



Dogs Naturally

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Kennel Cough

Vaccine truths

Allergy Diets

what you need to know

Urinary Incontinence

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Raw Food**

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Lewis - A Bravo! Dog Goes From Bad to Beautiful

We adopted Lewis, a mastiff and pit bull mix when he was five-months-old.

When he came into our house, his white hair what stained yellow from urine and feces, his toe nails were brown from licking and chewing, his feet were chewed raw, the hair between his pads was brown and his stool was runny.

After trying to at least alleviate his condition with a "high quality" kibble, I decided to strip down his diet and put him on raw.

I didn't know how to fix his issues, but after reading tons of literature, I knew raw was my way to go, and that I needed to go with a product that provided a single-source protein. That wasn't as easy as I thought it would be. Bravo! was the only company that I could find that provided that.

After trial and error, and watching his skin improve, I learned that Lewis can't have chicken, or lamb, and that he does best on beef. I noticed immediately that his coat got shiny, his licking and chewing improved, his toe nails began to clear up and are now 99% white again. His stool finally firmed up and there's A LOT less of it, which is nice since I have three big dogs. I know that Bravo! was the key to Lewis' success.

Today, at three-years-old, he weighs in at almost 90 pounds of pure muscle. He's so healthy, his teeth are nice and white, his feet are white and healthy, he is the picture of great health... thanks to Bravo!

My two cats are on a raw diet also. They both have thick, shiny, beautiful coats. The litter box has tiny little poops, no more squishy lumps and their weight is great. Raw is the way to go!

Tracy F. - Sheboygan, WI

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ON THE COVER



12 THE TURDUCKEN ALLERGY DIET

Do you know what's inside your pet's single protein allergy food? Learn why these foods might not be what you think
By Rodney Habib

18 BORDETELLA VACCINATION

The Bordetella or kennel cough vaccine is amongst the most controversial. Learn whether this vaccine is a good choice.
By Catherine O'Driscoll

23 HELP FOR DIGESTIVE UPSET

Is your dog racing for the door in the middle of the night? Here are some quick and effective remedies for tummy upset.
By Lisa Brienens DVM CVH

26 XYLITOL: BE PREPARED

Xylitol poisoning can happen to even the most observant of dog owners. Here is some essential information to help your pet.
By Deva Khalsa DVM

28 SWITCHING OLDER DOGS TO RAW

You can teach an old dog new tricks! Learn the whys and the hows of switching your dog to a raw diet.
By Jodie Gruenstern DVM CVA

40 URINARY INCONTINENCE

Urinary incontinence doesn't have to be a problem with your aged pet. Learn how you can defeat this common problem.
By Peter Dobias DVM

COLUMNS

6 EDITOR'S MESSAGE

7 FEEDBACK

10 DOG PEOPLE

17 10 MINUTE TRAINER

53 GIVEAWAYS

60 LOCAL STORES

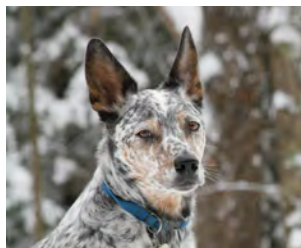
62 NUTRITION WITH LUCY

64 I NEED THAT

66 CLASSIFIEDS

COVER DOG

Dingo is an 11 year old rescued Australian Cattle Dog. Dingo visits a holistic vet and enjoys whole, organic foods. Dingo lives in Soldotna, Alaska with his sister Velcro and the Dixon family



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FEATURES

- 9 DON'T FEAR KENNEL COUGH!**
Common homeopathic remedies for kennel cough.
- 14 GET A DEEPER CONNECTION WITH YOUR DOG**
Ways to connect with your dog.
By Lee Charles Kelly
- 32 CHAKRAS AND HEALING**
The first of a two part series on canine chakra systems.
By Ellen Kohn
- 37 THE TWILIGHT YEARS**
Essential oils can be your older dog's best friend.
By Brenda Utzerath
- 43 REVACCINATION GUIDELINES**
A holistic vet's look at the AAHA revaccination guidelines.
By Sara Chapman MS DVM MRCVS VetMFHom
- 46 ENERGY AND AGING**
Seven tips to assure a better quality of life.
By Noa Martinsen and Julie Casper L Ac
- 50 HIGH PRESSURE PASTEURIZATION**
What it means to your dog's raw diet.
By Roxane Stone MSc
- 54 THE VITAL FORCE**
Part 2: Cure, Palliation and Suppression
By Ronna Kabler DVM
- 58 HOLIDAY GIFT GUIDE**
Must-have gifts for lucky canines!



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The idea that everything is purposeful really changes the way you live. To think that everything that you do has a ripple effect, that every word that you speak, every action that you make affects other people and the planet.

Victoria Moran

I mentioned in the previous issue that every decision you make for your dog makes a difference, not just to your dog, but to the world at large. We can all play a part in influencing how things are and, most importantly, how things will be.

It seems that the fine folks in Nova Scotia, Canada are doing their part to change how things are. It warms my heart when I play a small role in influencing the world and for that, I'm grateful to those brave and caring pet owners on the eastern shores of Canada.

It all began when Rodney Habib asked me to talk about vaccines on his radio show, In The Dish. Although this show is podcast around the world, it debuts live in the Halifax, Nova Scotia area.

So, we chatted about vaccines on the air, and how vets have known for nearly forty years that it only takes one core vaccine to protect an animal for life. We also discussed how vets and pet owners shouldn't be too quick to pat themselves on the backs if they vaccinate every three years instead of annually; because there's really no scientific validity behind the practice of revaccinating on any set schedule.

We did the show and set some records along the way: the show reached over 200,000 people in the first few days. And then something amazing happened: they listened. They didn't just hear, they listened. And best of all, they acted.

The day after the show aired, Rodney was visited by a vet tech who worked at a large animal clinic. She told him that their phones were ringing off the hook after the

show and irate pet owners demanded to know why their pets were being vaccinated annually all those years. And this wasn't the only clinic that suffered the onslaught; this little shot was heard round the province.

After a few weeks of this, those wonderful pet owners didn't ease up. The clinic receptionists began refusing to call clients with their reminders to bring Fifi in for her annual shots because this suggestion was being met with less than enthusiastic replies from newly enlightened pet owners.

Thanks to two minutes on the radio, many of those large veterinary clinics in Nova Scotia are now resorting to emails to lure their clients in for their annual shots.

This might seem disappointing to some, because those vets aren't changing. They're desperately defending their dated and scientifically invalid approach to vaccination. So much so, that they lodged complaints with the radio station.

Just last week, Rodney received an irate message from a local vet on his social media site. The post stated:

"Thank you for taking food out of my children's mouths."

It struck me that she didn't say "you are wrong and here is the research stating so." What we got was just a little reminder that the decisions these vets make are often grounded in something other than our pets' health and wellbeing. And for my pets, that's not anywhere near good enough.

Vets don't make a lot of money; we all get that. But it certainly isn't our obligation to feed their families through the pain and



suffering of our four legged family members. I'm sure none but the most altruistic of us would sign up for that. Yet when we dutifully obey those postcards calling our pets back in for more vaccines, that's exactly what we seem to be doing.

So the vets aren't responding positively to our cries of foul. That's OK, they don't have to. But if they think they're poor now, just wait until our movement spreads and even more pet owners take the same initiative that my new favourite people - the Nova Scotia pet owners - did.

It's not that I wish starvation for vets and their families! Far from it. I want vets to thrive and prosper - but I want them to do so by doing what's honest and what's right.

So keep saying no, loudly, until those vets get so hungry, they'll be forced to look for other sources of revenue to feed their families. But be diligent; don't let them replace those vaccines with processed veterinary diets or other medically unsafe and unnecessary treatments. Just keep demanding better from the person you place in charge of your pet's health. Because, like all those fine folks in Nova Scotia, how you respond to your vet's next revaccination call will have a ripple effect. It's your chance to help change the world. What will you say?

Dana

Publisher

Intuition Publishing

Editor in Chief

Dana Scott

Advertising Director & Editor

Julia Henriques

Subscription & Sales Manager

Tricia Barrett-Butler

Sales and Marketing

Homer Davis

DNM Store

Karen Scott

Illustration

Linda Boileau, Judsey

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Letters

I am the owner/guardian/mom of an almost 11 year old, beautiful little tri-colored Cavalier King Charles Spaniel. We began our journey together with his developing calcium oxalate bladder stones on a yearly basis. His first set occurred before the age of one year. After two surgeries and two changes of "prescription only" dog foods, when his third set manifested in as many years my vet finally admitted to not knowing what else to do with him and told me he would simply need yearly surgeries to remove them. WHAT?!? It was at that time that I began doing my own research and happened upon a regimen that not only dissolved the third set of stones but has kept him stone free for over seven years. I now help other people in similar situations and even have had my own vet send me difficult cases to help.

It was also about this time (when he was approximately three years of age) that we began seeing elevated liver enzymes shortly after his last set of vaccinations....which my vets were doing on a yearly basis at that time. It was eventually decided that he had vaccine induced autoimmune liver disease. He has not had a vaccine (including rabies) in over five years but the disease continues to slowly progress. I no longer give heartworm or flea and tick preventatives. I have home cooked for the past almost eight years and boost his system with a myriad of supplements and homeopathic remedies. (I share the home made flea and tick powder recipe when ever I can!)

Although his liver is almost negligible in size at this point....the vets can't believe he is doing as well as he is. He wasn't supposed to have made it past last Christmas but here he is....apparently hale and hearty to anyone meeting him for the first time.

Because of his problems and my subsequent research.....and now with the many helpful articles and support of Dogs Naturally Magazine, the future canine members of my household will all be cared for in a completely different manner. I expect healthier animals with much longer life spans. Your articles on raw feeding, nosodes and a natural approach to canine care have been invaluable.

Thank you for all your hard work in helping to educate and support those of us willing to go this route. I believe if more people knew what traditional veterinary medicine is doing to our animals they would run screaming in the other direction. This is why I share your articles (so generously posted online) with as many people as I can reach through my dog group on Yahoo and Facebook.

Your publication has helped validate me in my desire and need to move away from the more traditional route. - Amanda Conley

**SEND US YOUR LETTERS**

We would love to hear from you! Your comments and letters could be published in the next issue of Dogs Naturally. Send your emails to letters@dogsnaturallymagazine.com or mail your letters to Dogs Naturally Magazine, PO Box 694, Beeton, ON L0G 1A0

Letters

Best issue ever! Editorial was excellent! No one can compare to the quality of your magazine! I referred three clients to your vaccine information first thing yesterday morning. Then on to my favorite alternative vet. Thank you for all that you do! Love the family idea and help you offer to all. - Carol Solecki, Health Emporium

Thanks for your excellent work.

After reading and listening to the show I decided not to give my 15 month old Westie his annual shots. My concern is that he received all his puppy shots before 16 weeks and the last one at 14 weeks. So according to Dr Schultz, he might not be 100% immune. I think most owners are in the same boat, as we all follow the initial puppy schedule that the vets recommend.

Any suggestions for the majority of us that didn't know better when we first got our puppies? - Lisa

Hi Lisa,

Titers aren't always that reliable in predicting whether a dog is protected or not. Because they only measure circulating antibodies and most immunity is stored away in memory cells, a negative titer doesn't necessarily mean your dog isn't protected.

However titer testing puppies is an excellent idea because their circulating antibodies will certainly be high following vaccination. So if you run a titer three weeks after a vaccine, it will have very good predictive value and any amount of titer should mean your puppy will be protected for life. - Dana

Facebook

Lynn Hatwan

Thank you so much Dogs Naturally for all you do to inform and educate us all. Love, Love, Love you.

Louise Howard

LOVE THIS MAGAZINE- If you own a dog you must subscribe to this.

Wil Rutar

Such a wonderful magazine. It is exactly what I was looking for. Dogs Naturally Magazine Thank You!

Benjamin Richeson

DNM is my dog bible when it comes to health!

Becky Walker Jenks

Thank you Dogs Naturally. You are saving dogs, changing mindsets and making a difference. Keep speaking the truth. Your message is needed.

Antje Kromberg Dunmire

You are the first magazine since years I have subscribed to, and it is well worth my investment.

Your articles are most encouraging, and educational.

My flock of Papillons all showing shiny coats, white teeth, are on high energy, as they love every meal of raw meat & raw bones they get since several months now.

Pk Shader

You Guys ROCK!!!!



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Don't Fear Kennel Cough!

It's that time of year again. Cold and flu season doesn't just affect us, it affects our pets too. Kennel cough is much like a human cold and almost always self limiting, lasting anywhere from a day to a couple of weeks.

Kennel Cough can be difficult to detect if you've never heard it before: it sounds like your dog is choking or has something in his throat. If you think your dog is coughing this winter season, here are some common homeopathic remedies you might want to consider.

Drosera

This is the primary remedy for kennel cough and should be considered for a dry, hacking cough which may be worse when the dog is lying down.

Bryonia

If the dog's breathing appears abdominal and the cough is deeper, *Bryonia* may fit the bill. The dog will appear to be in pain when he coughs and if you hold his rib cage when he is coughing, it may relieve his symptoms and pain. The dog may prefer rest over exercise and motion will aggravate his cough.

Phosphorus

Another remedy for a dry, hacking cough that is worse in cold air. *Phosphorus* may be indicated if there are small flecks of blood or blood-tinged mucus. These dogs will appear chilly, thirsty and unusually hungry.

Spongia tosta

This remedy is good for a very dry, barking cough. It may be accompanied by a weak heart. Warm water will generally improve the cough whereas cold water will aggravate it.

Bromium

Drawing in a breath will be difficult due to an abundance of mucus. There will be a rattling in the chest and the cough will be wheezing and rough.

Carbo vegetabilis

This remedy is very good for dogs who have acute difficulty breathing at night – it will usually give immediate relief. This dog will seek cool, open air. Although the cough is normally worse in the evening, the cough in the morning produces a greenish-yellow mucus. *Carbo veg* is a valuable remedy for dogs who are weak and cold and often in the later stages of illness.

Coccus cacti

The cough will be worse at night and breathing is difficult. Coughing fits can last for several minutes, but there may be long periods of relief.

Ipecacuanha

Coughing may produce reflexive vomiting. The cough is worse at night and worse with cold air. The vomit or mucus may be blood tinged. Breathing will be laboured and the dog may seem to be wheezing.

Rumex crispus

This remedy is associated with an abundance of mucus accompanied by a persistent cough that frequently changes characteristics. The symptoms will generally be better in the evening and night and worse in cold air.

Aconite

The key to this remedy is a sudden onset and this remedy is most effective if given when symptoms first appear. If given early, *Aconite* can prevent the kennel cough entirely. These dogs may appear nervous and fearful and *Aconite* will help to calm them, especially in the evening hours.



Amir Shanan DVM

Compassionate Veterinary Care

Dr Amir Shanan offers in-home care to geriatric and terminally ill pets, and is recognized as a pioneer in developing end of life and hospice care for dogs and cats. He founded the IAAHPC - International Association for Animal Hospice and Palliative Care. Read more at www.iaahpc.org and www.compassionatevet.com

Please tell us how and why you developed a hospice care specialty.

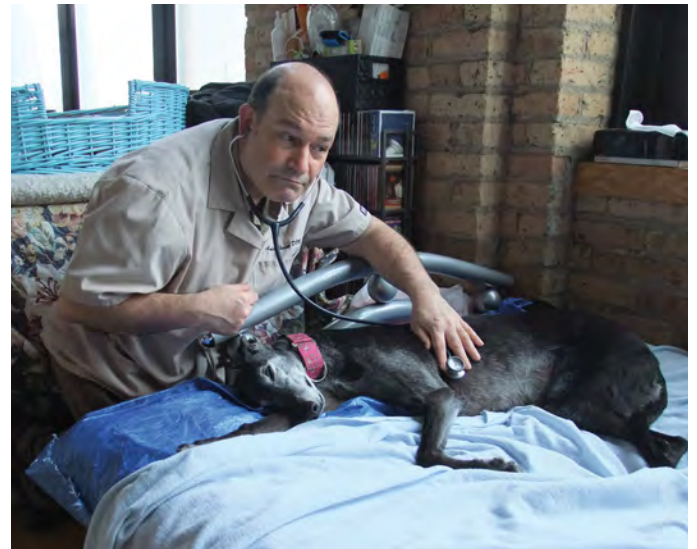
I was already interested in end of life care. I was looking to build an organization that would employ veterinary nurses and social workers along the lines of how human hospice care is organized. Then I received a request to perform a home euthanasia for a dog I'd never met. The dog was an 80 lb quadriplegic Doberman; he'd had spinal surgery eight months ago and the owners cared for him throughout that time, hoping he'd improve, but he never regained his mobility.

The experience was life changing for me. The home setting was very emotional in a different way from how owners express grief in the clinic. I was able to give the owners as much time and space as they needed. They asked permission to say some prayers, and asked me to say a prayer. It was very moving and I drove away thinking that there must be other people who would benefit from knowing euthanasia can look like this.

It's a big step from seeing the value of home euthanasia to realizing there's a period in the pet owner's experience that precedes the euthanasia decision; this was a white patch on the map that nobody was seeing. Most vets offer surgery or euthanasia, with nothing in between. But there is a third option - to take the animal home and provide effective comfort care.

The mission of hospice fulfills that need, shifting from cure to comfort, and addressing quality of life. It took me a long time to explore that unknown territory, and the challenge is bringing it to awareness.

It's not uncommon for vets and owners to be very upset with one another after a pet's death, because they're not speaking the same language. A Canadian study of 200 owners whose pets had died showed that there were many for whom losing a pet is a very significant event causing intense grief. The vet's attitude around the time of death had a great impact on the grieving process. Whether we like it or not, vets can alleviate or aggravate the suffering.



Why did you found the IAAHPC?

I'd been interested in hospice since 1993. In 2008 I attended a Nikki Hospice Foundation symposium. I saw people on the cutting edge of animal hospice care. But I also witnessed two groups who hated each other - the pro natural death/anti euthanasia people, and those with the opposite view. A year later a thread on their list showed that these groups were intractable. So I decided to build a more inclusive organization, with a core of new people who believe in working together.

The IAAHPC is open to vets and non-vets and currently has about 150 members, dedicated to promoting comfort-oriented care for companion animals approaching the end of life. We are writing Guidelines for Recommended Practices in Animal Hospice, a 70 page document that will be the foundation for a certification course.

I'm personally focused on how to assess quality of life and make decisions for the animal, and we are developing an Animal Quality of Life Assessment Tool. Interpreting what an animal is communicating combines an understanding of behavior with our empathy for the animal; these things come from different parts of our brain. The assessment tool will merge these processes and put them together with gut feeling. It's designed for use by owners and vets to facilitate communication between the two.

What services do you provide as part of your hospice practice?

We start with what I call the End of Life Consultation which is a 45 to 60 minute conversation to address all of the family's questions and concerns. When someone asks for a consult, they become part of my practice. I'm reachable 24/7 for emergency calls from hospice practice clients. Many people are terrified of having

to take their pets to the emergency clinic in the middle of the night, so they elect preemptive euthanasia; this is very common.

If they have to go to an emergency clinic, they won't know who they're getting, or what else may be going on, and this is a great worry. Knowing they have someone to call allows owners to enjoy their pet for a longer period of time if the animal is reasonably comfortable. Then there's no fear the animal will be suffering with no good options.

The family has to be up to the challenge, but we provide support and training to help them care for the pet at home; we'll even provide an IV pump they can take home if needed.

When making euthanasia decisions, an important factor that's often overlooked in judging the pet's quality of life is not just the physical symptoms, but how the individual animal is coping with them. It's hard to describe or judge what makes life worthwhile for the patient.

How the owners themselves cope also has an impact. It becomes even more complicated when the patient is coping but the family runs out of resources – whether physical, financial or emotional.

Another difficulty is that other people often criticize pet owners' end of life decisions, so one piece of advice I often give is "try not to listen to others".

My role is to support, educate, and coach owners to make the decisions that best fit their values, needs and beliefs; the ultimate decision is theirs. The potential for a natural death is also discussed as part of the consultation process. There is a term used in human hospice that I like: "the path of least regrets".

