

The Whole Dog Journal™



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The Whole Dog



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PAW EDITOR'S NOTE PAW

Extended Ed

New dogs in our lives remind us why we need to keep learning.

BY NANCY KERNS

See the photo below? That's the house where my office is located. I use two rooms downstairs, and my husband and I usually rent the bedrooms upstairs to students at a local trade school. Only, recently, we've had some family members – and *more* recently, a family friend and her two dogs – in crisis and in need of a dog-friendly place to live. So, the owner of that dog on the roof – see the dog on the roof? – needed a place to stay, and not just any place, when you have a dog like that.

That dog has been through three homes already, and he's only 10 months old. My friend, his current owner, is in the middle of a sudden, traumatic divorce, but before her life blew up in her face she agreed to take that dog from a friend who couldn't handle him, who had in turn agreed to take him from the first person who couldn't handle him. My friend, his fourth owner in 10 months, is committed to that darn dog – despite the fact that her life is suddenly in turmoil, and the dog has separation anxiety, budding dog-aggression, zero recall, terrible manners, and a voice that would wake the dead.

I'm drawing on 17 years of wisdom from the pages of WDJ to help my friend handle that dog – as well as my friend's other dog, a two-year-old high-octane Vizsla, who also has separation anxiety (but not so severe as to make her push through a screen and jump out onto a second-story roof). We're employing long lines, a head collar, healthy treats, counter-conditioning and desensitization, a new diet, Kongs and other food-dispensing toys (featured in this issue, a happy coincidence), massage, T-Touch, Flower Essences, baby gates, and anything else I can think of to increase their chances of being safe and sane dogs at some point in the near future. Wish us luck!

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.



Your dog may be cute, friendly, and even on a leash – but allowing him to approach people who are not clearly inviting or welcoming him into their embrace is poor dog-owner etiquette.

Good Dog Owner!

Four ways to be a better dog owner.

BY STEPHANIE COLMAN

While it may be difficult for us to imagine or remember, many people aren't comfortable around dogs. For those people, behaviors that dog lovers find charming might be seen as an assault! Even among dog lovers, opinions vary widely when it comes to the behaviors that we find acceptable from our own and other people's dogs.

Dogs and dog owners can lose access to enjoyable places due to the thoughtless actions of others. As dog lovers, we share a responsibility to be ambassadors for thoughtful, responsible dog ownership. Practice polite dog owner etiquette and be mindful of the following.

1 CONTROL YOUR DOG. If good fences make good neighbors, leashes can help make good dog walkers! It's important to understand that not everybody wants to meet your dog, no matter how friendly he is. Even leashed dogs, large or small, can be seen

as a threat by people who are afraid of dogs. A dog who is leashed but who appears agitated or stronger than his handler, or who is being allowed by his owner to wander across the sidewalk at the end of a long leash (or, horrors, one of those retractable leashes that allows him to extend his reach to an unpredictable distance), may appear as a terrifying threat to a mom who is taking her newborn baby out in a stroller for the first time, or an elderly person who is fragile or already having trouble with balance.

Some owners may feel justified in allowing their super-friendly, calm dogs

to accompany them in public off leash. People should not have to deal with an off-leash dog, no matter how friendly, who has invited himself to their lakeside picnic or was drawn to greet their bike-riding child. Loose dogs can be especially frustrating for fellow dog owners who are out with their leashed dogs. Dogs on a leash often react unfavorably to greetings from loose dogs, specifically because they are on a leash and lack the ability to respond as they see fit to the incursion.

Keep in mind that, often, a leashed dog is leashed because he doesn't get along well with others! The unexpected and/or uninvited approach by a loose dog can instantly create a major (and completely unfair!) training setback for that dog and his owner, and in extreme cases, puts everyone at hand at risk for a bite.

Even if the leashed dog isn't offended by the visiting dog, many dogs become overly excited by the unexpected encounters. This creates a situation that is difficult for the owner to manage, and the dog-to-dog contact inadvertently rewards the leashed dog's over-excited behavior.

