



At Home Pet Dangers During The Winter Holidays

When hanging decorations for the winter holidays, be sure to place them out of reach of curious paws.

Winter can be a magical time of year for family, friends and furry companions, alike. To help keep everyone happy and safe, consider which holiday traditions might be potential hazards for your pet and take proper precautions—before the season begins.

Deck the Halls

Jingling bells and other holiday decorations can offer a host of new toys for pets to play with or explore, which may put them in danger. Dr. Karen Todd, a New Jersey veterinarian experienced in emergency medicine, cautions, "Pets are curious and observant. They can find things you may not even notice." Therefore, decorate with safety in mind:

- Place ornaments higher on the tree, away from playful cats or dogs.
- Move surface decorations that pose a choking hazard out of reach. Bite-sized adornments, such as dreidels or nativity scene pieces, may cause severe internal injury if ingested.
- Tie back or tape down electrical cords, so animals who love to chew won't nibble and get a jolt. Loose cords can also tangle around a pet, posing a risk of strangulation or possibly capsizing heavy decorations, such as a Christmas tree.
- Keep open flames inaccessible. Open chimney fires, menorahs and other flame sources can burn animals or cause a house fire if disturbed.

Chestnuts Roasting

During holiday feasting, pets should not participate in the gluttony. Feeding a pet scraps can cause serious stomach and intestinal upset from overfeeding, or more severe illnesses if the foods are toxic to animals. Pets hanging around the kitchen should be kept away from any alcohol, chocolate, macadamia nuts or raisins that may have been left out. For a more comprehensive list of toxic foods and poisonous houseplants, visit the American Society for the Prevention of Cruelty to Animals (ASPCA) Animal Poison Control Center's website (<https://www.aspcare.org/pet-care/animal-poison-control>).

Owners can dole out dog biscuits and other healthy treats, such as carrots and green beans. That way, pets can enjoy the gastronomic aspect of the holidays without their health being put at risk. Even wholesome pet snacks can be unhealthy if given too often, so avoid overindulging a pet's appetite for treats. □

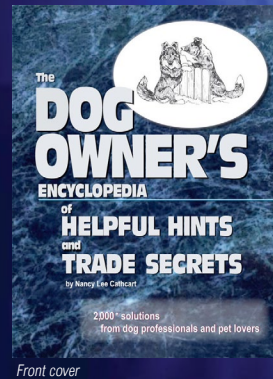
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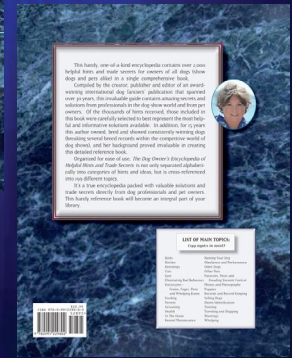
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Front cover



Back cover

What Can You Feed Your Pets During The Winter Holidays?

During the winter holidays, we spend time with our families and the main focus of the day is food and eating! However, when you have your beloved cats and dogs around who love to participate in the feast, you have to be careful. There are many food items that they can nibble on and many that they shouldn't.

On the next page you will find a list of the food items that are safe for our dogs and cats and which to avoid. And, of course, everything in moderation.

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("What Can You Feed Your Pets During the Holidays?" cont.)

Turkey: very good in moderation and watch the bones. A small amount of lean, light meat is okay to treat your pet, but stay away from skin, fat, and dark meat. Cooked bones are a definite no-go as they can splinter and cause choking or damage to your pet's digestive system.

Turkey gravy: not good for your pets because gravy usually contains high amounts of fat which is not healthy for your pet. Fatty foods can cause gastrointestinal upset in your pet.

Mashed potatoes: a small amount of plain potatoes—without butter and cream. Mashed potatoes that are prepared bland and light can be an okay snack, but if they are loaded with fat and salt, then it's best to avoid feeding them. Any mashed potatoes prepared with garlic, onions, scallions or chives should definitely be kept away from pets as these foods are toxic to dogs and cats.

