

The Whole Dog Journal™



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A monthly guide to natural dog care and training

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Striving to Stay Positive

As regards training, and talking about training.

BY NANCY KERNS

Did you know there are still “Nazis” fighting a war? Supposedly, the war is in the dog world, and it’s being fought for the hearts and minds of dog owners over training methods. Apparently, the Nazis – they are scornfully referred to as “Pozzie Nazis” – are on one side, and people who call themselves “balanced” – but who are derided as “brute force trainers” – are on the other. Well, folks, call us Switzerland, because we just won’t fight. Give peace a chance, shall we?

In this publication, we are openly biased toward so-called positive dog training, a.k.a. dog-friendly training, a.k.a. non-force training . . . you get the idea. We strongly believe that you don’t *need* force or pain to train a dog, and while we recognize that force and pain *can* be effective in training, in our opinion, it’s not moral, ethical, or defensible.

That said, we make it a point to refrain from denigrating those who use force and/or pain to train dogs. It makes absolutely no sense whatsoever to advocate training methods that stress respect, learning theory, and kindness, and then go out of one’s way to bash anyone who trains differently.

Some people enjoy discussion and debate about the pros and cons of various dog-training methods, and will gladly spend days composing long emails that attempt to explain or defend their favorite training techniques. We are not those people. We’d rather just promote the methods that we admire and recommend, based on their ease of use, effectiveness, respect for the dog, and low potential for unwanted “side effects.”

There are other publications and forums that explain, promote, and discuss other styles of training; there may even be some

that publish information about *all* styles and schools of dog training in a sort of neutral way, with the goal of “letting the readers decide” which type of training they want to pursue or practice. That’s not us, either; we *do* have a mission, and that’s promoting training that occurs without pain or force.

At the same time, we want WDJ to be a “safe place” for people who train differently. We don’t criticize methods that employ force in these pages, on our website, or on our Facebook page, and we discourage our readers from disparaging them on our pages, too. After all, many people who subscribe to WDJ do so for the articles on health and safety and nutrition; they tolerate the articles that promote training methods they don’t like because they value our food and gear reviews and in-depth articles on effective healthcare solutions. Respect!

In our view, there is no reason to call names or fight; there is no war – and even if there were, who has time to fight? Not us! We’d rather spend that time taking our dogs for a walk, or sharing information with you about how we taught our dogs to be so fun and safe to walk with.

NK

MISSION STATEMENT: WDJ’s mission is to provide dog guardians with in-depth information on effective holistic healthcare methods and successful nonviolent training. The methods we discuss will endeavor to do no harm to dogs; we do not advocate perpetrating even minor transgressions in the name of “greater good.” We intend our articles to enable readers to immediately apply training and healthcare techniques to their own dogs with visible and enjoyable success. All topics should contribute to improving the dog’s health and vitality, and deepening the canine/human bond. Above all, we wish to contribute information that will enable consumers to make kind, healthy, and informed decisions about caring for their own dogs.

Bee Prepared

Your dog may not realize that fuzzy bees and wiggly wasps are a danger until it's too late.

BY CYNTHIA FOLEY

Late one summer, my sister and I were walking our dogs along a groomed trail in a state park. It was the same path we had taken the day before on our vacation camping trip, but it was such a relaxing, warm afternoon that we thought we'd enjoy it again. We had stopped to take in the scenery and watch her Labrador play in the water. My Papillon was eagerly exploring whatever was within the reach of his leash. Then, without warning, my Pap began leaping up in the air and shrieking. It was horrifying! I reached for him as he continued to jump, screeching and clearly terrified. I thought he was having a neurologic fit.

My sister came running over, dog in tow. As quickly as she got to me and my dog, her Lab starting doing the same thing! Finally it clicked – “Bees!” We ran as fast as possible, my Pap in my arms, her dog running beside her and the bees in pursuit.

We ran as fast as we could as far as possible, but the bees continued the chase. We took off again, struggling to breathe, eventually crossing a bridge over the lake. That did the trick, and the bees stopped coming.

As we stood there, gasping for air and trembling, my sister – a veterinarian – insisted we go into the lake and let the water cover the dogs as deeply as possible. She wanted to drown any bees hiding in the dogs' coats. She said it is common for bees to stay in a dog's coat after an attack (especially a long-haired dog), explaining she's seen bees flying around the exam room when a dog was brought to her clinic for stings.

When we returned to our tent, her Labrador was trembling and refused to go into his open, airy exercise pen. Instead, he forced his way into my Papillon's tiny

crate, which had a mesh covering over it. The sides bulged out as the dog curled up as tightly as possible. He was clearly traumatized and refused to come out, apparently seeking what he considered a safe environment. My sister left to find some Benadryl to give to the dogs, and I stayed and tried to comfort them.

Though both dogs had experienced a number of stings, after the Benadryl that my sister procured had been administered, they recovered quickly from the physical effects of the bees' attack. The emotional fallout was much longer lasting. My sister's Lab had a meltdown a few weeks later at an agility trial due to noticeable but harmless bee activity near the practice jump. It took until the following spring before our dogs no longer became upset when they encountered a bee.

Interestingly, neither my sister nor I realized we, too, had been stung until the next day, when she found five stings, and I found three. Immediately after the incident, we were more concerned about our dogs!

WHEN BEES ATTACK

Unless your dog has previously been stung, he may not be aware of the danger surrounding bees or wasps.

If you find or suspect a nest, leave immediately, especially if you are with your dog. When you do, be sure you:

- ✓ Avoid loud noises, such as shouting.
- ✓ Do not disturb the nest or get too close to it.

Most dogs who have never been stung (and a few odd dogs who have been stung) will try to chase and catch bees in their mouths. If their chase leads them to a nest or hive, they will soon regret the game.



Domesticated honey bees don't usually pose a hazard to courteous canines, but they would certainly attack a dog who approached their hive with an overabundance of brio. It's worth leashing your dog if you find yourself hiking near beehives on a farm or in a pasture.

- ✓ Take warning if a few bees or wasps come out and initially dive-bomb you; that means leave immediately.
- ✓ Don't swat at the insects or attempt to kill them (you will just aggravate them).
- ✓ Run if the bees or wasps come after you or your dog. There is no other solution. Make your dog run with you or pick him up and carry him. Yes, you can usually outrun most of these flying insects, but you may find they are determined and you will have to run again.
- ✓ Protect your face. If your dog is in your arms, cuddle him as you run.
- ✓ Run into the wind, if possible, as it will inhibit the insects' flight.
- ✓ Skip hiding in the water until it's over, as swarms may hover over the surface, waiting for you.
- ✓ Do not stop running until you are certain the bees or wasps have retreated.



SIGNS OF BEE STINGS

If you are with the dog when a bee attack occurs, you may see him leap up and cry out, as we did. He may also run around in circles, rub at his mouth or eyes, scratch or bite at the site, or just hold his paw up.

If you didn't see him get stung, you may notice swelling or see him scratching or chewing at the sting site. The site will be painful to the touch. If you know or suspect your dog has multiple stings, you should seriously consider a trip to the veterinarian.

Bees and wasps usually sting in the least-hairy spots on a dog, like the underbelly or around the nose, but dogs can also be stung in hairier areas. If your dog was stung because he was snapping at a bee or wasp, you may find the sting in the ear area, eyes, or even in the dog's mouth. If he was digging, he probably got stung around his paws.

The severity of the situation depends partially on the degree of swelling and whether he has any reactions that might indicate anaphylactic shock, meaning he is allergic to bee stings. That is a life-threatening emergency.

When severe, these symptoms will most likely appear almost immediately, at least within the first five minutes. "Figure 30 minutes at the most," advises Dr. Deb M. Eldredge, a veterinarian, dog breeder, and award-winning veterinary

We hope this is the only type of encounter with bees your dog experiences. (Please forgive the gratuitous cute photo of the editor's dog and his favorite toy from his adolescence.)

author in Vernon, New York.

Signs of a more serious reaction include:

- Excessive salivation/drooling
- Vomiting
- Diarrhea
- Difficulty breathing
- Trembling
- Collapse/fainting (bee-sting reactions can sometimes mimic seizures)
- Pale gums
- Hives
- Mental change, such as unresponsiveness, confusion, or abnormal behavior, such as our Lab retreating into the tiny crate.

In these cases, you should seek immediate veterinary care. Your vet may give your dog Benadryl (diphenhydramine HCl) and/or dexamethasone, which is a strong anti-inflammatory drug. Dexamethasone is a synthetic corticosteroid that is only given with extreme caution. Serious sting reactions can require the administration of fluids and possible overnight veterinary care.

If you learn your dog is allergic to bee or wasp stings, it may be wise to carry an EpiPen with you. An EpiPen contains injectable epinephrine to counteract anaphylactic shock. The advisability of this for your dog and the exact dosage must be determined by your own veterinarian.

Be aware that your dog might be fine with a single sting but may go into shock when stung more than once due to the

amount of venom released. In most cases, you'll see some mild swelling and pain, which can be treated with routine first-aid to relieve his symptoms:

- ✓ Check the area for a stinger; if you find it, scrape the stinger off. "A credit card is good for this," says Dr. Eldredge. "Don't use tweezers. Pulling the stinger out with tweezers could actually squeeze more venom into your pet."
- ✓ Use a cold pack to help soothe the swelling and reduce inflammation or apply a baking-soda poultice, which is made by adding enough water to the baking soda to create a paste. In a pinch, even a cold-water wash cloth can be soothing. Hold the cold pack on the area for 20 minutes at a time.
- ✓ Monitor the dog continually for swelling, as severe swelling in the head/neck area can be dangerous. You may see small, localized swelling at the sting site with redness and pain.
- ✓ Symptoms may remain for several days, but if they worsen, take your dog to the vet.

✓ Your dog may have difficulty eating his regular diet if he was stung in the mouth. Offer ice water and wet food, if possible.

✓ If your veterinarian agrees, it's usually okay to administer Benadryl as a precaution. The normal dosage for dogs is 1 mg per pound of dog body weight every eight hours. A Benadryl tablet contains 25 mg of medicine, so a small dog, weighing around eight pounds, would receive about one-third of a tablet. But talk with your own veterinarian for advice in advance, especially for very small and very large dogs.