WHAT YOU CAN DO: Abiding by leash laws is the best way to ensure that your dog does not invite himself into situations where he is not welcome. When your dog is off-leash, either because you're in an open area where off-leash activity is allowed, or because you've turned a blind eye to posted leash laws (and we're certainly not advocating for the latter, but we see it happen), it is your responsibility to make *absolutely certain* that your dog does not approach, chase, or in any way become a nuisance to any other human, canine, or area wildlife.

Call your dog to you as people with leashed dogs (or dog-less people) approach, and have him wait calmly as fellow outdoor enthusiasts pass by. If you see that your dog's off-leash activity is creating a difficult distraction for someone with leashed dogs, consider moving to another area, taking a play



No pulling the old “I was looking the other way and didn’t see him poop” trick!

name, and cashing in on “poop karma” makes it slightly less mortifying when the time comes that your dog offers up a third poop on the day you’re out with only two bags and there is no reasonable alternative in sight. (Which seems to happen to everyone at least once!)

When it comes to *pitching* the poo, think twice before tossing it in the nearest trash can, especially if that can belongs to your neighbor. In my opinion, curbside cans are fair game on trash pick-up day, but empty cans are off-limits. Your neighbors shouldn’t have to spend the week with your dog’s poop in their can. Believe it or not, your dog’s poop stinks, and dog-less neighbors will be even less appreciative of the “deposit.” Carry it home or dispose of it in an appropriate public dumpster.

Finally, consider this: Male dogs should not get a free pass to hike their legs anywhere and everywhere. Consider employing a “no man-made surfaces” rule when it comes to elevated pee-mail. Allowing a pee-a-palooza on public street signs, trash cans, storefronts, newspaper boxes, mailboxes, and public structures is inconsiderate. As former emergency dispatcher Linda Blackwood Coogan of Minden, Nevada, points out, even fire hydrants – often considered the ultimate pooch pee place – have to be serviced by city workers who would likely appreciate a pee-free experience.

break, or leash your dog. Simple courtesy goes a long way toward helping dogs and dog owners develop and maintain a shining reputation.

2 PICK THE SPOTS WHERE SPOT MARKS. It goes without saying that picking up after your dog is a basic tenet of responsible dog ownership. But “bagging the business” is just the beginning when it comes to polite toilet practices while in public.

WHAT YOU CAN DO: First, if you have a yard of your own, encourage your dog to eliminate at home before heading out on a walk.

When enjoying a suburban neighborhood walk with your canine companion, consider limiting his potty-area access to the strip of dirt or grass often found between the street and the sidewalk. Re-

frain from letting him wander freely at the end of his leash on front yards and any other private property. (I’ve watched owners watch their dogs venture on retractable leashes all the way up to someone’s front door!)

Diligently pick up *all* solid waste. I like to accumulate good “poop karma” by occasionally bagging a stray poop when I’m out with an extra bag. Yeah, it’s gross, but it helps prevent all dog owners from getting a bad

3 MAKE THE BARK STOP HERE.

Dogs bark for many reasons: as an alert, as a warning, in excitement, out of boredom, etc. Controlling a



If your dog is prone to barking when you’re home, check with your neighbors to learn whether he also barks – or barks more – when you’re not home. Frequent barking can turn a nice neighbor into a resentful one very quickly.

dog's tendency to bark is an important part of responsible dog ownership.

If your dog is left home alone for long stretches at a time, consider occasionally checking in with neighbors to get a "read" on your dog's vocalization when you're not home, and manage your dog's playful barking when you are home. This is especially important for apartment dwellers (and renters in general), as "nuisance barking" is often cited by property owners as a key reason they are reluctant to rent to people with dogs.

WHAT YOU CAN DO: If your dog barks at predictable situations, remove his access to his triggers, or be ready to turn them into training sessions.

For example, many dogs bark excessively at the sight of dogs and people walking past the house. Closing the blinds or otherwise restricting access to the locations where he can see people walking past often reduces the barking. Home-alone hounds often bark out of boredom, in which case, getting up a little earlier to squeeze in a walk or play session before work, coupled with breakfast dispensed via stuffed, frozen Kongs and other enrichment toys (rather than being fed from a bowl) can often provide the mental stimulation needed to reduce or eliminate boredom barking.

If you're home when your dog sounds the alarm, redirect his attention to a more appropriate activity. Resists the urge to yell for him to "BE QUIET!" Otherwise he may think, "Great! Now everyone is barking!"

