



Dangerous Over-Vaccination Is On The Rise

by Patricia Jordan, DVM

Editor's note: I believe the information in this article is also applicable for cats (especially for indoor cats), although I feel each dog and cat should always receive their basic puppy and kitten vaccinations.

I'm writing about a topic that makes me want to reach for a blood pressure pill: annual vaccination of dogs.

Annual vaccination is unnecessary and dangerous for your dog, and despite what we know about the risks, it seems to be on the rise.

Experts like leading veterinary immunology researcher Ronald D. Schultz, PhD proved decades ago that most dogs will be protected for many years (and probably for life) by one round of core vaccines as puppies—usually when they're about 16 weeks old.

This table is from Dr. Schultz's research on over 1,000 dogs and shows the duration of immunity of the core vaccines from both challenge (exposure to the real virus) and serology (antibody titer results):

Minimum Duration of Immunity for Canine Vaccines

Vaccine	Minimum Duration of Immunity	Methods Used to Determine Immunity
Canine Distemper Virus (CDV)		
Rockbom Strain	7 yrs / 15 yrs	challenge / serology
Onderstepoort Strain	5 yrs / 9 yrs	challenge / serology
Canine Adenovirus-2 (CAV-2)	7 yrs / 9 yrs	challenge-CAV-1 / serology
Canine Parvovirus-2 (CAV-2)	7 yrs	challenge / serology

So, after their puppy shots, most dogs don't need to be re-vaccinated ever, let alone year after year after year.

Dr. Schultz reports: "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."

The World Small Animal Veterinary Association (WSAVA), the American Animal Hospital Association (AAHA), and the American Veterinary Medical Association (AVMA) have announced publicly that annual vaccination is unnecessary and can be harmful.

But they do nothing to stop vets from vaccinating more often than necessary.

If your worried your dog is being over vaccinated, we have a free download you can print and bring with you to the ^

("Dangerous Over-Vaccination..." cont.)

vet. It outlines the immunity research by Dr. Ronald Schultz and it will help you and your dog's veterinarian come to a healthier vaccination schedule together. Below is the address to the Vaccine Guide: https://get.dogsnaturallymagazine.com/2017-funnel/the-free-vaccine-guide-lm/?_ga=2.212675924.190830242.1591275976-704949893.1591275976.

Vaccines Are Risky

In my years of veterinary practice, I've witnessed hundreds of cases of serious vaccine damage to pets, including death.

Despite what your veterinarian may tell you about the safety of vaccination, I've seen it cause dangerous, sometimes deadly, vaccine reactions and lifelong chronic illness...including autoimmune diseases and cancer.

Vaccinating annually is an extremely high-risk procedure, and it doesn't make your dog any more "immune" from disease.

Yet in the US, about 60% of veterinary clinics completely ignore this research (and their association recommendations) and still push their clients to vaccinate their dogs annually. And the rapid spread of large veterinary clinic chains is making matters much worse. There's a reason I call them "shot shacks." As these corporate chains gobble up independent veterinary clinics, the trend towards over-vaccination is getting worse, not better!

You'd like to think your vet's primary concern, above all else, is your dog's health, but you have to assume profits are the real goal when you read stories like the ones I'm about to share.

Greencross In Australia

An Australian holistic veterinarian wrote to me about the Greencross chain of veterinary clinics in her country.

Greencross owns 132 veterinary clinics and 200 pet specialty retail stores across Australia and the company earns about 725 million Australian dollars (that's over half a billion US dollars) a year. Greencross is buying up independent veterinary clinics all over the country. In the last six months, they added 17 new vet clinics to their group.

My vet friend told me Greencross trains staff "to sell as much of anything as possible, including annual vaccination." Yet she was still disturbed to read an article they published recently called "The Real Story on Vaccinating Pets."

The article starts out complaining that the media has been confusing dog owners by suggesting that dogs

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only need to be vaccinated every three years. As the article continues, it's clear that Greencross clinics encourage dog owners to have their pets vaccinated annually for core vaccines (parvo, distemper and hepatitis) as well as bordetella and parainfluenza, using scare tactics like "disease outbreaks of Canine Parvovirus occur on a regular basis throughout Australia."

They also state their "philosophy" that pets should be examined twice each year. Of course! This gives them more opportunities to sell you extra services. Do you think this might be about the money? It's certainly not about the health of the animals, even though they try to tell you it's to protect your pet from deadly disease.

In the UK, pet owners are also being pushed to over-vaccinate their animals, thanks to a devious scheme cooked up by a big pharmaceutical company.

Vaccination Amnesty Campaign In The UK

The UK arm of veterinary pharmaceutical company (and vaccine manufacturer) Merck Animal Health is MSD Animal Health, and it operates under the name Intervet Ltd.

Intervet is shameless about teaching veterinary clinics how to sell and make more money.

I've seen one of their brochures promoting a clinic management system developed by veterinarian Dr Steven Garner, who has "the most productive veterinary practice in the world [...] whilst each of his assistants is generating in excess of \$1 million" in yearly sales. They claim the system results in "greater owner compliance" and "can grow your practice turnover [sales] by 40% and your practice profit by 52%."

"Greater owner compliance," of course, means they get you to bring your dog to the clinic more often and Intervet has dreamed up an especially sneaky way of persuading you to do that. It starts with getting you to vaccinate your dog more often, and it also helps clinics sell you more veterinary services. It's called the Vaccination Amnesty program and for the last few years they've been campaigning hard to get UK veterinary clinics to participate. The program targets clients whose pets' vaccines have lapsed and by "lapsed" they mean that the last vaccination was given 18 months ago or more! So, it's not hard to figure out that means the clinics are pushing annual vaccinations!

Intervet provides veterinary clinics with an impressive array of promotional materials to market the amnesty program. Intervet array of promotional materials to market the amnesty program in veterinary clinic.

Once they join the program, clinics offer the "lapsed" pets a complete primary course of vaccinations for the price of a single booster. So, not only are they vaccinating animals who are almost certainly already protected (because we know they've been vaccinated before), they're making them start from the beginning as if they'd never been vaccinated!