Stuffing: no stuffing for pets. Stuffing is made with onions, scallions or garlic. These ingredients are extremely toxic to dogs and cats and can cause a life-threatening anemia (destruction of the red blood cells). It's best to avoid feeding any amount of stuffing to pets. With the added butter, stuffing is likely a fatty treat that your pet does not need.

Cranberry Sauce: too sugary. Plain cranberry sauce is usually quite high in sugar which pets just do not need in their diets. Others may contain raisins or grapes which are toxic to pets, so it's best to keep the cranberry sauce away altogether.

Homemade Rolls: a nibble of a roll is okay but raw dough is unhealthy.

A bit of bread here or there is okay to toss to your pet, as long as there is no butter on it. Raw dough should not be fed to your pets because they can't digest it.

Green Bean Casserole: just the beans. Green beans are a great snack for cats and dogs, but casseroles usually have onions and creamy mushroom soup which are unhealthy. Skip the casserole and stick to the beans when treating your pet.

Corn: just the corn, no cobs. While some pets may have corn allergies, others can manage munching a few cooked corn kernels just fine. Just be sure to keep the cobs away, as it can cause an obstruction if your dog or cat attempts to eat the entire cob.

Candied Sweet Potatoes/Yams: Avoid. Candied, sugary, buttery goodness does not offer any nutritional value to pets and is best not to be shared.

Pumpkin Pie, Apple Pie, Pecan Pie, or any desserts: bad for our pets. It's best to avoid sugary sweet desserts when sneaking food to pets under the table. A bite here or there won't hurt them but chocolate will. We all know that chocolate can be toxic to our pets.

Ham or pork (if you cook these): should not be eaten. Ham and other pork products can cause pancreatitis, upset stomach, vomiting and diarrhea. Ham tends to be high in fat as well, which can lead to obesity in pets. Even a small amount of ham can contribute a very large amount of calories in a small dog or cat.

If you let your cats and dogs nibble on a few of the healthy items, everyone should have safe and enjoyable winter holidays. Remember to watch the trash cans too to make sure your dog or even cat doesn't dive in for extras or bones or other harmful items! ☐



Fireplace Safety: Help Keep Pets Safe This Winter With These Simple Tips

by Dr. Marty Becker, D.V.M.

Never leave your cat or dog alone by a fire, even if it has a mesh covering or glass doors.

As cold weather marches in, we begin to anticipate long, cozy evenings in front of the hearth. Snuggling with our furry friends in front of a roaring wood or gas fire is one of winter's greatest pleasures, but fireplaces and open flames can be hazardous to pets.

Before you light that first fire of the season, take into account the safety of your dogs and cats. That goes double for puppies and kittens, who don't know the dangers of fire, and older pets, who may want to get close to the fireplace to warm their achy bones. When sparks fly or pets accidentally come in contact with flames, the result can be painful burns or even death. Tails, paws, long ears and long fur are especially at risk. The following tips will help you "fireproof" your pets:

Snuggle Up — Safely

Supervision tops the list when it comes to fireplace safety precautions. Never leave pets alone around fire. If a fireplace or wood stove is burning and you leave the room, take them your pets you. Even if your fireplace has a mesh covering or glass doors, pets can still get burns from coming into contact with those hot surfaces.

Create a pet-safe environment near the fireplace or stove. If your pet has a bed near the fireplace, set it a safe distance away, where snapping embers can't travel. Use a baby or pet gate to prevent pets from approaching the fire. If you want something more stylish, you can find attractive fireplace hearth screens that serve the same purpose. Choose one that pets can't climb and that has a door that closes automatically.

It's also a good idea to keep fireplace tools behind the barrier, so they can't get knocked over by rambunctious animals. That includes pokers, matches and lighters, starter chips, kindling and newspapers.

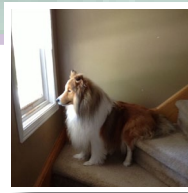
You know what they say about playing with fire, but playing near fire can be hazardous to your pets, too. Put the kibosh on roughhousing and ball chasing around fireplaces or wood stoves. It's all too easy for pets to unknowingly run toward the flames and be unable to stop in time. Limit the tossing of treats and toys to areas away from the fireplace.

