



## How To Cure Bad Doggy Breath In 5 Easy Steps!

Do you ever wake up to your dog licking your face and you actually have to turn the other way? No, this is not morning breath, but simply bad doggy breath. In fact, dog halitosis is very common among dogs. Bad doggy breath can sometimes be a sign of a more serious illness, but usually a little extra dental care and change in diet can help make your dog's breath much more desirable.

If your veterinarian has ruled out any sort of medical issue, below are some tips to help bad doggy breath!

### 1. Start a cleaning routine for your dog:

Fighting plaque and tartar buildup is the first step in keeping your dogs' teeth healthy and clean. Dogs' teeth should be brushed at least twice a week. Use toothpaste formulated for dogs and whichever doggie toothbrush works best for you and your pup. While you clean your dog's teeth, check for foreign objects that could be lodged in your dog's teeth or gums. Many vets also recommend that dogs have their teeth professionally cleaned once every year.

### 2. Dry food for your dog can help your dog's breath and strengthen his teeth:

Some canned food and table food can cause bad doggy breath, so unless your veterinarian directs you to use canned food, stick solely to the dried variety. If possible, don't moisten dried kibble as the added crunch will help fight tartar. Also, make sure your dog isn't eating cat or other pet food, trash and make sure that these items are not within your dog's reach.

### 3. Try adding parsley to your dog's diet:

Parsley is a natural breath freshener that is safe for dogs to ingest unless their stomachs are sensitive to it. You can slowly try to add parsley to your dog's food. Do so slowly and see how your dog takes to it. Raw carrots, in moderation are also known to help minimize the bad breath, and have other benefits as well!

### 4. Purchase dog chews that help make your dog's breath and teeth clean:

Purchase dog chews and treats that can help clean your dog's teeth clean and keep your dog's breath fresh. Hard, dried dog treats work like kibble to reduce plaque with chewing. Just make sure these biscuits are healthy and not packed with sugar which will only add to your pups' dental issues and require more cleaning. There are also chews that have anti-microbial and other ingredients that promote tooth health and fresh breath.

### 5. Purchase some chew toys for your dog:

Chewing is natural for your dogs and chew toys are a great way to keep your dog's teeth clean (and occupied during the day). There are a variety of chew toys designed specifically to help keep your dog's teeth clean. Chewing materials that are great for dog dental care include rawhide, durable rubber, some tough plastics and strong bones ➤

*("Cure Bad Doggy Breath" cont.)*

that are safe for dogs. It's a great way to keep them chewing, busy and gnawing away to healthier teeth.

If your dog's bad breath is not a medical issue, these five tips should help cure bad doggy breath and you can enjoy your dogs' sloppy kisses!

You can read more articles on pet care and advice on [petpav.com](http://petpav.com), our pet social network that is like Facebook for pets! ☐



## How To Stop Your Dog From Destructive Behavior!

We love our dogs and want them to be happy, healthy and behave properly in our homes. When a dog or dogs start acting destructively, there is usually a reason why this behavior just started (assuming they are not puppies). It is important to figure out why they are behaving this way and then determine the proper way to stop this behavior.

### Figure out the time when your dog is most full of energy and then acting out.

Is your dog always full of energy and always acting out the most during the day? Does your dog constantly chew on things, run in circles, bark and wreak havoc in your home? Your dog is acting out because he or she has too much pent up energy. So, therefore, you need to increase the play time for your dogs and/or take your dog out more.

### Who me, destructive?!

In order to get rid of that excess energy, try taking your dog on different walks, go for a run or a new park. Play fetch with your dog every night and/or even before work. The more exercise, and activity will leave a happier, more relaxed dog at home who will most likely be too tired to act up.