And, while your dog's at the clinic, they do their best to find other ailments that need treating, as well as selling you things like dental procedures, worming and pest control medications. It's working quite well for them.

Testimonials from clinics brag about how successful they were at selling additional services to people who brought their dogs in under the vaccine amnesty program. ↗

(*"Dangerous Over-Vaccination..." cont.*)

The excerpt below from Intervet's instructions to clinics suggests they're reimbursing participating clinics for the cost of these vaccinations (or perhaps offering other financial incentives):

Use the form provided to register each pet's details, and the vaccinations given. We would also like you to indicate any other treatments that enrolled pets received during the amnesty.

At the end of the amnesty please return your completed form. Once we have received your form, we will reimburse you, as agreed with your account manager, with a cheque or a BACS payment.

Once again, this is a crafty way to make more money...and it's at the expense of your dog's health. In case I wasn't clear, over-vaccination exposes your dog to the potential for a lifetime of chronic disease. And, if you think creative ways to sell more vaccines aren't happening in the US as well, read on!

Banfield In The US

You've almost certainly heard of Banfield Pet Hospital, a huge chain of more than 770 pet hospitals owned by the massive multinational conglomerate Mars, and you may have even taken your dog there. These clinics are all over the country and many are conveniently placed inside PetSmart stores so you can spend even more money when you take your dog to the vet!

Like Greencross, Banfield wants you to bring your dog into the clinic twice a year so they can monitor your dog's "dental care, behavior, parasite control, nutrition, and vaccinations."

They offer three levels of annual Optimal Wellness Plans® that include a number of different services. They range in price from about \$20 to \$69 a month depending on where you live and which plan you choose. I want to go into a bit of detail on these Plans, because they include a very aggressive (and high risk) vaccination schedule:

Every plan includes a Comprehensive Physical Examination twice a year, plus other services ranging from vaccinations to de-worming and blood, fecal and urine analysis. The higher level plans include services like annual dental cleaning, eye pressure tests, electrocardiograms and "preventive X-rays."

Preventive X-rays?

There's nothing "preventive" about exposing your dog to potentially cancer-causing radiation every year! And, of course, they encourage you to add "extras" like year-round parasite control.

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(“Dangerous Over-Vaccination...” cont.)

The real problem, though, is Banfield’s recommended vaccination protocol as part of their annual wellness plans.

Vaccinations*

Dog wellness plans protect your pet against a wide variety of diseases and infections with routinely recommended vaccinations to meet your dog’s individual needs.

- Distemper/Parvo (1x)
- Bordetella (2x)
- Leptospirosis (1x)
- Lyme disease (1x)
- Rabies (1x)

* Most vaccines are included in your plan. Your veterinarian may recommend additional vaccinations that are not included.

Vaccine booster included in first year only

Let’s look at what’s wrong with this vaccination schedule. First, it’s annual! Note the “1x” and “2x” alongside the vaccinations. Banfield wants to give all these vaccinations yearly, and twice yearly in the case of bordetella.

While rabies is legally required all over the US and parts of Canada, giving it annually is not. And, in fact, the three-year rabies vaccine is the same as the one-year—it’s just labeled differently. So, *make sure your vet uses a three-year rabies shot if you want to comply with rabies laws.*

Distemper and parvo are core vaccines but giving them annually is also unnecessary and risky. If your dog’s already been vaccinated for these diseases, he’s likely to be protected from them for life.

Next, the schedule includes the bacterial vaccines for leptospirosis, Lyme disease and bordetella.

ALL of these vaccines carry high risks of adverse effects. I don’t recommend giving them to your dog and neither does Dr. Schultz. He doesn’t recommend giving lepto or Lyme vaccines (and doesn’t use these shots for his own dogs, even living in lepto and Lyme endemic areas), because of the high risk and low efficacy of these vaccines.

If you’ve ever wondered why there’s no Lyme vaccine for humans—that’s because it proved so dangerous in testing that it was withdrawn. And yet thousands of dogs are given the shot every year...for a disease that dogs aren’t very likely to get. In fact, 95% of dogs who test positive for Lyme are asymptomatic and don’t actually have the disease.

As for leptospirosis, well, other than the high number of adverse reactions (including renal failure and mast cell tumors), there are over 230 serovars of lepto, but the vaccine contains only four.

Talk about a shot in the dark! Dr. Schultz is also well known for saying, “Kennel cough is not a vaccinatable disease.” This is because there are at least 40 agents that can cause kennel cough, but the vaccine only addresses two of them.

These vaccines certainly should never be given routinely without consideration for the risks involved for your dog and whether he is even likely to be exposed to these diseases!

If you do opt for one of Banfield’s Optimal Wellness Programs, prepare yourself for a firm discussion with your vet about their vaccination schedule and don’t get pushed into annual shots for your dog.

As Dr. Schultz’s research shows, even every three years is too much...so get ready to say no! ↗

(“Dangerous Over-Vaccination...” cont.)

Vaccination Is Big Business

My view is that the practice of annual vaccination is unethical...although not illegal, unfortunately.

Most veterinarians in conventional practices (in the corporate practices described above), but also in most hometown practices, are charging you for something your dog doesn’t need. In the process *they’re actually dis-regulating your dog’s immune system, increasing the chance of adverse events and chronic disease.* And, you’re paying them to do this!

Pet vaccination is big business and it’s growing. According to market research firm MarketsandMarkets, the global veterinary vaccines market could reach \$7.2 billion by 2020, up from \$5.5 billion in 2015.

My experience in veterinary clinics shows that about 15% of most clinics’ income is from vaccines and then another 65% is spent addressing the vaccine-induced diseases that result.

When your dog develops chronic disease from vaccination, that’s a lifetime of income for the clinic. It’s easy to see why they want you to vaccinate. So, remember this when you get that vaccination reminder in the mail.

I see many vaccine-induced illnesses, especially in dogs around eight years old when they’ve had years of unsafe and unnecessary vaccines.

Over-vaccination can cause autoimmune diseases, cancer, cataracts, allergies, asthma, atopy, arthritis, anaphylaxis, diabetes, eczema and many lifelong, incurable conditions...as well as death.