In a nutshell, that is my practice philosophy. 🐾

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THE TURDUCKEN

ALLERGY DIET



By Rodney Habib

What's turducken, you ask? Well, from the outside, turducken looks just like a turkey. But inside is a delicious surprise waiting for you: the turkey is stuffed with a duck and that duck is stuffed with a chicken. It's a delicious orgy of meat!

Why am I writing about turducken instead of dog food? Read on, and I'll show you why turducken is a lot like dog food!

NOT EGGSACTLY WHAT'S ON THE LABEL

For simplicity, pretend for a moment that single protein, allergy pet foods are the solution to all your dog's itchiness and your pet is allergic to only chicken. Logically, you wouldn't want to buy any type of pet food with chicken in it.

So, you head down to the nearest pet shop and buy a brand of dog food with zero chicken on the ingredient label. You scurry back home, tear open the bag, and pour a bowl. Voila! The answer has been served. So long allergies!

But after about a week, you start wondering if your dog's itching has slowed down? Hmmm maybe, but you're not really certain. Maybe you should give it another week, just to make sure. The additional week then becomes a month and still no signs of decreased itching and scratching.

You don't get it. You got rid of the chicken, what's the problem and why isn't that food working?

Maybe you should try another protein in your next bag of allergy dog food. So you try lamb dog food but with no luck; the dog's still itchy. OK, next you try kangaroo; that oughta do it! Nope, no change. Now you're starting to get frustrated, and so is your poor dog! After countless trials of different pet foods, none of which say they contain chicken, you're just about ready to give up. But wait. Don't give up just yet...

THE REASON THOSE FOODS AREN'T WORKING

Somewhere along the line, some scientist somewhere might have had an itchy dog and gone through the same frustrating and seemingly useless routine of switching foods. Whatever the reason, someone decided to do a study on why these pet foods may not be the best way to go when trying to eliminate or limit certain antigens in the diet.

Ah, the scientists. With their beakers, test tubes, and brand new Bunsen burners. They're always looking to prove someone wrong, aren't they?

Well, it turns out that in this case, they did! The findings of their testing and analysis were released in a journal titled *Journal of Animal Physiology and Animal Nutrition*. The purpose of the study was to assess twelve bags of dog food to see if the bags did in fact contain just the single source of protein they claimed was inside the bag or if, just like the turducken, there were other surprise proteins inside that bag.

AND THE ANSWER IS...

The scientists tested a single protein source pet food labeled as containing nothing but duck. The results of their testing were surprising; the food did in fact contain duck, but the bag also contained fish and another mammal protein!

In fact, of the twelve bags of pet food they tested, only two of the bags revealed results that matched the ingredients listed on the label. That means that over 80% of the pet foods they tested actually had other protein sources in them that weren't listed on the labels.

OVER 80% OF THE PET FOODS TESTED ACTUALLY HAD OTHER PROTEIN SOURCES IN THEM THAT WEREN'T LISTED ON THE LABELS

According to a similar study posted in the *Journal of Animal Physiology and Animal Nutrition (Identification of undeclared sources of animal origin in canine dry foods used in dietary elimination trials)*, scientists didn't actually know for certain why cross contamination is happening, but said it could be any number of factors including inadequate cleaning of the production line and the improper storage and/or transportation of the raw materials. They did go on to recommend manufacturers conduct a thorough analysis on each batch of food to guarantee no other undeclared animal sources are present.

Pet owners seem to grow more and more interested in these allergy diets sold through retail pet stores because of price and convenience. But now you know that if you seem to be relentlessly spinning your wheels and getting nowhere, it could very well be because your dog's chicken-free food actually has just a wee bit of chicken in it.

SO NOW WHAT? DO YOU GIVE UP?

It's not all doom and gloom, folks. Even though those scientists found that ten of the twelve bags tested didn't reliably contain what the label said they did, they did say that pet owners could consider feeding home prepared diets or finding a reputable manufacturer that uses the highest quality controls, monitoring, and assurances possible.

Home prepared diets? Awesome! Unless you plan on feeding your dog turducken, when you pick up a piece of chicken, beef or even emu for your dog, you pretty much know what it is and where it's been; no surprises! You could trust the pet food companies to do that for you, but if you really want to know what your dog is eating, you might want to steer clear of those allergy foods! 🐾



*Rodney Habib is a pet nutrition blogger and host of the popular radio show, *In The Dish*. He is constantly trying to break the misconceptions of processed foods to shine a light on real foods for optimal health. Rodney owns Planet Paws Pet Essentials located in Dartmouth, Nova Scotia where he lives with his four fur kids.*

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4

Simple Ways to Get a Deeper Connection With Your Dog



By Lee Charles Kelley

One evening, many years ago I was at an asphalt basketball court behind a high school on the East Side of Manhattan, which was used at the time as a dog run at night. I had two dogs with me, my Dalmatian Freddie and a client's Jack Russell named Mack.

The dogs were playing nicely. Everyone was having fun. Then it started to rain lightly, and Mack, who didn't like getting wet, decided to go home. I watched him walk over toward the two locked gates that led to the street. I called him. He turned to look at me, then continued toward the gates. I wasn't too worried; I didn't think he could squeeze through, which seemed to be his goal.

I was wrong. He wiggled through to the sidewalk and started trotting across the street.

I went into emergency mode and called Freddie to me. He was at my side in a flash. There was no time to hook up his leash, which was hanging around my neck (along with Mack's). I just ran as fast as I could to the area's actual exit, which was located about twenty yards behind me, maybe forty yards from where Mack now was.

We came out onto the street, and I began looking desperately for the little dog, furious at him for running off. I couldn't see him anywhere. He'd apparently crossed the street. I checked quickly for oncoming cars, then ran across the street with Freddie following.

Except when sleeping, dogs are almost constantly watching us, reading our behavior. I've found that if we do something similar, just do four simple things for a few minutes each day, it can help us connect more fully to our dogs' feelings, which in the end will help connect us to our truest, most authentic selves.

We got to the other side, and I still couldn't see the little figure of the missing Jack Russell, and hoped he hadn't gotten all the way to Second Avenue, where there was more traffic. My goal was to run as fast as possible, find him and punish the hell out of him for doing this. But as I ran I noticed something unexpected and wonderful: Freddie was running right next to me, in a perfect heel, his eyes locked onto mine. In fact, he'd been running next to me like that the whole time. It was an amazing feeling.

We got to Second Avenue, I asked some people on the corner if they'd seen a little white and tan dog, and they pointed me to a nearby video store. We got inside and found Mack casually strolling through the aisles. I grabbed him roughly by the collar - more for my benefit than his - hooked him up to his leash and left for home.

What's amazing about this story—at least to me—is that although I'd spent many hours training Freddie in obedience, I had never specifically trained him to run next to me in a perfect heel, off leash like that. I didn't realize until that night—when he was locked onto me like a cruise missile—what an amazing emotional connection we had.

I also realize now I was a different person before I met Fred. For one thing, the person I am now would've never grabbed Mack so roughly or blamed him for what happened. He hadn't done anything wrong; I was actually angry at myself. Mind you, I have no illusions that I'm now a fully realized human being with no faults or character flaws. But I'm much more centered and grounded than I was before Freddie taught me how to be human.

People sometimes question why I think I know so much about how canine behavior, or how dogs do or don't think, what makes them tick, etc. Part of it comes from countless hours of research into all sorts of disciplines. But most of it comes from my daily interactions with dogs. To me New York City is a wonderful laboratory for studying canine behavior, something I try to do on a daily basis.

One thing I've noticed is that except when sleeping, dogs are almost constantly watching us, reading our behavior. I've found that if we do something similar, just do four simple things for a few minutes each day, it can help us connect more fully to our dogs' feelings, which in the end will help connect us to our truest, most authentic selves.

Will it make your dog run next to you in a perfect heel through the streets of New York? Probably not. But as they say about chicken soup: "It couldn't hurt!" And what may be even more important, you might find that by doing these four things, your life will slowly, over time, become easier, happier, and more full of joy.

So here are the four simple steps that can help make all that happen.

OBSERVE

Whenever you take your dog for a walk, or when your dog is playing with other doggies, or even when your dog is sleeping, take a few moments to simply watch his behaviors. Don't make any judgments or assign any + or - values to what the dog is doing. When we take a walk through a pine forest, we very rarely impose value judgments on the trees, rocks, ferns, and birds. Just observe the minutiae of his everyday actions; keep things as simple as possible. Pay attention to how your dog approaches other dogs. Does he come straight toward them, or in more of an arc? What happens to his face when he smells something? What is his tail doing when he sees a squirrel, or when you call him for supper? Don't think about what any of this means, just observe.

One value of this type of objective observation this is that our visual systems are directly connected to the pleasure circuits in our brains. So the mere act of looking at something, anything, creates a feeling of calmness and wellbeing. So the more we're able to observe without judgmental thinking, the more relaxed and contented we become. And this state of contentment has a tendency to rub off on our dogs.

Another nice effect is that by observing your dog's behavior without judgment or expectation, you'll begin to see things from his perspective. Thinking usually means we project our beliefs and value systems onto our dogs' behavior, which prevents us from seeing them for who they really are. But seeing dogs as they are returns us to nature—to the pine forest, the desert, or the waterfall—if just for a small moment in time. But those small moments start to pile on top of one another and eventually add up to something bigger.

WONDER

Childhood is a time of wonder. When we were young we spent a great deal of time wondering about all kinds of things. Wonder is also a key element in science. Darwin wondered why the various types of finches on different islands in the Galapagos had beaks with different shapes, and his theory of natural selection was born. Einstein sat on a moving train and wondered what it would be like to be on a train that could travel at light speed, and the theory of relativity was born.

But there's more to wondering than the if, or how, or why of things. Just being in a state of wonder has an effect on the psyche. Like observation, wonder stimulates the brain. Plus it opens up an emotional connection between you and the thing you're wondering about, in this case, your dog. So try each day to view your dog with a childlike sense of wonder. Again, this means that you're willing to

not know anything, which means you're open to learning something new. If Einstein had thought instead of wondered, he'd have known that no train could possibly travel at light speed, and that would've been the end of that. But by wondering, he saw something in his mind that no one else could see.

What will you see, that no one else can, when you take a few moments each day to look at your dog in wonder?

FEEL

Dogs are feeling, emotional beings. So are we. But as kids, we were forced by the rules of society, by peer pressure, by how our parents raised us, and by our own survival needs and fears, to put a lid on some of our deepest, most childlike emotions. It's an amazing thing that just by tuning in to our dog's emotions now, as adults, we automatically tune in to the emotions we gave up long ago in order to placate our parents and teachers, or to fit in.

So spend a little time each day trying to tune in to what your dog is feeling. Don't think about it. Take a second or two to try and feel it; then let it go. A few moments later you may find that a childhood memory will drift to the surface, or the answer to a problem you've been having, perhaps related to work or family, will suddenly become clear.

A theatre professor of mine once said that whenever we see a great play or movie, or look at a work of art, it has the capacity to change us for the better. And even though a physician or a chemist or construction worker may not feel any affinity for Hamlet's woes, or relate to the life of an orphaned Jedi knight, or understand what a painting by Picasso means, each will come away a better doctor, chemist, or construction worker. True, dogs may not be Shakespeare, but in their own way, they can do that for us too. That's because by allowing ourselves to feel what our dogs are feeling, we reawaken our ability to feel our own emotional connections, the ones we lost when we were pups.

BE

Some trainers say, "Be the pack leader! Be dominant!" Others say, "Be the pack parent!" or "Be positive!" I say, "Just be!" What does that mean?

All evidence on how wild canine packs operate suggests that our old ideas about wolf packs forming strict dominance hierarchies ruled by an "alpha male" aren't true. Yet every animal group always has one member who—to borrow a phrase from Willie Wonka—has

the golden ticket. To me, the golden ticket represents an animal's natural charisma or animal magnetism. So others in the group gravitate to him because of his natural gifts, not because he has to dominate them to make them "obey."

Think about your natural gifts. What are they? Whatever they are, they're yours and yours alone. You don't have to try to be something you're not.

But remember, there are two yous (at least): the authentic self, and the self that evolved as a means of fitting in or satisfying your parents' and teachers' wishes. The authentic self is the one who's able to observe, wonder, tune in to your dog's (and your own) feelings, and is able to just be. The other self, frankly, thinks too much.

If you get angry or frustrated with your dog, that's okay. Just try to own those feelings, but try not to act on them. Remember, they're not real, they're just signposts. So instead of acting in anger or frustration, take five slow, deep breaths—breathe in slowly, breathe out slowly—and remember that you already have your unique golden ticket: your dog's love. Yes, the road may be rocky at times, but those rocks aren't insurmountable obstacles, they're just reflections of the fractured pieces of the authentic self you gave up as a child. Your dog doesn't misbehave in order to dominate you or create obstacles; he does it because he wants to help you reconnect to who you really are.

So those are the four easy steps: Observe, Wonder, Feel, and Be. Just spending a few minutes each day engaged in those simple activities can bring amazing results.

By the way, the next time it rained (and this time it was a Nor'easter not a mild sprinkle), I took Mack out to Central Park on a long lead, played fetch and tug of war with him, teased him with the tug toy, got him to chase me around in the mud, and even rolled in the mud with him, then jumped up and ran away, encouraging him to chase me, all for about 15 minutes. At first he was like, "No way..." But at some point he began having so much fun that he was never bothered by being out in the rain again after that.

I also taught him to really, really come when called, even if he was running in the opposite direction. He never ran off again. 🐾




Lee Charles Kelley is a professional dog trainer and mystery novelist. For information on Natural Dog Training, visit his website at: www.LeeCharlesKelley.com

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A Personal Tale

When I was diagnosed with cancer, I literally felt the ground disappear underneath me. I was scared and under a lot of stress. I had a hard time trusting the medical sector because I was diagnosed falsely in the year leading to all this. They said it was just an innocent infirmity.

Once I did get the correct diagnosis, the hospital did not communicate well. I was confronted with all kinds of medical terms which I did not understand, no one was there to put me at ease, my boundaries were crossed and there was no space to express my own wishes and input. In short: they did not speak my language. As a consequence I totally lost my confidence and decided to visit another hospital for a second opinion.

Luckily I felt more at ease in this hospital. I felt they did understand and respect me. They took the time to put me at ease and explained everything in a way I could understand. I felt as we were equals and that pleased me. We were going to face my problem together. I regained my trust.

Understanding and Patience

Later on I found the peace to think all of this over and I realized more than ever, what a true difference understanding and patience make. Not just when it comes to humans but also when it comes to animals, as they too have emotions.

Imagine what would happen if I treated my dog the same way I was treated. For example, a dog who is begging for his owner's attention by barking all the time because he is scared and stressed. Or a dog who is pacing up and down all day long, as she is in pain and doesn't know how to lie down.

Owners try to solve this by commanding the dog to Stop barking! Go to your basket! Down! Why won't you calm down? The dog then

feels misunderstood, just like I felt in the hospital. Besides that, the problem will not be solved this way. The owner is only trying to solve his/her own problem: stopping the dog from barking and pacing up and down, as this behavior bothers him/her.

Humans and Dogs

The difference in my situation and above mentioned example is that I had the choice to go to another hospital which suited me better. A dog does not have this choice. He fully depends on the understanding, knowledge and choice made by the owner.

Looking at everyday life, a lot of people decide to take on a dog for their friendship and companionship. They are often referred to as a pal. At the same time people still want to train their dogs and keep them under control. They forget to look at things from a dog's perspective and leave little room for the dog's wishes and way of communication. It doesn't have to be this way.

When I compare my experience to dogs, as they are also faced with feelings like fear, stress, pain and insecurity, I would much rather replace the words training and control with:

Understanding * (Self) Confidence * Communication Respect * Patience * Support


I feel this view fits both human and dog much better. And not only when facing difficult situations, but more importantly, when facing daily life.

This doesn't mean a dog is allowed everything and no borders are set. It means raising and guiding without confrontation and battles by using a different approach.

Friendship and Parenthood

There is a significant difference between a human-human friendship and a human-dog friendship, due to the aspect of responsibility. When a dog for example is in need of medical care, the owner's responsibility is to take the dog to a vet, just like taking a child to a doctor. Even when the dog doesn't want to go, the owner has the last say in it.

I don't think the term parenthood fits the human-dog relationship either; a dog is not a hairy child. But I do feel it comes close to what I mean. I therefore believe that the relationship with our dogs should be a mix of both friendship and parenthood.

The dog is our friend, for whom we are responsible. It is our duty, being the owner of a dog, to fulfill this role the best way we can. 



Michelle Vrolijk lives and works in the Netherlands as a dog behaviorist. She is a member of the Pet Dog Trainers of Europe, a European association established by Turid Rugaas. Michelle lives with her dog Lex and cat Guus. Visit Michelle at www.michellervrolijk.nl



UNDERSTANDING BORDETELLA VACCINATION

By Catherine O'Driscoll

It's GOOD to be DIFFERENT



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Bordetella is a family of closely related bacterins, which include Bordetella pertussis, Bordetella parapertussis, and Bordetella bronchiseptica. Pertussis and Parapertussis can cause whooping cough in humans. It's also accepted that Bordetella bronchiseptica (kennel cough) can infect humans.

As its name suggests, kennel cough causes dogs to cough and it's usually picked up from kennel environments or from places where dogs are crowded together. This is what they would like you to believe, anyway – but the reality is that the vaccine itself is a source of infection. It's also possible that when a human is diagnosed with whooping cough, they actually have kennel cough.

AN INCONVENIENT BUT RARELY LIFE THREATENING DISEASE

I took the following description of kennel cough from a typical veterinary practice. "Most dogs are not really unwell when they have the disease although occasionally they have a high temperature and are a bit 'out of sorts' for a day or two. The cough is dry and hacking and it often sounds as if your dog is choking on something stuck in his throat. The cough gets worse for a few days and then gradually goes away after about three weeks.

"Most dogs recover quickly from kennel cough. A young, otherwise healthy dog, should not be unwell with the disease and the cough should get better within 2-3 weeks. Very young or old dogs and dogs with other diseases may be much more severely affected by kennel cough. It would be very unusual indeed for a dog to die as a direct result of catching kennel cough."

So vets think that kennel cough is not that big of a deal for dogs.

My three elderly, previously vaccinated dogs contracted kennel cough once and survived it; my two nine month old pups who were given nosodes didn't sneeze once – despite nose to nose contact. Just thought I'd throw that in!

THE VACCINE ISN'T THAT GREAT

Because B. pertussis and B. bronchiseptica are so closely related, a group of scientists seeking to understand why there has been a resurgence of whooping cough in vaccinated people used B. bronchiseptica and mice as their model. They found that natural infection induced protection in both the lungs and upper respiratory tract, whereas vaccines conferred protection only in the lungs. The authors suggested that naturally induced protection is more effective than vaccine induced protection, and that natural infection could prevent subsequent infections, whereas current vaccines cannot.

It seems that it would be better to let your normal healthy adult dog 'risk' contracting kennel cough and get over it, because nature provides better protection than the vaccine.

Most B. bronchiseptica vaccines also come with the parainfluenza virus, both of which are squirted up a dog's nose. Vaccine company datasheets advise that, "mild discharges from the eyes and nose can occur from the day after vaccination, sometimes accompanied by sneezing and coughing. In some cases, this may persist for up to four weeks." The datasheets add that antibiotics need to be given to dogs showing severe signs of vaccine induced kennel cough. Additionally: "Cats, pigs and unvaccinated dogs may react to the vaccine strains with mild and transient respiratory signs."

So, although kennel cough isn't that big of a deal, vaccine manufacturers warn in their datasheets that a dog who has been given this vaccine can get a mild case of kennel cough. Vaccinated dogs can also "mildly" infect other dogs, cats and pigs. It seems to me that the use of the word mild refers to the possibility that the lungs are protected but the upper respiratory tract isn't.

Also, it's clear that dogs with "mild" vaccine induced kennel cough are still infecting other animals, which isn't great for kennel owners' reputations.

To add insult to injury, one paper identified that booster intranasal vaccines may not work for dogs previously exposed to or immunized against B. bronchiseptica! So by giving the Bordetella vaccine to your dog, you provide limited protection and may even give your dog kennel cough. You don't get long term immunity and subsequent shots are unlikely to work. On this basis, it appears counterproductive to use this vaccine.