"Generally, dogs more than 50 pounds should be given two Benadryl tablets," says Dr. Eldredge. "I don't usually go as high as three tablets." Dr. Eldredge avoids liquid Benadryl as it has some alcohol in it.

BOTTOM LINE

We learned a lesson: Always be on the lookout for insect activity anytime you are outside. We learned that a nest can be formed within a few hours. And bees seem to be more frantic as the season wanes.

Of course, no sane person purposely disturbs a nest and, fortunately, most bees and wasps do not attack without being provoked (Africanized honey bees, however, may attack with little to no reason). Remember, though, your fearless canine pal – like my little dog – may not be aware that these fascinating bees and wasps must be left alone.

Some perfumes (including those in your or your dog's shampoo!) can attract bees or wasps. We've also learned that shiny jewelry and dark clothing are attractive to the insects. (The dark color may be why my sister's black Lab was stung more than my white Papillon.) Your picnic food will also draw their attention. If your dog is one of those odd souls who likes to chase or bite at bees, you may want to forego planting flowers or flowering shrubs in the parts of your yard that your dog has access to.

And pay attention! I know that no matter how amusing my sister's Lab is playing in the water, I will keep one eye on my dog, too, with Benadryl in just the right dosage for my dog's weight handy in my pocket. 🐾

A freelance writer who lives in New York state, Cynthia Foley is an experienced dog agility competitor.

PATROL YOUR PROPERTY FOR WASPS

The insects we encountered on our walk were likely yellowjacket wasps, as they are the most likely to build ground nests. It would explain why we didn't find any stingers on our dogs. Yellowjackets, bumblebees, paper wasps, and hornets can all sting multiple times without hurting themselves. A honey-bee stinger, however, remains in the victim's skin, tearing out of the bee's body when it flies away, and causing its death a short time later.

Nests can be found virtually anywhere, but ground nests are most likely to be disturbed by dogs. Eradicating nests found on your own property, before they become large, is a good idea. Tiny holes in your lawn may indicate the beginning of a ground nest. Wasp nests can also be found on walls or under eaves outside your home, or in trees or bushes.

The only way to know for sure is to slowly patrol your property every week, looking for insect activity. A nest can be recognized by sight of insects flying in a fairly regular traffic pattern to and from the nest. You may need to stand and watch for a minute or 10, to identify their flight path and follow it to its end. By summer's end, many nests can be large, like the one we encountered. That's why it's recommended

that you begin patrolling your property in the spring and early summer, as the queens are setting up house.

Many experts recommend using a mix of soap and water to get rid of the nest. You can use almost any type of soap, including dish and laundry soap, and mix it into a garden sprayer to pump onto the nest. We use about three ounces of dish soap to one gallon of water. Spray at dawn or dusk, when the bees are least active.

Treatments should be done about three days apart until all activity ceases. It's worth trying the soapy-water spray before resorting to an insecticide or an attempted physical removal of a nest. Without question, removal is the most risky approach and absolutely not recommended for the inexperienced or with a large nest. In serious cases, you may also choose to use a professional exterminator. In any event, keep your dog away until all the wasps are gone.



Try to Find It!

Teach your dog this behavior as a fun solution to all sorts of problem behaviors.

BY NANCY TUCKER, CPDT-KA

Find It is the very first behavior every dog should learn, in my opinion. It's versatile, easy to teach, easy to do, easy to maintain, and can be used under all kinds of circumstances in all kinds of places. It's not on the list of traditional basic obedience skills like Sit, Down, Stay, and Come, yet we can probably get more mileage out of Find It than any other behavior.

Find It looks something like this: You say, "Find it!" and your dog stops what he's doing and scans the ground with his eyes and nose for bits of food.

What's it good for? Everything! It's especially useful as a management tool while the dog learns new, more appropriate behaviors.

"Find It" can be very effective at stopping a dog in his tracks and redirecting his attention. A well-timed "Find it!" can interrupt him just long enough for you to do whatever you need to do – clip his leash on, close the gate, remove something from his reach, etc. – to gain some control of the situation. The following are some of my favorite applications for Find It:

■ **JUMPERS** – I use Find It to help manage dogs who like to jump up on people they meet on a walk. Before the dogs have a chance to get their paws up, they're asked to "Find it!" Their attention is immediately focused on the ground rather than on the person. When they're done finding and eating the bits of food from the ground, they're in a better state of mind to learn how to properly greet

When you start teaching your dog this game, say "Find it!" brightly and toss the treat in an obvious manner. You can also toss a treat in this overt manner when trying to turn his attention in a specific direction (perhaps away from something you don't want him to see or go toward).

someone with all four paws on the floor or in a sit position. For the enthusiastic door-greeter, tossing food away from the entrance with a playful "Find it!" – *every single time someone walks through the door* – has the added effect of teaching the dog to hang back whenever the door opens, because he learns that often, the really good stuff happens a few feet away!

■ **NIPPERS AND GRABBERS** – Tossing food on the floor rather than delivering it from your hand helps to remove your dog's attention from your body. Mouthy

dogs quickly learn that the good stuff is more readily available on the ground rather than from our hands or pockets. It works well for sweater grabbers and pant-leg tuggers, too! With the dog's attention diverted toward the floor rather than on us, he's now in a better position to be rewarded for his good behavior.

■ **PULLERS AND LEASH TUGGERS** – Playing Find It while teaching a dog to walk politely on leash can be great fun for both you and the dog. It can be used to draw the dog's attention back toward you when he begins to pull ahead. It's also a handy trick when you need to quickly divert the dog's snout away from the leash if he looks like he wants to initiate an unwanted game of leash tug. Dropping some treats on the ground immediately next to you (the "yummy-stuff zone") and inviting your dog to "Find it!" will draw him back toward you; then you can resume walking together while rewarding him for walking politely next to you.

■ **DISTRACTED DOGS** – When a dog is very distracted or maybe even mildly concerned with what's going on around him, playing Find It can give him something fun and specific to focus on, helping him to keep busy and feel safe. You don't need lots of room. You



can toss treats on the floor within the range of the dog's leash and invite him to "Find it!" I've used this game in the waiting room at the vet clinic, sitting in group training class with a fidgety dog while the instructor speaks, and while walking by a house with a dog barking at us through a fence (to encourage my dog to disregard the barking and to keep moving forward).

■ **JUST FOR KICKS** – As an activity all on its own, Find It can be an extremely satisfying game that can be played anytime, anywhere, indoors and out. In fact, the more you play Find It in different locations and contexts, the faster the dog's response to the "Find it!" cue becomes, helping the cue to grow more useful and reliable in sticky situations.

Scenting games (activities that involve the dog using his nose to locate things) can be very tiring for dogs. If your energetic dog is just learning to walk nicely on leash, try engaging in a short Find It session with him before taking him out for a walk; it can help to calm him considerably.

TEACH YOUR DOG TO "FIND IT!"

Here is how to teach your dog this highly useful behavior:

In a quiet space with no distractions and plenty of treats in your hand, toss a treat to the ground, not too far from you, and say, "Find it!" Make sure your dog sees you toss the treat. Let him go to it and eat it. Repeat several times.

Now, after you've tossed a treat and said, "Find it!" – *and while your dog is making his way toward that treat* – quietly and secretly drop another treat on the floor. You don't want the dog to hear it land, if possible. When your dog has eaten the first treat and starts to return to you or looks back toward you, say, "Find it!" and remain as still as possible. Your dog may just stare at you, waiting for your hand to move to toss another treat. Repeat the cue ("Find it!"), walk toward the treat on the floor, and tap-tap-tap your foot on the floor next to the treat to draw your dog's attention to it.

While he dives for *that* treat, once again toss another treat to the ground without him hearing it. When he looks toward you, say, "Find it!" and remain still. By now your dog may have played the game long enough to have figured out that the treat is probably on the floor,

and he might direct his search there. Give him a few seconds to find the treat on his own. If he does, that's great! Toss another treat close by while he eats that one, and say, "Find it!" when he's done eating the first one.

If, instead, he continues to look at you rather than directing his gaze to the floor, walk toward the treat and tap-tap-tap your foot again next to the treat while saying "Find it!"

When it looks like your dog has caught on to the game, you can toss many treats on the floor (one after another) in various directions and continue to coach him with your voice to "Find it!" as long as there are treats on the floor. Be enthusiastic – it's a game!

To end the session, and to let your dog know there are no more treats on the floor, show him your empty hands and say, "All done!" In time, your dog will recognize this to mean the game has ended and he can stop searching.

With practice, your dog will become an expert at seeking and finding treats on the floor. Feel free to increase the level of difficulty by hiding treats in spots you don't mind your dog sniffing around, like under furniture, beneath cushions, behind floor plants, on a low shelf, or inside a shoe. Playing Find It in grass is especially fun and tiring, and can be a convenient way to slow down a speed-eater.

Once your dog understands this game and will readily search for treats that you toss or hide in your home or yard, take the game out into the world. Start in low-distraction situations at first, until his response to your "Find it!" cue is so consistent and strong that you can use the behavior to counter the type of behavior challenges discussed at the beginning of the article.

Stay alert for opportunities to use this fun "game" to prevent your dog from jumping up on people, grabbing his leash, or dragging you on walks. In no time at all, you will find that he's become far more attentive to you, as he looks for opportunities to play Find It, instead of amusing himself with activities that are less enjoyable for you! 🐾

Nancy Tucker, CPDT-KA, is a full-time trainer, behavior consultant, and seminar presenter in Quebec, Canada. She has written numerous articles on dog behavior for Quebec publications about life with the imperfect family dog. See page 24 for contact info.



Once your dog knows that "Find it!" means a treat is out there for him to find, the next step is to give the cue, toss a treat, and while your dog is on the way to get it . . .



. . . quickly and in a sly manner, toss another treat in a different spot. After he eats the first treat and returns to you, say "Find it!" again, and then be still and wait. He should realize there is another treat somewhere and start to look for it . . .