If you have cats, think twice about draping the mantel with greenery during the holidays. It may be pretty, but it can also be incredibly tempting for your cat to play with. So save it for your dining table or the front door.

Finally, for your own and your pets' safety, make sure the damper is open while a fire is lit. If it is accidentally left closed, all of you run the risk of deadly carbon monoxide poisoning. Installing a carbon monoxide detector is a good idea.

Now you're ready to safely snuggle with your pet as you both enjoy the warmth of the flames. ☐





Protocol For Dogs With Separation Anxiety

Dogs with separation anxiety traditionally destroy objects in the house, destroy sections of the house, or urinate, defecate, vomit or salivate when they are left alone. The amount of time that they can be left alone without these problems can be very variable. In profound cases of separation anxiety, dogs can be left alone for no more than 10 or 15 minutes before they panic and exhibit these behaviors associated with anxiety.

In many cases of separation anxiety the inappropriate behavior is only apparent after a schedule change. For instance, the dog may be fine until 5:30 or 6:00 p.m., when the owner is accustomed to coming home. If the owner's schedule changes and now he or she is not home until 7:30, the dog may start to panic at 6:00 p.m.

There are idiopathic changes that occur in some older dogs and, for no apparent reason, a dog that has been able to be left alone all its life can no longer be left alone.

In some cases the fear of being left alone can be associated with horrific events. These events include being caught in a fire, being in the house when a burglary was attempted, or being in the house when an alarm system sounded. In these situations, dogs may have a worse experience than dogs for whom separation anxiety develops more gradually and may benefit at the outset from stronger medications.

Dogs who are at risk for separation anxiety include those rescued from humane shelters, those rescued from laboratory situations, those rescued from the street, and those that have spent extended periods in kennels or with one older housebound person.

The following steps are designed to teach these dogs that they do not have to be fearful and that they do not have to have panic attacks when they are left alone. Remember, the dog's separation anxiety can be extremely variable, although most dogs respond by having a smaller space where they can feel secure, some dogs panic at being put in a crate. If the dog panics when put in an enclosed space, no matter how airy the crate or what type of room, do not force the dog to be crated. This will only make the situation worse.

Step 1

The first step of this program (designed to teach dogs to not be anxious when left alone) involves teaching the dog the first tier of the behavior modification program. This program is designed to teach the dogs to "sit", "stay" and "relax" while the client does a variety of behaviors, some of which may be upsetting to the dog, in a benign and protected circumstance. When the dog can perform all of these behaviors perfectly for everyone in the household in each room in the house without reacting and perform them outside without reacting, the dog is then ready to start the second tier of the behavior modification program.

For the dog with separation anxiety, the second tier of the behavior modification program involves teaching the dog to be left alone for gradually increasing increments of time. Until the dog is ↗

(*Protocol For Dogs With Separation Anxiety* cont.)

absolutely ready for that program, it would be best if the dog were not left alone. Because some dogs react inappropriately only when one person leaves the house, it would be optimal if that individual could take the dog to work. If that is not possible, having a dog sitter in the house or putting the dog in a kennel during the day are other suggestions.

If the dog must be left at home, it is best to put the dog in either a crate if it is comfortable there or in a small isolated area. This is discussed in the following step.

In addition, it is critical that the animal respond to programs designed to support and encourage deferential behavior throughout the day. Remember that dogs with separation anxiety are anxious. They are not anxious only when they are left alone they are probably anxious in a variety of contexts, and it is important to teach them to relax at any opportunity you get. The more you can make their relaxation behaviors generalized to everyday life, the better.

It is critical that both programs to teach deferential behavior and programs to teach the dogs to take all cues as to the appropriateness of their behavior are practiced minimally twice each day for 15 to 20 minutes by every member in the household. If there are several household members, each person can practice once a day, but each person must practice at least once a day. If everybody practices twice a day, the dog's behavior will improve more quickly. The harder you work and the more intensely you work, the better.