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VACCINE DANGER TO HUMANS

Bordetella vaccine datasheets warn that “immunocompromised” humans should avoid contact with vaccinated dogs for a duration of six weeks. I mentioned this at one of my evening lectures and a woman in the audience came up to me afterwards to tell me that she was just getting over whooping cough, and that – yes – it started just after her dog got a kennel cough vaccine.

One study gives credence to the notion that this lady may have contracted kennel cough from her vaccinated dog. The study states that since *B. pertussis* and *B. bronchiseptica* are nearly identical, the gene detection kits for pertussis infection in humans can mistakenly identify a significant proportion of human kennel cough infections as whooping cough. How ironic that you give your dog a kennel cough jab so he can go in kennels and you can go on holiday, and you end up sneezing and coughing through your vacation!

Another paper states: “*B. bronchiseptica* causes tracheobronchitis in dogs and atrophic rhinitis in swine; it also causes disease in rabbits and other mammals. *B. bronchiseptica* infection in humans is considered rare but has been documented in both healthy and immunosuppressed individuals. In healthy individuals, pertussis-like illness and chronic respiratory infection have been reported. Some cases of pertussis-like illness in humans have followed exposure to sick pets or farm animals. The disease is more likely to be severe in individuals who are immunocompromised, such as those with Hodgkin’s disease, cystic fibrosis, or HIV infection. Pneumonia, sepsis, and death have been reported after infection.”

The paper goes on to state: “*Bordetella pertussis*, *Bordetella parapertussis*, and *B. bronchiseptica* are closely related species that all may cause respiratory tract infection in humans and other mammals and may express many similar virulence factors...With the advent of aerosol vaccination in veterinary clinics for companion animals, human exposure to *B. bronchiseptica* has likely increased in recent years. Physicians should ask patients presenting with pertussis-like illness whether they have visited a veterinary clinic or have been exposed to a sick or recently vaccinated animal during the week before the onset of symptoms. If the potential for exposure to *B. bronchiseptica* is present, performance of cultures should be considered before antibiotics are administered.

“Even when administered properly, there may be opportunity for human exposure, especially if the animal sneezes, which is a common occurrence after intranasal administration of a liquid. In addition, the animal may be able to transmit the vaccine strain during the period of active infection.”

One paper queried why pertussis (whooping cough) vaccines fail, and gave as one of its reasons the possibility that other *Bordetella* species might cause a coughing illness.


YOU'D ACHIEVE MORE BY ATTENDING TO DIET

As everyone knows, diet is the cornerstone of health, and good nutrition protects both humans and animals from infection. Whilst we might hypothesize that biologically appropriate food is a safer way of protecting our dogs, there is much science to support our common sense reasoning.

For example, malnutrition was assessed in relation to whooping cough in the UK. Mathematical modelling showed that epidemics were driven by seasonal weather conditions and increases in wheat prices. These two factors predicted the force of infection and the number of people who died. The same authors found a correlation between malnutrition, population size, weather, and measles epidemics.

Another paper states: “Infection and malnutrition have always been intricately linked. Malnutrition is the primary cause of immunodeficiency worldwide, and we are learning more and more about the pathogenesis of this interaction...There is a strong relationship between malnutrition and infection and infant mortality, because poor nutrition leaves children underweight, weakened, and vulnerable to infections, primarily because of epithelial integrity and inflammation.

“In 1968, the World Health Organization published “*Interactions of Nutrition and Infection*,” which suggested that the relationship between infection and malnutrition was a synergistic one. The Copenhagen Consensus project on hunger and malnutrition even suggested



Nosodes for Bordetella Treatment and Prevention

Nosodes are specialized homeopathic remedies that are prepared by taking actual diseased matter from a sick animal such as diseased tissue or nasal discharge.

The preparation of a nosode involves a lengthy process of succussion and dilution of the original material using traditional homeopathic protocols until virtually no molecules of the crude substance remain, rendering the nosode safe for use. This process, called potentization, inactivates the original disease substance and converts the material into a potent remedy that's an energetic blueprint of the actual disease.

Nosodes are completely safe, easy to administer, and can be given to puppies much earlier than vaccines. Pregnant females can be treated with nosodes prior to giving birth, providing immunity to their litters before they are born.

Nosodes can be used in two ways: to protect against disease (called homeoprophylaxis), or as a remedy should the animal become ill. When a nosode is given, the body recognizes the cellular structure and disease imprint, producing an immune response similar to actual exposure to the disease itself. There are numerous examples of how nosodes have been used in human homeoprophylaxis and to treat the onset of disease.

In 1985, the British veterinary homeopath Dr Christopher Day documented the successful use of nosodes in dogs during a kennel cough outbreak. The trial was done in a daycare where there were 214 dogs participating, including both vaccinated and unvaccinated dogs. The nosode was introduced by placing it in the dogs' drinking water.


Remarkably, out of a total of 214 dogs that were treated with the kennel cough nosodes, the incidence of actual, full blown disease was only 1.9% and the majority of dogs who did contract kennel cough exhibited only minor symptoms. The vaccinated dogs had a higher incidence of disease at 4.7%, whereas only 0.7% of the unvaccinated dogs showed symptoms.

Minor symptoms were expressed by 42.5% of the dogs, with 59.7% of vaccinated dogs showing minor symptoms, compared to only 26.7% of unvaccinated dogs.

This study shows that nosodes can be effective in disease prevention, and when dogs do contract disease, the severity of symptoms can be reduced with their use.

The alarming increase in autoimmune conditions, allergies, cancer and other canine health issues due to vaccine reactions is a known fact. Pet owners are now seeking alternatives to keep their dogs healthy while preventing disease and illness. The growing interest in nosodes comes at a time when the safety and efficacy of vaccines are being questioned.

Nosodes are also dog friendly. Because their action works across the mucous membranes of the mouth, it's not necessary to swallow the medicine. Dosing is easy, since the mouth doesn't have to be opened and the remedy can be placed on the gum or inside the lip.

The immune response to nosodes offers a more natural response to disease without the introduction of killed or modified viruses and harmful preservatives that can weaken the immune system. Unlike vaccines, nosodes are both safe and effective. 

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that efforts to provide vitamin A, iron, iodine, and zinc generate higher returns than do trade liberalization, or malaria, water, and sanitation programs.”

Vitamin A deficiency increases the risk of developing respiratory disease and chronic ear infections. Vitamin A supplementation sustains gut integrity, lowers the incidence of respiratory tract infections, reduces mortality from diarrhea, and enhances immunity.

Vitamin E enhances immune function and is associated with significant improvement in resistance to influenza virus infection in aged mice and a reduced risk of acquiring upper respiratory infections.

Zinc plays a critical role in the structure of cell membranes and in the function of immune cells. Zinc deficiency reduces nonspecific immunity, including neutrophil and natural killer cell function and complement activity, reduces numbers of T and B lymphocytes and suppresses delayed hypersensitivity, cytotoxic activity, and antibody production. (Zinc basically helps the immune system to fight disease.)

Patients who are prone to infections and are given high vitamin D doses for one year have a significantly lower risk of developing respiratory tract infections, according to a report in the British Medical Journal. Another study published in Pediatrics (August 2012) showed that the incidence of respiratory tract infections among Mongolian children dropped when they were given vitamin D supplements.

So beware: the Bordetella vaccine can get up your nose, and not necessarily in a good way! 🐾



Catherine O'Driscoll formed the Pet Welfare Alliance to bring together animal advocates and pet owners from around the world. Working together, the group is taking practical action to counteract the massive marketing might of the veterinary pharmaceutical and pet food industries. Please add your name to the supporters' list: www.petwelfarealliance.org

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Helping your dog with **digestive upset**

By Lisa Brienen DVM CVH

It's the middle of the night and your dog has been outside several times with diarrhea and possibly some vomiting. What can you do to help you and your dog get back to sleep? Here are some natural solutions for a quick resolution.

Natural Solutions

For the most part, diarrhea and vomiting are nature's way of allowing the body to cleanse and remove a toxin. It's a good idea to provide supportive care for your dog but it's important to avoid anything that might inhibit this natural process, unless there's significant debilitation.

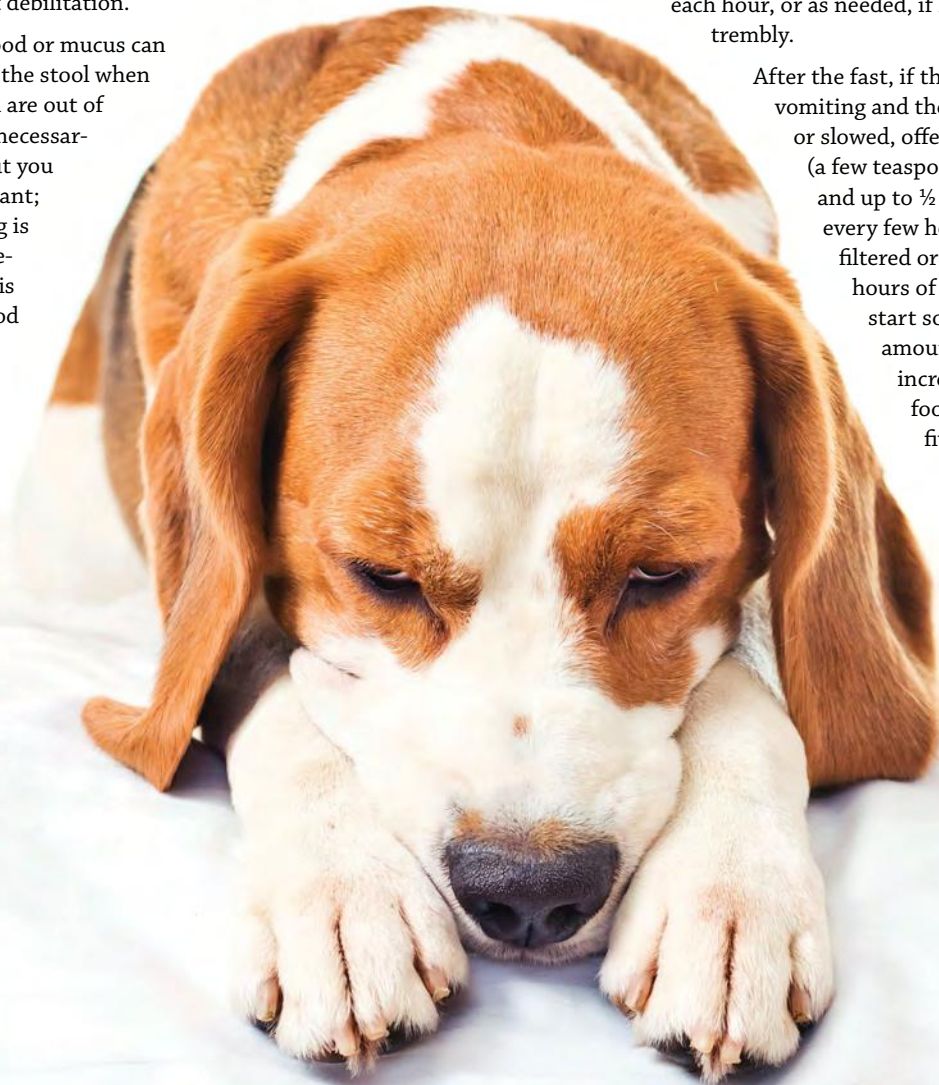
A small amount of blood or mucus can sometimes be seen in the stool when the intestinal bacteria are out of balance but this isn't necessarily cause for alarm. But you should be very observant; if at any time your dog is extremely lethargic, feverish, bloated, there is a large amount of blood in the stool or vomit, or you are concerned about him, seek veterinary emergency

care as soon as possible. For those dogs who are presenting with simple diarrhea and vomiting, here are some steps you can take to help.

Fasting

Most animals will fast themselves when they have digestive disease and it's a good idea to stop feeding him if he doesn't fast himself. You can start with 6 to 12 hours of no food or water with most dogs. If your dog is very small and prone to hypoglycemia, you should give him tiny licks of honey or karo syrup each hour, or as needed, if he appears weak and trembly.

After the fast, if there is no further vomiting and the diarrhea has stopped or slowed, offer small sips of water (a few teaspoons in very small dogs and up to ½ to 1 cup in large dogs) every few hours. Be certain to use filtered or spring water. After six hours of water only, you may start some broth or small amounts of food. Gradually increase the amounts of food over the next four to five days.



Bland Food

Once your dog is reintroduced to food, a bland diet will help prevent a recurrence of diarrhea. Starting with soup is a gentle way to smooth the transition back to his regular diet.

Bland Soup Recipe

Boil 3 to 4 chicken thighs in 6 cups water. Simmer for 1 ½ to 2 hours.

Remove the skin and bones, set the meat aside, strain the broth and add 1 to 2 cups chopped vegetables (like carrot, celery, yam, cauliflower). Boil for another 20 minutes.

You can offer just the broth at first or you can make small servings with meat, mashed vegetables and broth. Give small portions (a few teaspoons for very small dogs, up to ½ to 1 cup for larger dogs).

Allow 4 to 6 hours to elapse to monitor for vomiting after those first few meals.

Other bland diets include: a mix of half white rice and half low fat meat (you can add a 1 to 2 tablespoons plain yogurt and baked yam); a mix of cooked white rice and low fat cottage cheese.

Probiotics

These will help repopulate the intestine with healthy bacteria and there is a growing research base to indicate they boost the immune system in the digestive tract as well as the rest of the body. Probiotics help maintain the mucosal barrier and enhance cellular repair.

Probiotics can be given while a dog is on antibiotics; just be sure to give them at a different time than the antibiotic. They can also be used during stressful times, such as weaning, boarding, agility trials and when traveling.

Prebiotics

Prebiotics are indigestible food components that travel undigested to the colon where they ferment and are converted into short chain fatty acids (SCFA). The SCFA are involved in inhibiting the growth of harmful bacteria, acting as a source of energy for colon cells and preserving electrolyte and fluid balance, thus allowing the intestine to move properly. When present in the bowels, prebiotics can promote and support a healthy digestive bacterial flora.

It's recommended that prebiotics be used in combination with probiotics to support the growth of the good bacteria from the probiotic. However, they can also potentially feed harmful intestinal bacteria. These harmful bacteria are often the cause of digestive disease - so their use may be controversial.

Besides FOS (fructo-oligosaccharide), beet pulp is another well known prebiotic. Some dogs however, don't always process beet pulp well and can suffer from bloating, nausea and flatulence.

Flower Essences

Flower essences can have a role in comforting both you and your dog. There are many emotions around digestive disease, including fear, frustration and uncertainty. A number of commercially available combination flower essences can assist in easing the emotions surrounding digestive upset and other conditions.

Other Intestinal Support Products

Slippery elm is a great herb to consider with digestive upset. If you buy it in capsule form, give a ¼ capsule twice daily to small dogs, a ½ capsule twice daily medium dogs, or one capsule once or twice daily for large dogs. If the slippery elm is in powdered form, give a ¼ tsp powder for every 10 lbs body weight. Mix the powder or capsules into food or some yoghurt.

You can also prepare a syrup from the slippery elm. Mix 1 rounded teaspoon slippery elm powder in 1 cup cold water, bring to boil while stirring, turn down heat, stir and simmer 2 to 3 minutes. Remove from heat, add 1 tablespoon of honey and let it cool.

For dogs under 25 lbs, give 1 to 2 tbsp, 25-50 lb 2 to 4 tbsp., 50 lbs and over, give ¼ to ½ cup. Dose 4 times a day.

There's a huge range of safety and effectiveness. I've found this therapy to be much safer and more effective than Kaopectate and Pepto Bismol, both of which contain salicylates and are unsafe for dogs.



The advertisement features a golden retriever dog in the background. In the foreground, there are two product containers: a clear plastic tub of 'N-Trail Mix' and a blue bag of 'D-Lectables'. A yellow ribbon banner across the middle reads 'SUPERDOGS NEED SUPERIOR NUTRITION'. At the top left, there is a circular seal that says 'APPROVED' and 'ANIMAL DOCTOR'. At the bottom, there is a list of ingredients for D-Lectables and the website information.

D-LECTABLES~ SINGLE SOURCE PROTEIN JERKY
● rabbit ● duck ● turkey ● bison

N-TRAIL MIX~ CRUNCHY ORGAN TREATS
AnimalDoctorHolistic.com • 414.422.1300

Slippery Elm Syrup

Mix 1 rounded teaspoon slippery elm powder in 1 cup cold water, bring to boil while stirring, turn down heat, stir and simmer 2 to 3 minutes. Remove from heat, add 1 tablespoon of honey and let it cool.

For dogs under 25 lbs, give 1 to 2 tbsp, 25-50 lb 2 to 4 tbsp., 50 lbs and over, give ¼ to ½ cup. Dose 4 times a day.

A healing mixture for the intestinal tract can also be made by using equal parts slippery elm powder, FOS (fructo-oligosaccharide) powder and L-Glutamine powder. Give 1 tsp twice daily for small dogs, 2 tsp twice daily for medium dogs and 3 tsp twice daily for large dogs. L-Glutamine is an amino acid that heals intestinal cells. If you wish to give your dog L-Glutamine alone, give 500 mg per 25 lbs of body weight per day.

I've had mixed experiences with digestive enzymes. For dogs not being fed a raw diet, it makes sense to supplement the digestive enzymes they are missing from a natural raw food source. Some animals have improved digestion and do well on digestive enzymes, while some dogs react with intolerable abdominal bloating and gas. It's best to observe your dog and start at a reduced dose at first.

Some animal digestive support products contain digestive enzymes so be sure to read the labels. Dogs with exocrine pancreatic insufficiency require additional pancreatic enzymes (which include proteolytic enzymes, lipases, and amylases) in order to digest their food properly. These are usually prescription products, however.

Homeopathic Solutions

Homeopathic remedies can be a very useful tool for managing digestive ailments. Use a 30C potency with all of the remedies listed below.

To give the remedy, mix 3 to 4 pellets into a ½ cup spring or distilled water and store it in a dark cupboard (it will keep for two or three days). Give 1 teaspoon orally from the glass, stirring it first. Observe your dog over the next 4 to 6 hours. If you see improvement, then wait further and don't repeat the remedy. If there is no improvement, you may give another 1 or 2 doses at 3 to 4 hour intervals. If there is no response after this, then re-evaluate the symptoms and try another remedy. Here are a few of the remedies I often find useful in treating digestive disease.

Arsenicum album

There is much anxiety, fear and restlessness with this dog. Thirst for small frequent sips of cold water. This individual is very chilly and desires covers. There is vomiting and diarrhea with very putrid odors. And there can be lots of unproductive straining. The anus can be very sore and excoriated. This remedy is helpful when an animal has eaten spoiled food (compare to *Nux vomica*).

Bryonia alba

This dog doesn't want to move and the nausea and vomiting is made worse by moving. They are often very irritable. Diarrhea alternates with constipation. Can occur after getting chilled.

Nux vomica

This is another great remedy for dogs who have gotten into the garbage and eaten spoiled food. Also think of this remedy if your dog has eaten an excessive or overly rich amount of food. This dog

can be very irritable, oversensitive and reactive. When they don't feel well, they tend to want to be left alone. They tend to be chilly. In either diarrhea or constipation, there is much ineffectual straining. This is also a helpful remedy in obstipated pets or in pets with complete loss of appetite.

Mercurius corrosivus

This patient is usually in the veterinary clinic already. There is much pain and cramping of the abdomen with vomiting of blood and/or having bloody stool. I find it a helpful complement to the treatment of hemorrhagic gastroenteritis and it's a remedy you can give while on the way to the emergency vet.

Phosphorus

This dog is usually friendly and outgoing but can be fearful and clingy when sick. This individual is very hungry as well as thirsty for large amounts of water at a time, and will vomit just as soon as the food and water has warmed in the stomach. They like their food and water cold. Undigested food is vomited or regurgitated by mouthfuls. There can be profound exhaustion after vomiting or diarrhea.

Podophyllum

Worse in hot weather, this remedy is helpful for painless (although dogs can sometimes have cramps before stool but better after), explosive, foul diarrhea, abdominal distention and gurgling before a stool, constant gagging and empty retching.