. . . But if he can't find it, help him out by repeating the cue and tapping your toe near the treat. Soon he should understand that "Find it!" means there is always another treat to be found.

Unsticking Myths About Dogs

Common K9 lore that shouldn't be repeated!

BY PAT MILLER, CBCC-KA, CPDT-KA

So-called “sticky” ideas are concepts that grab our imaginations, pass quickly from one person to the next, and are easily remembered – but they aren’t necessarily true. Advertising executives constantly search for sticky ideas to use in product-marketing campaigns in order to hook customers and increase product recognition and sales. When the idea is good and true, stickiness is a wonderful thing. When the concept is false, stickiness can be very destructive.

There are many sticky myths in dog training and behavior that have the potential to be destructive to dogs and their owners. Here are some of the stickiest myths that need to be unstuck, the sooner the better, for dogs’ sake:

- You must eat before you feed your dog to show him you are alpha.
- You must spit in/handle your dog’s food with your hands before you give it to him to show him it’s yours and you are alpha.
- You must go through doorways before your dog does to show him you are alpha.
- If your dog misbehaves in any way he is challenging you and you have to roll him on his back to show him you are alpha.

This myth goes back decades, and is rooted in flawed research on wolf behavior. While “dominance” is a valid construct in behavior, it refers very specifically to the outcome of an interaction involving a resource. It is *not* a personality trait.

If two dogs meet in a doorway, Dog A may say, “I would like to go through the doorway first,” and Dog B may say, “Sure, you go ahead.” Dog A was dominant in that interaction. The same two dogs may meet over a bone, and Dog B may say, “I

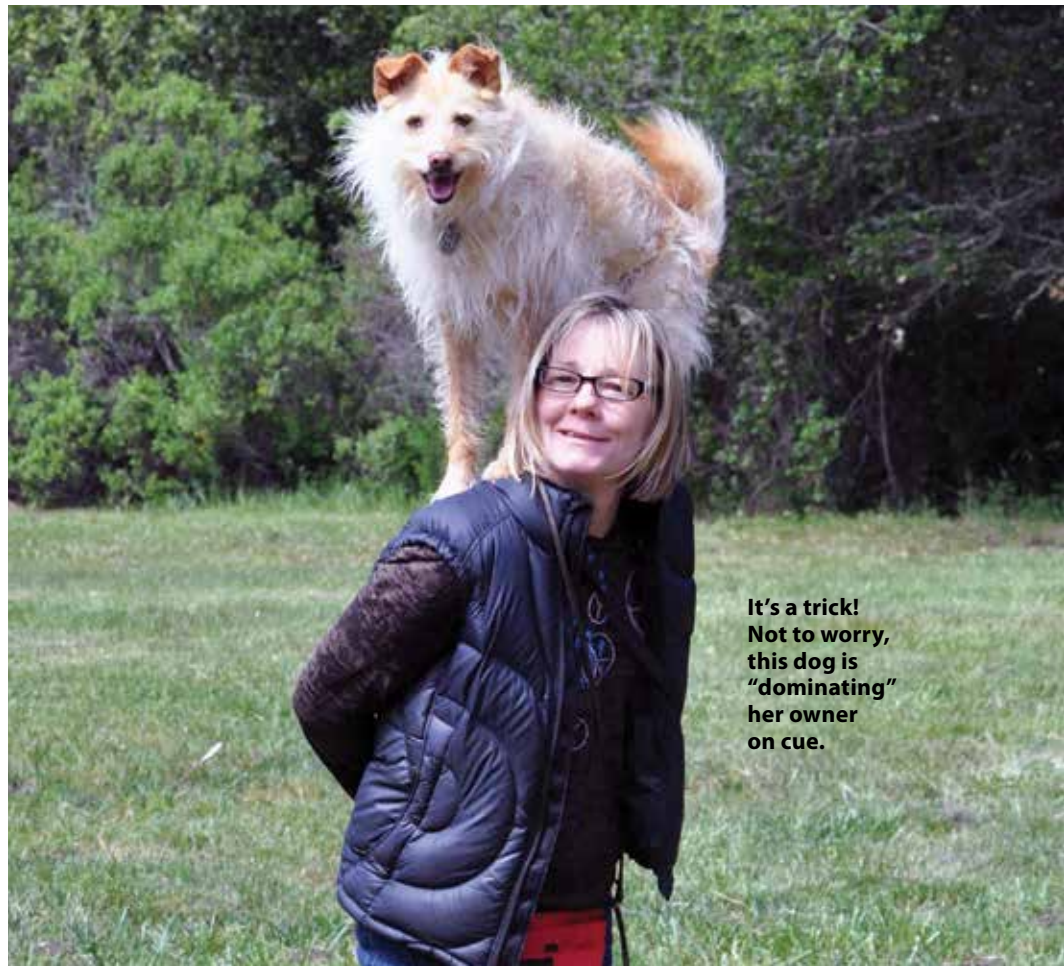
- If your dog jumps on you (gets on the furniture, pulls on the leash, grabs the leash, sits on your foot, walks ahead of you, humps you), he is being alpha/dominant.

THE

**“WATCH OUT!
That dog is an ALPHA!”**

MYTH

This myth is also known as the dangerous “dominant dog” myth, and it comes in a seemingly endless variety of forms, all of which are destructive to the canine-human relationship and the believer’s *real* understanding of behavior and learning. In fact, it’s probably the all-time king of false and destructive sticky dog-behavior myths. Some of its common variations include:



It’s a trick! Not to worry, this dog is “dominating” her owner on cue.

really want that bone,” while Dog A may say, “Oh, I wouldn’t mind chewing on it, but you clearly want it more than I do; you go ahead.” Dog B was dominant in that interaction. Neither Dog A nor Dog B is a “dominant dog.”

In reality, your dog isn’t trying to take over the world or even your household; he is just trying to figure out how to make his world work for him. He wants to make good stuff happen, and make bad stuff go away – just like we do. It has nothing to do with being “alpha” – but when you believe that it does, it sets you up to be confrontational in almost every interaction with your dog. Figure out how to make sure your dog gets good stuff for behaviors that you like, and *doesn’t* get good stuff for behaviors you *don’t* like, and you’ll find your dog is more than happy to accept his role as your compliant pal. (See “Alpha Schmalpha,” WDJ December 2011.)



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Frightened, apprehensive, and appeasing, but not “guilty.”

tightens, your body tenses, and as you say your dog’s name, your voice has an unmistakably emotional tone.

“Ruh-roh,” your dog thinks. “My human is upset about something. I better be at my most appeasing self so nothing bad happens to me.”

You see his appeasement body language and think, “See? Look at him acting guilty – he *knows* he did wrong!”

Fortunately, studies have shown what ethologists and educated dog trainers have long claimed: that a dog’s “guilty” (appeasement) behavior is dependent on the human’s body language, not on what the dog did – or didn’t do.

THE

**“LOOK
at the dog’s face!
HE’S
GUILTY!”**

MYTH

Humans naturally ascribe ulterior motives to each other, and given the fact that we live so closely with dogs, it makes a certain amount of sense that we also try to explain our dogs’ behavior with ulterior motives, too. But we give them a lot more credit for remorse than they are probably capable of.

To us, a dog’s normal appeasement behavior (avoiding eye contact, lowering body posture, flattening ears) smacks of “Guilty!” when in fact the dog is just reading the body language of his unhappy/angry/aroused human and trying to avoid any unpleasant encounters with said human.

Let’s say you come home to find the contents of your kitchen garbage can strewn across the floor. Your face

THE

**“WE LEFT
just long enough to
see a movie, and he
chewed all our
shoes out of
SPITE!”**

MYTH

The spite myth rears its ugly head most often when a normally well housetrained dog either soils the house or does something destructive when left home

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alone. The misinformed human thinks the dog did to “get even” with the owner for leaving.

In fact, far more often than not, this is a dog’s stress-related behavior, and frequently is a sign of separation or isolation distress or anxiety.

It makes matters worse when an owner punishes the dog for the behavior. The punishment will not only prove useless, as it is too far removed from the behavior itself to have any effect, but also will make the dog more stressed the next time he is left alone, as he learns to anticipate the bad things that happen to him when his owner gets home. (See “Scared to be Home Alone,” July 2008.)

THE

“His tail is WAGGING so he must be FRIENDLY!”

MYTH

Somewhere in our history, it seems the entire human species latched onto the sticky myth that a wagging tail means a happy dog. As a result, humans across the millennia have been bitten as they attempt to pet a dog whose tail was wagging.

In fact, a wagging dog tail is simply an indication of some level of arousal. Certainly, *sometimes* it’s happy arousal and it’s perfectly safe to pet the wagging dog. On many other occasions, however, it may be tense or angry or fearful or reactive arousal, and you pet the wagging dog at your own risk!

Here’s a general guide to how to tell the difference:

- **Low, fast tail wag**, often in conjunction with lowered body posture, and possible whale eye, ears back, and submissive urination. This dog is fearful and/or appeasing; pet at your own risk.
- **Half-mast gently swishing tail**, combined with relaxed body language and soft eyes. This dog is probably safe to pet.



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- **Tail mid to three-quarters raised, wagging quickly**, combined with some animated body language and happy facial expression. This dog is more aroused, but may be safe to pet. Use caution.
- **Tail wags in a circle**, combined with calm or animated body language. This dog is happy/excited and probably safe to pet.
- **Tail vertical, swishing slowly**. This dog may be calm and relaxed and just have a natural high tail carriage, such as the Husky, Malamute, Chow, Pomeranian, and others, or he may be becoming aroused. Since a high tail often indicates a higher level of arousal, it’s even more important to be aware of the other body-language cues of these dogs. This dog may or may *not* be safe to pet; wait for more information to go on!
- **Tail vertical, wagging quickly**, often accompanied by tall, forward body language. This dog is alert, tense and aroused. It is best to avoid interacting with this dog.

As you can see, it’s critical to evaluate the whole dog when determining whether his wagging tail means he is happy or not. Be advised, then, that this evaluation is too complex for small children to carry out; teach them not to pet strange dogs.

