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ORGANIZATION OF CANISTHERAPY IN THE RURAL GUEST HOUSE

It's no secret that the environmental situation in cities leaves much to be desired.

People must not only enjoy all the benefits of civilization, but, due to the violation of the ecological balance of the planet, must also pay for this pleasure with their health. Therefore, city dwellers really need to travel outside of the city for at least a couple of weeks, live in harmony with nature, enjoy fresh air, eat natural and fresh foods, drink spring water and feel in complete comfort of the soul [1].

The rural guest house provides a unique and authentic experience of rest in the countryside, various services for rest and recreation, such as accommodation, meals, excursions, rehabilitation of sick people, cultural activities. Because of the war, our soldiers really need psychological and physical recovery, which they can get in such rural guest houses. It may also attract tourists who are looking for new experiences and want to take a break from the bustle of the city.

We offer the creation of a unique guest house, where nature and comfort will unite in one place. The uniqueness of such a hospitable estate will be the opportunity for relaxation and rehabilitation with the help of canistherapy – treatment with the help of dogs.

Canistherapy is a method of treating and rehabilitating people using specially trained dogs. It has been practiced in the world since the second half of the 20th century. Rehabilitation with the help of dogs is a very effective and beneficial process for people who need physical, psychological and social recovery. Dogs can be very helpful companions and instructors along this way.

Physical rehabilitation with dogs may include exercises to help restore motor skills and coordination. Walking and playing with dogs increases physical activity, improves heart health and helps strengthen muscles.

How do dogs heal people? Thanks to direct contact with problematic parts of the human body. The dog «pulls out» the pain by pressing on these parts of the body and improves the patient's overall well-being. Contact and touching of an animal with a person is especially effective in the treatment of radiculitis, osteochondrosis and other diseases of the peripheral nervous system. Everyone remembers that dog hair or products made from it are very helpful for the mentioned diseases [2].

Dogs also have a powerful psychological influence. They provide support and

relaxation, reducing stress and anxiety. Dogs can become reliable social partners for people with mental health problems or post-traumatic stress disorder, facilitating socialization and mental health recovery. This is especially true of the Labrador breed.

Labradors are wonderful dogs that are famous for their kindness and loyalty. This breed is one of the most popular in the world due to its friendliness and agility. Labradors know their desire for people. They are very social and willing to be part of the family in every aspect of life. Their gentle nature makes them wonderful companions for children and adults.

It has been medically proven that interacting with dogs normalizes blood pressure. This is especially important for the prevention of cardiovascular diseases. The presence of animals greatly facilitates the well-being of a person who has suffered a stroke or myocardial infarction. Improving the psychological mood and increasing the tone have the most beneficial effect on the well-being of patients. Interesting fact: communication with a devoted, selfless, unconditionally loving pet especially helps people with a traumatized, unstable psyche.

Irritable and hot-tempered people, for example, do best with the Shar Pei dog breed. It is believed that due to the particularly strong biofield of these dogs, their presence has a pronounced calming effect on humans [2].

Dogs are used as therapeutic agents in the rehabilitation process. They help people regain self-confidence and improve their quality of life. Through training and interaction with intelligent and loyal dogs, visible improvements in the rehabilitation of people of any age and gender can be achieved.

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