

Chapter 1 : 3 Ways to Stop a Cat from Chewing - wikiHow

Steve H. Graham's latest effort, "Keep Chewing Till It Stops Kicking" is another truly funny book. The premise of the book is that it's a translation of newly-discovered pictograms left by Caveman Hal in his cave home in Chicken Bend, Arkansas.

Your brain is rewiring itself. Your body is responding in kind. Everything is a mind game now. All the cravings you have are actually due to triggers. Triggers are events where you are in a situation you would normally dip in. Mowing the grass, playing poker online, playing golf, working on the car, you get the picture. Keep drinking water, use seeds, the fake stuff, whatever you need to keep the dip out of your mouth. Remember, oral fixation is part of our habit, something you will eventually need to break. For now though, use all the tools you have. Not staying up to get in that last dip. You may notice some sores in your mouth. Your mouth is healing itself. We recommend you visit your dentist around the 30 day mark. He or she will be very supportive and they can explain the sores much better than we can. Drinking is a huge trigger event and it weakens your resolve. Days 50 - 70 - Cruise control. Life is really good. You still think about it, but this is good stuff here. Some people may suffer anxiety attacks during or a little before this stage. Some doctors say we dipped to relieve anxiety anyway. Some people can push right through this, others need a little help. Talk to your doctor before you quit or immediately after you quit. They will know what to do. Some give Wellbutrin or Lexapro. Lots of people in the support community take or have taken these medicines and can help you with the affects. Days 70 - 90 - Late term craves, the doldrums, the blahs, the blues. Some people end up feeling like they are right back at day 1. The fog, the haze, the craves. It can be a tough time. You need to let people in your group know this is happening. Time to circle the wagons to get through it. It usually only lasts a few days. Enjoy the hell out of these last 10 days. You will be celebrating with your group as you all enter the HOF. It is a great feeling and an accomplishment you should not take lightly. Do something special for yourself and your family. They put up with your sorry ass for the last 90 days and they deserve something too. Use the tools you have, to continue beating back any cravings or urges. You will still experience dip dreams and longings, but you are fully qualified to beat them down. Continue to post roll with your group. Get into the newer groups and help somebody out. Looking for info after days?

Keep Chewing Till It Stops Kicking has 4 ratings and 1 review. Rahul said: This book is a diary of a Stone Age Man. It's very funny. You will hold your s.

Cats are notoriously fastidious groomers who clean their fur day after day in an endless attempt to keep it clean. If you notice your cat biting, chewing or gnawing his tail a lot, though, he may have health issues in need of attention. Contact a veterinarian before symptoms worsen. Cat Tail Tales Cat tails are sensitive appendages that help your cat maintain balance and display emotion. They typically have 18 to 23 vertebrae, attached to which are muscles that control voluntary movements. Cats normally groom their tails as they do the rest of their bodies. Excessive biting and gnawing, though, can indicate a multitude of medical issues. If your cat is chewing on his tail more than is typical take a closer look and call a veterinarian. Regardless of its cause, excessive tail biting can cause secondary infections. Routine fur cleanings can irritate wounds or growths, exacerbating licking and biting as they scab or weep. If the tail is sore to the touch or has zero sensation, your cat could have a fractured or dislocated tail. You may discover cuts, abscesses or growths. Cat fleas—*Ctenocephalides felis*, if you want to get technical—affect indoor and outdoor cats alike. They even affect dogs and, sometimes, humans. Treatment options depend on the severity of infestation. Oral and topical medications are usually supplemented by flea combs and environmental treatments. Note that some flea products intended for dogs are harmful, even deadly, to cats; very young kittens may also need special treatment. Tail biting may continue after all fleas and flea eggs are eliminated, as lingering skin irritation can build on itself. Allergies and Stress Allergies or feline hyperesthesia can also cause your cat to gnaw on his tail. A veterinarian can run a full allergy test. Your cat can develop allergies to foods after years of eating them with no trouble, so exhaust every variable. Hyperesthesia, or extreme sensitivity to touch—and its oft-overlapping partner, feline psychogenic alopecia—are generally diagnosed by eliminating other possible problems. The condition is caused by stress: Reversals or positive changes can help. If symptoms are concentrated at the base of her tail, it could be a stud tail. In both cases, overactive gland secretions cause skin irritation and oily fur, which can lead to waxy buildup and cause hair to fall out. Medicated shampoos can help ease this chronic condition. Unneutered males are more likely to get stud tails because their hormones increase gland secretions, but the condition can affect any cat. Incidentally, anal gland issues—more common in dogs than cats—can also affect cats, instigating tail biting. In extreme cases, your veterinarian may recommend medications to treat skin conditions or stud tails.