### Your dog could be acting destructively to seek your attention.

If your dog is barking all day long, chewing on your furniture or chasing his tail around all day long, he might be seeking your attention. When

*(continued on next page)*



*("How To Stop Your Dog From Destructive Behavior!" cont.)*

our dogs act out destructively, it is only natural for us to tell him 'bad dog' or try to get their attention to help stop the behavior. Even negative attention is attention in our dogs mind and then they will continue to act out destructively. The best thing you can do if you think your dog is trying to get your attention, you will need to simply walk away when they are barking or ignore it. If you just turn away, they will hopefully stop this behavior and realize this is not seeking your attention.

**Your dog might be feeling anxious or alone and is lashing out.**

If you just changed your work schedule and/or your kids just went back to school, your dogs might be acting out destructively because he is upset of feeling alone. Your dog could be destroying items in your home, throw a tantrum and start barking, pacing, defecating in inappropriate places in an attempt to get you back to your old schedule or just for leaving him alone for too long.

If the above is the case, the best cure for anxiety is to create a sense of independence in your dog. Try leaving your dog in short intervals and coming back so your dog gets used to the idea of your being gone. Don't always take him on every outing so you can come and go and your dog will get used to being alone. And, make sure he has toys to keep him company while you are gone.

**Determine if your dog is simply bored and in turn is acting destructively.**

If you leave your dog in a specific area or something that is not fun or comfortable, your dog could be acting destructively because he or she is bored. Make sure that when you leave, you have a nice place for your dog to reside with a comfy bed or blanket. Also, as mentioned above, make sure your dog has plenty of toys to play with that will keep your dog distracted. Try switching the toys around so your dog will be entertained and he'll think it's a treat when he gets an old toy to play with that's been hidden away.

Place the toys in different areas of your home to let your dogs' explore. You need to give your dogs' things to do in order to keep them from being bored and in turn acting destructively.

**Try keeping your home calm and peaceful to prevent destructive behavior.**

Make sure to provide your dog with a calm and peaceful environment to keep your dog at peace. Your dog is more likely to be annoying and overactive if he or she is already in a chaotic environment. Turn the television down lower and close any doors where sound can impact her negatively. Maybe your dog is reacting to a neighbors' dog that is barking all day long. If you think this is the case, try turning on some comforting music that will help keep your dog calm and relaxed.

Once you figure out why your dog is acting destructively, you can then determine a solution. Exercise is key, great toys and the right kind of positive attention when your dog behaves the right way.

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## What to Feed Your Dog in Today's Crazy Recall World!

When you first get your dog or are in the process of trying to transition your dog to a healthier dog food, it can be tough. There are so many different kinds of dog food on the market that it can be confusing to even know where to start. With so many recalls in the last year, it is sometimes difficult to keep up with what is good for your dog and what isn't! The good news is that our dogs, unlike cats, are usually less particular about their dog food and will usually eat all kinds of food.

Below are some tips on how to find the best food for your dog:

**Your veterinarian is always a good place to start:**

Your dog's genetics, age, life style and tastes all play a role in how much and what your dog should eat. Ask your veterinarian for recommendations for your dog contingent on your dog's body size, breed, age and health. There might be a medical issue to take into consideration or if your dog is overweight, it will narrow down the choices. Once you get a recommendation from your vet, you can then do some research on your own.

**Learn how to read the label on your dog's food:**

The first ingredient in your dog's food should be a specified meat (not a meat by-product), but the real thing. If the first ingredient in your dog food is a corn, wheat, meat by-product, bone meal or anything but a real specified type of meat, move on to another food. By-products are the leftovers, such as the eyes, hooves, skin, feathers and feet that are not good for your dog. Watch out for ingredients that do not list exactly what it is, such as words like "animal" and "meat" as opposed to "chicken," "beef," "duck," etc. Chicken meal, found in many dog food brands is a combination of the most unfavorable chickens that are left over and then rendered just like by-products.

Therefore be aware that if the ingredients read "chicken" first and "corn meal" second, the food may contain more corn than chicken. Corn is a filler that a dog's body does not utilize well, if at all. The corn gets pooped out and the dog must eat more food in order to get enough protein and nutrients that their bodies can use from the other ingredients in the food.