Step 2

Crate the dog or isolate it in a small room when you are not at home. Ensure that the crate and the room are puppy-proof (i.e., no dangling cords, no uncovered electrical outlets, no open areas of water, such as a toilet in which a pet can drown). Make sure that the dog has a blanket or bedding, water, toys and a biscuit. Never leave a loose collar, a Gentle Leader/Promise System Canine Head Collar or any other head collar on a dog while it is in a crate. In fact, it is probably best to remove buckle collars while crating dogs because any dog can catch any collar on a crate and potentially strangle to death. This may be particularly true for an anxious dog that constantly moves around. Anything that can be destroyed should be removed from the room and, if necessary, acrylic plastic sheets can be placed against the walls so that if the animal becomes upset, it does not do any further damage. Once the dog starts to do damage, it is possible that this will become a self-perpetuating cycle.

Never use the crate as punishment. Crates and safe rooms must be areas where the dog is content and feels secure.

Step 3

Make sure that the crate or safe room is in a brightly lit, temperature-controlled area. No dog will enjoy being thrown in a dank, dark garage just because that is the easiest place to clean up. Leave a television or radio and lights on for the dog while you are gone, and make sure that there is a signal that will tell

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(“Protocol For Dogs With Separation Anxiety” cont.)

the dog 15 to 20 minutes before you are going to return that you will be returning. You can place an additional light and radio on a timer.

If the dog can learn to respond to this through short departures over the weekend, you can use it in the behavior modification program. You can try this by setting a light and timer and coming into a room where the dog is sitting and relaxing for short periods. Every time you come in, the light should come on. Every time you leave, reset it. If you can work up to 15 or 30 minutes, you may be able to use this as a signal throughout the day that you will be coming home.

Step 4

If you are unable to get a pet sitter, you can have somebody come into the house to visit the dog during the day. This works well particularly for dogs that can go three hours but not four hours without attention.

In some cases dogs are fine when left alone in cars, but they are not fine in homes. Do not leave the dog alone in the car unless you are positive the dog will not destroy it. For some people, being able to take the dog and leaving it in the car is an option. It may not work for everybody and, until you know how the dog is going to behave, it would be inappropriate to subject the dog to an entire day in a vehicle.

It is also inappropriate to subject dogs to this if you live in climates that are either too hot or too cold. Remember that when it is 80° F, the inside temperature in a car often reaches 140° F to 160° F. Dogs can die within minutes at such temperatures.

Step 5

Regardless of how the dog behaves to timer desensitization, set a light on a timer so that it will come on 30 minutes before you come home. This acts as a first cue for the dog.

Step 6

Some dogs behave best if they can observe the outside world. If your crate can be placed by sliding glass doors or if you have an outdoor run that is sturdily enclosed, including a roof and no one can steal or abuse the dog, some dogs do much better if they are outside. This is an option worth investigating. It is not a substitute for behavioral therapy but can be an adjuvant to it.

Step 7

Identify cues that make your dog realize that you are about to leave. These are usually cues such as putting on makeup, grabbing your briefcase, dressing in a suit, getting up at 6:00 a.m., putting on work clothes immediately and picking up your keys. Desensitize the dog to any of these cues. For example, pick up your keys but do not go anywhere, put on makeup and high heels on the weekend, leave for work wearing a jogging suit, use a different door than you usually do, change your pattern of things that you do before leaving. Start to water the plants before you leave instead of rushing out the door. Anything to separate the cues the dog uses as a signal for your departure from the dog's actual initiation of anxiety-based behaviors (these include pacing, panting, whining, pupil dilation, movement of ears, ↗

(“Protocol For Dogs With Separation Anxiety” cont.)

frequent solicitation of attention, hiding and jumping up and down in solicitation of behavior) will help. If you work intently on these for several weekends, you can uncouple the cues in a relatively short time.

Step 8

Finally, most of these dogs require some form of anti-anxiety medication to improve. Most anti-anxiety medications have rather limited side effects and have tremendous benefits.