Chapter 3 : Dog Chewing Tail

Yo, this is Hal the Caveman coming at you. I lived 5 million years ago in what's now known as Chicken Bend, Arkansas. As a hobby, I drew pictures on the walls of my cave, showing what life was like back in the day.

Why, and How to Stop? October 4, 6: I mean literally biting my tongue until it bleeds. Why do I do this? Sometimes I catch myself doing it and I just try harder to find that spot to bite. Is it a form of OCD? Maybe you can develop the hideous habit of cracking your gum. Awful, but better than chewing yourself raw. Works best with chewing gum--bubble gum presents insufficient challenge. Or find non-caloric things to chew on, like cloves or one of those African teeth cleaning stick thingies that were big in the nineties. I have the feeling it should be something kindof horrible and challenging--like just chewing on gum or doing something normal like eating Certs might be unsatisfying. Hey, see if you can switch to biting your nails. Or could you try to practice a gentler tongue-chewing technique? Biting it off and having to have it sewn back on is the only remedy I know of, as it worked for me. Try sucking on a hard candies instead? Perhaps you just need something to distract your tongue. You may want to talk to a qualified mental health professional. He looked at the sides of my tongue, and asked if I habit of biting it. When I admitted I did, he just shrugged and said, "Yeah, me too. I switched to soft foods and tiny bites of firmer foods for two weeks. I just reduced the demand on those muscles and my clenching stopped. I wonder if that would work for your busy jaw, too. My sense is that there are a lot more doctors who treat compulsive hair-pulling than compulsive tongue-chewing. He turns out okay in the end. A number of treatment modalities have been advocated to treat self-inflicted oral injuries including drug therapy [7], tooth extraction [3,4], and orthognathic surgery to create an anterior open bite [8]. The different appliances that have been recommended include heat-cured splints with headgear worn 24 h a day [9], lower lip guards [10], soft vinyl mouth guards [11] and wirefixed acrylic splints [6]. Success in preventing selfinflicted oral injury has been reported with the use of heat-cured splints [6] and soft resin mouth guards [11]. Plenty of adults get braces on their teeth and wear retainers. If anyone asked, you could say, "My dentist prescribed it. I have a disorder kindof like bruxism. My experience with trichotillomania or whatever is the name for the annoying brokebrain problem I have that compels me to occasionally gnaw on my cuticles and pick at calluses is that if you can quit long enough for the affected area to heal so that it will stop sending your reptile brain little pain announcements "Zing! Towards the end, after a discussion of the sufferers who chew off their fingers and lips because they feel divorced from their body parts and compelled to attack them, someone theorizes that the disease represents the most extreme form of the commonplace compulsion to chew our cuticles or the insides of our mouths until they bleed. Not that any of this helps you stop biting your tongue. But maybe the additional perspective and understanding will help. Also, the article is simply amazing. I believe that I am the only source for this information so I posted a website at: I generally do not post on forums such as this because no two people are exactly alike and this problem is fairly complex and individual. While I have helped countless numbers of tongue chewers free of charge I do not post therapies or cures for the same reason. I have been a presenter at numerous professional study groups and conventions including the International Asso of Orofacial Myology. If you are looking for help with tongue chewing or tongue biting please visit my website, send an email or fill out the Survey and lets set up a time for a telephone interview, it will take about 45min to 1 hr. The rest is up to you.

Chapter 4 : How to Quit Chewing Tobacco (with Pictures) - wikiHow

Read Keep Chewing Till It Stops Kicking by Steve Graham by Steve Graham by Steve Graham for free with a 30 day free trial. Read eBook on the web, iPad, iPhone and Android Yo, this is Hal the Caveman coming at you.