**Do your due diligence to see if the dog food you choose has been recalled:**

If you find a dog food that you think will be a good fit for your dog, you can easily go on-line to see if the food has been recalled. With so much information at

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(*“What To Feed Your Dog In Today’s Recall World!” cont.*)

our fingertips, it shouldn’t be difficult to see if the brand or the particular food has been recalled or has unfavorable reviews.

**Once you find the dog food that is the right choice, buy it in bulk:**

When you are feeding your dog a healthier brand, it tends to be a little more expensive. However, the healthier food that you feed the dog, the more likely your veterinarian bills will go down. Feed your dog the same type and brand of food every day. Unlike humans, a dog’s digestive system cannot handle changes in food. It can cause upset stomach and diarrhea. If your dog both likes the food that you find, buy a couple cases or in bulk to help bring the costs down. There are numerous on-line sites that have great deals on different brands of dog food and even coupons.

**Each dog is different in their taste and needs:**

While one dog may thrive eating all wet food, not gain weight and maintain good health, it doesn’t always equate cross the board. Each dog is different in what works for him or her, so look for a high quality food, with a lot of protein, fewer carbohydrates and your dog should thrive.

**Tips to transitioning your dog to a new food:**

When switching your dog to a new food, gradually transition him to the new food by mixing portions of both foods until you slowly phase out the old food. Your dog may experience diarrhea if his food is suddenly changed. Once your dog is fully eating the new food, you can follow the guidelines on the dog food package for recommended feeding amounts.

Keep fresh drinking water available at all times. Change the water at least once a day, more for dogs who drool and as always, keep food and water bowls clean.

Make sure to monitor your dog’s weight and activity level and make feeding adjustments as necessary.

**Human food that is dangerous for your dogs:**

Keep your dogs away from avocados, chocolate, grapes, raisins, macadamia nuts and raw bread dough made with yeast. Also, avoid onions, garlic, chives, milk and large amounts of dairy products such as cheese, alcohol, coffee and caffeine, salty food (such as potato chips), and food sweetened with xylitol (such as gum, baked goods and candy). Xylitol, also used in products such as toothpaste, can cause liver failure in dogs.

Just as in humans, a dog’s diet can help maintain your dogs’ good health, longevity and help combat allergies or illness. That’s what the goal is, anyway, to have our dogs’ live long, happy and healthy lives.

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## Why Raw Food Recalls Are Good News

by Kimberly Gauthier,  
*Keep the Tail Wagging*

The raw food recalls have made many people hesitant about raw feeding. They have also raised awareness of raw feeding, inspiring many pet lovers to ask questions.

“What’s raw?”

“I’ve never heard of raw feeding, what’s that?”

“How do I feed my dog raw?”

When I see these questions, I become giddy with excitement. I’m not an evangelist who is trying to convert everyone to raw feeding; I do love sharing my experience with raw, and the recalls have provided me with many opportunities to yack my head off.

### Bacteria Is a Legitimate Concern

If you’ve made a turkey dinner on Thanksgiving, and no one got sick, then you can handle the bacteria that come with feeding raw. My boyfriend wasn’t on board when I decided to transition our dogs to a raw diet. But we had a deal he was in charge of our property and could make any changes he likes. I’m in charge of the dogs.

Today, he’s an advocate too and tells many people about what we’ve experienced as raw feeders.

He still worries about the bacteria and after more than two years, he’s waiting for a salmonella outbreak in the kitchen.

Three things I do to keep him calm and keep us safe:

1. I wash my hands constantly when preparing and serving raw meals.
2. I clean the countertops, sink, utensils, tools, dog dishes, etc.
3. I don’t eat the raw meat.