After you finish the first tier of the behavior modification program, your dog will begin the second tier designed to get the animal to not react to gradual departures. At that point, the need for medication can be reassessed, but starting a regimen of anti-anxiety medication provides real benefits at that time.

The following websites contain some good articles pertaining to separation anxiety in dogs:

- <http://www.akc.org/content/dog-training/articles/separation-anxiety-in-dogs/>
- <https://www.asPCA.org/news/how-ease-your-dogs-separation-anxiety>
- <https://www.cesarsway.com/dog-behavior/anxiety/Dealing-with-Separation-Anxiety>
- http://www.petmd.com/dog/conditions/behavioral/c_dg_separation_anxiety?page=show
- <http://www.dogchatforum.com/separation-anxiety-dogs.htm> ☐

TWENTY (20) NATURAL REMEDIES FOR DOGS YOU DIDN'T KNOW ABOUT

by Dana Scott

How many times have you tried natural remedies that don't work? We've tried them all and over the years, we've found the best results always come from one place...homeopathy! Before you say "pfft, homeopathy, that's just water!" take a moment to consider it's the fastest growing form of medicine in the world!

It also has plenty of research to back it up (check out this great summary of the best homeopathy research: <http://extraordinarymedicine.org/extraordinary-evidence-homeopathy-s-best-research/>). And unlike drugs, it's both effective and safe! This is why so many people are moving toward homeopathy...they're seeing that conventional medicine often offers only a temporary fix or carries unwanted side effects (think how great it would be if you could avoid giving antibiotics to your dog and protect his critical intestinal flora, the most important part of his immune system!)

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("Twenty Natural Remedies For Dogs..." cont.)

Homeopathy works best when it's used in acute situations. Think about bug bites, sudden vomiting or other common issues dog owners face. Homeopathy can fix them all!

So we've compiled a list of the 20 best uses for homeopathy and they're all tried and tested here at DNM (www.dogsnaturalymagazine.com)!

But first, if you've never used homeopathic remedies before, you'll need to do just a bit of homework and read this part below or, if you've used them before, jump right down to the list of our Top 20 Remedies!

How To Give Homeopathic Remedies To Dogs

Here's the straight goods on how to work with homeopathic remedies for dogs. See the bottom of this article for advice on where to buy your remedies.

Getting The Remedy Into Your Dog

Homeopathic remedies come in little pellets or granules, or sometimes in liquid form. You can also make your own homeopathic liquid using the pellets or granules (see "Liquid Dosing" below).

These pellets or granules need to melt on your dog's gums so don't hide them in a treat or in food. They'll work best when given away from food.

Dogs have a built-in pouch on the side of their mouths and the remedies can go right in there. Just pull out the lower lip with your fingers (on the side, close to the corner of your dog's mouth) and that's the easiest way to get the remedy into them.

Try not to handle the remedies (as this can interfere with the remedy) but drop them straight from the bottle or the bottle cap, or even a teaspoon, into your dog's cheek.

Liquid Dosing

Some dogs spit the pellets out or really resist taking them. In that case, you can make a liquid dose. It can also be easier to use a liquid dose if you have to dose several times.

Place about 1 oz. of spring or filtered water (never use unfiltered tap water) in a glass. Add 2 or 3 pellets or a few granules and stir the mixture. The pellets may not dissolve completely right away, but don't worry, as long as you've stirred it, the remedy will be in the water.

You can also use a dropper bottle to make up your liquid mixture. If you use a dropper bottle, place the cap on and pound the bottom of the bottle on the palm of your hand about 10 times before dosing—this is called succussing.

Use a clean glass dropper or teaspoon to place some of the liquid in your dog's mouth. Try not to let the dropper touch his mouth. If it does, sterilize it before putting it back in the bottle so you don't contaminate your liquid.

This mixture will keep on your counter or in your cabinet for two or three days. Do *not* refrigerate it.

Stir your mixture (or if using a dropper bottle, succuss as above) before every dose. ↗

("Twenty Natural Remedies For Dogs..." cont.)