Dr. Patricia Jordan, DVM is a 1986 graduate of the North Carolina College of Veterinary Medicine. Dr. Jordan found holistic medicine in 2000 at the AHVMA American Holistic Veterinary Medical Association Conference. She completed a Master’s Program in TCVM Traditional Chinese Veterinary Medicine with Dr. Xie of the Chi Institute and Dr. Richard Pitcairn’s Professional Course for Veterinarians has opened the way to naturopathic medicine for Dr. Jordan. □

Saying “I don’t need a dog from a breeder who shows” is like saying,
“I don’t need a house from a builder who builds to code.”



The Ultimate Guide to SAFE FOODS for Your Dog

— PetPav, Pet Insurance U

We love to give our dogs different types of human food to add a little variety to their diet as well as vitamins and fiber. Or, you just might be cooking something and want to share some with your pup, especially when your dog eyes you and you can't help but give in!

Dogs also love to join or partake in the leftover table scraps whether you want them to or not. Of course, your first concern is that whatever type of food your dog samples is safe for your dog.

To address your concerns, we have created a list of both the food that is safe and unsafe for dogs to eat. Keep in mind that every dog is different and you should always start slowly when introducing any new food to your dog to see if there is any negative reaction.

Below is our list of the different foods that are safe and not safe for your dogs to eat.

Dog Safe Foods:	NEVER Feed Your Dog:
Apples	Avocado
Bananas	Almonds
Blueberries	Chocolate
Broccoli	Grapes
Carrots	Mushrooms
Cheese	Onions or Garlic
Eggs	Popcorn
Lettuce	Tomatoes
Mangos	Macadamia Nuts
Oranges	Milk or Dairy Products
Peanuts	Corn on the Cob
Pineapple	Xylitol
Shrimp	
Strawberries	
Watermelon	

What Human Foods Are Safe For Dogs?

Let's start with the list of food that is safe for dogs:

Apples are safe for dogs to eat, either red or green! They provide an excellent source of Vitamins A and C and even some much-needed fiber. Apples are low in fat and protein making them a really good snack for all dogs, particularly seniors. Of course, you need to *take out the seeds and remove the core* before feeding them to your pups.

Bananas are a great addition to your dog's diet because they are healthy, easy to digest and safe to swallow. Bananas are high in vitamins, particularly potassium, biotin, copper and fiber. They are low in both sodium and cholesterol, but bananas should be given sparingly as they are very high in sugar. You can try adding a couple of slices to your dogs' food or as a snack.

Blueberries are also safe for dogs and filled with antioxidants. Known as one of the “super-foods,” blueberries have fiber, phytochemicals and an abundance of antioxidants which can help to prevent cell damage in dogs. Frozen blueberries are a great way to add to your dog's diet for a crunchy treat or even just straight from the refrigerator. ↗

(“The Ultimate Guide to Safe Foods...” cont.)

Broccoli, in small amounts, can be an excellent addition to your pup's diet. Broccoli, with an abundance of fiber, vitamin C and other nutrients, can be enjoyed by your dog. However, *cooked broccoli is the best as broccoli can cause gas in dogs*. A little broccoli can go a long way! Other vegetables, such as *brussel sprouts, when cooked can also be safe and nutritious for your pups*.

Carrots, just as in humans, can help a dog's vision from the carotene that is found in them. Not only are they crunchy, which is great for a dog's teeth, but carrots also provide niacin, potassium as well as Vitamins A, B, C, D, E and even K. Carrots are also loaded with both lutein and lycopene which are both phytonutrients that can help your dog's eyes from UVB radiation. Raw or cooked, carrots are a good addition to a dog's diet. If you are more of a celery person, your dog can also eat celery. *Just as in carrots, make sure to cut the celery in small pieces*.

Cheese can be a nice treat for your dog and is safe to eat but in moderation. Cheese has a high amount of protein, Vitamin A, calcium and even B-complex vitamins. Most dogs love the taste of cheese and it is used to motivate dogs for training. Cheese can be very high in fat so it's best to use it sparingly. Low-fat cheeses such as mozzarella or even cottage cheese can be a good treat. Not all dogs can digest cheese if they are lactose intolerant which is why *it's best to start in small doses*.

Eggs are very high in protein and have many essential amino acids and the good, Omega enriching fatty acids. *Make sure to cook the eggs* before feeding any to your dogs. Eggs are also known to help a dog's upset stomach. While they are safe for most dogs, *your vet can tell you how many eggs your dog can eat a day*. The yolk, while providing the essential nutrients, can become caloric if your pup eats too many.

Lettuce is more than 90 percent water so it's not as nutritious as some other vegetables, but it can add a little bit of fiber to your dog's diet. Lettuce does contain Vitamin A and beta-carotene which are important vitamins for your dog. *Romaine, iceberg and arugula are the better types of lettuce to feed your dog*. *Spinach, however, can be difficult to digest*.

Mangos are sweet and enriched with potassium, beta-carotene as well as alpha-carotene. Packed with vitamins A, B6, C, and E, mangos are filled with vitamins and well as easy for your dog to digest. Of course, *you need to remove the pit* before you give any to your pup. A cube or two can be a tasty and safe treat for your pup.

Oranges are rich in Vitamin C, fiber and potassium and are OK to feed your dogs if you *remove the seeds and, of course, the peel*. They are not the best fruit for your dog so just give your dog one or two slices. *Grapefruits, however, should NOT be fed to dogs*.

Raw or unsalted peanuts are the only type of nuts that are safe for your dogs to eat. Of course, if your dog has a

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(“The Ultimate Guide to Safe Foods...” cont.)

couple of salted peanuts, it won't harm your pup but *it's best to go for the unsalted variety*. Most dogs love peanut butter and due to its creamy flavor, high protein and good, unsaturated fat, your dogs can benefit from a few peanuts or peanut butter as a snack. *Peanuts can cause digestive issues if high quantities are consumed* so save the peanuts or peanut butter for a special-occasion snack.

Pineapple, in small doses, can be a great treat for your dogs that is loaded with minerals, vitamins, and fiber. This sweet fruit contains bromelain which is an enzyme that makes it easier to digest proteins. Of course, you should *take off all the peel* before serving any pineapple to your dogs.