Instead, call him to you and ask him to sit, then reward him for sitting. You might need to gently draw him away from the trigger zone in the beginning, but he should quickly learn that leaving the bark-spot and coming to you is definitely worth his while. As a bonus, this also helps desensitize dogs to whatever triggered the barking in the first place, making future outbursts less intense in noise-level and duration. In many cases, the power of the former trigger is reduced and then eliminated over time.

4 TRAIN YOUR DOG. We're dog lovers and we get along best with those who also love dogs, but that



Some of your guests won't mind when your dog jumps all over them, and some might even encourage it. But the behavior shouldn't ever be reinforced, for the benefit of everyone else!

something. For dogs who love to retrieve, consider a bucket of tennis balls on the front porch. Similar to the guests-with-treats technique, your visitor enters, asks for a sit, then lobs the toy into the house. As the dog races off to retrieve, the guest can enter the house.

Once guests are inside, consider asking your dog to "stay" at your side or on his bed if he seems overly interested in visiting with guests. If your guests are enjoying the interaction, they'll let you know it's fine. If they say nothing as you wrangle up your dog, they probably appreciate the break.

doesn't mean we love being subjected to especially pushy or untrained dogs. It's not okay to allow your dog to jump up on, bark or shove spitty fetch toys at, or drape himself across guests as they sit on the sofa. Be respectful of other people's personal boundaries.

Basic training helps create harmonious interactions between our two- and four-legged friends and family members. Visitors are exciting for dogs, and the excitement often brings out unwanted behaviors. Rather than embarrassingly admit that, "He always does this!" as your guests attempt to politely ignore unwanted advances, help manage the situation, or even better, use it to your advantage.

WHAT YOU CAN DO: If your dog is especially excited by visitors, attach his leash before you open the door. Grab a handful of tasty treats and reward your dog generously for keeping four feet on the floor as people come in. Mature dogs and dogs with previous training might be able to handle sitting for treats as people enter. Or better yet, for social dogs, keep treats on the porch and instruct visitors to grab a handful before entering, but not to feed the dog unless he's standing or sitting politely.

If your dog is toy-motivated, teach him to grab and hold a toy as you head to the front door. Many dogs are less likely to jump up when they're holding

It's up to *you* to help your dog make good choices. If you don't feel like playing "dog trainer" during a particular visit, that's okay, but rather than leave your dog to his own devices, where he's likely to practice bad habits, manage the situation by crating him away from company with a stuffed Kong or other enrichment device.

IT'S WORTH THE WORK

As a trainer, I regularly travel with a group of dog enthusiast clients on twice-yearly adventures to a nearby coastal and mountain community. One of the highest compliments we've ever been paid was by a property manager who said it didn't even feel like we had dogs. Yes, he saw them when we were out and about, but he rarely heard them or us (no nuisance barking, and no frustrated owners shouting at untrained dogs), and we left no evidence of their stay by not just meticulously picking up waste, but also by covering cabin furniture with our own sheets before inviting the dogs up to cuddle.

Simple acts like these can go a long way toward maintaining, and hopefully increasing, the general public's willingness to welcome our dog friends. 🐾

Stephanie Colman is a writer and dog trainer in Los Angeles. See "Resources," page 24, for contact information.

Social Studies

What is “proper socialization” and how do you make sure your puppy gets it?

BY PAT MILLER, CBCC-KA, CPDT-KA

In 2008, the American Veterinary Society for Animal Behavior (AVSAB) released a statement affirming that puppy socialization is a critically important tool in the development of a behaviorally normal dog. The organization also confirmed that the risk of a puppy contracting a serious or fatal disease during proper socialization efforts is far less than the risk of a dog later being given up or euthanized due to behavior problems that developed as a result of a lack of socialization. This is an absolutely critical accomplishment for your dog.