How Much To Give

Don't worry about how much of the remedy to give. In homeopathy, the size of the dose is not important. You can give one drop of the remedy or five, or one homeopathic pellet or three. Homeopaths like to say "same dose for an elephant or a mouse"... meaning that one tiny white pellet could treat an elephant or 10 pellets could treat a mouse! The size of the dose is different from the "potency" (see "Choosing A Potency" below).

When To Repeat

When giving a remedy for acute illness you need to assess the effects of the remedy action quite rapidly as the response and changes will be more dramatic than for chronic conditions.

Select your remedy, dose once and watch your patient for any changes. You should see improvement quite quickly with acute illness.

In a severe, intense or emergency situation, you can give your initial dose two or three times, 5 to 15 minutes apart.

Then observe your dog for changes. If your dog gets better quickly, continue to wait and monitor his condition.

If your dog improves, then plateaus or gets worse again, redose him. Redosing may be in five minutes, 15 minutes, one hour or whenever the case indicates.

Sometimes your dog's symptoms will change. Be prepared to give a different remedy if the symptoms change, but give only one remedy at a time.

If the remedy you tried isn't working at all, stop giving that remedy. Again, you may need to choose a different remedy.

Choosing A Potency

Homeopathic remedies come in different potencies (again, potency is different from the size of the dose). The most commonly available potencies are 6C, 12C 30C or 200C. The higher potencies (like 200C) are usually considered to be deeper acting. If you already have remedies on hand, just use whichever potency you have available. Otherwise if you're building your first aid kit, buy your remedies in a 30C. This is a versatile, commonly used potency that's readily available at health stores or online.

Storage

Because homeopathy is an energetic medicine the remedies should not be stored next to heavy electromagnetic appliances such as televisions and computers or left in the bright hot sun for a long time.

So now that you're comfortable using homeopathic remedies, here's a list of 20 great things to do with homeopathy! And read to the bottom because at the end of the article you'll find a few more tips for using these remedies.

Twenty (20) Of The Best Uses Of Homeopathy For Dogs

1. Cutting Nails — Have you ever cut your dog's nails and they're now bleeding all over your carpets? Give him Hypericum! It's a great remedy for wounds to the nerves, especially in the toes

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("Twenty Natural Remedies For Dogs..." cont.)

and nails.

2. Garbage Gut — Did your dog raid the garbage can and now he's not feeling so well? He's vomiting and straining to poop it all out? Nux vomica will rescue him! Nux vomica is the perfect remedy to use after binging or exposure to toxic substances (think about giving it after drugs or surgery too).

3. Tick Bites — Every dog owner fears tick bites! But did you know there's a remedy that can actually help prevent tick borne illness? Give your dog Ledum palustre (Ledum) twice a day for two days after the bite.

4. Bumps and Bruises — Arnica is your go-to remedy for any physical injury! If your dog has twisted or sprained himself, give him Arnica. It works great for bruised tissue and initiates faster healing.

5. Foreign Bodies — Has your dog stepped on a hawthorn or does he have a foxtail in his ear? Silica (also called Silicea) is a fantastic remedy for pushing things that don't belong out of the body. It can even help empty anal glands!

6. Abscesses — Does your dog have a smelly oozing abscess that's about to erupt? Hepar sulphuris can help the abscess to mature and start draining pus.

7. Cuts and scrapes — Has your dog ever had a battle with a wire fence? Is the cut or scrape jagged, ragged and painful? Calendula has a great affinity for the skin and is an amazing wound healer.

8. Sudden Vomiting and Diarrhea — Is your dog suddenly under the weather? If he's vomiting and has foul-smelling diarrhea (especially if there's undigested food in it), then Arsenicum album will get him feeling better fast!

9. Sudden Fever — If your dog has a sudden fever and he's panting with pain and has redness in his skin or ears, then Belladonna can bring his temperature down fast!

10. Bloat — bloat can be a life-threatening condition for dogs. If your dog has colic, painful gas or torsion, take Carbo vegetabilis with you on the way to the emergency vet clinic ... you might find by the time you get there, your dog is doing much better!