Shrimp, as long as they are cooked, is something you can definitely share with your dogs. Shrimp have many nutrients such as Vitamin B12, Niacin and as well as phosphorous which helps your dog's bones to stay healthy and even have anti-oxidants. While shrimp are low in fat and calories, they are also known to be high in cholesterol which is why *they should be doled out in small doses*.

Strawberries have an abundance of Vitamin C, antioxidants, as well as fiber. Strawberries are thought to be a great natural way to whiten your dog's teeth. Just make sure to *feed them in moderation* to your pup as they are high in sugar. Take off the strawberries stem and cut them up in small pieces to add a little variety to your pup's diet.

Watermelon is great for dogs as it has almost 93% water and is a good summer fruit to keep your dogs. With Vitamins C, A and B-6 and an abundance of potassium, watermelon can help aid your dog's nerve function as well as maintain healthy muscles. Of course, you need to *remove the seeds* from the watermelon before sharing it with your dog.

What Human Foods Are NOT Safe For Dogs?

The foods listed below are *unsafe for dogs and should be avoided*. However, if your dog consumes any of the below in a very small portion, it doesn't mean your dog will get sick immediately or at all, just make sure to keep an eye on your dog.

It's best not to add any of the below foods to your dog's diet:

While **avocados** are very good for us humans, they are not safe for dogs. In fact, avocados can cause serious health issues in dogs and even death. That is very unlikely, but the point is no avocado for your dogs. The reason avocados are so lethal for dogs is they contain a toxin called persin that can lead to diarrhea, vomiting and even pancreatitis. Therefore, if you love avocados, make sure that your dog doesn't have any access to it or leave any uneaten avocado in your trash can.

While **almonds** are not as toxic as some nuts, they can be very difficult for a dog to digest. In fact, just a few almonds can cause diarrhea, vomiting and stomach irritation for your dogs. And, if your dog digests too many almonds, your pup might develop pancreatitis. Plus, due to the shape of the almond, small dogs can easily choke on almonds if they sample a few.

Most dog owners know that **chocolate** is toxic to dogs. If your dog ingests just a little chocolate, your pup will probably just have an upset stomach or diarrhea. However, in large amounts, the caffeine and theobromine found in chocolate, particularly cocoa or milk chocolate can lead to seizures, a sped up heartbeat or even a ↗

(“The Ultimate Guide to Safe Foods...” cont.)

heart attack. Not all chocolate produces the same results, but just to be safe, it's best to avoid all chocolate.

Grapes and even **raisins** are both very toxic to dogs. Grapes have been known to lead to acute kidney failure in dogs. Therefore, if you love grapes, make sure to keep them far away from your dogs. It is isn't quite know exactly why grapes are so toxic for dogs, but the outcome can definitely be serious which is why it's best to have your dogs' avoid them.

Mushrooms are not as straightforward as many of the different food types for dogs. Mushrooms out in the wild that are found when you are hiking with your pup or just taking a walk down the street are very dangerous for dogs and should be avoided. However, store bought mushrooms, in very small doses, can be safe to eat. But, use discretion when feeding your dogs' mushrooms and make sure that there are not any sauces or spices. Just a plain mushroom.

Onions are toxic to dogs because they have a toxin called N-propyl disulfide. This compound causes a breakdown of red blood cells that could lead to anemia in dogs. The toxin damages a dog's red blood cells which makes it harder for your dog to carry oxygen and confuses the dog's body to make it seem as if the red blood cells are invaders. Therefore, the red blood cells are destroyed and can cause hemolytic anemia. No onions for dogs and not even in small doses!

Garlic is also known to be harmful to dogs, so be careful when you're cooking with garlic or onions and your dog is close by.

While not all **popcorn** is unsafe for dogs, the majority of us eat our popcorn with butter or other toppings that are not great for dogs. If your dog does eat a morsel or two, not to worry. However, regular plain popcorn that is air-popped is okay for dogs to eat in small quantities. It's probably best not to give your dog too much popcorn on a regular basis as it can also cause indigestion. And, of course, watch out for the kernels as they can be difficult for your dog to swallow and cause your dog to choke.

Tomatoes are not safe for dogs and should be avoided. While the red part of the tomato is generally okay for dogs, the green parts of tomatoes have a toxic substance that is called solanine which can cause indigestion and vomiting in dogs. While a dog would need to consume a lot of tomatoes to get sick, it's better to skip them altogether just to be on the safe side. And, if you grow tomatoes, make sure to keep your dog away from them as the green parts of the tomato are toxic.

Another food that is fine for people but causes gastric distress in animals is **macadamia nuts**. These nuts contain an unidentified toxin which causes sickness, diarrhea and muscle weakness in dogs. Signs have been seen from eating as little as 2.4 g of nuts for every 2 pounds of body weight of the dog.

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(*"The Ultimate Guide to Safe Foods..." cont.*)

Milk products contain lactose, and our pets often lack the milk enzyme lactase, which is necessary to digest milk. This leads to milk fermenting in the bowel and causing nasty diarrhea in some cases.

What could be nicer than buttery **corn on the cob**? While pet mice and rats may eat it just fine, dogs aren't as well-matched for the treat. The trouble is dogs tend to wolf it down whole, which leads to a dangerous blockage in the bowel. Signs include repeated vomiting, leading to dehydration and depression. Urgent surgery is essential or the consequences can be dire.

What the heck is **xylitol**? This is an artificial sweetener commonly used to replace sugar in chewing gum, cookies and candies. The alarming thing is that it is a potent stimulant of insulin release in cats and dogs. After eating lower-sugar cookies containing xylitol, that potent push of insulin sends the pet's blood sugar into his boots with potentially fatal consequences.

Final Thoughts Dogs and Human Food

While every dog may react differently to certain foods, this guide can help you gauge at least the food that is safe for your dogs to sample. Some dog owners may even transition to a raw food diet to eliminate the risks of processed dog food.

If your dog has a bad reaction to any of the food listed or starts to have any symptoms such as vomiting, diarrhea or anything unusual, take your dog to the vet immediately. Of course, having pet insurance will help offset the costs of any of the associated medical bills up to 90%! ☐



Do Dogs Understand Time?

