

## Bio Sensor

A U.S. Military canine developed program used during the most crucial stage of a puppies life when neurological stimulation has the most lasting optimal effects. There are a series of 5 exercises performed once daily (about 3-5 secs per exercise) from age 3 days to age 16 days.

1. Tactical Stimulation (between the toes)
2. Head held Erect
3. Head pointed down
4. Supine position
5. Thermal Stimulation

Five benefits noted in canines that were exposed to the exercises:

1. Improved cardiovascular performance (Heart Rate)
2. Stronger heartbeats
3. Stronger adrenal glands
4. More tolerance to stress
5. Greater resistance to disease

Results Reported from Bio Sensor: (Penny Leigh- Author)

Stimulated puppies were more active and exploratory compared to non-stimulated puppies over which they were dominant in competitive situations.

Secondary effects were also noted regarding test performance. In simple problem solving tests using detours in a maze, the non-stimulated pups became extremely aroused, whined a great deal, and made many errors. Their stimulated littermates were less disturbed or upset by test conditions and when comparisons were made, the stimulated littermates were more calm in the test environment, made fewer errors and gave only an occasional distress sound when stressed.

Penny Leigh ( Author) states her conclusion as follows:

Breeders can now take advantage of the information available to improve and enhance performance. Generally, genetics account for about 35% of the performance, but the remaining 65% (management, training, nutrition) can make the difference. In the management category, it has been shown that breeders should be guided by the rule that it is generally considered prudent to guard against under and over stimulation. Short of ignoring pups during their first two months of life, a conservative approach

would be to expose them to children, people, toys and other animals on a regular basis. Handling and touching all parts of their anatomy is also a necessary part of their learning which can be started as early as the third day of life. Pups that are handled early and on a regular basis generally do not become hand-shy as adults.