### Compromised Immune Systems

Raw isn’t for everyone (or every dog). If someone has a compromised immune system, they may not be able to feed a raw food diet. Their options are:

1. Quality dry dog food — PetKind Tripe Dry, Open Farm, Carna4;
2. Some Premade Raw Food — Stella & Chewy’s, Bravo Home Style Complete, Primal Pet;
3. Homecooked dog food.

Although dogs can handle bacteria, if your dog has a suppressed immune system, work with a holistic vet on a proper diet.

### Don’t Worry About Raw Food Recalls; Be Aware

Pet food recalls should be taken seriously. If your brand issues a recall, check the lot numbers on the products you purchased and return/exchange them if they’re part of the recall. If you’re worried about your dog getting sick, contact the number provided on the recall notice to speak with the brand. Also, contact your veterinarian to share your concerns and learn your risk.

Although they’ve issued a voluntary recall this year, I still feed our dogs raw food by Stella & Chewy’s, Vital Essentials, and Bravo, because I trust these brands.

So don’t worry about the recalls, but be aware so that you can protect your dog.

About the Author: Kimberly Gauthier is the blogger behind *Keep the Tail Wagging*, a blog about raw feeding, dog supplements, and raising littermates. Kimberly finished her first e-book on raw feeding called **Raw Feeding from A to Z**. ☐



## When Is It Time To Say Goodbye To Our Beloved Pet?

There is nothing harder than watching our pets get older and start to really show the signs of old age. It is extremely difficult when our fur kids start to lose some of their normal functions, slow down or suffer from amnesia, deafness or a variety of different ailments. It is natural for our pets to finally leave us to cross the Rainbow Bridge, but what is extremely heartbreaking is when we have to make the decision for them.

The following are some ways to indicate that it might be time to say goodbye.

### **Every pet, illness and situation is different**

There is no single rule that can be followed for when it is time to help your best friend cross the rainbow bridge. Getting input from your veterinarian on the specific medical conditions that your loved one may face is vital for doing what is best for your pet. You may also benefit from having a caring friend who is not as emotionally involved in the situation as you to help you gain perspective and really see what is happening with your pet.

Sometimes, pain medicine will help and can often give your pet a new lease on life. And, of course, there are those animals that are happy to limp around the house for years on a bad leg unaware that they have a problem. But when your animal can no longer enjoy life because of pain, it's probably time to let them go.

### **If your pet is in pain or suffering, you will want to help stop their suffering**

You know your dog or cat well enough to know that he or she is unhappy or suffering. Usually, the light goes out of his or her eyes, he doesn't run around, curls up in a ball and sleeps the day away. Favorite toys and treats are left untouched and sometimes they will be irritable.

Cats tend to want to be on their own, won't face you or will hide to mask their suffering. They might not want to be stroked anymore, will usually stop eating and there is no joy in their faces.

### **You can exhaust all the options before making your decision**

You owe it to yourself and your pet to exhaust all the options (if your pet isn't suffering terribly). Try not be lured by claims of miracle cures. If surgery or medication isn't the answer, try acupuncture or massage. There are holistic remedies that might help and if you have a good veterinarian, he or she will be honest with you about the likelihood of your pet being cured or at least having more time with you.

Remember that pets live in the moment and all they know is how they feel today. By considering their perspective, we can see the world more clearly through their eyes. And their eyes are what matter.

### **If the bad days outweigh the good days, there is no longer a quality of life**

Try to measure their quality of life to determine how good or bad your pet's life is at this moment. Trying to assess this can be difficult, but there are some ways you can try and evaluate it. Assess the days when your pet is feeling good as well as the days when he or she is not feeling well can be helpful. If the bad days outweigh the good, then your pet is suffering in his or her own way.

### **This tough decision can be suddenly very clear to you one day**

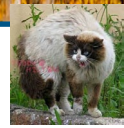
Sometimes it's clear that it's time to let your friend go and you just know. If your pet doesn't eat or can't control when or where he poops and ↗

(“When Is It Time To Say Goodbye?” cont.)

pees, this is indicative of his organs shutting down. Maybe all he can do is lie there or lost mobility in his legs. When your pets' legs go out and he or she can't move, that's not a good quality of life and it's up to you to help them end their suffering. It's a bleak outlook, but it makes the decision easier.