It can be safe to say that the majority of people treat their pet dogs like family, and many will agree that leaving them alone in the house can seem heartbreaking. Do you sometimes wonder if your dog is able to perceive time? Does your pet know when it's time to eat, or when it's that time of the week when you will be going out for a walk? Does your pet also know when you'll be coming home from work everyday too, and you will always find it eagerly waiting against the window of your house? Your dog may not be carrying a watch, but a lot of homeowners will agree that their canine friends have a pretty good grasp of what it is. While dogs don't really have the ability to read time, there are various explanations of why they seem to know what time it is. But what's the explanation for this? Does your pet dog really understand the concept of time?

Dogs and Their Concept of Time

1. **It's Biological** — Dogs also have circadian rhythms, which helps them regulate the processes in their body. This helps them tell when its time to eat, or when it is time to sleep. Dog's also have a biological clock that helps them differentiate daytime from nighttime, along with other daily activities and behavior such as eating and going out. ↗

(*"Do Dogs Understand Time? cont.*)

2. **Through Their Environment** – Because dogs are smart animals, they are able to observe, perceive and react to their environment. This way, then are able to predict or perceive various situations and be able to understand and tell what will happen, or what is already happening. For example, does your pet dog know that you're about to leave your home when it sees you putting on your shoes? Dog's also have a strong sense of smell and facial recognition as well.

Dogs can figure out routines, and this can contribute about how they are able to understand time. Dogs become highly accustomed to the routines of their owners, along with various triggers and associations in their environment, which makes it seem that they can tell time.

In a nutshell, it can be safe to say, and most owners will definitely agree, that dogs have great memories, that they are smart. This is because they can easily understand their environment, along with how it works. But despite this, is it really safe to say that dogs can understand time?

While dogs aren't able to understand time in terms of hours, minutes, days, or months, they have their own perception or understanding of how it happens. They have their own unique way of telling how time is passing.

At the end of they day, even though dogs don't have the same concept of time, just like how humans do, they will still be able to anticipate future events, and they will also know how long you've been away from home as well. You can help your dog and train it to be able to relate and predict future events based from its past experiences or memories. ☐



Common Household DANGERS For Your Pets

by Blue Pearl Emergency Pet Hospital

Here's a list of common items found inside and outside your home and keep them out of your pet's reach —

Indoors

- Human medications – Many human medications, including painkillers, can be highly toxic to pets.
- String, yarn and other similar objects – String products could cause intestinal blockage in your pet.
- Small toys with moving parts – Many toys designed for children are choking hazards for pets.
- Holiday decorations – Pets like to play with holiday decorations, but many of them are choking hazards to pets.
- Fumes from cleaning products – If you use aerosol sprays or a self-cleaning oven product, keep pets away from the fumes as they are toxic.

Kitchen

- Alcohol – all alcoholic beverages, including beer
- Apple seeds – only the seeds and stem. The rest of the apple is fine.
- Apricot pits
- Bones – ask your veterinarian which bones your dog can eat
- Caffeinated beverages
- Cherry seeds
- Chocolate – including chocolate desserts and candies
- Coffee and coffee beans
- Garlic
- Grapes – all types
- Macadamia nuts
- Marijuana edibles
- Onions and shallots
- Peach pits
- Potatoes with growth or sprouts
- Raisins
- Sugar-free candy and gum
- Yeast dough

If your dog consumes any of the above foods or you suspect other poisoning, immediately seek veterinary care at your closest animal hospital.

Outdoors

- Cocoa mulch – Pets are attracted to the chocolatey aroma, but the ingredients in cocoa mulch can be deadly if ingested.
- De-icing salts used for snow and ice – These salts can irritate the paws and poison your pet if consumed.
- Plants – certain types of plants are highly toxic to dogs

Garage

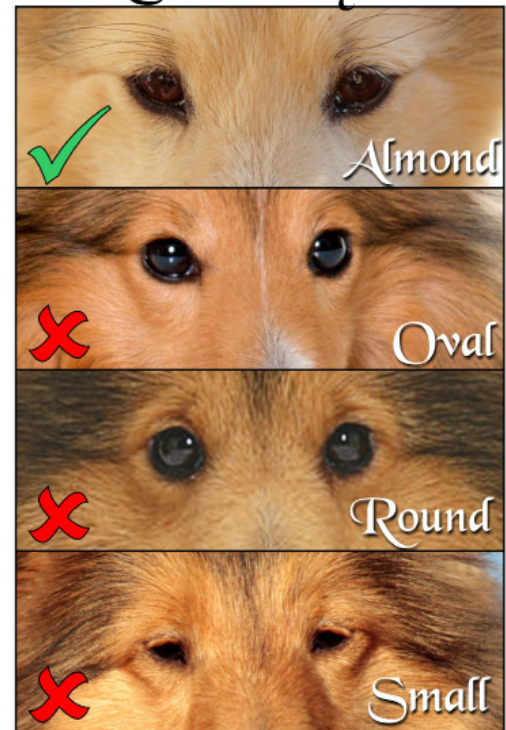
- Fertilizers – Most fertilizers, both commercial and organic, and plant food products are toxic to pets.
- Antifreeze or other ethylene glycol products – The sweet taste appeals to pets, but antifreeze can be deadly if even a small amount is ingested.
- Garbage cans – Your pet may try to lick the inside of garbage cans, which could result in him ingesting a harmful substance. ↗

("Common Household Dangers..." cont.)

- appeals to pets, but antifreeze can be deadly if even a small amount is ingested.
- Garbage cans – Your pet may try to lick the inside of garbage cans, which could result in him ingesting a harmful substance.
- Pest control poisons and or insect repellents – Insect repellents and rodent poisons are highly dangerous for pets.

For other resources on pet toxins, see our articles on Garden Dangers for Dogs, Chocolate Ingestion, The Dangers of Mushrooms and Holiday Dangers for Dogs. □

Sheltie Eyes

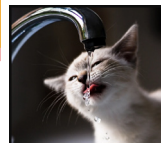


Medium-size, obliquely-set, almond-shaped eyes: dark brown except in the case of Merles where one or both may be blue or blue-flecked.