One might think that when AVSAB makes a position statement on a canine behavior topic, the case would be closed. Apparently not. It recently came to my attention that an internationally known speaker and dog trainer is asserting that puppies don't have a prime socialization period, that they should remain with their litters until they are 10-12 weeks

old, and that puppy training classes are bad for puppies and should be avoided. When I read this, I was floored. In my behavior practice, I still come across the occasional client whose veterinarian exhorted them not to take their pup anywhere out in public until she is fully immunized against contagious diseases, somewhere between the ages of four to

six months. It happens often enough that I'm *not* floored by *this*, just disappointed. Not surprisingly, I often see those clients' dogs later, in consultations for fear-related behaviors (often aggression) stemming from a lack of adequate socialization during puppyhood.

WHAT IS SOCIALIZATION?

Socialization involves introducing a puppy to a variety of stimuli (sights, sounds, smells, experiences) and *making sure the pup is having a good time while doing so.*

Well-socialized puppies become optimists, believing that the world is a happy place and that new things they encounter are probably safe and good unless proven otherwise. They tend to be resilient, able to bounce back quickly in adulthood even if/when a traumatic event occurs.

An unsocialized or undersocialized puppy becomes a pessimist. Everything new is scary and suspect unless you can

Got a new puppy? Then start inviting different people over – every day! – to help your puppy happily meet and greet a wide variety of friendly humans.



convince her otherwise – and it’s not easy to do that – hence the generally fearful nature of an undersocialized dog. Traumatic events only confirm her strongly held belief that the world is scary and dangerous.

Canine behavior scientists have determined that the “socialization window” – the critically important time for a pup to receive a good education about the world around her – is even smaller than once thought. Previously, experts thought the period extended to the puppies’ age of 16 or even 20 weeks; today, most agree that the prime socialization window extends only from three weeks to about 13 weeks.

Note that this very important socialization period is more than half over by the time most pups go to their forever homes around the age of eight weeks. Let me repeat that: *More than half over!*

To help ensure that the products of their breeding become the type of emotionally healthy dogs that they intended to produce, breeders *must* do their share. If a puppy is already fearful at the age of eight weeks, super-socialization for the month that remains will help, but may not ever completely make up for the missing time. Puppy buyers can easily lose their hearts to the shy puppy who hides under the chair, telling themselves that the little one just needs love to help overcome her fears. This is not usually the case. If the puppy has a genetic predisposition for a confident personality, *some* of the damage can possibly be repaired, but it takes hard work in addition to love. Still, she will never be the dog she *could* have been with better socialization during the first five weeks of her prime socializing window.

If she is genetically predisposed to be timid, early socialization is even *more* critically important. Absent that, dog and human are probably in for 10-15 years of behavior challenges. Since much of the time we really have no knowledge of a pup’s genetic predisposition for a confident or timid personality, behavior experts recommend super-socializing *every* pup!

Wherever your puppy hails from (breeder, shelter, rescue, friend), ask detailed questions about the socialization she’s had so far. How many different places has she been? How many different kinds of people has she met? What kinds



of activities has she done? How did she react to all those things? Your pup should have already at least happily met the “ding!” of the microwave oven, sounds of the washer and dryer, ringing telephone, radio, television, grooming brush and nail clippers, and dozens of different/varied humans.

If you’re meeting her in a whelping box or puppy pen, ask if you can take her outside, away from her littermates. Sometimes a pup will act normal in her familiar environment surrounded by family members whose presence gives her confidence, but become very fearful in a new place. (Note that a good breeder will have already worked with her away from her mom and littermates so her rehoming separation is less of a shock to her.) If you elect to purchase or adopt that timid puppy anyway, know that you are setting yourself up for lots of behavior work.

HOW TO SOCIALIZE

Remember that socialization is giving your pup *good* experiences with new things, not just exposing her to new things. To the extent possible, control the environment. Introduce her to children you know, ones who can be counted on to behave appropriately around dogs; don’t just let her be mobbed by the entire Little League team.

Socialize her with other dogs by enrolling in a well-run puppy class that allows puppy playtime as part of the curriculum. *Don’t* take her to the dog park; if you want her to meet an adult dog, select a dog you know well, one who will be appropriate with her, and introduce

Gentle kids with good self-control are worth their weight in gold to you when it comes time to socialize your puppy.

them using an appropriate procedure. (See “Great Introductions,” WDJ January 2008). Walk her on suburban sidewalks before exposing her to big city streets.