THE

“ALL (insert name of breed here) ARE ALIKE”

MYTH

This myth is most likely to be promoted by people who are trying to sell you something, whether it’s puppies or breed-specific legislation. If someone tries to make you believe that *all* individuals of a given dog breed will display homogeneous characteristics of that breed, or that certain characteristics are inherent in any and all members of that breed – well, hey, would you by any chance have any interest in buying a bridge?

While dogs of a given breed may exhibit behavioral tendencies that are common to that breed, little, if anything, is universal in *all* the individuals of *any* breed. There are Labrador Retrievers who hate the water and won’t fetch a ball, Border Collies who have no interest in sheep, and Huskies who wouldn’t pull a sled if their lives depended on it.

Breed registries maintain descriptions of their ideal, and people who breed purebred dogs are supposed to be trying to produce puppies who will grow into physical and behavioral manifestations of the breed standard. The problem is, not all breeders are *good* breeders! Some people are just trying to make a buck, and take little or no care to choose complementary parents for their “purebred” puppies. (And why would you, if you were selling puppies that were going to be sold like interchangeable widgets in pet stores to anyone with the money to spend?) And even educated, responsible breeders who take the utmost care to choose mates for their dogs don’t always succeed in producing perfectly conformed, perfect behavioral clones of the breed standard; it’s impossible!

When a truly responsible breeder produces a puppy who has physical or behavioral traits that are atypical of or aberrant for the breed, they will not only decline to use that particular breeding again, but also will work to find the pup an appropriate home with someone who will embrace it as a fully disclosed, atypical individual.

In addition, responsible breeders and adoption counselors should advise prospective owners who are looking for a dog of a certain breed that all individuals of any breed are just that: individuals. If there are certain traits of a certain breed that most appeal to you, make sure you take the time to look for a dog who exhibits those traits, not just the first representative of that breed that you happen to find in your local shelter.

And if you are set on buying a puppy of a certain breed, take the time to talk to a *lot* of breeders. Make sure that they understand exactly what you are looking for. Give them as much information about your home, family, and dog experience as they need to make sure they match you with a puppy who is most likely to succeed in your family.

If, on the other hand, you don’t have a specific breed in mind, write down the qualities that are most important to you in a dog, and then go out and start looking at individuals of *any* breed until you find one who best matches your list of desired traits. You should neither assume that any Golden Retriever you find will love your children nor that any Pomeranian you find will be too barky to endure. Be observant and deliberate. (See “Pick a Winner,” April 2009.)

THE

“The best dogs are

EAGER
TO
PLEASE”

MYTH

This is one of my pet peeves – the myth that dogs exist to please us. It’s such a commonly used descriptor that dogs who aren’t perceived as “eager to please” are often seen as flawed in character.

Dogs exist to please *themselves*, not us. It just so happens that for some dogs, the things that please them also please us. The dogs that we label as “eager to please” tend to find it reinforcing to be in our company, happily sitting for petting, fetching toys, and participating with us in whatever activities we’re engaged in.

Dogs who are perceived as “eager to please” are most often those who have been bred to work closely with people, such as the herding, working, and sporting breeds. *If* these working dogs are typical of their heritage (see previous myth), it will likely please *them* to engage in activities that involve humans.

We’ve created a number of breeds (including hounds and terriers) to do unsupervised jobs, such as chasing game through the woods, or killing rodents in barns and fields. It used to please us if one of those dogs took the initiative to do one of those jobs well, but today, it’s just as likely that a dog who pursues one of these activities without permission will be accused of being stubborn, willful, dominant, or disobedient.

THE

“THE DOG
is a PACK
ANIMAL”

MYTH

There is enough truth to this myth to make it extra-super sticky. The part of

this one that gets dogs into trouble is their humans’ assumption that because dogs are a social species, they should be able to get along with (and *play* with) *every* dog they see. I always remind my clients that we humans are a social species, too, and we certainly don’t all get along with each other!

In fact, while wild wolves may live in close family groups we call “packs,” there is a growing body of evidence that where groups of feral dogs exist, they live in loosely knit social groups that don’t even begin to resemble a wolf pack.

Besides, a pack of familiar friends and close relatives isn’t at all the same as a bunch of ill-behaved strangers. Not unlike small children, most reasonably well socialized puppies will happily play with any other behaviorally appropriate puppies all day long. But as your dog matures he is likely to be more comfortable engaging with a limited number of dogs he knows well. This is normal, and a lot like we humans, who may enjoy wild parties as teenagers but as mature adults are more likely to be found enjoying relatively sedate dinner parties. (That said, there are always exceptions, and there are some dogs who continue to behave as the life of the dog park well into their senior years.)

Listen to your dog, not the mythologists; your dog doesn’t have to play with other dogs if he doesn’t enjoy it. If he tells you he’s having a blast at rowdy canine romps, go for it. But if he tells you he’d rather not, heed his wishes!

RESIST MYTHS

These sticky myths can damage your relationship with your canine family member, and prevent you from having the fulfilling and enjoyable life experience that every dog – and every dog-loving human deserves. Don’t let them. 🐾

Pat Miller, CBCC-KA, CPDT-KA, is WDJ’s Training Editor. She lives in Fairplay, Maryland, site of her Peaceable Paws training center, where she offers dog-training classes and courses for trainers. Pat is also the author of many books on positive training. Her two most recent books are Do Over Dogs: Give Your Dog a Second Chance at a First-Class Life, and How to Foster Dogs; From Homeless to Homeward Bound. See page 24 for more information about her dog-training classes, books, and courses for trainers.

Older and Better

Ten ways to help ensure that your dog's "golden years" are comfortable and healthy.

BY CYNTHIA FOLEY

Sometimes we don't want to admit our dog is aging. We ignore the graying muzzle and scoff at the idea of a "senior dog food." After all, we're both still running and playing and having fun . . . who's old? But the truth of the matter is that the best thing we can do for our dogs and for ourselves is look aging right in the face. We need to become highly tuned to the subtle changes in our dog's behavior and receptive to ways to improve his life – and ours.

You can employ the following 10 management and lifestyle changes to help your senior dog live longer and more comfortably, so you can both thoroughly enjoy his remaining years.

1 INCREASE YOUR HOME'S OLD-DOG ACCESSIBILITY. We didn't immediately pick up on one of the first signs of aging in our Papillon, Raven: his increasing reluctance to enter or cross through our kitchen. He'd always been happy to walk into it before! It finally occurred to us that his issue had to do with the flooring. We placed a non-skid carpet runner in the kitchen, and Raven again trots happily into and through the

room. We hadn't thought of his age as old enough for this to be the cause of his apprehension, but, clearly, it was!

Puppies seem to enjoy slipping and sliding on slippery floors, but any little slip may spell significant pain for senior dogs, so much so that they begin to avoid uncarpeted or especially smooth flooring. At this time in your dog's life, it's important to stop and address these potential sources of his discomfort.

Another typical problem involves heights, such as climbing stairs or hopping in and out of the car. If your dog has always enjoyed rides in the car in the past, but begins hanging back when you pick up your car keys, consider getting

a portable ramp! There are a number of companies that offer dog/car ramps that fold or telescope out of the way when they're not in use.

Before you purchase one, though, take the time to measure your car; don't guess, because you could end up with a ramp angle that is too steep or difficult for your dog. Petclassics.com, an online source of ramps and steps for older dogs, provides a handy chart that shows how long a ramp needs to be in order to provide a navigable angle for cars of various heights (see tinyurl.com/senior-dogramps). For example, it shows that if your car is 22 inches high, you'd need a 6-foot ramp in order to achieve a fairly easy 18-degree ramp angle for your older dog. Some of the far shorter ramps on the market won't help matters at all.

2 PROVIDE YOUR SENIOR DOG WITH REGULAR EXERCISE. This becomes more and more important as your dog ages. Moderation is key. Too much and problems can worsen; too little won't support muscle development. "Regular walks and park visits help keep your dog's muscles strong and supple, prevent obesity, or stimulate her appetite as needed, as well as improve her mood and prevent anxiety and boredom," says Jenny Taylor, DVM, owner of the Creature Comfort Holistic Veterinary Center in Oakland, California.

3 BUCKLE UP. By the way, if you're driving your dog to your favorite hiking trail or park, be sure to use a safe seat belt and harness when driving with your dog. "Many older dogs are mellow and used to car rides but still need protection in the car for even the shortest drives," says Dr. Taylor. (See "Our Safety Harness Recommendation," WDJ January 2015.)

4 PROVIDE BETTER PROTECTION FROM WEATHER EXTREMES. Discomfort with extreme weather may surface in your dog's senior years, even if he's never had a problem with heat or cold before. In winter, he may benefit from a fleece blanket and dog boots (for snow or ice). Indoors, consider a Back on Track coat (see "A Healing Coat," February 2015), which offers double the bang for your buck, helping to keep him warmer in the house and sending that warmth back into his achy body, helping with musculoskeletal stiffness.



Special care can mean the difference between an active old age and a rather unhappy sedentary one for your dog.

In the summer, be sure your dog can get into shade and has fresh, cool water. There are cooling coats and beds on the market – many of which do a good job – but a simple hosing can be welcome relief when he's hot (indicated by panting with a very wide tongue). Be sure to hose the dog's underside, especially the groin area; wetting only his coat will do little to cool him and may even make him temporarily warmer. Kiddie pools can be great fun, too, especially for water-loving dogs like Labradors.

5 PROVIDE A BETTER BED. Many young dogs happily sprawl out on the floor – even hardwood floors! – and dream away. As your dog ages, though, he's more likely to become stiff from snoozing on such unforgiving surfaces. It's time to consider a super-thick orthopedic dog bed. A thick, warm bed

provides a lot of joint support and comfort to an aching body.

6 SPRING FOR SOME SUPPORTIVE THERAPY. "If your older dog is limping or seems stiff and painful, there are a number of effective, safe, natural alternatives to conventional pain medication for her pain," says Dr. Taylor. The following alternative veterinary treatments are growing in popularity because they work without the side effects sometimes caused by prescription pain medications:

- **Laser therapy** is a cost-effective way to put the bounce back in your senior's walk. With a class IV cold-laser device, your veterinarian can treat acute and chronic injuries, arthritis, muscle pulls, and other sources of pain. Laser therapy can also promote healing after surgery or

an injury. As an overall therapy, the cost should be reasonable. Some clinics even offer package-session discounts. But shop around, as we've seen huge variations in cost among local veterinary clinics.