11. Broken Bones — Of course, you need to take your dog to his vet if you suspect he has a broken bone, but you can speed the healing in fractured bones, non or delayed union fractures, and pain from fractures with Symphytum.

12. Red, Watery Eyes — Has your dog been running in tall grass and now his eyes are red? Conjunctivitis and irritated eyes respond very well to Euphrasia.

13. Urinary Tract Infections — Dogs that have burning and urging in the bladder respond very well to Cantharis. Another great use for this remedy is blistered burns to the skin.

14. Frostbite — Dogs can quickly suffer from frostbite to their feet or unprotected areas in the winter months. Agaricus works great for frostbite, especially to the tail, feet and ears.

15. Shock — A dog owner's worst nightmare is having their dog hit by a car. Nobody wants this to happen, but you can be prepared for the worst...Aconite is the go-to remedy for sudden and overwhelming trauma. Give it on the way to the emergency vet! And bring Carbo vegetabilis (also known as the corpse reviver) ↗

("Twenty Natural Remedies For Dogs..." cont.)

if he becomes cold and lifeless.

16. Head or Spine Injury — Once again, dogs can get into trouble fast, and it's a good idea to be prepared! If your dog is hit by a car or suffers a serious fall or kick (think dogs who hang around horses), then Natrum sulphuricum (Nat sulph) is the go-to remedy for serious head and spinal injury.

17. Over-Doing It — Dogs like to play hard and sometimes it shows the next morning! If your dog is stiff getting up after an active day, then Rhus toxicodendron (Rhus tox) is a great remedy to put the spring back in his step. If there is injury to the joints, then Ruta graveolens (Ruta grav) might be a better choice. Start with Arnica then move on to one of these two remedies to finish.

18. Burns — Minor burns and sunburn will respond well to Urtica urens. If the burns are more severe or the skin is broken, then use Cantharis.

19. Puppy Teething Pain — Just like infant babies, puppies can suffer the discomfort of new teeth. Chamomilla will soothe those symptoms, especially if there is greenish diarrhea.

20. Puncture Wounds — Dogs are prime candidates for bite wounds and insect stings. For any type of puncture wound, Ledum (Ledum palustre) can help heal and prevent later problems. Historically Ledum has proven effective in preventing or stopping tetanus after puncture wounds.

Where Do I Get Homeopathic Remedies?

Homeopathic remedies are incredibly easy to find! You can buy them online from Amazon, or you can just search for the remedy you need if you want to order them elsewhere online. You can also find them at any good health food store, including Whole Foods or Vitamin Shoppe. Look for the 30C potency since this is the most popular and is the easiest to use.

Homeopathic remedies are a naturally effective way to help your dog on his way to recovery! Why not try a few of these and see for yourself how effective they can be...without any risk of side effects.

About the Author Dana Scott— Dana Scott is Editor In Chief for Dogs Naturally Magazine. She also breeds Labrador Retrievers under the Fallriver prefix and has been a raw feeding, natural rearing breeder since the 90's. She is an advocate for natural health care for dogs and people and works tirelessly to educate pet owners so they can influence veterinary medicine and change current vaccine, food and preventive health practices. Visit Dana's Labradors at Fallriver Labs. ☐

**A best friend is someone
who you can talk to,
who won't judge you,
loves you for you,
and
most of all,
makes you feel like
you are worth something**





Problems With Free Feeding

This article focuses on the problems with free feeding cats, however much of this information also pertains to the free feeding of dogs.

Is your kitty overweight, lethargic and listless? Is he picky about new foods, especially canned goodies? If your cat has a big bowl of dry food available at all times, he may show some or all of these symptoms indicative of improper feeding. Many people free-feed dry food to their cats due to its convenience, or out of the worry that their kitty will be hungry while they're out and about. In fact, free-feeding can actually undermine your cat's health and impair his natural biological cycle.

