



Early Neurological Stimulation Exercises Day 3-16 ~Dr. Carmen Battaglia~	Early Scent Introduction Day 3-16 ~Dr. Gayle Watkins~
5 exercises that are performed for 3-5 seconds 1. Tactical stimulation (between toes) 2. Head held erect 3. Head pointed down 4. Supine position 5. Thermal stimulation	Expose the puppy to a different pungent scent each day. Hold them close to you and let them smell the item. Chart the reaction: Positive: Puppy actively engaged with the scent (don't let them touch the item) Neutral: No reaction noted Negative: Puppy moved away from scent
Benefits: 1. Improved cardiovascular performance (heart rate) 2. Stronger heart beats 3. Stronger adrenal glands 4. More tolerance to stress 5. Greater resistance to disease	Benefits: Nose awareness and confidence! Great for hunting, tracking and diabetic alert dogs (to name a few).
To Note: 1. Do not repeat more than once a day 2. Do not extend the exercise past 5 seconds 3. If pups are struggling to thrive (for various reasons), skip the ENS for a day, or longer as necessary. Only healthy, thriving pups that are not put under any other stress should do the ENS.	To Note: 1. Use scents that are found in the environment 2. Spices and herbs are great and store nicely in tin cans 3. Do not use scents that would entice taste buds, we want the nose to be activated.

Scent Options/Ideas: Garlic, rosemary, red pepper, orange peel, ginger, cinnamon and sugar, bay leaves, clove, oregano, nutmeg, peppercorn, poppy seeds, onion, pepper, all spice, etc.



Resources

1. Battaglia, Carmen, Early Neurological Stimulation. <http://breedingbetterdogs.com/article/early-neurological-stimulation>
2. Watkins, Gayle. Why not start your puppies on Early Scent Introduction? <https://www.avidog.com/esi/>