- Even dogs who don't like water learn to love **hydrotherapy**, which may include swimming in a warm pool and underwater treadmill work. Benefits are widespread: relieving pain without stressing joints, building cardiovascular health and core strength, helping with proprioception and body awareness.

- **Acupuncture** can give the dog a better sense of well being, especially with chronic problems. Veterinarians see success with acupuncture in cases of neurologic disorders, musculoskeletal problems, respiratory ailments, gastrointestinal problems, and more. Only very

THAT ALL-IMPORTANT WELLNESS VISIT

While we know you don't want to hear it, your senior dog needs a twice-yearly veterinary well-visit. "There are many health issues that can be treated if detected early," Dr. Taylor says.

Yes, vet visits are expensive and have the potential to get even more costly. But early detection is the most cost efficient and safest for your dog. If money is a concern, discuss financial matters with your veterinarian at the start. Most veterinarians will work with you.

During these visits, report unusual behaviors that might indicate the start of a problem, such as changes in mental processes, unusual barking/agitation/aggression, decrease in appetite, changes in activity, soreness, increased thirst, incontinence, hair-coat differences and so on. Anything different should be reported. No need to give the vet a long story; just state what you've observed: "I've noticed a few accidents in the house."

At the wellness exam, your veterinarian will look at your pet's ears, eyes, and mouth. Typical old-dog problems like cataracts can be found and treatment options can be discussed. Dental problems are huge. Chronically inflamed gums set the stage for many other health

issues, such as heart trouble. If you don't brush your dog's teeth, this check is critical to your dog and your wallet.

Your vet will palpate your dog for any unusual lumps or pain issues, but let him know if you're concerned about a certain area.

If your vet hears anything unusual when listening to your dog's chest and abdomen, he may recommend a radiograph or ultrasound to get a closer look.

If your dog has an extensive vaccination history, he shouldn't need more vaccinations in his senior years. If your veterinarian is concerned, consider asking for a vaccine antibody titer test, so you can confirm that your dog has adequate immune protection and prevent vaccinating him unnecessarily.



A geriatric-dog blood chemistry panel should also be done annually. Bloodwork, of course, can get expensive in the pinch of a needle, so discuss the tests with your veterinarian. However, be aware that some tests, like a complete blood count (CBC) will be considered mandatory.

For most dogs, a CBC and a basic chemistry panel will suffice. The chemistry panel will look at liver enzymes, calcium, phosphorus, glucose, blood urea nitrogen (BUN), creatinine, cholesterol, albumin, amylase, electrolytes, and thyroid function. Abnormal results indicate the need for further testing or a repeated test.

Dr. Jenny Taylor examines one of her senior patients, who receives regular acupuncture treatments to keep him mobile and feeling good.

fine needles are used in acupuncture, and most dogs take to it very well, some even sleeping during a session. (See “Using Veterinary Acupuncture,” Nov. 2013.)

- **Veterinary physical therapy (PT)** is an excellent choice – if you can get in for an appointment. The field is exploding as demand is huge. Animal PT is all about helping the patient regain body function, just as it is in human PT. Under the direction of a veterinarian, a good physical therapist will focus on your dog’s individual needs, offering a rehab program tailored to his problem. It may include physical therapy, hydrotherapy, therapeutic massage and exercise, joint mobilization, and more. With an active owner who maintains the required home therapy between sessions, PT can make a world of difference.

7 ADD SUPPLEMENTS. There are a few supplements that are especially beneficial for senior dogs. **Fish oil** is widely recommended by veterinarians for its many benefits, including healthy coat and skin and joint support. (See “The Benefits of Fish Oil to Your Dog’s Health,” September 2012.) For moderate arthritis, use dosages that are at the higher end of label recommendations.

A combination **glucosamine and chondroitin** supplement is the most frequently recommended one for arthritic dogs. Don’t wait until your older dog becomes stiff before trying it, though; these products work better as preventives than as therapies. Note: If your dog is allergic to shellfish, check the label, as many of these supplements are sourced from shellfish.

The trick is to ensure your dog consumes enough of the active ingredients to get the job done. The dosage varies with the dog’s weight and the supporting ingredients in the product, but you want a generous “loading dose” (about

twice the normal dosage) to begin with, at least about 500 mg glucosamine and 400 mg chondroitin per 25 pounds of the dog’s body weight, given twice a day. This jump-starts results, so you should begin to see improvement in a couple of weeks; at that point, you may be able to decrease the dosage and maintain the supplement’s efficacy.

Don’t count on your dog’s food to supply joint-support supplements, even if the bag label lists glucosamine or a similar ingredient. Compare the guaranteed dosage on the food label with the suggested dosage above; rarely do these foods contain enough of these ingredients to make a real difference to your dog.

Another supplement to consider is **hyaluronic acid (HA)**, a major component of the lubricating fluid in your dog’s (and your own!) joints. It’s the new kid on the block for joint support, and one that many veterinarians are excited about. Originally used as a joint injection, an oral supplement of HA increases the presence of HA and the synovial fluid viscosity, making movement smoother. Some veterinarians find that liquid HA supplements, like Trixsyn, provide faster, more reliable relief than powdered products, although both produce results.

8 PRACTICE GOOD GROOMING. We all know our dogs need to be groomed regularly, but your geriatric pal may need some special help. If your dog comes in from relieving himself with debris remaining on his behind, consider a closer haircut back there the next time you clip him or have him groomed.

By the way, the most important part of a good grooming session may be checking your dog’s nails for excess growth and clipping them (or having them clipped, if you are unwilling or unable to do it). Even a dog who “never needed a nail trim” in his youth may need to be

clipped. That’s because the nails get less wear with his naturally lower level of activity. Long nails can cause pain to your dog and make him reluctant to exercise, starting a downward cycle of health.

9 DO A LUMP-AND-BUMP CHECK WHEN YOU GROOM YOUR DOG.

If you become familiar with your dog’s normal body, you will more quickly notice new growths. This is critical, as the incidence of growths increases as your dog ages. The sooner you catch a bump, the better. If it must be removed, the smaller the spot, the easier the surgery and the faster your dog will heal. Yes, a lump might be a harmless fat deposit, but it could also be a malignant growth.

10 ADJUST HIS DIET. All aging dogs benefit from food that’s easier to digest, and many need you to reduce their caloric intake to maintain a healthy body weight. “Weight gain can make it more difficult for your older dog to walk, stand, or jump, and reluctant to go on walks,” said Dr. Taylor.

That said, if you have to feed your dog a lot less than the amount recommended on his food’s label, in order to limit his caloric intake, he may not be consuming optimal levels of vitamins and minerals, and a supplement may be needed to make up the difference. Discuss this option with your veterinarian, as adding something you don’t need is hard on your wallet – and your dog.

Your senior dog may also need you to wet his food to help avoid constipation, or to make it easier to chew. A switch from dry to canned food can improve matters greatly for many senior dogs, thanks to its increased moisture content (good for kidneys) and higher-quality protein sources.

Finally, if your senior dog’s appetite wanes, he’s probably not being “picky,” but suffering from a growing health problem. Report this to your veterinarian. 🐾

Freelance writer Cynthia Foley is an experienced dog agility competitor. She lives in upstate New York.

Allowing your senior to get fat starts a spiral: His weight puts more stress and causes more pain to his joints, which can make him reluctant to exercise. In contrast, careful weight control and exercise (to prevent muscle atrophy) will preserve his health, mobility, and quality of life.





Does this look like a blast for the dogs? Or like an accident waiting to happen? One of the dogs could choke on that stick, or have it pierce his throat. They could blow an ACL, or be bitten by a snake. Owners have to weigh these risks and more.

Put Away the Bubblewrap

How to be cautious, but not crazy, to prevent injury to your exuberantly active dog.

BY DENISE FLAIM

If you've ever had little two-leggers in your life, you know that they are issued along with new lenses for the frames of your formerly rose-colored glasses; once you are responsible for a child's very survival, every object in her environment is assessed through safety lenses for its ability to inflict harm, from the vertigo-inducing monkey bars at the playground to the toxic stew of cleaning products under your kitchen sink.

Eventually, our young humans grow up and assume responsibility for their own safety and survival (though of course, we never completely stop worrying about them).

Perennial grade-schoolers that they are, our dogs never afford us this upgrade. We never have to fret over them running off with the wrong Poodle, or not being able to find a job at the dog park. But we're stuck with those safety glasses for the lifespan of our dogs, laser-focused on how they interact with the

physical world around them, for better or – we fear – worse.

"I wish I could just bubble-wrap him," said a friend, only half-jokingly, about the toll all this worrying takes on her ability to enjoy her dog.

All conscientious dog owners wrestle with the dilemma: How physical should we allow our dogs to be? How do we balance the risks of letting them indulge their instincts – to let them be dogs – with the desire to keep them in one piece?

While there are no guarantees in life,

and freak accidents can happen to anyone, anywhere, anytime, there *are* some things you can do to keep your dog from winding up in a full body cast.

LIMITED LIABILITY

Knowing your dog's limits is the first step to keeping her safe.

"People sometimes push their dogs too early without paying respect to their physical and mental ability," says physical therapist Deborah Gross, DPT, MSPT, of Wizard of Paws Physical Rehabilitation for Animals in Colchester, Connecticut, who works with many dogs who do high-impact sports such as agility. "For example, you shouldn't be starting an 8-month-old pup out on jumps and grids before they have the mental ability to comprehend what they need to do, and before they have the physical strength to perform a movement."

Waiting for full growth-plate closure before attempting strenuous activities is also key, Gross stresses. The growth plates are those funny-looking, oversized knobs you see on a puppy's front legs, though they exist in the bones of the rear legs and pelvis, too. As their name suggests, these plates are areas of tissue at either end of the bone that determine how long the bone will grow. They do not "close," or stop growing, until a dog is around a year old (and closer to two years in larger breeds). Until the growth plates close and are replaced by bone, they are relatively weak and susceptible to injury – which is why it is recommended that puppies are not jogged for long distances on unyielding surfaces such as concrete or blacktop.

