your nerve system function and reduce the short-circuiting that leads to the migraine response.

Migraine Awareness Week runs from 6 September until 12 September. To find out more, go to migrainetrust.org and for more information about chiropractic treatment for migraines, visit cobhamcc.co.uk