Cats in the wild are biologically identical to our domesticated feline friends, so we must look to Mother Nature to determine how to best feed our own house cats. A feral or wild cat operates on a twelve hour hunting cycle, give or take a few hours, with periods of rest in between each hunt. This regular cycle allows the cat's stomach to empty itself of food while resting, and divert energy to the other parts of the body that need healing. This can include areas of bruises and bumps, cuts and scrapes, or even regenerative organs such as the liver which may be affected by disease. When cats have continual access to food their body stays in the digesting stage, and does not direct therapeutic energy to the rest of the body. This can result in a cat that appears healthy on the outside, but may be suffering from a depressed immune system, low white blood cell count or reduced organ function.

Another drawback to free-feeding is pickiness. So often we hear of cats that refuse to try new foods, usually canned options, and these cats are very often accustomed to having a big bowl of their favorite dry food available at all times. When their preferred meal choice is right in front of them, cats have little incentive to try something unknown that they may not like as much. Additionally, the grazing habit they have adopted has not allowed their stomachs to properly empty in the natural gorge and fast cycle, and they are lacking the important sensation of hunger. Ending the free-feeding cycle is a major component in successfully transitioning cats to new foods, and owners usually have a much easier time getting their cat to eat a new food simply by switching to scheduled, metered feedings before rotating in new food options.

Obesity and diabetes are two major health problems that have been linked with free-feeding. All too many cats graze throughout the day when food is left out, and eat more than their daily caloric requirement. With dry food-only diets already being a major contributor to feline weight gain, this grazing habit only serves to push cats further towards health-compromising levels of obesity. Because of the known correlation between obesity and diabetes, overweight cats become at risk for developing this condition which is also brought on or aggravated by an abundance of dry ➤

("Problems With Free Feeding" cont.)

foods. These carbohydrates turn to sugar in the body and cause spikes in the blood sugar levels which can increase the need for sugar-regulating insulin. The good news is that both of these serious and life-threatening conditions can quite often be easily prevented or regulated through diet change. Please see our "Why We Like Canned Food" handout for more information on why canned food is so vital to your pet's overall health and well-being — and not just for chubby kitties.

Worried about a day out of town? At times when you may be away overnight, a larger bowlful of food is fine, but don't let it dictate your day-to-day feedings. Keep your cat's best interests at heart and help her eat right, stay fit, and live a longer and healthier life with regular twice-a-day feedings. ☐



How to Keep Your Dog Away From Your Cat's Food

Our dogs are very good eaters and like all type of food. Our cats, however, are sometimes a bit finicky. And cats, for the most part are grazers and like to take their time eating. And, what's a hungry dog to do? He will usually try to eat the cat's food! If this is happening in your family of furry members, below are some tips to help keep your dog away from your cat's food.

What is the difference between cat and dog food?

Both dogs and cats are carnivores; however, cats need more protein in their food for health reasons. This is why cat food often contains fish and extra animal fats which dogs also happen to love. Most cat food has a strong odor that will appeal to a cat; however, this powerful smell can be irresistible to dogs as well. A little cat food won't harm your dog at all; it's just not always fair to your kitty.

Try not to 'free feed' your cat

It will help to keep your dog away from your cat's food is you don't 'free feed' your kitty. Instead, feed your cat like clockwork, around the same time each day. Adhering to a schedule will also make your kitty more eager to eat. Then take your cat's feeding dish away as soon as he has finished eating. Once he realizes that the kibble won't be sitting out all day, he will be more anxious to eat it at that time. And, obviously, moist cat food is usually eaten faster as it is easier for your cat to eat. ☐



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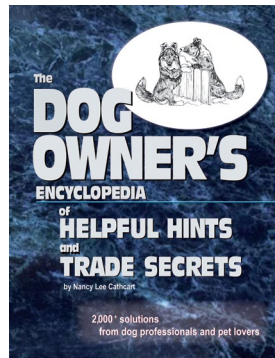
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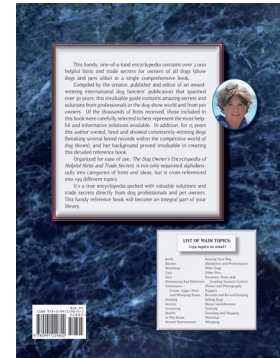
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