



Buffy was 15 weeks old when she first came home and was the second female King Charles Spaniel in the house. Buffy was very quiet as a puppy and would only interact with me, she would not play with the other dog or my husband and daughter. She would sit in the corner of a room most of the time and would nod her head back and forth. We could not teach her to do anything at all, she wouldn't even go for a walk on a lead and was too frightened to interact with people and dogs generally.

After spending several hundreds of dollars with vets and numerous trainers, Buffy was still no better. Our vet recommended us to another vet who specialised in behavioural disorders. He diagnosed her with genetic anxiety and prescribed Prozac and Inderal for her. He also advised that if this did not work she would have to be put down. The medications helped slightly, but I felt it was not good for her long term and it was a constant worry. I was reading my obedience newsletter and saw Helen's add which gave me hope. I rang Helen and from the empathy she showed to our situation and her enthusiasm to help, I decided to make an appointment for her to see Buffy. When Helen came to see Buffy I knew that I had made the right decision, Helen genuinely wanted to help. After a number of Bowen Therapy treatments, and with the use of Kinesiology and specifically tailored essences, Buffy showed significant improvement. Today Buffy is drug free, walks on lead,

interacts with the family and other dogs and copes very well with normal life. On top of this we now have three King Charles Spaniels and Buffy has fully accepted and adjusted to the new pup. Helen, thank you for your commitment to giving Buffy a better life without you she would still only be living half a life!

*Carolyn Rodriguez, Greystanes NSW*