The correct eye is adequately described here, but its shape and placement make such a vital contribution to the typical expression that its importance cannot be over-emphasized. It is also the ideal complement to the wedge-shaped head into which it fits as though streamlined into position. A large, round eye (on the other hand) does not fit the shape of the head and gives a decidedly faulty expression. Because, in the past, this type of eye was a common problem, there has been a tendency for a "nice, small eye" to be regarded as desirable. This is certainly not the case. A really small eye can give a very hard expression as can a black or light brown eye, as opposed to a dark brown eye.

— Shelties SA



Why Cats Drink From Faucets

by Dr. Marty Goldstein

You’ve heard the term “picky eaters” before, but what about “picky drinkers?” I ask because cats are notoriously choosy about their drinking water. Many prefer to drink from a fresh source. You may have even seen your cat try to drink from the kitchen faucet! And, while no one knows for sure why cats are so choosy, there are a few good theories to explain this odd behavior:

Theory 1 — It’s instinct. In the wild, running water and freshly-filled watering holes are often cleaner than standing pools or puddles. This is because harmful bacteria haven’t had a chance to grow there yet.

Theory 2 — It tastes better. Without dust particles or other small debris, the water likely tastes yummier to your kitty’s sensitive pallet.

Theory 3 — It smells better. Cats (and many other animals) can actually smell H₂O, using the powerful scent processors in their noses. So even though you and I can’t smell a difference, it’s possible that fresh water smells more appetizing than water that’s been sitting for a while.

For your cat, being a “picky drinker” is just part of their feline nature, however, as the weather begins to heat up, you want to be sure they’re getting enough water to stay hydrated. A great way to satisfy choosy drinkers is to give your kitty their own special water source, like a self-filling water bowl. These usually have a large reservoir of water that trickles slowly into a bowl. As your kitty drinks, the water steadily replenishes itself. (That way, your cat is always getting a fresh drink of water.)

Now, you can buy fancy self-filling bowls or running fountains, but it can be tough to invest in one when you don’t know if your cat will even like it.

The good news is, there’s a much cheaper solution. You can simply make your own “self-filling water bowl” right at home using a shallow water dish and a 12 oz., BPA-free, non-toxic plastic bottle.

Here’s how to make a DIY self-filling bowl:

You’ll need:

- One 12 oz., BPA-free, non-toxic plastic bottle (with the cap)
- 1 shallow bowl (or water dish)
- A large safety pin
- Non-toxic glue

To make it:

1. Wash the bottle and remove any labels. The bottle should be totally clean for your kitty to use.
2. Glue the bottle cap in the center of your shallow bowl. The cap should be dead center inside your bowl, glued firmly in place. You want to be sure the glue is totally dry. So set the bowl and cap aside to dry for at least 3 hours.
3. While the glue is drying, grab your safety pin and bottle. Use the tip of the pin to make two small holes (about the size of a ball-point pen tip) in the 12 oz. bottle. The first hole should be about a quarter inch from the nozzle. The second hole, about a half-inch from the nozzle. ↗

(“Why Cats Drink From Faucets” cont.)

4. Test the holes. Fill the bottle with water, place your palm over the nozzle and flip the bottle upside down. If water doesn’t flow smoothly from your pin-holes, dump the water and dry your bottle. Then, use the safety pin to make the small openings a little larger.

5. Put it all together. When the glue has dried on your bowl, it’s time to put the self-filling water dish together. Fill the bottle with water, then screw it into the cap at the base of your water dish. Flip it over, and watch as the bowl fills with water.

Bonus Tip: Some kitties prefer ice cold water (like a cool mountain stream.) If that sounds like your cat, you can fill your extra water bottles half way and store them in the freezer. When it’s time to replace their water supply, remove the bottle from the freezer, fill it the rest of the way with water, and BOOM: your cat’s got ice cold, refreshing water. Pretty cool, right? And, the best part is, you can prepare multiple bottles ahead of time and have them ready for when your cat runs out of water. Simply screw in a new one and you’re done. No muss, no fuss.

I hope you and your kitty enjoy this simple self-filling water dish. And, that it helps your little “water bug” stay well-hydrated all summer long. ☐



What Does It Mean When My Cat Licks Me?

by Dr. Marty Goldstein

From “head butting” to kneading, you’re probably very familiar with all your cat’s little habits and mannerisms, but one of my clients recently asked me an interesting question, “What does it mean when my cat licks me?”

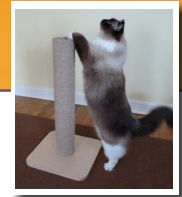
This is a very common feline behavior, in fact, you might have wondered this yourself about your kitty.

Whenever my cat Miko licks someone, we joke that she thinks they need a little extra grooming, but the truth is, felines use licking for MANY different practical functions, and not just for keeping their coat clean. For instance, cats will often lick to cool themselves down when they’re warm. And in the wild, they’ll “lick away” the scent of their prey from their coat after eating, so other predators don’t follow their trail.

But, what does it mean when your cat licks YOU? Well, there could be a few different reasons:

Reason #1: You kitty wants your attention. Simply put, your cat might just be saying, “Hi.” (Or, in some cases, “Hi, please pet me.”) In fact, you might have unknowingly encouraged this behavior by petting them or by giving them some love after they’ve licked you in the past.

(continued on next page)



(“What Does It Mean...?” cont.)

So, if it seems like your kitty is licking you to play or be held, let them know you understood them loud and clear and grab their favorite toy or give them a good cuddle.

However, they could be trying to get your attention for another reason entirely, like to let you know it's almost dinner time.

All this to say, your kitty is a fast learner, so if they notice you pet or feed them after they lick you, they'll likely do it again.

Reason #2: They're soothing themselves. When your cat feels stressed, they can create little habits to make themselves feel better which can include licking and licking you too. (Think of it like humans biting their nails or tapping their toes.)