Pulsatilla

For diarrhea after eating very rich foods, diarrhea changeable – looks different every time. This dog is thirstless, easily overheats, desires to be in the open air and seeks out attention and comfort. This dog can vomit undigested food several hours after eating.

Sulphur

For the dog rushing to have a stool first thing in the morning. Easily overheats, lips, nasal pad and pinna tend to become flushed or red.

Additional Care

If your dog's digestive disease is severe or persistent, your veterinarian's suggestions may include: fecal exams to rule out parasites; blood work to rule out liver, kidney, endocrine or other problems; x-rays or abdominal ultrasound to rule out foreign objects, obstructions, and cancer; and endoscopy to visualize the stomach and intestinal mucosa. Most cases, however, are self limiting and, with a little help from you, your dog can get back to form quickly. 🐾

Lisa Brienen DVM, CVH, is a holistic veterinarian at Mercy Vet Clinic in Mercer Island, WA. She is president elect for the Academy of Veterinary Homeopathy (AVH) and writes and edits the AVH Journal.

what's so dangerous about

XYLITOL?

Xylitol poisoning can happen to even the most observant of dog owners. Here's how a little protein called glutathione can be your dog's best friend should disaster strike.

By Deva Khalsa

Oscar is a hefty dog at well over a hundred pounds. He's a Shepherd mix and, like most dogs, he loves his walks. He also likes to get into the garbage when he can. So when Oscar found three delicious cupcakes in the trash, he gulped them right down. Meredith, his person, is very health conscious. She knows that sugar isn't so healthy, so she cooks with xylitol. Unfortunately, the three cupcakes Oscar snarfed up were baked with it.

Xylitol is a naturally occurring substance that's widely used as a sugar substitute. Chemically, it's a sugar alcohol and, in nature, it's found in berries, plums, corn, oats, mushrooms, lettuce, trees, and some other hardwood trees and fruits.

Commercially, most xylitol is extracted from corn fiber, birch trees, hardwood trees and other vegetable material. Although it's been used as a sugar substitute for decades, its popularity has increased dramatically in the last few years. Xylitol is manufactured into a white powder that looks and tastes similar to sugar. It's about as sweet as sucrose, but contains only about two-thirds the calories.

WHY IS XYLITOL BAD FOR DOGS?

While xylitol is OK for humans, it's extremely toxic to dogs. Even small amounts of xylitol can cause hypoglycemia (low blood sugar), seizures, liver failure or even death in dogs. The higher the dose ingested, the greater the risk of liver failure complications.

The most common source of xylitol poisoning reported to the Pet Poison Helpline is sugar free gum. As xylitol is becoming more popular and it's included in more and more foods, we all have to be on alert as our dogs will also find these foods appetizing and a decent percentage of our best friends practice the art of stealth food burglary.

While xylitol doesn't stimulate the release of insulin from the pancreas in humans, it certainly does in dogs. When a dog eats something containing xylitol, it's quickly absorbed into the bloodstream, resulting in a potent release of insulin from the pancreas. This rapid release of insulin results in a profound decrease in the level



of blood sugar (hypoglycemia) - an effect that occurs within 10 to 60 minutes of ingestion. Untreated, this hypoglycemia is often life threatening. There's no antidote for xylitol toxicity.

The prognosis is good for dogs who are treated before symptoms develop or for dogs who develop uncomplicated hypoglycemia that is reversed rapidly. If liver failure or a bleeding disorder develops, the prognosis is generally poor. Most dogs who develop liver problems never make it.

OSCAR'S STORY

Meredith managed to get Oscar to the emergency center in no time at all. He was hospitalized and placed on intravenous fluids with dextrose to reverse his hypoglycemia, along with liver protectants.

In spite of all of this, his liver enzymes skyrocketed. An ultrasound showed liver necrosis. Soon afterward, his kidneys began to fail. Oscar had no energy and didn't want to eat; his days were numbered. So Meredith contacted me for a phone consult and we went to work.

GLUTATHIONE TO THE RESCUE

The first and most important thing we did was to begin giving Oscar glutathione. Glutathione exists in every cell. It protects the cell's tiny but important engines, the mitochondria. This little protein made up of three amino acids is the king of all antioxidants in the body. Without it, cells would disintegrate from unrestrained oxidation. Our more familiar antioxidants, such as vitamins C and E, have short life spans and glutathione has the ability to bring back spent antioxidants from the dead and even recharge itself.

Because all other antioxidants depend on glutathione to function properly, doctors call it the master antioxidant. Glutathione is the most important, abundant, most active and most powerful of the antioxidants. None of the over the counter antioxidants would work without the glutathione created in the cells. The highest level of glutathione exists in the liver and it's no accident that the liver is the major organ of detoxification and desperately needs its glutathione to stay healthy.

DELIVERY MATTERS

The thing about glutathione is that it's very poorly absorbed when taken orally. There was no time to waste in Oscar's case: he had to get glutathione to protect and regenerate his necrotic liver fast as his liver was disintegrating from unrestrained oxidation.

Meredith literally ran to a compounding pharmacist who made up a form of glutathione that could be administered intramuscularly. The emergency service where Oscar was hospitalized agreed to administer it. The change was dramatic. Oscar perked up and his liver enzymes began to go down. We also put him on several homeopathic remedies for the liver, including *Aesculus*, *Ptelia*, *Chelidonium* and *Phosphorus*.

It's important to note that although Oscar had initially been given glutathione orally, as in standard treatment, it could possibly not have worked. That's because the precursors are made into glutathione in the liver. His liver was in a double bind because its own cells were rotting and dying. They needed glutathione to repair themselves but they were too sick to be able to convert the precursors. Oscar was given orally. That's why the glutathione needed to be administered intramuscularly.

By the way, glutathione can also be administered intravenously, but we would have had to wait for it to be shipped from California and Oscar didn't have that kind of time left.

Soon after treatment, Oscar went home and was eating on his own and beginning to enjoy his walks again. His liver levels were normal but he still had elevated kidney levels, meaning he was too acidic. Both the kidneys and liver work much more efficiently in an alkaline environment (up to 40 times more efficiently), so Oscar went on a vitamin C intravenous drip to create alkalinity in his body and his kidneys responded and healed.

The body's organs can heal themselves with a little help from their friends. The very best friend, in Oscar's case, was the antioxidant glutathione. It had to be administered in a manner in which it could be reliably absorbed, so Oscar's liver could access it quickly to repair itself. Otherwise, Oscar might not have survived this ordeal.

With xylitol becoming more and more common in foods, we should all remember glutathione is there, in case of emergency. Most compounding pharmacies can prepare this for you as an intramuscular solution. But because prevention is the best medicine, I recommend storing foodstuffs made with xylitol in a dog proof location; our canine friends love a delicious cupcake just as much as we do! 🐾



Since beginning her holistically oriented veterinary practice over 25 years ago, Dr Khalsa has been incorporating homeopathy, acupuncture, Chinese herbs, nutritional advice, allergy elimination techniques such as NAET and also JMT into her approach. Dr Khalsa is a Fellow and Professor of the British Institute of Homeopathy.

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Can't Teach an Old Dog New Tricks? You Can, if the Trick is Eating Raw food!

There's no time like the present to integrate holistic thinking and practices!



By Jodie Gruenstern DVM CVA

Many pet parents say to me, “Doc, I’m bringing my new puppy to you, and I’d love to raise him this new, holistic, way, but it’s too late for my other dog. I’ll stick with my regular vet until she passes; she’s too old for change.” This couldn’t be further from the truth! In fact, all the more reason to change!

If you don’t want to hasten your pet’s demise, there’s no time like the present to integrate holistic thinking and practices!

Begin by discontinuing the unnecessary vaccinating, avoid the use of steroidal and non-steroidal anti-inflammatory drugs, and yes, change to a fresh, balanced, prey-concept diet! There’s no time like the present, regardless of your pet’s age or malady.

Top Nine Reasons To Switch Your Older Dog To Raw

Aging dogs often develop one or more of nine common disorders. These include dental disease, gastrointestinal disease, liver or kidney disease, hormonal disease, skin disease, obesity, arthritis and cancer. The basic components of a preventative diet for these disorders are all included in a balanced, raw diet plan, and we can easily tweak these to assist our seniors. These components include quality, meat based protein sources, adequate and balanced calcium (ideally from whole bone), organs, a variety of bioavailable greens, probiotics, Omega-3 fatty acids, and superfoods/functional foods/nutritional herbs as needed to manage dis-ease. This type of nutrition also automatically includes whole food vitamins and enzymes.

The saying goes, you are what you eat, and sadly, many old dogs are a culmination of years of eating poorly. Their bodies are a fat ball of inflammation from a lifetime of free choice, dry, processed kibble, devoid of anything fresh! Their eyes are dull, ears are goopy and puffy, joints crunch with arthritis, fur is dry, belly is pendulous, nails are brittle, anus is red, glands are impacted, stool fluctuates from loose to hard, they're constantly panting and the water bowl is always empty!

In Chinese philosophy, many of these signs are consistent with yin yang deficiencies and qi stagnations. When yin and yang are out of balance, qi doesn't flow properly. When yin and yang are both extremely deficient, the qi or life force leaves the body and life ends; all living things contain qi. We can nourish body qi with "gu" qi, or the food qi. Processed food simply is not nourishing. In fact, this is why even the "natural" kibble diets contain added vitamins and minerals, albeit synthetic.

Even Western medicine has made the connection between gut health, liver health and skin disease. When you consider the ears are simply an extension of the skin, and the anus is simply an extension of the gut, it's easy to see the relationship between all the disorders in the above list of old dog maladies! American commercials teach viewers that "80% of the immune system is in the gut, so eat some probiotic yogurt!" Surely our pet carnivores can benefit from a little infusion of good bacteria periodically as well, no matter what their age!

Making The Switch: Start With The Gut

When you decide to change your senior dog to a species appropriate diet, the first step is to add a pinch of quality probiotic to his current food. This can aid the transition to raw. Many pet parents are turned off of feeding raw, because when they've tried in the past, their pet developed diarrhea. The establishment of healthy gut flora can prevent diarrhea. The addition of probiotic to the diet can prevent, manage or even cause diarrhea, depending on the amount. Too much probiotic can cause a cleansing effect.

Overall, food is meant to put in what's good and take out what's bad. What if it's been a while since you've taken out what's bad? After ages of eating processed food, there can be quite an accumulation of bad fats and bad starches in your dog; now it's time to send in the fresh army!

You've likely experienced this yourself. You eat a delicious salad or bowl of cruciferous vegetables - and uh, oh! Things are moving out quicker than they should be! This is a cleansing effect and no one

wants it on their carpet. Your dog may need a cleansing effect, but, ideally, in a controlled fashion.

In the long term, raw diets don't produce loose stool. In fact, it's common for dogs on balanced raw diets to have very firm stool. However, initially, the transition to healthy food (raw food) can produce a cleansing effect.

When you choose a probiotic product, try to select one with large numbers of a variety of species of good bacteria and yeast. Large numbers may be necessary in order for enough to survive and successfully colonize in the gut. However, I commonly counsel pet parents to begin with far less than what's recommended on the packaging, to avoid an excessive cleansing effect. You should start slowly, and gradually increase the probiotic, just as when you are transitioning to a new diet. If loose stool develops, back off and go slower; but don't give up! This is common in the transition to better gut health. This is what individuals commonly strive for as part of a cleanse or a detox.

Remember, don't equate good poop to good food. It's easy to load up bad foods with ingredients that are there to simply stick the poop together. An example of this is beet pulp. Watch out for this on your kibble ingredient label.

Step Two: The Transition

Step Two is the gradual transition to the diet itself. After you've spent one to several days of adding the probiotic to the current diet, you can begin adding the raw food. Again, let the stool be your guide. Make sure the new diet is balanced and add a tiny amount to the old diet. Gradually decrease the old and gradually increase the new. If loose stool develops, transition more slowly.

To be clear, I'm referring to a raw diet that's commercially produced and analyzed to be balanced, or a recipe that's been proven over generations of animals to be balanced. If you don't know what a balanced raw diet is, start with a commercial product and decide later if you feel you have enough knowledge to feed a home prepared diet.

Before you consider a raw diet, you must consider your budget and time availability. You should also consider your pet's Chinese philosophical constitution and Western diagnosis. There's a fresh diet for every constitution and diagnosis. However, some diets may require significant enhancement in order to manage some of the more serious disorders that may have manifested in your pet.

Some seniors may need patience and persistence to convert. They may be carb or salt addicts. They may need the "21-day program" to gradually adjust their taste buds to the taste of fresh food without all the salt of canned food or the starchy sugar in dry kibble. Use canned food, baby food, tuna, yogurt, or broth as mix-ins and top dressings to aid in the conversion.

Step Three: Vegetation

Step Three, especially for seniors is the incorporation of blended vegetation. Many pet parents feed baby carrots or pieces of banana to their dogs. This is nice, but is it okay or the best thing to do? It depends; nutritional choices are all relative.

In my practice, we teach nutritional choices as steps up and down the ladder. I'm always trying to get clients to step up the ladder in their food and treat choices for their pets. For example, a baby car-



Bonus Step: Don't forget The Toppings

Functional Foods and Supplements for Common Senior Conditions

Obesity

Increase meat protein, eliminate starch, increase green fiber for satiety

Diabetes

Same as for obesity, and utilize healthy fats to balance sugar and slow insulin release; low glycemic veggies, pancreatic glandulars, gymnema, ocootea oil, Standard Process (SP) Diaplex

Cancer

Same as for obesity, with high antioxidant veggies, medicinal mushrooms, colostrum, Artemisinin, appropriate Chinese herbal formula

Pancreatitis

Lean meats, no starch, no dairy, pancreatic glandulars, antioxidants such as dark leafy greens, cranberries, blueberries, Standard Process Vitanox; no rancid fats

Liver Disease

Same as for cancer; organic is best, avoid all toxins, cruciferous veggies, SP Livaplex (milk thistle, schissandra) or SP Canine Hepatic Support- adenosyl methionine, wheat germ oil (natural source of Vitamin E)

Kidney Disease

Quality balanced, wet meat based diet with up to one third added blended vegetation, probiotics, glandular kidney support (SP Renafood, Renal Support) Monitor BUN, creatinine, phosphorus, potassium, blood pressure.

Hypothyroidism

Species appropriate diet, kelp, possibly appropriate iodine, glandulars

Constipation

Species appropriate diet, pumpkin, green beans, carrots, slippery elm

Cushings

Species appropriate diet, remove stress and toxins, adrenal support, pituitary support, liver support, Chinese herbal formula

Arthritis

Quality meat based protein, no inflammatory carbohydrates, fish body oil for Omega-3 fatty acids, glucosamine sulfate, egg shell membrane, perna/green lipped mussel, hyaluronic acid, MSM, boswellia, corydalis, SP Ligaplex II, SP Ostarplex



rot is a much better treat choice than a wheat biscuit, but a green bean is a better choice than a carrot. Let's compare and contrast this for a moment.

If your dog has diabetes you need to select the treat with the lowest glycemic index. The green bean is the best choice. If your beloved companion has cancer, you need to select the treat that contains the least sugar and the most antioxidants, again the green bean - but kale or broccoli would be better. These must also be blended or mulched to release the nutrients for absorption.

If your pet suffers from obesity, a low calorie, high fiber treat would be great - again the green bean.

If your pet is prone to constipation, carrots can have a laxative effect, but blending is best to be nutritive. This will allow for the release of the whole food source of vitamin A, which will help those aging eyes as well! It's common for a guardian to observe chunks of carrot in excrement, which have passed though intact. They may have served their purpose as a reward, but they've provided little to no nutritional benefit.

If your dog has liver disease, cruciferous vegetables may provide the methylation that's necessary to aid in the malfunctioning of at least one important metabolic pathway. In my practice, I've measured the improvement in liver enzymes and even bile acid levels due to the simple addition of broccoli and Brussels sprouts, or the Standard Process Cruciferous Complete supplement.

If your dog has kidney disease and is hypokalemic (low potassium), a piece of banana on a regular basis would be just what the doctor ordered. Increasing greens in the gastrointestinal tract impacts protein by aiding in the removal of nitrogenous waste, thus decreasing the toxin removal burden placed on the kidneys and liver. What does this mean? You can use a raw diet high in green vegetation as a kidney or liver diet! Can this be monitored? A veterinarian can measure BUN (blood urea nitrogen), creatinine, liver enzymes and bile acid panels. Despite what the prescription diets say, senior dogs need quality protein to maintain healthy muscle mass.

Remember, when this all seems overwhelming, ask yourself, what happens in nature. There are some forms of vegetation that dogs and other carnivores forage. The Indians learned a lot by watching bears safely select particular berries. But, in general, our dogs must derive their vitamin A from the rabbit who ingested the

carrot and predigested the carrot to release the vitamin A.

Dogs don't have the cellulose enzyme, which the rabbit possesses to break down the cell walls of plant materials. The dog doesn't chew and mix plant materials in his mouth with salivary enzymes to break them down as we primates do. So, we do our best to mimic this natural predigestion by lightly steaming and/or blending vegetation prior to presenting it to our carnivores.

Step Four: Random Notes

Stainless steel or ceramic bowls are best. Plastic bowls can harbor germs and excrete dangerous toxins.

Cooking a balanced diet that includes calcium may sometimes be necessary in seniors who are immune suppressed due to a particular disease or medication. Some vets also advocate feeding a high pressure pasteurized commercial product but most seniors handle raw diets very well.

Temperature, moisture and texture matter. Repetitive cold food damages stomach yin. This is why many Chinese say, "do not put ice into beverages." It's easy to remove a thawed product from the refrigerator, spritz it with hot tap water and then serve. Take the cold edge off the food to mimic the warmth present in freshly killed prey.

The stomach environment is very warm. It's not meant to receive cold food. Seniors who have become yang deficient generally need warming foods as well. Foods have their own energetics, but it becomes warmer with heating or processing.

The addition of water needs to be just right. Extra water can aid digestion but the over dilution of stomach acids can inhibit digestion and even cause vomiting! Just the right amount of increased moisture can be of significant benefit to aging pets with compromised urinary tract health.

Many dogs, especially small breeds, are concerned about texture. You may need to experiment with different raw brands, different grinds or even the way you blend the breakfast or the dinner!

If a pet, young or old, eats too much too fast, putrefaction, gas and bloating, vomiting and even diarrhea can ensue. Therefore, quantity matters. Follow package guidelines. Feed roughly four to six ounces per eight to twelve pounds of your dog's weight per day, divided into two to three feedings. A large dog may eat a half pound or more twice per day. Of course this varies greatly depending on metabolism and lifestyle.

Spreading food out on a plate or using a "slow bowl" may be helpful. Senior dogs who are fed a meaty bone diet will need to eat slowly to chew and be safe. A senior who is missing teeth can be fed a balanced ground diet or a commercial raw very safely. Added vegetable roughage may be necessary to help any pet on raw to avoid constipation.

It's important to be your pet's advocate. And it's never too late to serve quality, delicious meals! 🐾



Jodie Gruenstern DVM CVA has been practicing veterinary medicine in Muskego, WI since 1987. She is a certified veterinary acupuncturist and food therapist by the Chi Institute. Dr Jodie is the owner of the Animal Doctor Holistic Veterinary Complex, an integrated, full service small animal practice. For more info, healthy products or educational DVD, visit AnimalDoctorHolistic.com

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CHAKRAS

characteristics and healing modalities

By Ellen Kohn

This is the first of a two part series on canine chakra systems. In this issue, we'll concentrate on the lower three chakras. In the next issue we'll focus on chakras four to seven. We'll also highlight specific crystals, essential oils, and flower essences that work on the energy field to regulate the chakras and support health.

Canine chakras are sensitive energy conductors that function in two ways. First, they receive cosmic energy, allowing its flow in and out of their sensors. This vital force enters our dogs' energy fields as subtle electromagnetic currents, which the chakras direct into the endocrines. The endocrines transfer energy into the bloodstream, neurological system and individual organs. Thus, chakras translate the energy that moves between spirit and body.

Secondly, each chakra stores information in its own power center. Sensitive to outside energy fields and emotions, chakras are directly affected by physical security and environmental factors. Thus, their functionality may be compromised, eventually manifesting as physical dis-ease, or emotional issues.