It really is unfortunate that our pets can't grow old with us and live as long as we do. They bring so much joy to our lives and unconditional love. And, it is so hard to say goodbye, but make sure to do what is right for them and know they will be in our hearts forever.

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## Food (and other items) That Are Dangerous to Your Cats

As you've probably discovered by now, your cat is an amazingly curious and resourceful hunter of new things to encounter and eat. Our felines will climb on counter-tops, open cabinets and be their curious selves adding fun and mischief to our lives. Unfortunately, some of these new discoveries can be harmful or even fatal which is why it is important to keep most locked up and out of reach.

Below is a list of food and some common household items you need to keep out of your cat or kitten's reach and definitely out of his or her mouth!

### **Xylitol in sugar free treats can be very harmful to your cat**

Xylitol, which can be found in most sugar free gum or low calorie treats, can be very toxic to cats. It can prompt a sudden release of insulin, resulting in low blood sugar, a condition known as hypoglycemia. Signs that your cat may have swallowed a product containing xylitol include a sudden lack of coordination, vomiting, lethargy and, eventually, seizures and possibly coma. Ultimately a cat that eats xylitol may end up with liver failure, which can sometimes be fatal.

### **Raw eggs whites can harmful to kitties**

Raw egg whites contain an enzyme that destroys certain B vitamins. Raw egg yolks are okay as an occasional treat, but they must be separated from the whites. Cooked egg yolks are also okay and preferred to raw, but not on a daily basis.

### **Raw bread dough can upset your cat's stomach**

Raw bread dough made with live yeast can be hazardous to cats. When a cat swallows raw dough, the warm, moist environment of the stomach provides an ideal en-

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(*Food That Are Dangerous To Your Cats* cont.)

vironment for the yeast to multiply, resulting in an expanding mass of dough in the stomach. Expansion of the stomach can be severe enough to decrease blood flow to the stomach wall and affect breathing. All rising yeast dough should be kept out of reach of cats.

**Chocolate (especially dark) can be very dangerous to our cats**

Most cats don't have a sweet tooth. However, some will eat foods containing chocolate, such as chocolate candy, cookies, brownies and chocolate baked goods. These and other chocolate-flavored treats can cause chocolate intoxication in cats. The compounds in chocolate that are toxic are caffeine and theobromine, which belong to a group of chemicals called methylxanthines. These compounds cause stimulation of the heart and nervous system. The rule of thumb with chocolate is that the darker it is, the more dangerous it is. Cats showing more than mild restlessness should be seen by a veterinarian immediately.

**Ethanol in alcoholic beverages can also be harmful to cats**

Ethanol, also known as ethyl alcohol, grain alcohol and drinking alcohol, can be very dangerous for cats. Due to their small size, cats are far more sensitive to ethanol than humans are. Even drinking a small amount of a product containing alcohol can cause significant intoxication. Cats are often attracted to mixed drinks that contain milk, cream or ice cream. Alcohol intoxication commonly causes vomiting, loss of coordination, disorientation and stupor. In severe cases, coma, seizures and death can occur. Cats who are intoxicated should be monitored by a veterinarian until they recover.

**Moldy food (except cheese) can be dangerous to cats**

A wide variety of molds grow on food. Some molds produce toxins which can cause serious or even life-threatening problems if eaten. Cats tend to be finicky, but they can eat molds that grow on dairy products, like cheese and cream cheese. The signs of this poison generally begin as fine muscle tremors that progress to whole-body tremors and, finally, convulsions that can lead to death in severe cases. Left untreated, these tremors can last for several weeks. Fortunately, they usually respond

well to appropriate veterinary treatment.