Pair your pup’s exposure to new things with generous delivery of small (pea-sized) bits of *very* high-value treats, so she thinks new stuff means good stuff. If she’s comfortable meeting new humans, give them several treats to give her, so “new humans” become reliable predictors of “yummy treats!” (Be sure to strongly caution your humans not to grab for or otherwise frighten her.) If she’s a bit worried about new humans, *you* feed the high-value treats in the presence of strangers until she is quite happy about their presence, *then* they can feed her the treats.

You can also use favored activities – play with a toy, scratches behind the ear, searching on the ground for “Find it” treats – to give her a positive association with new people, places, and new things. Your socialization goal is to *always* make sure she is *always* having a good time as you introduce her to the world during this important period of her life.

If she won’t eat super-scrumptious treats or won’t play with her favorite toy, she is telling you she is very uncomfortable with her surroundings. You need to act *immediately* by moving her away to a safe distance – far enough away that she’s happy to take treats and play again.

Next, make a mental note (and write it down later) of what it was that may have been of concern to her, and plan to do more work around those stimuli – a certain type of human (male, child, large, small, pushing a cart, wearing a uniform, etc.), a thing (garbage truck, elevator, manhole cover, another dog, recycle bin, etc.), a sound (thunder, beeping of a truck backing up, applause, crowd cheering) or a surface (gravel, concrete, sand, hardwood floor).

In each case, you will use *counter-conditioning and desensitization* to work on increasing her comfort level, by presenting the stimulus or stimuli at an intensity she is comfortable with, and feeding treats or playing with toys there until she is happy. Increasing the distance between the dog and the stimuli

will usually decrease their intensity; when you are far enough away you can use treats and/or toys to get her happy, then gradually move closer – by inches at a time – and get her happy at each new location before moving closer again.

Experiences most pups should have at an early age include:

■ **PLACES:** Car, vet, groomer, beach, park, woods, trails, school, shops, friends' houses, crate, public transport, cafe, training facility, stairs, hardwood floors, carpet, gravel, grass, cement, other unusual surfaces (walking on a tarp, a teeter-totter, stone wall, fallen log).

■ **PEOPLE:** Friends; neighbors; family; children; elderly people; men with deep voices; men with beards; people of all different skin colors; people in hats and sunglasses; people carrying boxes and bags; people wearing various outfits (saris, turbans, tool belts, uniforms, backpacks, babies in a carrier, etc.); people with wheelchairs, strollers, or walkers; people on bicycles, skates, and skateboards; people running, crawling, skipping, and playing sports; people who ignore dogs, and people who are affectionate toward dogs.

■ **ANIMALS:** Other puppies, other dogs, individual dogs, groups of dogs, working dogs, playing dogs, cats, fish in a tank, Guinea pigs, rabbits, parrots, poultry, horses, livestock.

■ **THINGS:** Brooms, mops, vacuums, dishwashers, fans, weed-whackers, power tools, ladders, children's toys, manhole covers, trucks, buses, snow blowers.

You get the idea . . . the possibilities are endless!

FEAR PERIODS

Behavior professionals also talk about “fear periods” in young dogs; *this is different from the prime socialization window, though they may overlap*. These are times when puppies or adolescent dogs are more likely to react fearfully to new stimuli, or even to stimuli they've been exposed to in the past and were seemingly comfortable with.

Although specific time periods have been identified by various experts as when fear periods are more likely to occur, current thinking is that those

periods are not as rigidly fixed as once thought. It has been suggested that one fear period is around 8-12 weeks – the time when most puppies are going to their new homes, and the time when super-socialization should be occurring. It's probably a good idea to *not* ship pups by air or truck transport during this period (if ever). If your pup is coming to you from across the country, I strongly advise driving her home rather than shipping her, or arranging for another trusted person to drive her. Far too many scary things can happen during shipping.

Later on, a dog may seem more susceptible to a strong fear response during periods that occur any time between the age of 6 to 14 months, which makes it less a true “fear period” and more about just life as a dog. Real or not, it's less important to worry about whether the pup is in a fear period than it is to respond appropriately *any* time your dog or puppy shows fear.