Chakras can be rebalanced using color, crystals, essential oils and flower essences, among others. However intention is key to releasing blocked energy and allowing new energy to come into the electromagnetic field, where healing can occur.

THE ROOT CHAKRA

The first, or root chakra, is located at the base of the spine. It contains all of the programming needed for survival. The root chakra represents ownership of the body, feelings of comfort and safety, and grounding to Mother Earth. Self protection is closely linked to this chakra, as is the fight or flight response.

Dogs are intuitively connected to survival instincts; their drive to eat, play, sleep and take care of their physical needs is very innate and strong. Belonging to the pack is another characteristic of the root chakra, along with loyalty to humans. We know when our dogs feel safe and secure physically and emotionally, and we understand the bonding that occurs between us, indicating a well balanced root chakra.

An overactive root chakra may display as fears of abandonment and hunger. Aggressive behavior, nervousness and mania may be present. An underactive root chakra may manifest in apathy, depression, passivity and lethargy, resulting in fear of new situations, people or dogs. Lack of trust may be present, and your dog may exhibit physical problems in the low back, hips, feet or any other lower region of the body.

CRYSTALS

The general explanation for how crystals impact healing is as follows: Crystals may be programmed to collect fragments or unfocused rays of energy, redirecting them into a unified energy force. When used with focused intention, crystals use the unified energy to match the dog's energetic matrix. Thus, it is a type of energetic alignment that occurs between the recipient and the crystal, allowing healing to occur.

Red and black stones are commonly used for root chakra repair. Some crystals can work with more than one chakra. Others, like the **Herkimer Diamond**, can promote accelerated healing for all seven chakras.

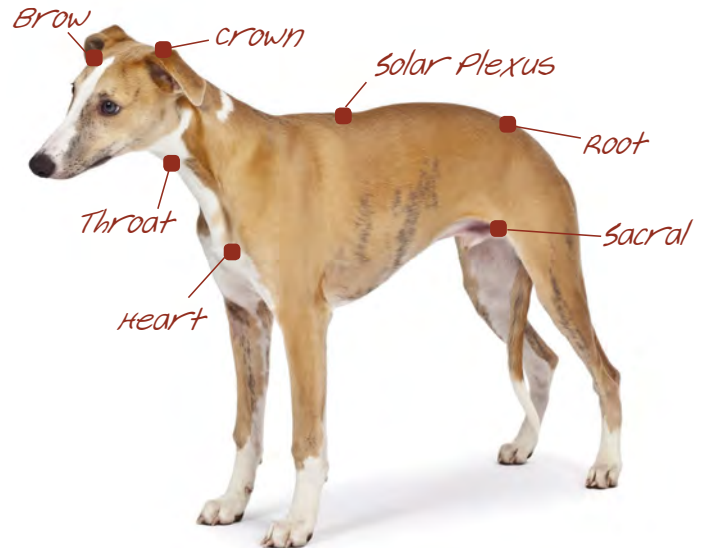
Herkimer Diamond is a master healer because it amplifies the energy when used in conjunction with other crystals and stores emotions in its vibrational field. **Herkimer** vibrates at a very high rate, signifying its ability to absorb unwanted energy, help other crystals work more efficiently, and do its work swiftly and without complication.

Smokey Quartz is an important crystal for grounding and calming, especially in traumatic situations. It's helpful when moving to a new home, for vet visits, and other changes that elicit fear. Grids of **Smokey Quartz** may be placed all around your dog's bed, or you can carry it with you to ground your dog (and you!) when needed.

Rhodolite Garnet is another important healing crystal that can help repair the chakras after shock or trauma, regenerating the aura. It will assist in removing the invisible or energetic imprint of any wound, allowing your dog to restore energy to the body part that's been traumatized.

Obsidian and Hematite are protective crystals, shielding negativity and absorbing environmental toxins. **Obsidian** draws out mental stress, clearing the mind and dissolving emotional blockages and ancient traumas. Both **Hematite** and **Obsidian** assist in grounding, promoting qualities of compassion and strength.

The Canine Chakras



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FLOWER ESSENCES

Flower essences are another way to balance subtle energy imbalances. They may be administered in your dog's water, in his mouth or on his head or ears. Sprays may be made for the home environment, bedding and car. If the remedy isn't needed, it won't cause any harm.

Sometimes you may see an emotional reaction to flower essences, but this can be a sign that the remedy is working on a deep level to release blocked energy in that chakra. You'll see when the reaction lessens, and may consider adding another remedy to the mix.

There are two Bach Flower essences that work specifically with root chakra fears. **Mimulus** can be used when your dog has specific fears that can be identified, and **Aspen** is called for when the anxiety is more general and reassurance is needed overall. **Red Chestnut** is also useful when he's worried about you or the family.

Rock Rose is used for terror of any type, and **Cherry Plum** is indicated to help bring control to an overly stressed or aggressive dog. Despair, lack of vitality and exhaustion may be remedied by using **Gorse** for hope, **Sweet Chestnut** for consolation, **Oak** for strength, and **Olive** for rejuvenation.

ESSENTIAL OILS

Essential oils can also help our dogs align to the earth's energies, bringing a sense of physical security and belonging. Grounding oils include **Sandalwood**, **Cypress**, **Vetiver**, **Cedarwood**, and **Rosewood**.

Frankincense, **Clary Sage**, **Geranium**, **Rose**, **Melissa**, **Vetiver**, **Patchouli**, and **Ylang Ylang** can work with feelings of isolation, fear and depression. **Lavender**, a supreme healer, has numerous benefits for all of the chakras and can be calming, uplifting or encouraging.

Oils can be used directly on a bandana placed around your dog's neck, diluted in carrier oil, or offered as "smell." When your dog chooses the oil, it will enter the dura sleeve of his neurological system, immediately reaching his emotions. Several oils may be blended to address multiple issues.

THE SACRAL CHAKRA

The second, or sacral chakra, is located three fingers below or behind the navel. It relates to emotions, sexuality and self awareness. The kidneys, bladder, pelvic area and lower vertebrae are located here. Personal identity is associated with the sacral chakra, as well as the duality of yin/yang, the contractive/expansive nature of one's canine personality.

The sacral chakra is also the seat of clairsentience, or empathy, sensing the emotions of others. Like all of the seven chakras, it vibrates sensitively to emotional states, ranging from happiness and exuberance to fear and anxiety. Thus, this chakra can also be blocked by basic survival fears.

Chakras can be rebalanced using color, crystals, essential oils and flower essences, among others. However intention is key to releasing blocked energy and allowing new energy to come into the electromagnetic field, where healing can occur.

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A balanced sacral chakra reflects good polarity between the male/female aspects of self, emotional self awareness, and ability to stay emotionally centered. An overactive second chakra can produce compulsive behavior, frustration and tension. Repressed feelings, self deprivation, depression and apathy may result from an underactive second chakra.

CRYSTALS

Orange is the color typically associated with the sacral chakra.

Carnelian, Citrine, Fluorite, Malachite and **Moonstone** are some of the main choices for crystal healing. **Carnelian** is a highly evolved crystal healer, enhancing confidence and the will to live.

Carnelian's warm orange color vitalizes the physical, emotional and mental bodies.

Citrine is another wonderful quartz crystal for emotional balancing, especially for overwhelming situations. It helps puppies understand their training.

Fluorite has the unique ability to aid both the physical and emotional planes, including enhanced nutrient assimilation from food.

Fluorite also balances the intuitive and rational sides of the brain, helping dogs to bridge the emotional and physical demands from training, agility or competition.

Moonstone is excellent for stabilizing emotions. **Malachite** can be used to dispel unwanted and compulsive behaviors. It can also be effective in training; it lessens stress and tension and strengthens the body/mind.

ESSENTIAL OILS

Geranium brings a sense of security and calm. It works on the emotions by relaxing the mind, centering and strengthening the core while working on the spleen and pancreas. **Patchouli, Bergamot** and **Sandalwood** are useful for recalibrating yin-yang energies, while **Rosemary** is good for focus, depression and

fatigue. **Clary Sage, Fennel, Jasmine, Neroli** and **Rose** are mood enhancers, uplifting and refreshing negative energy.

Basil, Chamomile, Eucalyptus, Clary Sage, Juniper and **Rosemary** may be blended with carrier oils for use as anti-inflammatory and anti-spasmodic purposes, such as backache and muscle relief.

FLOWER ESSENCES

White Chestnut brings focus and clarity when your dog seems uninterested or apathetic. **Wild Rose** is also useful for apathy, renewing joy and happiness in his relationships. **Agrimony** will encourage your dog to display his true emotions, rather than hide them internally.

Crab Apple assists in removing emotional and physical toxins, including feelings of shame and abandonment. Dogs who are angry, aggressive, jealous and needy might benefit from **Holly. Impatiens** is an important remedy to bring calm and patience to those who have nervous, tense energy and pain.

The hyperactive dog might benefit from **Vervain** to bring relaxation and balance to his overenthusiastic barking, while **Walnut** is a good emotional stabilizer for those dogs learning about boundaries and protection. Dogs who are prone to mood swings and gloom could use a dose of **Mustard** to bring back serenity, joy and stability.

SOLAR PLEXUS CHAKRA

The third, or solar plexus chakra, relates to how we manifest our personal power. Located just below the rib cage, it is the center of focus, decision, volition and willpower. The solar plexus chakra controls the adrenals, stomach, liver, gall bladder and the digestive system. When this chakra is balanced, your dog will exude confidence, focus and commitment to his job. Stomach ulcers, digestive disorders, diabetes, low vitality, chronic fatigue and allergies are physical signs of an imbalanced third chakra.

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An overactive solar plexus chakra may result in an angry, bossy style, impatience and inflexibility in relationships. An underactive solar plexus chakra may show passivity, lack of concentration, and general oblivion. Self esteem is low, relationships may be strained, and your dog just might be depressed overall.

CRYSTALS

The color associated with the solar plexus chakra is yellow. Yellow is the symbol of the mind, intellect, high intelligence and wisdom. It is a positive magnetic vibration that acts as an equalizer for irritable conditions of the nervous system.

All the yellow stones - **Topaz, Citrine, Yellow Zircon, Amber** - are used with the solar plexus chakra. Amber offers strength and protection, calming and pacifying your dog's emotions. **Topaz** strengthens the will, and revitalizes your dog's energy field. **Ametrine**, a blend of **Citrine** and **Amethyst**, works on removing negative thoughts while increasing his personal power and clarity. **Ametrine** can also assist with digestive issues, immune system imbalance, fatigue and lethargy.

ESSENTIAL OILS

Essential oils that assist solar plexus chakra emotional issues include **Basil, Chamomile, Lavender, Cypress, Geranium, Bergamot, Jasmine** and **Rose**.

Oils that work with digestive problems include **Peppermint, Lemon, Ginger, Cardamom, Fennel, Bergamot** and **Rosemary**.

Helichrysum, Myrrh, Rosewood, Neroli, Rose and **Lavender** are among those which help us know our life's purpose and manifest that "soul" destiny into physical form. It is the manifestation space that's so important to solar plexus balance.

FLOWER ESSENCES

Larch is useful for building the dog's confidence. **Wild Oat** brings a renewed sense of purpose, while defining his talents and usefulness. **Chestnut Bud** is excellent for breaking old patterns and **Cerato** can help replace inattentive and distracted behaviors with a stronger and more certain attitude. **Vine** can help with domineering and bossy dogs that need to be in charge, helping them become more patient and understanding.

This overview of crystals, flower essences and essential oils that work with the first three chakras serves as a starting point for dog owners wishing to delve more deeply into healing modalities that work on the subtle energy bodies. There is a wealth of information available and resources for finding these tools are quite accessible. The methods are safe, gentle and effective, so be encouraged to try them out. Have fun, and you'll see results! 🐾



Ellen Kohn is an Interspecies Communicator, Healing Touch for Animals Certified Practitioner, Reiki Master-Teacher, Meridian Practitioner and Spiritual Counselor. She is also a certified aromatherapist and uses crystal energy for her healing work. Visit Ellen on the web at www.EnlightenedAnimals.com

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The Twilight Years

By Brenda Utzerath

Our loyal canine companions grow old much too quickly. In what seems like the blink of an eye, the little pup with a surplus of energy is transformed into a grey faced oldster, happy to snooze on a soft bed in the sun. He may not see well, he may not hear well, he may not always feel well, but his love and loyalty to you haven't changed.

So what can you do in return to help your aging dog grow old in comfort and contentment? Here are seven tips to assure a better quality of life for your aging dog.

Essential oils

These can provide a sense of wellbeing for the aging dog. Essential oils used as aromatherapy can ease anxiety, help clarify thoughts and settle the mind, comfort body aches, support a healthy immune system and even minimize physical ailments such as digestive issues.

Although aromatherapy is generally considered safe for use in dogs, essential oils are powerful, yet gentle aids that must be used with respect. They should be properly diluted, and less is often best. It's important to dilute the essential oil using a carrier oil, then allow your dog to sniff the oil on his own terms because his sense of smell is so powerful.

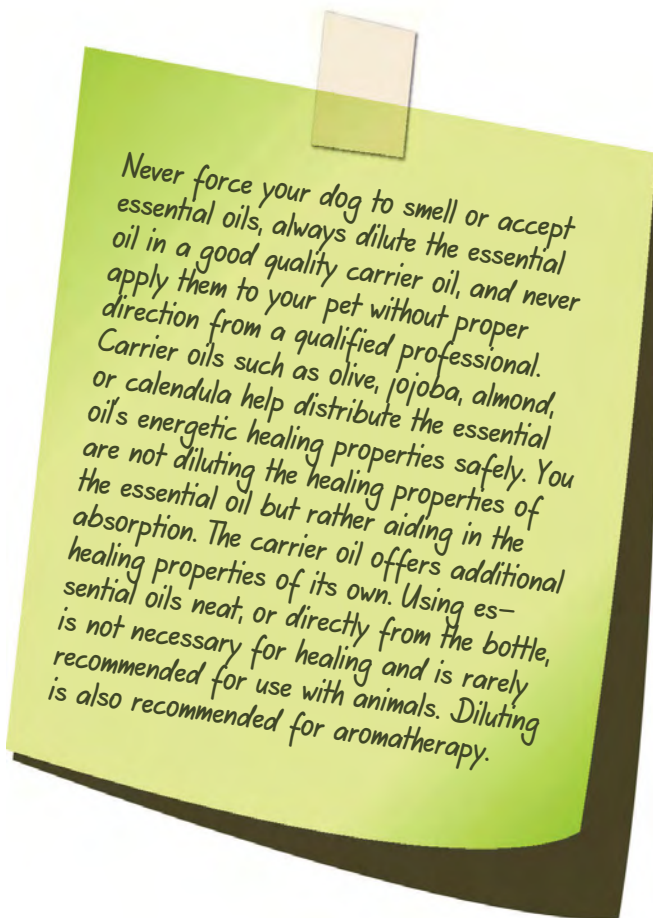
Comforting and animal friendly oils include lavender for nerve-calming; Roman chamomile to relieve muscle pain; ginger to aid in digestion and relieve pain from arthritis; and helichrysum as an analgesic, for skin irritations, as well as to soothe away emotional stress. It is best to offer each essential oil individually rather than as a blend. That way your dog can choose the oil that suits him best at any given time.

Flower essences

These are very safe and generally acceptable for use alongside medications and other therapies. Flower essences are safe to combine into a blend of five or even seven essences. They can be offered straight from a stock bottle or you can dilute a few drops in an ounce or two of water. To keep the remedy fresh for several weeks add a teaspoon of vinegar to the water.

Flower essences can be offered in the palm of your hand, directly into his mouth, on his ear tips or nose leather, in his water bowl, on a treat, or, as a last resort, in his food. The remedy will cause no harm to any other animal drinking from the same water dish or eating the food.





therapy, or as an alternative therapy when standard treatments are inadequate. Acupressure, or needleless acupuncture, is an equally effective therapy following the same ancient theory. As a pet owner, you can learn and use acupressure techniques at home.

Massage, either therapeutic or relaxing, can provide valuable hand to body contact. It can enhance the effectiveness of other treatments, while helping with mobility and agility.

All hands on healing techniques are valuable tools for pain management, chronic illness, immune support and common age related issues such as incontinence.

Mental stimulation

Keep your dog in a happy state of mind by offering interactive toys filled with food or treats. There should also be plenty of interaction with the people he loves, and a modest amount of gentle exercise (depending on his overall health). For busy families this can be a tough assignment.

Sometimes we begin to exclude older dogs from activities we used to enjoy together because of their limited ability or our own impatience. As youngsters, playing fetch for hours didn't seem long enough! Now, retrieving that bouncy round sphere once or twice may be all he cares to do. If your dog seems satisfied with a few tosses, be joyful for him. He may be content with the shortened activity, as long as he feels good for his age and is free from pain.

Adapt to physical limitations

Take a proactive approach to making your older dog's environment safe and navigable. Stairs and slippery floors can make it difficult for your pet to remain independent and mobile. Rubber backed rugs can help provide more confident footing, gates across stairs can help prevent tumbles and ramps can be used to help your dog in and out of vehicles and up and down stairs.

Taking care of daily needs such as going to the bathroom and modest exercise may also offer some challenges. Setting up a sleeping and resting space lined with potty pads and washable blankets makes changing soiled bedding quick and easy. Washable or disposable bloomers are also available, should your dog have difficulties with incontinence. There are also mobility aids such as harnesses and wheels available for those dogs who need help getting around. Your older dog will appreciate the extra effort you take to help him be more active and more comfortable.

Adjust meals

Eating habits and appetite change as dogs grow older. Once upon a time, one or two meals per day were adequate. Now smaller meals offered several times per day may be better. What was once a favorite meal now sits in his bowl without so much as a second lick. Sometimes taking a few moments to offer him food by hand is all he needs. Hand feeding allows you to gauge his interest in food and his ability to eat.

Here are a few other things to consider when it comes to judging your older dog's appetite. Is he able to access his food? Are there slippery floors between him and his food? Is the bowl sitting on the floor and he is unable to bend his neck that far? Is there a dental issue that makes getting, chewing or swallowing food difficult? Is he interested in food but walks away as if nauseated by the smell?

Standard dosing is four drops, four times per day, or as needed. Generally a week or two is enough time to see if there is benefit to the remedy you have selected. Don't worry. If you select an essence that does not fit it will simply move on its way without effect, allowing you to observe your dog again and select another essence. You might choose between clematis, gentian, hornbeam, or gorse for restoring optimism; and honeysuckle, gorse, or oak to help ease the affects of chronic illness. Cherry plum may be helpful with urinary incontinence, and mustard may help with the loss of control of limbs and muscles.

Another way to select Bach flower essences is to identify your dog's emotional state. It's as simple as asking yourself: does your dog have fears, suffer from uncertainty, have insufficient interest, feel lonely, is oversensitive, seem despondent, or perhaps worried? Then select a few essences from Bach's seven emotional groups that match your dog's emotional state. Dogs many times mirror our emotional state. If you dose your dog with a flower essence, it is often helpful to take the same remedy yourself. An excellent addition to your pet first aid kit is Bach's Rescue Remedy. It is a premade blend that is especially useful in times of trauma, crisis, or acute illness.

Hands on healing

Techniques such as acupuncture, acupressure, and massage can be both physically and mentally rewarding for older pets. Acupuncture is an ancient needle technique that can be used as a primary therapy for illness, pain or disease, as supportive or adjunctive

Learning to differentiate between ability and interest in food will help discern whether there is a need for a vet visit or if he would just prefer something different to eat.

Hand feeding is very different from force feeding. Force feeding is actively putting food in his mouth without his desire or consent. If you have resorted to force feeding, it may be time to consider a trip to your holistic veterinarian.

Honor your pet

Our beloved dogs have been gifted with the ability to live in the moment. Remember to spend daily time together just loving on them, in the moment. Acknowledge the body, mind and soul connection of the human-animal bond through gentle caressing, sharing intuitive wisdom whether spoken or in silence, and honoring their aging journey with kindness, patience and compassion.