Obviously, if your dog engages in higher-impact activities, he'll have a relatively higher risk of injury, especially if he's not been thoroughly prepared for those activities with a solid foundation of conditioning. But even an innocent game of catch can do serious harm.

"Ball playing is a big culprit for injuries," Gross cautions. "Dogs often

get crazy and push themselves through injuries. And ball playing is something many owners say they 'need' to do to help with their dogs' activity level."

Laurie McCauley, DVM, DACVSMR, of Tops Veterinary Rehabilitation in Grayslake, Illinois, who is board-certified in sports medicine and rehabilitation, says ball-throwing can be made safer if you pay attention to the topography.

"If you're going to throw a ball and you're on a hill, always be sure to throw the ball uphill," she advises. Since dogs always run faster when they go after the ball, and are slower to return with it, you don't want that initial chasing to happen as the dog goes full tilt downhill.

Gross stresses that owners need to understand and look out for the signs of injury in their dogs. "Often the dogs give us subtle signs but we do not pick up on them," she says. "They may continue to perform an activity with them, and an overuse injury occurs."

If your dog seems just a little off – or hesitates or refuses to do an activity that she previously was enthused about – a vet visit might be in order. Yawning, boredom, increased fatigue, and stiffness on rising can also be warning signs. The more in tune you are with your dog, the more easily you will pick up when something just "isn't right": What your gut is telling you, even though your brain can't pinpoint it, is that your dog's response time and body posture have changed, if only subtly, to compensate for the discomfort she feels.

PUPPY PILATES

Just like people who don't exercise all week and then take an embarrassing header at the company volleyball



The "pace" is gait in which the dog's left two legs move as a pair and his right two legs move as another pair; ordinarily, the dog's diagonal pairs of legs move together at the trot. Take note if your dog suddenly starts pacing; it can indicate that he's trying to find a gait that reduces muscle or joint pain.

Be aware, however, that some dogs (like the hound-mix here) frequently pace, and have since puppyhood. In that case, the gait is inconsequential.



tournament, dogs can't just jump off the couch and start zooming around like an agility star. Weekend warriors often pay the price for their part-time athleticism with increased injuries that might have been altogether avoidable.

Your solution to the volleyball debacle might be to become a gym rat, and that potential exists for your dog, too. Agility competitors and other performance enthusiasts often use targeted exercises to strengthen a dog's core – the muscles around the back, abdomen, and pelvis – which in turn help increase stability and balance. The more control a dog has over her body – how she moves and reacts



to her changing physical environment – the less likely she is to hurt herself in the process. Core-building equipment includes:

- **Stability balls.** These brightly colored bouncers are now standard issue in human workouts, and dogs love to stand atop them. But the totally spherical surface doesn't always work as well with quadrupeds, and there are several oval- and peanut-shaped stability balls on the market designed specifically for dogs.
- **Balance discs.** These inflatable PVC discs create an unstable surface that the dog must compensate for by shifting her weight. The more inflated the disc, the more challenging the exercise.
- **Wobble boards.** You can spend close to \$100 on one of these fancy boards, or you can make your own with a circle of plywood nailed to a pivot point, like a softball.

If someone could invest in only one piece of conditioning equipment, Gross recommends a large balance disc. "Most dogs, big or small, can use one," she says. (Not to mention that you can work out on the disc when your dog isn't!)

Physical therapists at the Wizard of Paws in Colchester, Connecticut, guide dogs through exercises on wobble boards (far left) and stability balls (which, for dogs, are peanut- or oval-shaped). PHOTOS BY DOMINICK CENOTTI, COURTESY OF WIZARD OF PAWS

“I love to incorporate core work into the dogs’ daily life,” Gross says, ticking off some of the scenarios: balancing on a disc while your dog is eating, asking her to perform 10 sit-to-stands before feeding, or having her balancing on a piece of balance equipment while you are watching the news.

An even cheaper option is a leash. Gross says it can be tougher for busy owners to find the time to add some endurance exercise into the mix, “but I usually ask people to try to get in at least one 20-minute walk a day – maybe sneak out at lunch, get up 20 minutes earlier, or stay up 20 minutes more.”

Dr. McCauley says one of the best exercises for strengthening a dog’s back end is getting her to walk sideways or backward. “To get her to walk sideways, you can hold onto the dog’s collar, face her perpendicularly, put your feet between her front feet and back feet, and gently walk into her” so she is forced to go sideways, she says.

For backward walking, put a cookie to the dog’s chest and get her to heel backward. Or, place her next to a wall, with a hand on her collar and another on the belly, and gently get her to walk backward. With toy dogs, Dr. McCauley suggests working on a bed to spare your own back. Frequent praise and treats will help your dog to quickly learn what’s expected, and start moving on her own volition.

Integrating these exercises into your walks can easily make them part of your routine. “Go a block and then walk a house length sideways,” Dr. McCauley advises. “Then go another block and walk a house length backward.”

If you have the time, resources or budget for it, underwater treadmills are a great way to keep a dog toned and fit. Dr. McCauley says that research shows that underwater treadmills, as well as strengthen training, slow down

the progress of sarcopenia, or muscle deterioration associated with the aging process. The research did not address free swimming in a lake or pool, but that certainly can improve overall condition and strength, which in turn lowers your dog’s risk of injury.

NO SUBSTITUTE FOR THE REAL THING

Dominic Carota of Hallam Hounds, located in Selkirk, New York, is an internationally known breeder of Pharaoh Hounds. But his hounds don’t just do the cakewalk at dog shows; they are also avid competitors at lure coursing, a sport where dogs chase a plastic bag to simulate a rabbit hunt.

Such a physically demanding sport, where the dogs gallop full on and also make relatively quick turns as their “prey” zips around the field, has its risks; dogs can become severely injured, or even die. But Carota has managed to avoid any serious mishaps in the two decades his dogs have been running. He attributes that to a daily conditioning program that basically amounts to lots of mini-sessions of free-running.

Carota’s dogs are given time to free-run, off leash, four times a day. “It doesn’t have to be long periods – even for 10 minutes,” says Carota, who typically lets five or six dogs run together to give them short bursts of continuous exercise. “They need that lateral movement to build themselves up. It keeps them in condition – and not just physically, but also psychologically.”

Carota has set up his kennel property to include several different levels and surfaces: The dogs cross concrete, dirt, grass, sometimes at an incline, sometimes at a decline. While leash walking is great at building endurance, “the problem with straight walking is it doesn’t do a lot in terms of building agility,” he says. “This builds up their pads, and their pasterns,

and gives them the agility to pivot quickly, and turn on a dime. I set up my property so they can do it themselves.”

Anne Jones of Alchemy Dog Training in Acworth, Georgia, is also a fan of what she calls “self-exercise.”

In her wooded backyard, as well as on their weekly off-lead runs in the woods, her dogs bound over uneven ground, negotiating random obstacles, and their bodies have to unconsciously readjust where they are in space and time – what’s formally called proprioception.

Even navigating everyday life gives Jones’ dogs a dose of cross-training. “I live in a house with stairs, and the dogs go up and down the stairs at a run,” says Jones, who has Rhodesian Ridgebacks as well as an Australian Cattle Dog and an ancient Border Collie. “It gives them lots of rear-end exercise.”

For those whose full-time work schedules prevent them from devoting much time to letting their dogs work out, Jones suggests doggie day care.

In that free-form environment, “the dog is out and moving all day,” she says. “It’s not like being crated or being in the house all day.”

LEARN ABOUT CONFORMATION

That’s *conformation* with an “o,” not an “i”: *Confirmation* is what you get when Amazon sends you an email that your *50 Shades of Grey* trilogy has shipped (don’t worry, I won’t tell). *Conformation* is used among dog people to refer to a dog’s structure, and by extension, how those individual body parts work together to affect a dog’s soundness.

Dog breeders and performance enthusiasts will often talk about whether a dog has a “good front” or “good rear.” This isn’t an aesthetic reference, but rather a description of how the respective assemblies impact the dog’s physical ability. In terms of structure, a “good front” is one in which the scapula, or shoulder, is well-angled: Because some 60 percent of a dog’s weight is borne on the front assembly, a well-angled front acts like a spring, absorbing shock with a minimum of wear and tear. A straight

If you have the space to allow it, there is no better way to condition a dog for running than allowing him to run in a natural environment, complete with uneven ground and changes of slope.





A young Ridgeback puppy with a nicely angled front, solid top line and strong rear. Good conformation isn't just pretty: It provides a solid foundation that can withstand a lifetime of jumping and running. PHOTO DENISE FLAIM

front, in which the shoulder blade is more upright, is less ideal in situations that call for a lot of jumping, such as agility.

Similarly, a “good rear” is one that has strength and stability for the all-important job of pushing off and pivoting. Dogs who have weak, high, or slipped hocks, lack of inner thigh muscle, or narrow stifles or knee joints, are at greater risk of injury.

“Dogs who are straight in the front are much more likely to injure their shoulders,” Dr. McCauley notes. “Dogs who are too straight in the rear are more likely to tear their cruciates, while dogs who are very angled in the rear are more likely to have toe and hock injuries.”

“We always want to stack the cards in the favor of the dogs,” Gross adds. “A long-backed dog should not do a lot of excessive jumping secondary to the stress placed on their backs. Any abnormal conformation will place excessive stress on the dogs’ body and lead to a faster breakdown, and a higher risk of osteoarthritis and injury.”

Dogs who have very long backs – such as Dachshunds – or very short ones – such as French Bulldogs – can be prone to back injuries. But this isn’t always breed-specific: Jones, who breeds

Rhodesian Ridgebacks, says she spayed one of her females because she had a “bad topline” – in other words, her back was so long that it had a bit of a dip. “When she jumps, she doesn’t land well, because her shock assembly isn’t working,” Jones says. “The better structure they have, the longer they are going to stay sound.”