If you think this is the case, take a look at your cat's overall body language. Does he seem happy and relaxed, with a soft gaze with a slightly curved tail? Or, is he crouching and tensed up, with his ears back rather than forward? If it's the latter, pay attention to his surroundings and try and figure out how you can help your feline feel better.

Reason #3: They're bonding with you. This reason is by far my favorite.

You see, when cats live together, they'll often groom each other as a form of social bonding and won't lick or groom cats outside their “colony.” So, in a way, by licking you, your cat is acknowledging that you're family.

On the other hand, some experts believe that cats lick and groom other cats to assert their dominance, so maybe your cat's just telling you who's boss!

Reason #4: They're marking you as theirs. Just like “head butting” and scratching, licking is another way for cats to mark their territory with their unique scent. This means your whiskered pal could just be claiming you as their kitty parent and “telling” other cats to back off.

Reason #5: You're yummy. Yup. Your kitty might just think you taste good. You see, our human sweat naturally contains salt, which can dry on the skin throughout the day. So, if you come home after work and find your kitty greets you with a few licks, this could be why.

Of course, if you just finished a meal, they could just be smelling what you ate and are curious about how it tastes!

There are many different reasons why your cat might lick you, and in most cases, it's a sign of affection.

HOWEVER — sometimes licking can be a compulsive behavior. So, if you think your cat is licking you or themselves excessively, I suggest visiting your veterinarian to see how you can help your cat stop.

But, if everything seems okay, it could just be one of your cat's ways of communicating they love you, or that it's time for some pets...or, maybe that it's time for dinner!

P.S. If you're a loving cat parent who *doesn't* like when your cat licks you, don't feel bad. After all, not everyone likes the feel of a wet, sand-papery tongue! If that's the case, the next time your cat is about to lick you, try redirecting their attention with their favorite toy. That way, your four-legged friend will be more inclined to start playing instead, and it won't feel like you're pushing them away. ▢

Cat Scratching Explained

by Dr. Marty Goldstein

You know...torn-up sofa arms and clawed-up rugs are something most cat parents are familiar with and I'm speaking from personal experience here. (My cat Topi likes to scratch the arms of our favorite chairs.)

Do you know why your cat likes to scratch things? Most people think cats do this because they're sharpening their claws, but the truth is, your furry friend is simply acting on one of their wildest instincts.

All cats, big and small, LOVE to scratch, and there are three main reasons for this behavior.

#1. It feels good to stretch out their claws and drag them down a pliable surface, like fabric, rope or cardboard.

#2. They're cleaning up their nails and the skin around their claws (sort of like a kitty manicure).

#3. They're calling “dibs.” Amazingly, when your cat drags their claws across a surface, they leave their unique scent behind. This is your cat's way of “claiming” their territory.

And there's nothing wrong with those wild instincts. You just need to give your kitty their own special places to scratch and claw (far away from your furniture). I recommend a “cat scratcher.” This is a platform or strip of fabric that's made just for your cat to scratch.

Your Homemade Scratching Post

You'll need:

- a stack of corrugated cardboard boxes (3 to 4 medium sized boxes should be enough)
- 1 small box, 13” long x 7” wide x 4” deep (a shoe box is perfect)
- a box cutter or sharp scissors
- a ruler and a pencil

Here's how you make it:

1. Measure your shoebox. You'll be filling the shoebox with pieces of cardboard that are the exact width and height as your box. So measure the short ends of your box and then stand your ruler up inside. Measure the height of the box from the bottom... then up the side. For example: my shoebox is 4” tall (without the lid) and 7” wide.

2. Using your measurements, take your pencil and ruler and draw a cardboard rectangle. This will be your template for all the other scratching pads. Tip: I made my rectangles a little taller than the sides of my shoebox, so they would stand out for my kitties. So, for reference: my cardboard rectangles are 5” tall x 7” wide.

(continued on next page)

(“Your Cat’s Worst Nightmare” cont.)

3. Cut out your rectangles. This part takes the longest, but when you’re done, the scratcher is practically finished. So, if you’ve got some folks at home who could help you cut, here’s where they can help. All you have to do is cut as many rectangles as it takes to fill your shoebox.

4. Assemble your scratcher. Slide the cardboard rectangles into the box, standing upright, as if they were files in a filing cabinet. Pack the rectangles together tightly. If you pack the box nice and tight, you won’t need any glue or tape to keep the cardboard together. And then, when your kitty wears down a section of their scratcher, you can easily swap out the damaged cardboard pieces with new ones.

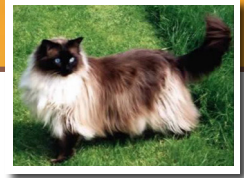
Sprinkle a little catnip on the top of the scratcher, or break up a treat and sprinkle it on top to get your kitty’s attention. This “Homemade Scratcher” can quickly become the purrfect new scratching surface for your kitty.

Bonus Tip: some cats like to scratch vertically and others prefer to scratch horizontally. So, if your kitty doesn’t seem to like the scratcher at first, try repositioning it at a different angle.

I recommend placing this scratching box up against your kitty’s climbing tower or alongside their favorite sleeping nook. That way, your little wild cat can mark their territory without marking up any of your furniture. It’s a win for both of you. □

Marry a guy who says things like:

- I’m proud of you;
- I can’t believe you’re mine;
- You can do it, baby;
- I don’t know were this extra dog came from, but it fits in great with our other dogs.



Your Cat’s One Flaw by Dr. Marty Goldstein

You realize that you’re covered in cat hair. Every cat parent has been here before. It’s one of the “hazards” of living with an adorable, cuddly kitty.

But, as a cat dad and veterinarian for more than 45 years I’ve learned a few tried and true “quick fixes” for your furry clothes dilemma. So, right now I thought I’d share four handy tools for controlling cat hair and best of all, you probably already have them lying around your house.

Handy Cat Hair Lifters:

#1. **Rubber or latex gloves.** All you have to do is put on your gloves and run a little water over your hands, and you’ve got two excellent “fur lifters.” Run your rubber gloves over your clothes and watch how the gloves lift cat hair away in a jif.

Tip: This method is also great for cleaning the sofa and other furniture.