Think ahead regarding your feelings about end of life issues, hospice and euthanasia. When we share our lives with dogs, it's quite probable that we will face the inevitable "care replaces cure" or euthanasia decision. As long as you have the ability to keep your dog comfortable and he can be positively supported, the decision of whether or not to euthanize is yours. Hopefully your trusted veterinarian and other caregivers will support your decision and provide options and services that make this most sacred time as joyous as possible, without a hurried decision.

By incorporating any or all of these tips, you can make a positive impact on your aging pet. Your beloved four-legged friend may not be able to do all of the things he used to do, but he's still very vibrant and looking to be an integral part of your life. Old age is not a disease to be cured, but rather an opportunity to learn and love for another day. 🐾



Brenda Utzerath is nationally board certified in small animal acupressure and has a practice in Beaver Dam WI. She uses natural healing methods to encourage wellness and uplift quality of life in companion animals. She is particularly involved with assisting aging animals and helping animals and their humans navigate end of life and more peaceful passings. Visit her website at moderndog.abmp.com

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One of the most challenging parts of adopting and falling in love with dogs is to see them age. When we adopt a puppy, the senior dog years seem to be so distant but we soon realize that living with dogs makes time fly so fast.

It seems like yesterday that I met my dog Skai and I'm having a hard time believing that he just celebrated his twelfth birthday. As days, weeks and years fly by, his presence is becoming even more special. I try not to think about it, but if I am honest, every day I'm acutely aware of time speeding up. Lets face it, no matter how healthy our dogs are, we dread the fact that one day, we will need to say goodbye.

The special bond that we create with our dogs allows us to experience pure unconditional love and we all know that this term is not a cliché. When it comes to dogs, unconditional love is real.



HOLISTIC APPROACH TO **Urinary Incontinence**

By Peter Dobias DVM



True love happens when our dog has an accident in the middle of the night and we get up, clean up the mess with no resentment and feel sorry for our poor dog. Accidents become more frequent as our dogs age, and urinary bladder incontinence happens frequently in older dogs. A leaky bladder can be messy and dogs can get very embarrassed when they have accidents.

I would like to dedicate this article to all those lovely dogs who can't control their bladder and those owners who are patient but would love to find a natural solution to incontinence.

A different point of view – a story of Caz

The conventional understanding of urinary incontinence is that it's caused by low estrogen levels, especially in dogs that are spayed. While it's true that most female dogs respond to medication containing estrogen hormones, the whole theory falls short in male dogs.

During my years in practice, I've carefully observed the patterns in patients with urinary incontinence. I've discovered that most cases of urinary incontinence are connected to lumbar spine injuries and/or physical overexertion.

The very first dog I treated was Caz, a lovely female Rhodesian Ridgeback who was given up by her previous owner after she fell off a truck canopy and was dragged. It was a miracle that she survived. Her new guardian, Pat, brought Caz to me because she suffered from urinary incontinence that didn't respond to estrogen treatment.

I treated Caz for several weeks with no success and finally decided to take her home for observation. Surprisingly, she showed absolutely no signs of incontinence while she stayed with me.

The incontinence was clearly connected to Caz's ball chasing on walks with Pat. After a few weeks of gentle endurance exercise, homeopathic treatment with Incontia, physiotherapy and no ball chasing, the problem was solved for good. We used no estrogen in the course of treatment.

This was in 2002 and I've treated many dogs with urinary tract incontinence since. To this day I've seen only two dogs that needed estrogen treatment.

The lumbar spine and incontinence

If the connection of lumbar spine injury and over-exercise is a complete surprise to you, here is an explanation.

From what I've seen, urinary incontinence appears to be caused by weakness and lack of control of the bladder sphincter. The bladder sphincter receives its nerve supply from the lumbar area and is controlled voluntarily, the same way, for example, that legs are. When the lumbar muscles or spine become injured or overexerted, the muscle fibers become tight and the nerves

Before you assume your dog is incontinent

It's important to rule out other causes of urine leaking, such as urinary tract infection, a polyp or a growth around the bladder sphincter or the bladder, congenital bladder abnormalities, submissive urination or increased urine production during corticosteroid administration.

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supplying the bladder sphincter become pinched or impinged. This impingement results in the lack of sphincter control and leaky bladder.

Why is urinary incontinence worse after spaying?

The natural question that comes up is, "If this was true, why do female dogs come up with urinary incontinence after spaying? Why do they respond to back treatment?"

A dog undergoing surgery is often stretched on a table that lacks soft padding. This puts excessive stress on the lumbar sacral region, which can lead to lumbar injuries and consequently urinary incontinence.

A simple approach that works

Over the years, I've treated many dogs for incontinence and eventually developed an all natural treatment protocol for urinary bladder incontinence that includes a detailed treatment description and homeopathic remedy.

If your dog isn't suffering from any of the above mentioned problems, here are some things you can do to help with urinary incontinence.

- 1 Ideally stop or limit sprinting and chasing after balls or swimming for extended periods of time (15 or more minutes). Walking, jogging and hiking are great alternatives.
- 2 See an experienced chiropractor, massage therapist, physical therapist, osteopath or acupuncturist.

- 3 Seek the advice of a qualified veterinary homeopath to identify the best remedy for your dog's specific symptoms.
- 4 Mineral, vitamin and amino acid deficiencies can have a significant effect on the function of the bladder, nerves and muscles. I usually suggest nutritious greens and high quality Omega oils.
- 5 Ideally, feed wholesome foods such as a fresh raw or cooked diet. Most kibble fed dogs are less healthy, especially when they get to be middle aged and older. If you are absolutely opposed to raw or cooked wholesome food, a dehydrated food brand may be a good compromise.
- 6 Be diligent and patient. The speed of recovery largely depends on the severity of the back injuries and also how willing you and your dog are to go to a more healthy lifestyle. Just remember that your dog will get used to the new routine as long as you feel good about it. 🐾



Dr Peter Dobias has been in veterinary practice since 1988. In 2008, he decided to sell his thriving holistic veterinary practice in Vancouver, BC to dedicate his future years to disease prevention and transforming the face of veterinary care to less invasive and more natural treatment methods. He believes that we can create a healthy and long life, naturally. For more articles and learning, visit Dr Dobias at peterdobias.com

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"My black Labrador Retriever shines with health and is the star of this calendar. I take great care of my dog but when I began VITAL VITIES I saw an incredible difference. There must be something very healthy going on inside to have such an effect. We all thank you." ~ Mark

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Vaccination

A Holistic Look at the Canine Vaccination Task Force and AAHA Vaccination Guidelines

By Sara Chapman MS DVM MRCVS VetMFHom

Vaccination is a widely debated topic among and between veterinarians and pet guardians. There is a vast range of opinions and practices, and pet owners can, understandably, become confused about the best vaccination protocol for their pet. The American Animal Hospital Association (AAHA) recently published their 2011 Canine Vaccination Guidelines developed by their Canine Vaccination Task Force.

The document is a great place to start for those wanting to learn more about safely reducing the number of vaccines. The guidelines discuss the available vaccines, the potential usefulness of each vaccine for specific diseases, the development and measurement of immunity, adverse reactions to vaccines, and special considerations in vaccinating dogs, including legal ramifications.

The Core Vaccines

The AAHA vaccination guidelines recommend all dogs be vaccinated for distemper, parvo, adenovirus, and rabies. These four diseases are considered to be the core vaccines. Rabies is the only vaccine required by law, and state laws vary regarding whether a waiver of vaccination can be used in special situations.

The rationale behind vaccination for Lyme disease and leptospirosis is discussed in the guidelines; neither one is a core vaccine and vaccination and the guidelines state they should only be considered if the disease is prevalent and not otherwise preventable.



Duration of Immunity: Three Years or More

Independent research performed by Dr Ronald Schultz PhD, University of Wisconsin - Madison, shows a much longer duration of immunity than 3 years.

In *Duration of Immunity to Canine Vaccines: What We Know and What We Don't Know*, Proceedings – Canine Infectious Diseases: From Clinics to Molecular Pathogenesis, 1999, Dr Schultz outlined the DOI for the following vaccines, based on his research:

Distemper: 7 years by challenge/15 years by serology

Parvovirus: 7 years by challenge/7 years by serology

Adenovirus: 7 years by challenge/9 years by serology

“The recommendation for annual re-vaccination is a practice that was officially started in 1978.” says Dr Schultz. “This recommendation was made without any scientific validation of the need to booster immunity so frequently. In fact the presence of good humoral antibody levels blocks the anamnestic response to vaccine boosters just as maternal antibody blocks the response in some young animals.”

He adds: “The patient receives no benefit and may be placed at serious risk when an unnecessary vaccine is given. Few or no scientific studies have demonstrated a need for cats or dogs to be revaccinated.”

How did the AAHA arrive at a 3 year schedule?

2003 task force member, Dr Richard Ford, Professor of Medicine, North Carolina State University, said that the decision to recommend a 3 year revaccination schedule for core vaccines was a compromise. “It’s completely arbitrary...,” he said. “I will say there is no science behind the three-year recommendation...”

“I suspect some are ignoring my work” says Schultz. “Tying vaccinations into the annual visit became prominent in the 1980s and a way of practicing in the 1990s. Now veterinarians don’t want to give it up.”

Vaccinations for the various respiratory viruses are likewise considered non-core, to be considered only if a significant risk exists. Some vaccines, such as the coronavirus vaccine, have never been shown to affect disease severity and are not recommended in any situations.

The way each vaccine is produced determines how many doses are necessary to produce immunity. From the task force guidelines:

“How many doses of vaccine should be given to a dog presented for their initial vaccine series if the patient is older than 14–16 wk of age? Most manufacturers recommend administering two doses, 3–4 wk apart. When using noninfectious (inactivated, killed) vaccine, two doses are essential to immunize (rabies is the only exception). However, when administering an infectious modified-live attenuated or a recombinant distemper virus vaccine to healthy dogs older than 14–16 wk of age, 1 dose is considered sufficient to immunize.”

The guidelines also make a recommendation on how often dogs should be revaccinated:

“Revaccination is recommended greater than or equal to 3 yr after completion of the initial vaccination, regardless of the product used.”

Distemper, adenovirus and parvovirus are all available as modified-live or recombinant vaccines, so a single dose at 14 to 16 weeks of age applies to them, as does the revaccination at an interval greater than or equal to 3 years. Again, from the guidelines:

“Infectious core vaccines are not only highly effective, they also provide the longest duration of immunity (DOI), extending from 5 yr up to the life of the dog. A greater than or equal to 3 yr interval is currently recommended for revaccinating adult dogs with infectious viral core vaccines...The greater than or equal to 3 yr recommendation for core vaccines is made on the basis of minimum DOI studies over the past 30 yr for canine vaccines. These studies were done by all of the major vaccine companies, as well as by independent researchers. The results of the studies conducted by the major manufacturers for canine core vaccine demonstrated that a minimum DOI for their core vaccines (CDV, CPV-2, CAV) was greater than or equal to 3 yr, based on challenge and/or serologic studies.

Avoiding Over Vaccination

The guidelines discuss using periodic titers to determine if a dog has mounted an immune response to distemper and parvo, rather than repeated and unnecessary vaccination.

Holistic vets and pet owners concerned about the risks of vaccination could have written the next two questions from the guidelines:

“Is there a risk of over-vaccinating a pet (e.g., injecting it too often, or using vaccines that are not required for the specific pet)? Vaccines are biologic products; administration should be tailored to the needs of the individual dog and should never be given needlessly. All vaccines have the potential to cause adverse reactions following administration.”

“Can vaccines cause autoimmune diseases? Vaccines themselves do not cause autoimmune disease, but in genetically predisposed dogs, vaccination may induce immune-mediated disease. Note: immune-mediated disease can also be linked to infection, oral or parenteral drug administration, and possibly other environmental factors.”

These guidelines will still lead to a range of vaccination practices among holistic vets, depending on the individual dog, because holistic means that we are looking at the whole human-animal unit. We consider what’s best for that individual patient and what that animal guardian is willing or capable of doing.

Most holistic vets have seen many, many animals with problems stemming from excessive vaccination. In sensitive animals, even one vaccination can cause disease. But how do we reconcile the desire to protect our companions from dangerous diseases with our concern about the harmful foreign antigens and vaccine ingredients injected into our animals’ bodies?

Rabies is required by law, and it would be wrong of any vet to urge someone to disobey the law. You should, however, educate yourself about the rabies vaccine, and support the Rabies Challenge Fund, which is working to prove that the duration of immunity for the rabies vaccine is longer than three years.

Each animal guardian needs to fully understand their health choices on behalf of their pet. The right choice for one family may not be the right choice for another. Let's explore the options for vaccinations aside from other than rabies.

When a dog or puppy is vaccinated for distemper, adenovirus and parvo after 14 to 16 weeks of age, blood titers can be drawn a month later to indicate if an immune response has occurred. If the dog has responded to the vaccine, the owner can then choose to revaccinate or titer every three or more years. Because most dogs develop lifelong immunity from one vaccination however, there is the option of regular checkups without getting another vaccine or titer, as most dogs develop lifelong immunity from just that one vaccination.

The Non Core Vaccines

Leptospirosis vaccination is, from a holistic vet's view, a terrible idea. Lepto is transmitted through exposure to stagnant water containing the urine of infected animals. This is, for virtually all dogs, highly preventable. Moreover, the lepto vaccine is associated with the highest incidence of serious side effects of any of the common dog vaccines.

There are ten types of lepto in the environment, but the vaccine only protects against four or five of them; there is no cross protection between strains. The Lepto organism is a spirochete (similar to bacteria), not a virus like distemper and parvo, so the protection from the vaccine is poor. The veterinary immunology specialists of the Academy of Veterinary Internal Medicine (AVIM), don't recommend this vaccine. Preventing your dog from drinking contaminated water is the best and safest protection from lepto.

Lyme disease is transmitted by tick bites, as are a number of other diseases, including Rocky Mountain spotted fever, anaplasma and ehrlichia. The best prevention for all of these diseases, according to the veterinary immunology specialists of the Academy of Veterinary Internal Medicine (AVIM), isn't vaccination, but the prevention of tick bites.

The Lyme vaccine is associated with a large number of side effects and, if given to Lyme positive dogs, can increase the incidence of kidney disease caused by an immune reaction to the Lyme organism. Like lepto, the Lyme organism isn't a virus, it's a spirochete; so the protection isn't very good. Several studies indicate that Lyme vaccination is no better than a dog's natural resistance, and vaccinated dogs can and do get the disease.

Lyme disease responds well to both conventional and complementary treatment, though treated dogs will probably remain life long carriers.

Bordetella is one cause of infectious tracheobronchitis, or kennel cough. Happily, the intranasal Bordetella or kennel cough vaccine isn't associated with many side effects, but it doesn't provide very good immunity either, because there are many causes of kennel cough. If a healthy dog gets kennel cough, he'll usually cough for up to ten days, but have few, if any, other signs. Affected dogs treated homeopathically typically recover within a day or two.

Kennel cough or Bordetella is common in dogs from shelter situations where there are many young dogs who may not have been taken care of properly. Well cared for house dogs contract kennel cough much less often, though many groomers and boarding

facilities require the vaccine. If you absolutely must get the vaccine, choose the nose drops to avoid injecting foreign material needlessly into your dog.

Natural Immunity

Finally, you can choose to not vaccinate at all. This is what many holistic vets and natural rearing breeders choose to do. We know that healthy animals have excellent natural resistance, and we observe our animals daily because they are members of our family. We want to avoid the risks associated with injecting foreign substances into our dogs. Many unvaccinated dogs develop titers to parvo and distemper without ever being vaccinated or showing any signs of disease. This is natural immunity at work.

However, each pet owner must make their own choice, based on their understanding of the situation, and their own comfort level with the potential for infectious disease. Although the body doesn't necessarily need vaccinations to acquire immunity, some pet owners just aren't comfortable without vaccination. Whichever option you choose, you should never feel pressured to do anything you don't feel is right or safe for your dog. 🐾



Sara Chapman graduated from Ohio State University with a DVM and Masters in Animal Science with research in immunology. Sara works in Upper Marlboro, Maryland where she lives with her husband, two sons, two Berner girls and a Rex cat boy.

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ENERGY AND AGING

how your dog can live long and prosper

by Noa Martinsen and Julie Casper L Ac

Thinking about aging can be worrying. We feel sadness when we think about the passing of our beloved dog. Typically, a dog's lifespan is much shorter than their human caretaker, so we see many common (though not necessarily normal) signs of aging much more quickly than we might see in ourselves. We watch as disease and degeneration progressively deplete our dog's health and happiness.



Not too long ago this wasn't the case. Before the industrialization of the food supply, unnatural diets, sedentary lifestyles and environmental toxicity, aging was admired.

Growing older meant more wisdom, knowledge, skill, abilities and an overall contentment with one's life - the golden years. Truly healthy senior dogs exhibit these special characteristics. This is beautiful to observe and be a part of.

aging gracefully

Our dogs can enjoy the contentment of becoming a wise, admired elder. This can be realized simply through appropriate nutrition and lifestyle choices, toxin management and - most importantly - love.

A senior dog whose biochemistry is optimized can experience their golden years as a distinguished elder. And we can enjoy their wonderful companionship for many, many years to come.

The minerals in our bodies determine the biochemical environment in which our organs must work. They provide the cells with the raw materials for adjusting the positive and negative charge of the cell membrane, and thus, the flow of energy. The more favorable the mineral environment is in your dog's body, the better their organs will function, and the more energy they will have.

Premature aging, fatigue, and disease are often the result of biochemical dysfunction resulting from undernutrition, chronic stress, and exposure to environmental toxicity. This aging process can be slowed and managed fairly easily, because nutrition can be improved, and toxins and stress can be mitigated.

the biochemistry of premature aging

The basic unit for all living organisms is the cell. In complex organisms like the dog, cells are organized to form more complicated structures, such as glands and organs. In each of these cells, unique forms of deoxyribonucleic acid (DNA) molecules are present. DNA can form into genes, which are used to make the proteins and other molecules a cell needs to survive and reproduce.

To survive, organisms need access to energy. Energy is captured in many ways, with photosynthesis (conversion of sunlight for energy) being the primary method. The chemical reactions that cells use to receive energy is called metabolism. Basic cellular function involves intricate structures inside of its membrane, and many of these serve specific purposes.

There are several basic functions that the cell has to carry out for survival: molecule transport, reproduction, and energy conversion. How efficiently, or how well the cell performs, affects how healthy and resilient your dog is.

Sodium and potassium are essential minerals that help keep your dog's body pliable and flexible. These minerals, along with calcium, magnesium and phosphorus, are utilized by the endocrine glands. The efficiency of these glands determines the speed of metabolism. Sodium and potassium are essentially solvents in the body and act as dissolvers. They keep everything flowing in solution.

Calcium is controlled by the parasympathetic branch of the autonomic nervous system. Calcium helps to slow the metabolic rate, while phosphorus helps to speed things up. With chronic stress, the thyroid and adrenal glands become exhausted from overwork.

When this occurs, calcium, sodium and potassium can go either too low or too high.

When these minerals reach unhealthy levels, the body's metabolism is slowed down. Slow metabolism causes premature aging and, in extreme instances, can result in death.

If sodium and potassium levels are too low, it means there isn't enough solvent left in the body. Other minerals begin to drop out of solution and begin to pile up in arteries, joints, heart, skin, and other tissues. Your dog becomes rigid and stiff. In other words, your dog ages prematurely.

This process of exhaustion is the same in dogs of all ages. Essentially, exhaustion is premature aging. It's like a wood stove that isn't getting enough air; if the fire isn't hot enough, combustion is incomplete. This results in creosote (wood-tar) residue and clogs the chimney. Eventually, the chimney becomes so clogged, the fire goes out. This example illustrates how slow metabolizers die. The body essentially suffocates.

When a veterinarian performs an autopsy on the cardiovascular system of a pathologically slow metabolizer, they find iron deposits, manganese deposits and calcium deposits. These mineral deposits lead to tissue rigidity. The slow metabolizer is in a sense, turning into stone.

stress kills

Under the influence of stress, the body redirects the energy normally allocated for healthy cell functions, such as regeneration and detoxification, to support the physiological systems needed to run away or to fight, commonly referred to as the fight or flight response.