This doesn’t apply to just purebred dogs, of course, though good breeders pay a great deal of attention to structure, and so have a heightened awareness of it. Jones, who does rescue work, says she always evaluates her incoming rescues in terms of their conformation, so she can determine their physical limitations.

Another word dog people use is “balance,” which is just what it sounds like: The rear and front assemblies complement each other, and so work in tandem when the dog is in motion. “If they’re unbalanced, they’re not going to run well or fast or very long,” Carota says. “They’re going to tire more quickly.”

That pretty “prance” that you see in a well-made dog trotting by is really a

fluid, uninterrupted gait; almost always, it means that the dog’s various parts are working together in balance.

If you have a purebred dog, or a dog whose background seems dominated by a particular breed, do some research to find out whether that breed typically has vulnerable structural or physical characteristics. For example, owners of Greyhounds need to be aware that these dogs have skin so delicate that it often needs to be glued instead of stitched, and so a graze from a passing branch or exuberant mouthing from another dog at the dog park can be more significant for them than most other dogs.

WARMING TREND

Builders of skyscrapers know that they have to allow for a little swaying; otherwise, high-powered winds can literally snap their towering creations in half. Similarly, even well-made dogs need some “give” in the muscles, tendons, and ligaments that hold them together.

Jones, who competes with her dogs in agility, always does a warm-up before a run. “You don’t want the muscles to be tight,” she says. “I make sure the dogs bend in both directions, and I make sure they trot. If it’s a particularly cold day, I want to keep them moving, and their muscles warm.”

Even if you are just visiting a dog park, as opposed to taking the starting line in a timed event, walk or trot your dog for three to five minutes before turning him loose to take off at top speed, especially if he’s the type who likes to jump right into the fray.

Hydration is always important when

Warming up your dog before exercising is important, even if that exercise is “just” playing at the dog park. These photos represent just two seconds of “play,” but look at the stress that all those joints, muscles, and ligaments just received.



a dog is active, because it regulates body temperature, speeds the transport of nutrients, and lubricates joints. To encourage her dogs to take a few slurps, Jones sometimes adds a little frozen Biljac or molasses to the water bucket. Sometimes she'll use K9 Super Fuel, a muscle-performance powder. "I just want it to flavor the water," and encourage them to drink, she says.

It should go without saying, but let's say it anyway: Being overweight is a huge risk factor for injury. Be sure that your dog is in correct weight for his body frame, not just his size: A Bullmastiff and a Ridgeback are about the same height, but they should have very different silhouettes. Though seeing a slight ripple of rib is normal in some breeds, far too many owners tolerate a few extra pounds in their dogs.

To avoid torn cruciate ligaments, a common injury in large-breed dogs, Gross recommends weight management, because fat dogs are simply at greater risk. Alas, in this, as with us, dieting is not the cure-all: She also recommends exercise, including regular walks, core work on a piece of equipment, and slow walking on hills to build up the hind limbs.

WHEN ENOUGH'S ENOUGH

Active dogs, especially youngsters, simply don't understand the concept of moderation when they are having fun, so *you* have to watch them and enforce occasional rest periods, and stop the action before your dog is exhausted. Jones has noticed that new dog owners are often unaware of this responsibility. "They assume that as long as a dog wants to keep going, it's okay," she explains. "They don't take the role of advocate. They don't say, 'Hey, pup, you're looking a little tired, your tongue's a little long.' They just keep going because the dog wants to keep going."

And that can end tragically. Jones

recalls a friend who took her diabetic-alert dog for an afternoon of swimming a couple of years ago. After playing and retrieving for two hours straight, the exuberant pooch went down – a case of exercise-induced collapse.

"I wouldn't let any dog retrieve for two hours straight – I don't care if the dog looks happy," Jones says. "You have to remember, she's like a 5-year-old child. She doesn't know when she's done."

Knowing when your dog is showing signs of tiring – and stopping at that point – is very important: Even if your dog is nowhere near the point of collapsing, remember that when anyone gets tired, their tendency for mistakes and missteps increases. Frequent breaks are important.

Carota reminds us that fatigue isn't just physical. When his dogs are done competing on the lure-coursing field, "I make sure they stay quiet," he says. "When they're in the van, that's their down time, their mental and physical recovery period. It lets their bodies completely relax."

Maintaining a consistent routine has taught Carota's dogs that once the van door opens, it's time to get revved up for another run. But their regular crates and bedding, and the closed van door (which also retains the heat or air conditioning, depending on the season), tells them that it's time to quiet down and recharge for the fun ahead.

When she is doing strengthening exercises with dogs, Dr. McCauley's goal is to make sure they are tired so that she knows she is strengthening them, but not to the point of making them sore. "Tired is going to take a nap after the work, then getting up and wanting to play," she explains. "Sore is getting up slowly, and certainly if they are lame."

Note how your dog is moving the following day, and watch for signs that she may have overexerted herself.

Dr. McCauley says she always looks at

three things before and after exercise: a dog's stance, or how she holds her body statically; her gait, or how she moves; and transitions, or how she goes from a sit to a down, or a down to stand. "After exercise, they should always be the same or better," she says. "If it's worse, you've done too much, or done the wrong thing."

LET THEM BE DOGS

At the end of the day, you need to make peace with the fact that even if you follow all the above advice, and your dog is the picture of health and conditioning, mishaps may occur.

Jones points to her weekly runs in the woods as a perfect example. "That's an accident waiting to happen, always," she says: No amount of preparation or caution can prevent a dog from getting impaled on a protruding branch, or stepping into a hole and twisting a leg. And here is where a bit of philosophy comes into play: Yes, a bubble-wrapped dog is a safe dog. But, ultimately, it is a happy one?

Jones says she has a friend with Whippets who won't let her dogs play or run loose because of concerns that they will get hurt. The dogs get long, leashed walks together, so they do get more than enough exercise and interaction with each other. Who is to say whether dogs are any less happy or fulfilled if they don't get the chance to body-slam and chase and jump on each other?

Jones, however, thinks she knows how the dogs would answer if they could.

"There's nothing my dogs love to do as much as run in the woods," she says. "Yes, they can hurt themselves, but it gives them so much pleasure. First and foremost, I let them be dogs." 🐾

Denise Flaim of Revodana Ridgebacks in Long Island, New York, shares her home with three Ridgebacks, 11-year-old triplets, and a very patient husband.



Under Pressure

What is “high pressure processing” and why are they doing it to your dog’s raw food?

BY NANCY KERNS

Were you aware that, according to Federal law, it’s okay for a certain percentage of the chicken you buy in the supermarket to contain some *Salmonella* bacteria? The legally acceptable amount depends on the kind of chicken we’re talking about; if we’re talking about whole raw broiler chickens, up to 9.8 percent could be infected, but if we’re considering raw chicken *parts*, the number is even higher. In fact, up to 15.4 percent of the raw chicken parts may contain that pathogenic bacteria, without setting off any sort of recall or hysteria. In contrast, even a *single* positive test for *Salmonella* in raw dog food triggers a recall and headlines and a certain amount of hysteria among dog owners. What gives?

Let’s start at the beginning.

All food-source animals (cows, pigs, poultry, etc.) are capable of harboring bacteria in their digestive tracts that can be pathogenic (capable of causing illness) to humans. The bacteria range in their ability to cause illness in humans who consume them; some are more deadly than others. The most common causes of foodborne illness are *Salmonella* and *Campylobacter*; the most dangerous are *Listeria* and *Escherichia coli*.

The more animals that come into contact with each other as they are grown on a food-production facility, the more of them will become hosts to these bacteria. As infected animals are slaughtered and their digestive tracts are removed in processing of their carcasses, a certain amount of this pathogenic bacteria gets splashed about.

The farmers who raise animals take steps to reduce the amount of feces that the animals live in, and slaughterhouse

workers strive to reduce the amount of feces that’s on the outside of the animals (as well as the stomach and intestinal content) from getting on the animals’ carcass. But it’s frankly impossible to keep *all* the poop and meat separate, especially at the fast rate of modern slaughter facilities.

WHO’S RESPONSIBLE?

The United States Department of Agriculture’s Food Safety and Inspection Service (USDA FSIS) is the government agency responsible for verifying that “the nation’s commercial supply of meat, poultry, and egg products is safe, wholesome, and properly labeled and packaged.” FSIS regulations are constantly shaped and revised as inspections and tests made on samples pulled from the processing lines and stores gauge how well meat industry practices – from production to slaughter and on through processing, packaging, and sale – are performing in terms of delivering safe food.

Illness caused by the consumption of pathogenic bacteria on our food exacts a cost on society, in terms of everything from decreased production when workers are home sick and medical bills for sick people, to the death of the most vulnerable people who become ill. According to the Food Policy Research Center at the University of Minnesota, each year, an estimated one million illnesses, 19,000 hospitalizations, and more than 350 deaths are attributed to *Salmonella* in the U.S. Our government, then, has a vested interest in continually tinkering with the regulations that in place to protect its citizens.

CHANGE IN FEDERAL LAW

The Food Safety Modernization Act (FSMA, pronounced *fizz-ma*) passed into law in 2011 attempts to dramatically decrease the numbers of human illnesses caused by foodborne bacteria via dozens

A certain amount of bacteria is allowed to be present on meat sold in grocery stores, because it’s meant to be cooked (which kills the bacteria) before we consume it. But food that is meant to be served to dogs without cooking falls under a zero tolerance standard for bacteria.



of dozens of small ways. One of those ways was to institute a zero-tolerance policy for *Salmonella* in “ready to eat” foods – products that are presented to consumers as requiring no further cooking in order to make them safe to handle and eat.

A zero-tolerance policy means that presence of the bacteria on a food product (in any amount and at any point in time) is considered adulteration, which makes the product subject to immediate regulatory action. And *this* is why up to 15 percent of the chicken parts in your supermarket may contain *Salmonella*, but your *dog’s* food would be recalled for the same thing.