**Onions and Garlic, especially, can harm your cats**

All members of the onion family (shallots, onions, garlic, scallions, etc.) contain compounds that can damage cats' red blood cells if eaten in sufficient quantities. Garlic tends to be more toxic than onions on an ounce-for-ounce basis, and cooking does not destroy the toxin. While it's uncommon for cats to eat enough raw onions and garlic to cause serious problems, exposure to concentrated forms of onion or garlic, such as dehydrated onions, onion soup mix or garlic powder, can put cats at risk of poisoning. Green tomatoes and raw potatoes can cause violent lower digestive symptoms.

**Your medication can be harmful to your kitties**

Common pain relievers such as ibuprofen and acetaminophen are very toxic to our feline friends. Cats don't have the enzymes needed to detoxify and eliminate these substances, so they can cause liver or kidney failure. Other human drugs that are commonly involved in accidental poisoning include antidepressants, antihistamines, sleeping pills, diet pills, blood pressure medications and vitamins. Alcohol can also be extremely hazardous to cats.

**Some household plants can be dangerous to your cats**

A number of common household plants can cause toxic reactions from vomiting all the way to hallucinations, convulsions and death. Some plants to remove from your house: Dieffenbachia (dumb cane); lilies, daffodils, crocuses or other bulb flowers; ivy; and spider plants.

I hope that your cat never eats or ingests any of these items; however, if you think that your cat might have eaten any of the above listed food/medicine, contact your veterinarian or local animal hospital animal immediately for further tests.

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**What To Do If Your Pet Ingests Something Toxic**

While prevention's always the best goal, sometimes animals will get into things they shouldn't. Your first move should be to call the vet. They'll give you a clear idea of how serious the issue is. If your 60-pound dog eats a small chocolate bar, they'll probably tell you not to worry too much, but if it's a serious emergency they'll let you know what to do.

If your vet's not available or you'd rather reach a poison specialist right away, you should call the ASPCA Animal Poison Control Center at **(888) 426-4435**.

*Editor's note:* The above article was reprinted with permission from the "Home Safety Guide for Pet Owners." This website (<http://www.expertise.com/home-and-garden/pet-safety-guide>) contains most-informative articles. Please feel free to visit this excellent website. Other articles included are: Common Household Dangers for Pets, Food Safety for Pets, How to Pet-Proof Your Home and Safety for Specialty and Exotic Pets.

**12 Steps for Self Care**

1. If it feels wrong, don't do it.
2. Say "exactly" what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak bad about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say "No."
8. Don't be afraid to say "Yes."
9. Be KIND to yourself.
10. Let go of what you can't control.
11. Stay away from drama & negativity.
12. LOVE

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of  
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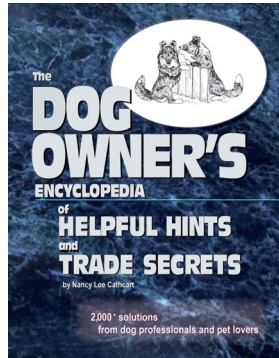
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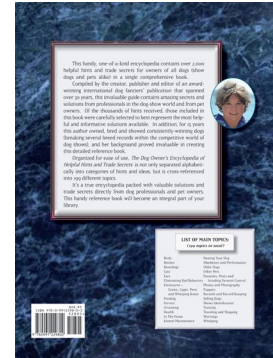
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### 5 DEADLY TERMS USED BY A WOMAN

- 1) **FINE:** This is the word women use to end an argument when she knows she is right and you need to shut-up.
- 2) **NOTHING:** means something & you need to be worried.
- 3) **GO AHEAD:** this is a dare, not permission, do not do it.
- 4) **WHATEVER:** A woman's way of saying screw you.
- 5) **THAT'S OKAY:** She is thinking long and hard on how and when you will pay for your mistake.

**BONUS WORD: WOW!**  
This is not a compliment. She's amazed that one person could be so stupid.

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