Stress is a common term that refers to the consequences of the failure to respond appropriately to emotional or physical threats to the organism, whether actual or imagined. Subjective stress or perceived stress can have an effect on the dog's response to it, and thus have a profound effect on the immune system (Thornton, 2006).

Biological stress, as defined by Dr Hans Selye, includes a state of alarm and adrenaline production, which transforms into the resistance stage as a coping mechanism. Ideally, what should follow this resistance stage of stress is a stage of recovery.

Dogs with deranged or depleted mineral levels and ratios of the primary macrominerals (sodium, potassium, calcium, magnesium and phosphorus) are frequently unable to return to this recovery stage.

In life, stressors can be real or perceived, and they come in many forms, often with damaging physical and/or emotional health consequences. Dogs are subject to stress from many types of environmental influences, including electromagnetic field exposure, toxic metal exposure, chemical disruptors, and nutrient deficient foods.

The emotional stressors they encounter can include inadequate exercise and access to natural environments, prolonged confinement, and even include empathetic responses to their guardians under stress.

If one is unable to recover due to persistent exposure to stressors, or due to inadequate cellular response, one adapts to a stage of stress that may result in chronic disease conditions of all kinds (including premature aging and cancer). This is referred to by Selye

as the General Adaptation Syndrome. This means the dog's body has, at least temporarily, learned to live with it. At some point on this path, your dog moves into the exhaustion stage of stress. This refers to the failure of a body to adequately respond. If your dog cannot recover from the exhaustion stage, the ultimate result is death.

forever young

We have all heard the phrase "age gracefully." The idea of being graceful as one's body deteriorates through various physical, chemical, mental and emotional stressors often seems like nothing more than a kind hearted thought. But dogs can age gracefully, provided the cellular energy is there to support this process.

three simple steps to aging gracefully

Step 1: Appropriate Diet

Your dog is a carnivore. What this means is that they require muscle and organ meat, bone and fat in their diet, every day.

Take a look inside your dog's mouth. It is an evolutionary work of bio-engineering excellence. The jaws are hinged and powerful. This design is specific to allow for effective tearing and crushing of raw meat and bones.

A canine's stomach is highly acidic and their saliva lacks amylase. The high acidity facilitates the breakdown of raw meat, bones, and bacteria. The lack of amylase makes carbohydrate, cellulose and fiber breakdown and digestion very difficult. Your dog is anatomically and physiologically designed to eat a carnivorous diet. Ideally, you can feed him this way from weaning through old age.

Although many raw feeders and raw feeding advocates recommend adding vegetables to a dog's diet, we think dogs do best on a starch free, meat based diet. Vegetables provide a multitude of essential vitamins, minerals and roughage for nourishment. Some animals, particularly ruminants and termites, can digest cellulose with the help of symbiotic micro-organisms that live in their guts. Humans can digest cellulose to some extent, however it mainly acts as a hydrophilic bulking agent for feces and is often referred to as dietary fiber.

Dogs are not physiologically designed to eat roughage and carbohydrates. The challenge of dissolving plant cellulose without a digestion designed to do so can easily cause pH imbalances in their stomach, leading to the raw muscle and organ meat sitting in the stomach and small intestine for longer than is biologically appropriate, where it can start to putrefy.

Carbohydrates also slow the digestive process. Therefore, if you do have vegetables (plant cellulose) or carbohydrates in your dog's diet, they should be cooked and run through a food processor so they can pass through the digestive system more easily.

Step 2: Appropriate Lifestyle

Canines live in many different environments, but it's unnecessary to address each specific situation. A dog living in a studio apartment in New York City can have just as great a quality of life as a dog living on a sprawling ranch in the foothills of the mountains of the Pacific Northwest. The key is to understand some basic things

about dogs. Dogs are pack animals and do not thrive when left alone. Socialize them, with every species you can - they love it.

Dogs are powerful and agile; their physical and mental health decline when their lives are too sedentary. Even the smallest dog needs room to run and play every day. They also need to sleep and nap frequently. Dogs' bodies are working hard when they sleep; this is when they build and rebuild their bodies starting at the cellular level. Let them sleep.

Step 3: Balanced Biochemistry and Toxin Management

The importance of this step is commonly misunderstood. It is a fact that we all live in an environmentally toxic world. Our dogs live in an even more toxic world because they live closer to the ground, where dangerous chemicals and heavy metals settle. These toxic metals have antagonistic effects on the important nutrient minerals and cause biochemical havoc.

Common toxin sources in dogs are antibiotics, pharmaceutical drugs and topical flea and tick medications containing pesticides.

Common sources of toxic metals in dogs are vaccinations and food processed using industrial machinery (the vast majority of all commercial foods). Vaccine related illness (vaccinosis) is almost entirely avoidable as there is simply no need to revaccinate for the same core diseases.

Stress also dramatically upsets biochemistry and leads to additional biochemical chaos. Chronic stress, over time, wears down the immune system and leaves the dog more vulnerable to disease and premature aging.

summary

When biochemistry is balanced, cellular energy production is optimized. If diet and lifestyle changes are not enough to balance your dog's biochemistry and eliminate the toxic elements, you can use hTMA testing (a non invasive hair Tissue Mineral Analysis) to determine whether mineral and glandular supplementation are needed.

Homeopathy and traditional Chinese medicine are additional effective and non-invasive methods of addressing illnesses brought on by these mineral imbalances and toxins.

A biologically appropriate diet, a lifestyle that avoids stress, balanced biochemistry and manageable levels of toxins directly impact the body's ability to produce and utilize energy from the cellular level on up.

Simplicity is the key; put the correct things into the body (positive energy), minimize the harmful things put into the body (negative energy), use the body as it was designed to be used, avoid unnecessary stressors (physical, environmental, emotional), and enjoy watching your dog age with integrity and grace. 🐾

Noa Martinsen is a canine nutritional consultant for Animal Elite. Noa provides canine hTMA lab and nutritional support services. Julie Casper, L.Ac is a classically trained Oriental medicine physician and provides hTMA lab and nutritional support services. You can contact them at www.animalelite.com

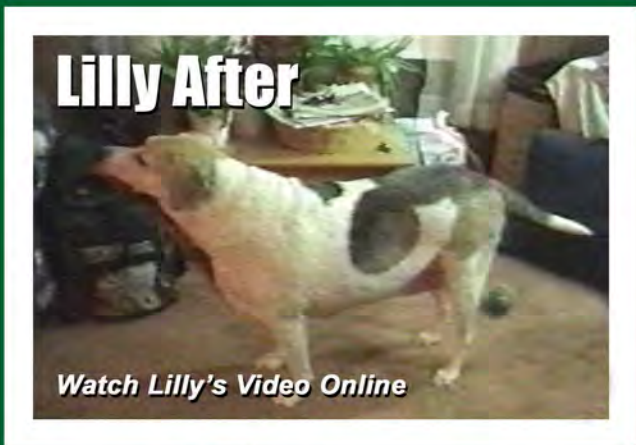
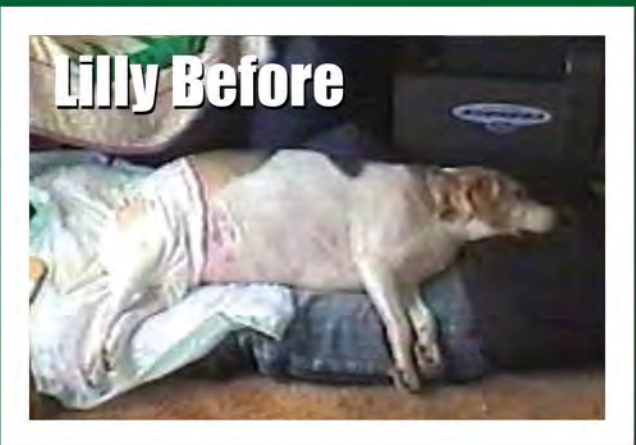
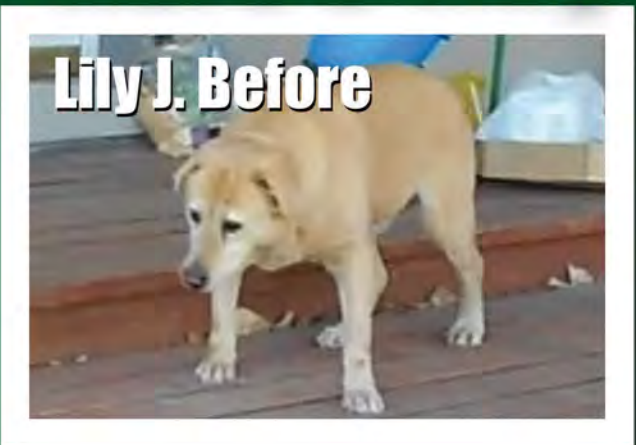
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HIGH PRESSURE PASTEURIZATION

what it means to your dog's raw diet

By Roxane Stone MSc

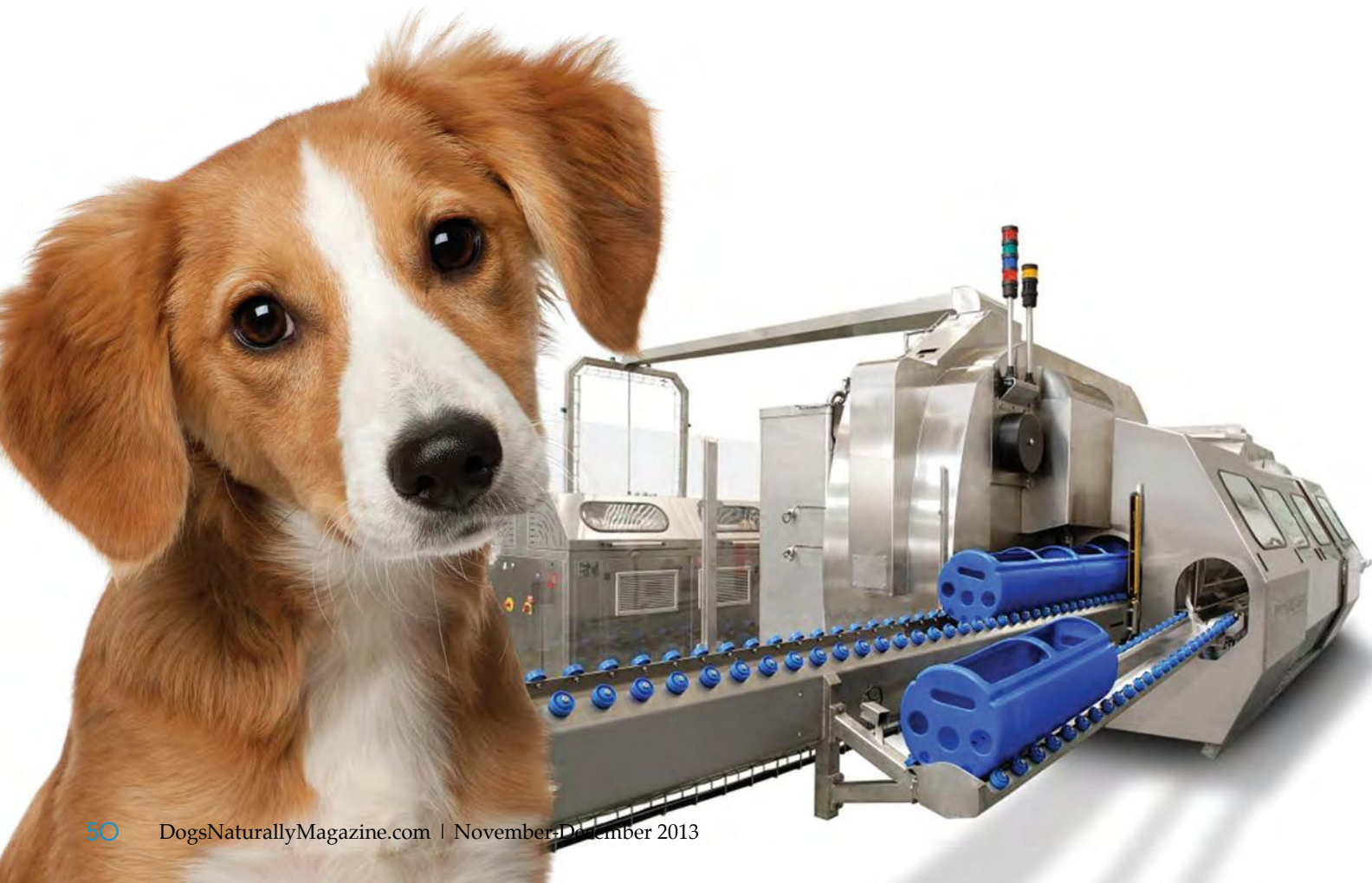
Thanks to strict regulations imposed by the recently updated Food Safety Modernization Act (FSMA), there is much debate in the raw food industry over a processing step aimed at putting an end to Salmonella and other food borne pathogens.

The Food and Drug Administration (FDA), which is responsible for the regulation of all finished pet food products, mandates that any pet food, whether it's cooked, pasteurized, dehydrated or raw, shall not contain pathogens (particularly Salmonella) at any level. If Salmonella is found in a finished pet food product, then the product is considered adulterated and must be recalled. This is becoming a bone of contention for raw food manufacturers.

What About Bacteria?

Most consumers would consider the FDA's zero tolerance policy a positive step in the fight against food borne illness. However, for many pet parents who have switched to feeding a more species appropriate, raw diet for their carnivore companions, this presents an interesting obstacle. The benefits of a raw animal protein diet on the health and longevity of our pets is no secret, and has been extremely well received in the commercial pet food industry.

Most educated raw feeders understand that raw meats can carry a wide range of bacteria, most of them benign and harmless, while some are opportunistic pathogens. Bacteria shouldn't always be considered a bad thing and some advocates believe it can be a beneficial component of raw foods.



The Hygiene Hypothesis, first introduced in the British Medical Journal by David Strachan, states that the lack of exposure to bacteria, viruses and parasites due to an overly sterilized environment may be a contributing factor to many modern day chronic and autoimmune diseases such as allergies, asthma, arthritis and chronic inflammation. Our pets would be no exception to this hypothesis.

Enter HPP

In order to comply with the FDA's zero tolerance policy for the presence of Salmonella, some raw pet food manufacturers have resorted to High Pressure Pasteurization (HPP), or High Hydrostatic Processing (HHP). This technique uses a water bath to surround the finished, packaged product and applies pressure equally to all sides, preventing the product from being crushed.

The USDA, along with HPP proponents, classify this as a natural process and are even allowing it to be used on organic products without declaring it on the label. Although the food appears to be the same on the outside, changes on the molecular level do occur (Ramaswamy *Extension Fact Sheet. College of Food, Agriculture and Environmental Sciences. Ohio State University, Columbus, OH. 2004*).

There's strong evidence that many of the pathogens found in our modern day food supply can be controlled by simply using proven techniques such as boosting our livestock animals' intestinal health and returning to traditional farming practices. Our dependence on harsh sterilization practices diminishes or neutralizes many of the nourishing, healing properties of our foods.

The Mariana Trench is the deepest ocean trench on earth at seven miles below the surface, where pressures have been measured at 17,000 psi on its ocean floor. Yet HPP requires pressures of 87,000 psi applied for three to five minutes. That's five times greater than pressures found at the bottom of the earth's deepest ocean trench. It doesn't seem logical to describe it as a natural process if it doesn't occur in nature.

Studies clearly indicate that pressures above 43,500 psi lead to irreversible denaturation of proteins and losses in enzyme activity (Hendrickx et al, *Effects of High Pressure on Enzymes Related to Food Quality. Trends in Food Science and Technology, 1998*). George Flick

Jr, PhD and professor of Food Science and Technology at Virginia Tech states, "Basically, the effect of high pressure on microorganisms and proteins/enzymes was observed to be similar to that of thermal processing." (*High pressure processing: Thought and substantial research required. Fleischwirtschaft International 2009*)

He also goes on to explain that "high pressure treatments alter muscle enzymes and myofibrillar proteins and cause some proteolysis, resulting in changes in the physical properties of the meat."

Initial investigation has also shown damaging effects on the fats in certain meats, as a result of lipid oxidation following HPP treatments. Studies have been limited to date and further investigation in this area should continue (Cheah et al, *High-Pressure Effects on Lipid Oxidation. JOACS 1995*). In addition, since HPP is applied to the finished, packaged product (which is always packaged in some type of plastic), the possibility of packaging material leaching into the food should also be investigated. Even at microscopic levels, toxins from plastics (known endocrine disruptors) have the potential to build up in the body over time. (Diamanti-Kandarakis *Endocrine-disrupting chemicals: an Endocrine Society scientific statement. Endocr Rev 2009*)

I've yet to see any peer reviewed, published studies indicating that packaging migration isn't occurring in HPP treated products. Food manufacturers would like the consumer to believe that HPP is less damaging than cooking because no heat is involved, but to state that the finished product is an unadulterated, raw food is clearly misleading to the consumer.

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Garbage In Equals Garbage Out

Common sense tells us we can't get healthy foods from sick animals. Beef and dairy cattle that are fed large amounts of grains to increase feed efficiency, and animals raised in factory farms, kept alive in an immunocompromised state and fed low quality feed laced with low doses of antibiotics, will never provide wholesome, safe foods. USDA studies have proven that when cattle are switched from a grain (corn) based diet to grass, the *E. coli* populations in the meat decrease by 1000 times in as little as five days. Moreover, the ability of their fecal *E. coli* to survive an acid shock similar to that seen in the human stomach had decreased (Callaway et al *Forage Feeding to Reduce Preharvest Escherichia coli Populations in Cattle, A Review*. Food and Feed Safety Research Center, Southern Plains Agricultural Research Center, Agricultural Research Service, USDA, 2002).

As early as 1973, Nurmi and Rantala were able to demonstrate that Salmonella resistance could be seen in newly hatched chicks if they were inoculated with the intestinal microflora of healthy adult birds (Nurmi et al *New Aspects of Salmonella Infection in Broiler Chickens*. Nature 1973). And in a more recent study, a significant decrease (70 to 95%) in the recovery of Salmonella Enteritidis and Salmonella Typhimurium (two of the more common human pathogens) was demonstrated in young broiler chicks that were treated with a probiotic culture (Higgins et al *Poultry Science* 2007).

There's strong evidence that many of the pathogens found in our modern day food supply can be controlled by simply using proven

techniques such as boosting our livestock animals' intestinal health and returning to traditional farming practices. Our dependence on harsh sterilization practices diminishes or neutralizes many of the nourishing, healing properties of our foods.

But we're conditioned to believe that heavily processed, sterilized foods with extended shelf life are safe. In the case of pet foods, 95% of food on the market is cooked at temperatures over 165°F, which is high enough to destroy any Salmonella present. But despite this fact, many cooked kibbles and treats have still been recalled because of Salmonella contamination.

We think that traditional farming methods must be left in the past because our fast moving growing population will no longer support them.

Traditional farming practices can sustain our growing population but we need to support the industry if we are to make change. It's unfortunate that we continue to let our food choices be stripped away by the regulatory agencies and corporate agricultural giants who continue to lead our human and pet populations into a global health crisis.



Roxanne Stone earned her Master of Science degree in Food Science with a minor in Chemistry from Utah State University. She has over 12 years experience within the food industry in Research and Development, Manufacturing and Quality Assurance. Roxanne resides with her family and their Australian Shepherd mix, Lilly, in Ashland, OR.

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THE VITAL FORCE

Part 2: Cure, Palliation and Suppression

The vital force is an energetic component in all living organisms that orchestrates all life functions, including growth, maintenance and repair. It is central to homeopathy and many other healing systems. Disease is a disturbance or mistunement of the vital force, which will attempt to expel disease from the body and restore health. The full return to health, or cure, is always the goal in homeopathy but it's important to recognize just what cure is, as well as its imitators, palliation and suppression.

By Ronna Kabler DVM



CURE

“The physician’s highest and only calling is to make the sick healthy, to cure as it is called...The highest ideal of cure is the rapid, gentle and permanent restoration of health; that is, the lifting and annihilation of the disease in its entire extent in the shortest, most reliable, and least disadvantageous way, according to clearly realizable principles.”

Samuel Hahnemann, Organon of the Medical Art

Being cured means that health has been restored on all levels - physically, mentally and emotionally. The cured dog is not only free from symptoms, but he feels great and has the energy to live his life the way it was intended.