It’s well understood that you are going to take raw chicken home and cook it, thus killing any pathogenic bacteria that may be on it before you eat it. In contrast, dog food is presented to the consumer as “ready to eat” – even though most people understand that dog food is actually ready to *serve*, to *dogs* But since dog food is, in fact, meant to be served by humans in our homes (to dogs) without cooking, it must meet the rules for “ready to eat” products; it must not contain any pathogenic bacteria (of any kind, not just *Salmonella*) – which we have already established is ubiquitous in our nation’s food supply.

By the way, though the main focus of the rest of this article is dog food that contains raw meat, so far, everything that has been covered here so far applies to *every* type of dog food that is sold with a label indicating it can be served as-is to a dog. This is why so many dry dog foods have been recalled in the past couple of years since the “zero tolerance” rule took effect; previously, only cases of actual illness (human or canine) definitely caused by exposure to one of these pathogenic bacteria in food would elicit a recall.

RAW DOG FOOD

Cooking kills bacteria. Any pathogenic bacteria present in the raw ingredients of dry and canned dog food are killed in the “cook” step of the food (baking, extrusion, or canning). Bacteria may be inadvertently reintroduced after the cook step of dry dog foods, such as when the kibble is coated with oil or during the drying or packaging of the product, and this explains how dry foods have been recalled for the presence of *Salmonella*.

But the point of raw-food diets for

dogs is that they contain raw meat – and again, though it’s tiresome to belabor the point, it’s been well-established that a certain percentage of even the highest-quality raw meat that you can buy in grocery stores has bacteria in it.

Remember, experienced raw feeders, as they are known, are not afraid that these bacteria will harm their dogs; canine have been eating pathogen-covered food for millennia. (As it is often observed, this is an animal that licks his own behind and still thrives.) Dogs have much sturdier digestive tracts than humans, and only *very* rarely have a problem eating food that is contaminated with these bacteria, such as when their immune systems have been compromised by illness or chemotherapy. And as long as you practice good basic kitchen hygiene and food safety practices, you really don’t have to worry about your family getting sick, either.

It sure seems like a set-up. How can any manufacturer of raw dog food avoid having to face any number of recalls per year due to positive tests for *Salmonella*?

Well, there are a couple of ways to kill bacteria that don’t require cooking the meat. One is irradiation; the other is high pressure processing (HPP). We’re not big fans of the first one, but we have begun to embrace HPP. Food manufacturers are divided about it; some consider HPP as the technology that is going to save the raw-foods industry, and others see it as a process that ruins the unique and beneficial qualities of raw food.

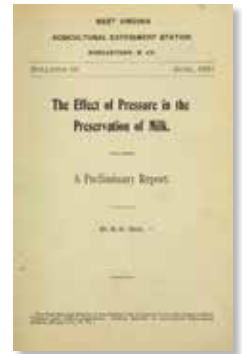
HPP, BY ANY OTHER NAME

It’s interesting that while the initials used to refer to this process are always the same – HPP – the words they stand for are reported variably, as:

- High Pressure Processing
- High Pressure Pascalization (after Blaise Pascal, a 17th century French scientist who experimented with water pressure)
- High Pressure Pasteurization (after Louis Pasteur, a 19th century French chemist and microbiologist)
- High Hydrostatic Pressure (sometimes appears correctly as HHP, but sometimes HPP is used as an inaccurate acronym for this phrase)

Back up a second: A 17th century scientist was messing around with this technology? Sort of; it took a number of years and a number of people to put all the pieces together:

- Pascal conducted a number of experiments to increase our understanding of how water can be pressurized in sealed containers.
- The first person to understand the presence and role of microorganisms in food was another Frenchman, Louis Pasteur. In 1857 he demonstrated that the souring of milk was caused by microorganisms, and that killing the microorganisms present in food made it last far longer. Pasteur first patented a method of killing microorganisms with heat – Pasteurization – in 1860.
- The first experiments into the effects of high pressure on microorganisms were recorded in 1884. B.H. Hite, an American scientist studying at the West Virginia Agricultural Experiment Station, published a study on “The Effect of Pressure in the Preservation of Milk” in 1899. In 1914, he published a comprehensive report on using high pressure to kill microorganisms in other foods.
- In 1990, the first commercial food products processed with high pressure used to inactivate bacteria came on the market. The technique gained popularity in Japan, where it has been widely used in the production of jam and jelly and seafood.



MODERN USE

Today, HPP is accomplished this way: Big water tanks, built to withstand monster pressures, serve as the foundation of the process. Food that is either already prepared and packaged for sale in sealed, flexible plastic material, or sealed in an intermediary flexible package, is stuffed into a cylinder or a net that will be immersed in the center of one of the tanks. Whether a net or a core cylinder



One of the HPP facilities operated by American Pasteurization Company, of Milwaukee, Wisconsin. Those round, cradle-like tubes on the left are fully loaded with sealed packages of food, and are ready to enter the HPP tank on the left side; the tubes on the right side are empty and awaiting product.

is used depends on the machine; in either event, it is stuffed with products and contains them while immersed in the tank. Water completely surrounds the sealed food packages.

Once the cylinder that's holding the food products is in position, the tank is sealed. Then cold water is pumped into the tank at extreme pressures. The goal is to completely inactivate any live microorganisms that might be present in the food. This is partially accomplished by literally squishing the bacteria to death, but the sudden release of the pressure within the tank is also significant; some bacteria can withstand the high pressure, but not its sudden release.

Because the products are surrounded by water, neither the food inside the packages nor the packages themselves become deformed by the massive squishing. You can do a small-scale experiment yourself: Drop a grape into a plastic bottle of water and then re-seal the bottle. Now, squish the bottle with as much force as you can; you will find that the grape retains its shape and condition perfectly, because the pressure that it was subjected to was completely even on all its surfaces, thanks to the water.

Each type of food requires a customized combination of specific pressures and amounts of time in order to inactivate the bacteria potentially present in that food. However, some foods lend themselves to this process better than others; some have cell walls are damaged enough by the process that they become unattractive, and the taste of some foods is altered by the process. High-moisture foods fare best.

As it turns out, the ideal candidate for HPP is meat. It's a relatively expensive product, so it's worth the investment of an additional process. It often is contaminated with pathogenic bacteria that, left untreated, can lead to a devastating recall for a food producer, so, again, it's worth the investment.

The process inactivates any pathogenic bacteria in the food – even in the center of a tube of raw, ground meat – but doesn't alter its appearance or taste.

Meats, both raw and cooked, generally have a relatively short shelf life, limiting how far these products can be shipped to market, and how long they can be offered for sale once they arrive. Meats treated with HPP look and taste fresh *two to three times longer* than untreated meats.

For this reason, and whether or not you are aware of it, many of the meat products you buy for your family have been treated with HPP. Costco is a huge investor in this technology; it uses HPP on most of its uncooked, marinated, and “ready to eat” meat products, including sausage and cold cuts. But many other “fresh” foods are now routinely subjected to HPP, including guacamole, hummus, salsa, “wet” salads like potato and pasta salad, oysters, soups, and sauces. The human food industry has widely and enthusiastically embraced this technology.

RAW ENOUGH?

Some proponents of raw food diets – including some people who feed raw meat-based diets to their dogs, as well as some people who consume a lot of raw vegetable and fruit juices – are leery of HPP. These advocates of “super raw” foods are concerned that the process may damage nutrients in the food in potentially harmful ways that we don't yet fully appreciate. They also decry the inactivation of beneficial microorganisms in food treated with HPP.

Most raw food producers get into that industry because they have strong beliefs about the benefits of a minimally

processed, “evolutionary” diet. Most are incredibly resistant to subjecting their products to an added process. But the zero-tolerance war on pathogens in the entire raw pet-foods industry has taken a heavy toll on some manufacturers. The changes that they have had to make (in terms of sourcing and processing their raw ingredients) in order to decrease their odds of having a product test positive for pathogenic bacteria have been costly, difficult, and stressful. Even the largest and most successful among them are tiny in comparison to conventional pet food producers; few have the resources to withstand more than one recall of products that test positive for a pathogen they know is quite unlikely to cause illness. (There haven't been any reports of illness caused by raw dog foods that were recalled due to bacterial contamination.)

But the fact is, historically, pathogens such as *Salmonella* have caused all sorts of trouble for humans (and a much smaller number of dogs). Many (if not most) conventional veterinarians are dead-set against raw diets, based on fears of pathogenic bacteria; HPP offers a preservative-free, radiation-free method of eliminating that excuse – I mean hazard – completely. And to date, no ill effects have been shown to result from food that has been subjected to HPP.

RAW WELCOME

In late 2013, I toured the American Pasteurization Company's HPP facility in Milwaukee, Wisconsin, and have been invited to tour its new Sacramento, California plant. I was highly impressed by the company's executives' deep knowledge of, experience with, and enthusiasm for raw dog food diets. Some of the raw pet-food companies on our “approved raw foods” lists are just as happy with other HPP providers. Personally, I feel quite comfortable with the process for raw foods, particularly as an alternative to the potential of losing access to any raw commercial diets. 🐾

Nancy Kerns is WDJ's editor.

FOR FURTHER INFORMATION

- ❖ research.vt.edu/resmag/2007winter/pressure.html
- ❖ allnaturalfreshness.com/library/
- ❖ fda.gov/Food/FoodScienceResearch/SafePracticesforFoodProcesses/ucm101456.htm

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❖ **Nancy Tucker**, CPDT-KA, Éducation Canine Nancy Tucker, Sherbrooke, Quebec, Canada. Training and behavior consulting; seminars on dog behavior for owners, trainers, and veterinary staff. (819) 580-1583; nancytucker.ca

BOOKS AND DVDS

❖ WDJ Training Editor Pat Miller is author of *Positive Perspectives*; *Positive Perspectives 2*; *Power of Positive Dog Training*; *Play With Your Dog*; *Do Over Dogs: Give Your Dog a Second Chance at a First Class Life*; and her newest book, *How to Foster Dogs: From Homeless to Homeward Bound*. Available from dogwise.com and wholedogjournal.com

HOLISTIC VETERINARIANS

❖ **American Holistic Veterinary Medical Association** (AHVMA). PO Box 630, Abingdon, MD 21009. Send a self-addressed, stamped envelope for a list of holistic veterinarians in your area, or search ahvma.org

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