October 27, 1. What is the cause of this type of nervous tic, and what can you do to suppress it? What Causes Anxiety Lip Biting? Lip biting may be a sign of underlying anxiety, but it almost always occurs with other symptoms. One would think that lip biting would have an obvious cause. But unfortunately, no one is sure what causes lip biting or why it occurs. No one knows why people have these types of motor tics or what relationship they have to anxiety. But they can often develop into bad habits, and once the tic has become a habit, it can be hard to break. Tics and Coping Most likely, lip biting and other behavioral habits provide the body with some coping strategy. Something inside the brain wants to perform this behavior, and it may have some coping component that the person is not aware of. Nevertheless, any bad behavioral habit should be stopped if possible. If left unchecked, these habits can be hard to break and may lead to embarrassment and possibly pain. Abbreviated Habit Reversal for Maladaptive Self Biting" several researchers examined an example strategy to stop biting nervous habits. They provided the following strategy for a year-old boy that was biting his lip too hard with anxiety: Diaphragmatic Breathing Diaphragmatic breathing, also known as "deep breathing" is a relaxation strategy that many people use to control their breathing. The researchers recommended utilizing this strategy during times of stress. It involves taking slow, controlled breaths with a straight back and breathing in through your stomach, not your chest. Progressive Muscle Relaxation The researchers recommend you combined deep breathing with progressive muscle relaxation. Competing Response The researchers also recommend developing what they term a "competing response. For example, rubbing your lip with your finger or tongue. They found in their study that patients were able to stop the biting reflex completely. They were able to decrease biting reflexes in the child dramatically, and it stands to reason that this could be used on adults as well. A competing response may not even be necessary. You can also practice a technique called "mindfulness. Mindfulness practices allow something similar. The more you pay attention to the habit and prevent yourself from performing the action, the less of a habit it becomes. Cure your anxiety, and your anxiety habit will go away. Article Resources Jones, Kevin M. Swearer, and Patrick C. Relax and try this instead: Journal of applied behavior analysis A behavioral treatment of compulsive lip-biting. Journal of behavior therapy and experimental psychiatry

Chapter 5 : Do Dogs Grow Out of the Chewing Stage? - Pets

Keep Chewing Till It Stops Kicking, Steve Graham, CITADEL. Des milliers de livres avec la livraison chez vous en 1 jour ou en magasin avec -5% de réduction.

When your dog was a puppy, chewing was probably expected. Even as she made a ragged mess of anything she could get her teeth on, the non-chewing adult beckoned from the future. Now that future is here and your dog still chews. Yes, They Do Most dogs teethe when they are puppies. When puppies are teething, between the ages of 3 and 6 months of age, they are also chewing! Older puppies may also go through a chewing stage between at 6 months and a year. As long as you keep the learning behavior from becoming a habit, your puppy should outgrow this chewing, too. Many hunting and sporting breeds—such as retrievers and setters—are prone to chewing. Terriers, active dogs who bore easily, often chew. In addition, very small dogs or those with rounded skulls and pushed-in faces brachycephalic breeds can sometimes retain a number of teeth long after they are supposed to fall out on their own. If puppy teeth do not fall out on their own, your dog may feel discomfort or even pain from too many teeth being crowded into her mouth. Retained baby teeth can cause your dog to chew well into her adult years, as well as causing tooth decay and misaligned teeth. Reasons for Destructive Inappropriate Chewing Breed, retained teeth and curiosity are only three reasons for chewing. Destructive chewing occurs when your dog becomes bored or anxious. Your dog also vents pent-up energy when she chews. Finally, chewing is just plain fun for dogs. Whether for pain relief, taste or the pleasure of ripping into something, chewing gives the average dog satisfaction. If Princess chews your good slippers while you are at work, it usually means she was bored or nervous and your slippers were where she could reach them. Correcting Destructive Chewing You must know the reason for destructive chewing behavior in order to correct it. Puppies usually grow out of chewing behavior; having any retained teeth surgically removed will reduce the need to teethe on your prized possessions. Psychological reasons are a bit harder to figure out. If you have moved recently, gotten a new pet or started working different hours, your dog might chew to relieve stress or anxiety.

Chapter 6 : Tongue Biting: Why, and How to Stop? - bite ocd tonguebiting | Ask MetaFilter

Read "Keep Chewing Till It Stops Kicking" by Steve Graham with Rakuten Kobo. Yo, this is Hal the Caveman coming at you. I lived 5 million years ago in what's now known as Chicken Bend, Arkansas.

Chapter 7 : Dog chewing itself | Cesar's Way

Steve H. Graham is author of The Good, the Spam, and the Ugly and Keep Chewing Till It Stops Kicking: Finding Your Inner Caveman. In , he was indicted for eating a live midget. Steve lives in Miami, where he enjoys fishing, piano, home-brewing, and cooking enormous portions of unhealthy food.

Chapter 8 : Keep Chewing Till It Stops Kicking: Finding Your Inner Caveman by Steve H. Graham

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Chapter 9 : When Will My Labrador Stop Chewing on Everything?

www.nxgvision.com is dedicated to helping people who are trying to quit the addiction of chewing or dipping tobacco. The Quit Forum is administered by 7 ex-dippers whose goal is to allow people to gain the same freedom from chewing they have attained.