Cure can often be achieved with homeopathy, but what does a homeopathic cure look like?

When the remedy that is most similar to the disease is given, in the right frequency and right dose, you might see a temporary aggravation (the symptoms get worse), followed by the animal starting to look and feel better, and finally a gradual decrease in the intensity of the symptoms.

You might also see a return of older, longstanding symptoms, which is transient and resolves on its own.

Ultimately, the animal will be in a good state of health for an extended time and sometimes, permanently after treatment. This is the ideal and this is cure – or as close as you can get.

Cure in homeopathic terms is in marked contrast to what occurs in allopathic or conventional medicine. Conventional medicine is a system of medicine in which dissimilar medications and treatments (such as surgery) are used to treat disease, whereas homeopathy treats with similars.

We’re all familiar with the conventional pharmaceutical armament of the antis: antibiotics, anti-inflammatories, antifungals, antidepressants, immunosuppressive drugs, etc. These medications all suppress or palliate the symptoms of the disease, but do nothing to cure the disease itself.

Using dissimilar medications will temporarily displace or expel the disease symptoms, but won’t eliminate the disease. The disease that has the vital force under siege will ultimately resurface - and with more intense or more serious symptoms.

PALLIATION

Palliation is the temporary relief of symptoms with continuous treatment and without cure. Once the treatment is stopped, the symptoms return - often with more intensity than before. As a result of palliation, higher or more frequent doses of medicine will be needed when the symptoms return.

NSAIDs or non-steroidal anti-inflammatory medications are a great example of palliation. These are commonly used in conventional medicine to control arthritis pain. Similarly, insulin injections are also used in conventional medicine to control the symptoms of diabetes. But both of these drugs only palliate the symptoms of the disease. They are different from cure as they do nothing to change the disease itself.

Sometimes however, even in homeopathy, palliation is the best that can be done to help ease suffering. An example of this would

be the use of homeopathic remedies to ease the pain and symptoms of cancer.

SUPPRESSION

“A forcible concealment or masking of perceptible manifestations of a disease condition without the cure of the disease.” Hahnemann

Suppression occurs when medicine or surgery results in the disappearance of a symptom or group of symptoms for a long time or permanently - but without cure and restoration of health.

This can happen with just one treatment or it can occur with continuous or prolonged treatment. Either way, suppression results in a disease that is still present and will ultimately manifest itself in a more serious way over time.

The phenomenon of suppression of symptoms has been known for centuries, yet conventional or modern medicine seems to deny its existence. As an example, suppression of eczema often leads to asthma, epileptic seizures and worse.

If the vital force is strong, it can often resist suppression, up to a point. But more often than not, the symptoms will return and you’ll find yourself back at the vet’s office for more suppressive medications. Eventually, long term suppressive treatments do take their toll on the vital force. All too often, chronic suppression ends in life threatening symptoms and tissue changes such as cancer. It can even result in the derangement of mental functions.

Once you are able to recognize suppression, it becomes obvious and you can often pinpoint the worsening of symptoms to a timeframe when suppressive treatments were given to your animal. Writing out a timeline of your pet’s medical history will often clearly illustrate this!

CASES

It was the realization of the harm that conventional medicine is inflicting upon us and our animals that caused me to leave conventional veterinary medicine and pursue homeopathy.

My own dog Genevieve was my inspiration. I’d like to use her case as an example of the folly of suppressive treatments and of the power of homeopathy to restore health.

The second case I’ll discuss, Jasper, also clearly illustrates the tragic effects of suppressive allopathic treatments and the relief that homeopathy gave to this beautiful creature.

GENEVIEVE

Genevieve came to me in 2001, a mischievous, adorable eight week old Petit Basset Griffon Vendeen from a very reputable breeder. At the time of her arrival I was still practicing conventional veterinary medicine.

Genevieve had her first combination vaccine at six weeks of age and was under treatment for coccidia. She also had an ear infection. Looking back now, I clearly see that it was no coincidence that these two issues suddenly appeared while she was being vaccinated every few weeks, but I didn’t realize this at the time.

I treated her with a standard conventional ear medication and dutifully gave her a second distemper combination vaccination during

GENEVIEVE'S TIMELINE

- 07/30/01 Genevieve is born**
- 09/14/01 First distemper combo shot**
- 09/27/01 Brought home, on Albon for coccidia**
- 09/29/01 Ear "infection" – treated with Tresaderm**
- 10/03/01 Second distemper combo (DA2PP-corona)**
- 10/30/01 Third DA2PPC with lepto and Intratrac II**
- 11/21/01 Rabies vaccination**
- 11/27/01 Fourth DA2PPC and lepto**
- 12/04/01 Cystitis – treated with Clavamox**
- 3/27/02 "Drop Tail" Treated with NSAIDS**
- 06/13/02 Histiocytoma (benign tumor) on left ear margin – no treatment**
- 06/25/02 Poor appetite; fluid in uterus on ultrasound**
- 07/05/02 Conjunctivitis left eye – treated with Mycitracin and ocular ointment**
- 08/31/02 Anal sac cellulitis, left side – treated with Cefalexin and NSAIDS**
- 09/02/02 Baytril because no improvement**
- 11/19/02 Three year rabies vaccination**
- 12/10/02 DA2PP vaccination**
- 12/18/02 Lepto vaccination**
- 01/21/03 Vomiting and diarrhea, weakness, inappetence – treated with Cimetadine, Reglan and IV fluids**
- 01/22/03 Cystitis – treated with Baytril for 2 weeks**
- 02/11/03 Cystitis not resolved – continued antibiotic treatment**
- 07/13/03 Anal sac cellulitis – treated with Baytril and NSAIDS
Always sick after going to dog shows**
- 04/05/04 Fever, inappetence and shifting leg lameness –Lyme positive – treated with Doxycycline – no improvement**
- 04/08/04 Full work up by Internist. Diagnosis polyarthritis - given shot of steroids and continued on Doxycycline for one month – symptoms resolved in 24 hours after steroid injection**
- 05/23/04 Recurrence of symptoms only much worse – walking as if on egg shells, suspected immune-mediated meningitis/vasculitis (IMMV)**
- 06/03/04 Lumbosacral tap, CSF analysis confirmed IMMV
Treated with prednisone for four months**
- 10/10/04 Recurrence of IMMV after start of estrus – treated with prednisone for four months**
- 02/23/05 Spay – prolonged recovery over the next few days**
- 03/01/05 Recurrence of IMMV – treated with homeopathic remedy *Belladonna 6C*
Symptoms resolved in ½ hour**

the treatment period. The ear infection disappeared (an example of suppression).

During her first two years of life, Genevieve was bombarded with one illness after another.

These illnesses included cystitis, skin tumors, recurring anal sac abscesses and severe digestive upsets. Most were treated with conventional medications (even more suppression).

As time went on, her symptoms became more profound as she got sicker and sicker from the suppressive effects of the medications. Every time she went to a dog show, she developed increasingly severe vomiting and diarrhea to the point she had to be treated with intravenous fluids and medications.

One day she developed Lyme-like symptoms and this time around they weren't suppressed with antibiotics. She was given a thorough workup by an internist and Genevieve was diagnosed with Immune-Mediated Arthropathy and given a shot of steroids (without my permission). Genevieve's symptoms disappeared within twelve hours - only to return a month later with a vengeance.

After more intensive diagnostics, this time Genevieve was diagnosed with Immune-Mediated Meningitis/Vasculitis (IMMV). Sadly, this syndrome is considered to be an inherited disease in this breed, BUT is usually seen in puppies and treated (suppressed) with Prednisone. It often shows up after a vaccination – imagine that!

The symptoms Genevieve suffered with began with vomiting episodes, then the development of high fever, decreased appetite, thirstlessness, pain everywhere, crying out when touched, loss of voice, walking as if on eggshells and walking hunched over. She looked like she was 100 years old.

Over the next year, Genevieve was on high doses of Prednisone for up to four months at a time (more suppression). Her symptoms of fever and severe pain all over her body disappeared, but even off the steroids, she was lethargic, depressed and flat. She was not enjoying her life.

I decided to spay her because going into heat would cause a relapse. At the same time, I consulted with a veterinary homeopath, who recommended a remedy should her symptoms recur. Naturally, Genevieve had a prolonged and difficult recovery after her spay surgery. On day six, she suffered a relapse of her IMMV.

I gave Genevieve two doses of *Belladonna 6C*, as prescribed by Dr Jeff, her new homeopathic vet. Within 30 minutes, she was up, wagging her tail and running to the door to greet my daughter coming home from school! That was the start of our homeopathic journey (and a curative response)!

I've included the first half of Genevieve's timeline on the left because it clearly illustrates the progression of her disease. I encourage you to write out a timeline for each of your animals. It's very helpful to us homeopaths

and it might reveal a few things about how illness often follows conventional treatment and vaccination.

Genevieve's case is a classic example of suppression of superficial symptoms which led to much deeper and more severe illness – at the level of the meninges of the brain and the whole vascular system! In the next issue I'll continue the story of Genevieve's amazing restoration to health with homeopathy.

JASPER

Jasper was an eight year old neutered male Rhodesian Ridgeback. I first saw him in May of 2010 because of his two month loss of appetite. His history included chronic skin problems, food allergies and digestive issues. Of course, Jasper was treated with prescription diets and suppressive topical treatments prior to coming to me.

In July 2009, ten months prior to my meeting Jasper, he developed a mucous nasal discharge that was treated with antibiotics. The discharge cleared up temporarily, but returned fairly quickly (palliation). On September 16, 2009, Jasper was given a rabies vaccination and five days later, he was anesthetized for a dental cleaning and work up to for the chronic nasal discharge. He was then put on another antibiotic.

On September 26, Jasper had to be rushed to an emergency hospital for an intractable nosebleed! He was sedated to control the bleeding but this was followed by two more visits where he was put under general anesthesia for additional work ups and treatment. Jasper was given the diagnosis of nasal aspergillosis and treated with a nasal infusion of a potent antifungal and oral antibiotic. All his nasal symptoms disappeared (suppression).

In March of 2010, Jasper lost his appetite and became lethargic. He ultimately responded well to the homeopathic remedy I prescribed for him, *Calcarea carbonica*, and regained his energy and appetite for over a year.

Even though I made it very clear to both his guardians and his primary veterinarian that he should *never* receive another vaccine, the vet went ahead and gave Jasper a kennel cough vaccine in January of 2011. By March, he started to show signs of lethargy and inappetence again, but luckily he responded to his remedy.

In June 2011, Jasper was diagnosed with lymphoma. Homeopathy could not stop the deadly march of chronic disease ignited by suppressive allopathic treatments and questionable vaccinations. Also, sadly, nine years old is considered elderly for this breed.

It's documented that nasal aspergillosis has been cured with homeopathy.

Obviously, in a life threatening emergency situation, you shouldn't hesitate to do what is necessary to help your dog. But if your dog should become ill, please think very carefully about how you should pursue treatment. Don't ever vaccinate any animal who is showing any symptoms out of the ordinary. You should also understand that *any* treatment modality can be suppressive, even homeopathy, unless the classical principles of homeopathy are followed.



Ronna Kabler graduated from Tufts University School of Veterinary Medicine. Dr Kabler completed Dr Pitcairn's Advanced Course in Veterinary Homeopathy and is currently studying to obtain her certification in Veterinary Homeopathy. Dr Kabler started Waggin' Tails Veterinary Services, a mobile practice that serves many clients in Massachusetts.



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From left to right: Leena Oliver, Kim Maahs and Kayla Rieb with Maddie (foreground)

Salon Fido

Cross Plains, WI

Fresh from grooming school in 2002, Kim Maahs bought her own grooming business – already named Salon Fido - and for seven years that was her focus. She dabbled a little in treats, fancy collars and doggy bling, but swore she would never sell dog food.

When her Great Pyrenees Hazel came down with a progressive disease in 2009, Kim realized that conventional treatments weren't helping, and set out to explore other options. First came a seminar on Chinese herbs by Dr Chris Bessent; Dr Bessent introduced her to Beth Taylor, a pet health coach and nutrition expert; Beth led Kim to Dr Karen Becker. Many seminars, articles, books and classes followed and Kim became immersed in a fascinating new world of natural health. She embarked on a long journey of learning that continues today. Nutrition is her main focus, but she also studies homeopathy, Bach flower essences, Reiki, Nutritional Response Testing, aromatherapy and animal communication. She's found the Reiki and animal communication helps her create a calmer experience for animals being groomed at the Salon.

Kim learned about the importance of good nutrition using biologically appropriate ingredients, as well as the dangers of over-vaccination and overuse of antibiotics and steroids. She began to understand that the skin and ear conditions and the lumps and bumps she was seeing as a groomer ran much deeper than she'd thought previously. Wanting to educate her clients and offer them solutions, she

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shifted the focus of the Salon's retail section. The bling was replaced with products that would really make a difference to pets' lives: food of all types including dehydrated, freeze dried and raw frozen; meat based treats; supplements and herbs (western and Chinese), flower essences and aromatherapy; as well as toys made from organic materials.

One thing that makes Salon Fido unique is that they groom most of the store clients. Instead of relying on owners' descriptions, Kim and her staff can see and feel any health issues first hand, then recommend changes and watch the improvements that result from their advice. They often notice trouble spots before the owners do, and have been able to alert the owners to sudden changes that may need attention. They try to get pets onto a regular grooming schedule so that they benefit from another set of eyes on them.

Kim spends a great deal of time educating clients on how something like an ear infection or skin condition is not a standalone health issue; she explains how such disorders are connected to the pet's diet, environment, vaccination schedule or overuse of pharmaceuticals. Her goal is to connect the dots for her clients so that the next time they buy food, use a spot on flea and tick treatment or get their vet's reminder that vaccinations are due, they'll stop for a moment and consider the best interests of their pet.

This year Salon Fido has started offering classes for their clients. So far they've had sessions on homeopathy, healthy living for dogs and cats, aromatherapy for pets, and, in Kim's words, "the grand-

daddy of them all," What Every Pet Owner and Vet Should Know About Vaccinations, presented by Dr Ron Schultz. Kim is very proud that the event raised \$500 for the Rabies Challenge Fund.

We asked Kim to name her favorite product, and she answered that, unglamorous as it may sound, it's digestive enzymes and probiotics. It's a simple and effective addition to any pet's health regime; it's a small change that can yield big results so it's a really good place for most pet owners to start. Once they see the improvements in their animal they are more likely to continue along the path to natural health.

Salon Fido plans to continue offering informational classes for clients, which will help give them an edge over their competition. As well as educating her clients, Kim wants to continue learning herself. Kim watches the development of new products and ideas, and will continue to carry products that will benefit her clients' pets – with their budgets in mind too!

Kim's dream store is still a picture in her mind, but she expects it will materialize when the time is right – hopefully not too far in the future! Meanwhile, Kim plans to follow her passion and keep doing what she loves: learning, solving problems, and sharing what she's learned with others. It's what drives her!

Visit Salon Fido at 1807 Main Street, Cross Plains, WI, or online at www.salonfido.net

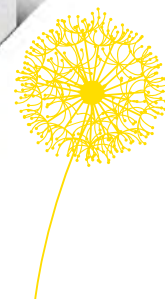


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Disaster Preparedness for Pets

Plan ahead to avoid accidental separation



Having an emergency kit stocked and ready to grab is the norm in the many states that are prone to natural disasters like wildfires, tornados, floods and earthquakes. But not everyone includes all the necessary components of an emergency kit for their pets. Even those who do often don't go through all the peripheral preparations and arrangements that are really needed to better ensure their pet's safety, or a fast reunion in the event of separation during a disaster.

It's important for pet guardians not to wait until disaster strikes to think about how family pets will be contained, transported, fed and otherwise cared for in the event that an evacuation from the home becomes necessary.

Planning Ahead

Here are a few tips on how to be as prepared as possible, so the impact and upheaval are lessened if there's an unexpected need to leave home in a hurry.

Predetermine a safe place to take your pets. Don't wait until a disaster happens before you start thinking about where to go. Have a list of pet friendly hotels and check their policies on size and number of pets. Ask whether "no pet" policies are waived during emergencies. If an evacuation is ordered, call ahead to make a reservation rather than just showing up.

Better still, have a conversation ahead of time with one or two close friends and see if they would be willing to accommodate you

or your pets in the event of an emergency. Ideally, one local and one distant friend would be good for this task; in the event of a flood or earthquake, your immediate neighbors may be in the same predicament as you and you'll need to travel elsewhere to reach safety. Ask friends, coworkers or relatives in the area if they would be willing to shelter your animals in case of emergency. Several pets in one household are most comfortable if housed together, but be prepared to house them separately.

Keep a list of boarding facilities and vets in your emergency kit, along with 24 hour contact information. As a last resort, find out if your local shelter or humane society could accommodate your pet in the event of a disaster.

Make sure your pet's ID tags are always up to date with legible contact information. There are now several services that register a unique numbered collar ID tag in an online system, which you can preload with a clear photo of your pet, and create a "lost" poster just in case the worst happens and you and your pet become separated from one another.

A microchip is the most secure form of identification because it's permanently attached to your pet and can't slip off like a collar; but there is the risk of having your pet picked up and not being scanned right away for the chip's information or being scanned with a unit that is incompatible with your chip; chips also occasionally fail.

Emergency Supply Kit

Once you've made arrangements for where your dog will go and how he'll be recovered in case you are separated, your work isn't quite done. It's also a good idea to assemble a portable pet emergency supply kit. Make sure you keep it in an easily accessible place, in a waterproof container. Here are a few key items you'll need.

- ✓ Include medications, medical records, pet insurance documents, first aid supplies as well as leashes and carriers necessary to transport your pet. Consider including a soft muzzle, just in case your pet becomes injured and needs to be transported while in pain.
- ✓ Use a permanent marker to write your cell phone number on the leash or carrier that's in your kit. This is important to make sure you and your pet can reconnect in the event of a separation; having your number clearly written will help ensure rescue workers, shelter staff or others can reach you.
- ✓ It's helpful to include current photos of your pets in your kit, so you can easily grab the pictures as a form of identification, should you need to prove that a pet is yours, or to post if you're trying to find a pet who's gone missing.
- ✓ A note with your pet's feeding schedule, medications and other info that any temporary caretaker might need is also important. On this paper, you can include your vet's contact information, along with the name and number of a backup caretaker (your chosen friend or shelter) who could accommodate your pet in the event that you become separated.
- ✓ Include enough food for one week if possible, as well as some bottled water and portable bowls. Freeze dried or dehydrated

food packets are a good choice for his emergency food. It's worthwhile to always have some on hand, so you'll never be caught without food to spare if you have to evacuate.

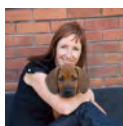
- ✓ Some Rescue Remedy, Valerian tincture, a homeopathic calmer, or some chamomile teabags to make a tea which you can put in drinking water or food, are also useful for pets who are made anxious by change.

Now that you have a place for your pet to go and a kit for his needs, the final preparation is knowing what you will do if disaster approaches. Don't wait until the last minute when you're already in harm's way. A calm, earlier evacuation is much smoother and safer than a last minute, panicked rush.

You'll want to bring all pets into the house and ensure they are wearing collars with identification, and crated/contained and ready to go if a hurricane or flooding warning is issued, or wildfire breaks out in your county.

If you aren't home when an evacuation is ordered, ask a friend or neighbor to take your pets and meet you at an agreed location. This person should be comfortable with your pets, know where they are likely to be, know where your emergency kit is stored and have a key to your home.

With a little planning, your pets will be well taken care of should disaster strike. 🐾



Lucy Postins is a companion animal nutritionist and founder of The Honest Kitchen, a natural pet food company in San Diego, CA. More nutritional resources are available on www.thehonestkitchen.com or (866) 437 9729

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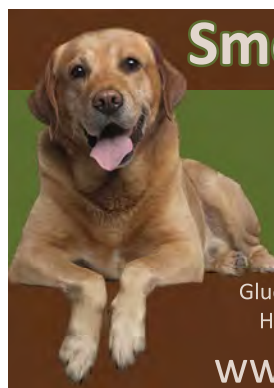
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