#2. **A damp sponge.** Here’s another solution you’ve probably got in the kitchen right now. Simply grab a clean sponge, rinse it until all the soap is gone and wring it out. (You want it to be damp, but not dripping wet.) Then, just wipe the sponge over your “furry” clothes. It’ll gather up all the hair. After that, you can toss the fur in the trash and head out the door to go about your day.

#3. **Packing tape and a hairbrush.** This is basically a ‘do-it-yourself’ lint roller, and it’s great for quickly lifting fur from fabric. Take your packing tape (at least an inch wide) and wrap it around the top of the hairbrush, with the sticky side facing out. Hold the brush by the handle and then wipe or pat the fur. The sticky tape will pick it up, and when you’re done, simply toss the tape in the trash can.

#4. **Tennis balls.** One of the more frustrating things about cat hair is that no matter how often you wash a fabric. Your cat’s hair can still cling to it because of the static electricity in your dryer. However, the fuzzy surface of a tennis ball can generate its own static electricity and pull the cat hair off your clothes. After you’re done, just clean the hair off the tennis balls and save them for the next load.

Tip: Be sure to use at least three balls, so they can pick up all the fur.

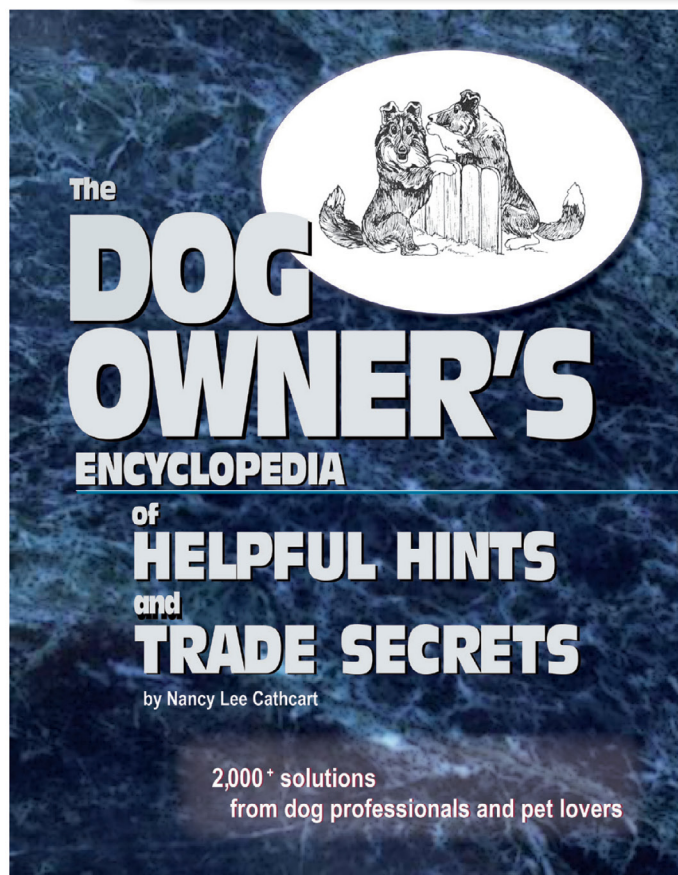
And that’s it! You don’t have to buy any expensive gadgets, and you definitely don’t have to walk around with fur on your clothes anymore because with the simple tricks above, you can tidy up your clothes on the go, and de-fur your linens and furniture when they need a quick clean-up.)

After all, even though you want to keep your kitty close, that doesn’t mean your belongings have to be covered with fur all the time!

Note: Even though most people think shedding is normal excessive shedding can actually be a sign of larger, internal health issues. □

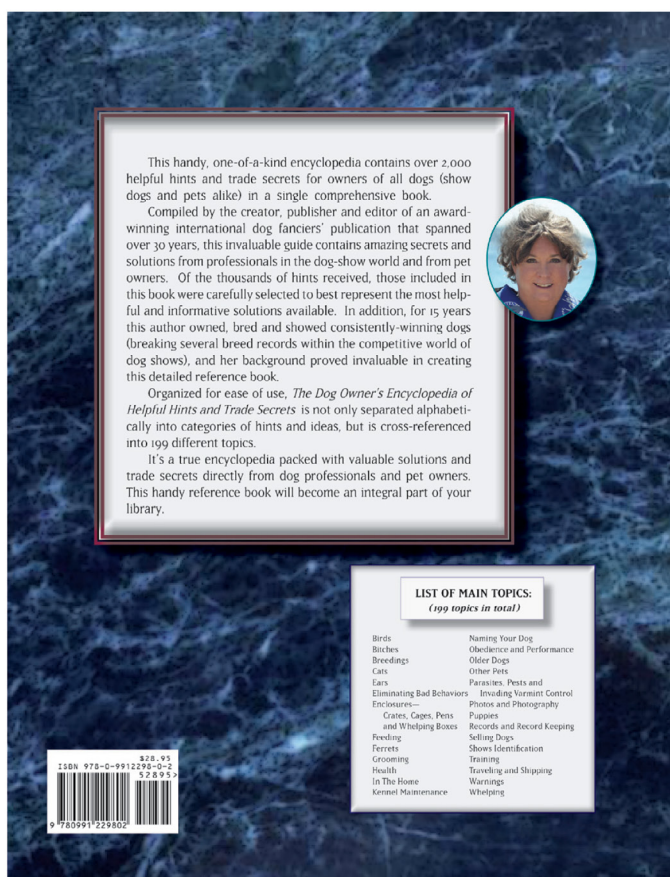
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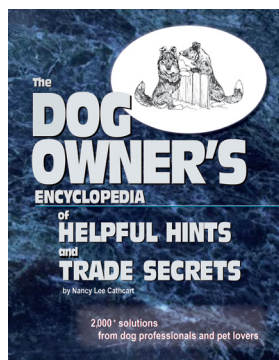
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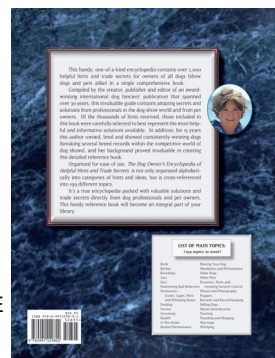
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