Here's how to deal with fear behaviors, both during your socialization efforts and beyond:

■ **REMAIN CALM.** Dogs excel at reading our emotions and body language. If you react badly when your pup is fearful, you can compound her fear response. Stay calm and relaxed, and remember to breathe. Act as if it's no big deal, and help her out of the situation.

■ **COUNTER-CONDITION.** The moment your dog sees the threatening stimulus, feed high-value treats. Pause, let her look again, then feed again. Do *not* ask her to “sit” or watch you, just feed.

You aren't giving treats for a particular behavior; you are trying to create a positive association between the scary thing and the treats. In fact, *asking* for a specific behavior can be counterproductive.

You can also use counter-conditioning for scary *sounds*. Associate the sound with your pup's high value treat, and she will come to love the sound. Important: If your pup won't eat the treats she is probably “over threshold” – the scary thing is too close, or the noise is too loud. Increase distance or find a way to turn down the volume.

■ **MOVE AWAY.** It is perfectly okay, in fact often advisable, to increase distance between your pup and the scary thing, until enough counter-conditioning

is done to change the association from “Ooooh, scary!” to “Yay, treats!” If you find yourself having to move away frequently, it's time to up your management game so your pup doesn't keep finding herself too close to scary things.

■ **SOCIALIZE.** As discussed above, socialization is your best immunization against fear. While even a well-socialized optimistic pup may go through fear periods, she will be far more resilient and recover more quickly if she has a solid foundation of socialization. While her primary socialization window may close at 13-14 weeks, you will want to continue to give her positive social experiences throughout her life.

■ **DON'T PUNISH.** It should go without saying, but we'll say it anyway. Don't *ever* punish your pup for fear-related behaviors (or other behaviors, for that matter). She's already convinced bad things happen when that scary thing is near, and if you punish her you will confirm her suspicions and exacerbate her fear. Instead, let her know she can rely on you for support when she is scared.

Well-socialized dogs are *made*, not born. Even given the genetic component, your pup's future behavioral well-being is in your hands. Take the time to super-socialize now, and your optimistic dog will confidently romp through life with you. Cut corners with your socialization program, and you and your canine pessimist are likely to pay the price in fear-related behaviors, even aggression, a life full of stress, and major restrictions on what activities she can share and enjoy with you. Seems like a pretty easy choice, yes? 🐾

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 “Resources,” page 24, for more information about her dog-training classes, books, and courses for trainers.

Toothsome Tales

How to prevent your dog from developing periodontal disease and cracked teeth.

BY DENISE FLAIM

Over the millennia that humans and dogs have kept company, we've evolved plenty of myths about our four-footed friends – most of them flat wrong. Consider, for instance, the belief that feeding a dog raw meat will make him vicious. (Vicious, no. Longer lived, maybe.) Or, that you can't teach an old dog new tricks. (Sure you can, especially with a clicker.) And, of course, there's this chestnut, always a dubious comfort after you've been munched on by a strange canine: A dog's mouth is cleaner than a human's.

Fact is, dogs are probably worse off than we are when it comes to the bacteria lurking around their pearly whites. The canine mouth is considerably more alkaline than our own, and that chemistry is far more conducive to plaque formation. As a result, according to the American Veterinary Dental College, most dogs have evidence of periodontal disease by age three, in particular small breeds. And periodontal disease is the number-one condition veterinarians see in their canine patients – and feline ones, too.

As in humans, periodontal disease – an infection of the structures around the teeth, including the gum and bone – is caused by residue left in the mouth after a dog eats. The bits of food create a sticky film over the teeth called plaque. Minerals in the saliva cause the plaque to harden, forming calculus, or tartar. As the plaque and calculus spread below the gum line, where they are not visible,

bacteria begins to damage the gum tissue. Ever on guard against invaders, the body sets off an immune response: White blood cells are dispatched to the area, and they in turn release enzymes that do still more damage to the gum tissue and bone around the teeth. Eventually, without a solid bed of bone to anchor them, the teeth will need to be removed.

There are even more frightening long-term repercussions of allowing periodontal disease to take root, especially in older dogs: The bacteria in the mouth can get into the bloodstream, traveling to other parts of the body, where it can create life-threatening infections.

For this reason, many veterinarians are reluctant or downright unwilling to perform surgery on a dog with significant periodontal disease until the condition is brought under control.

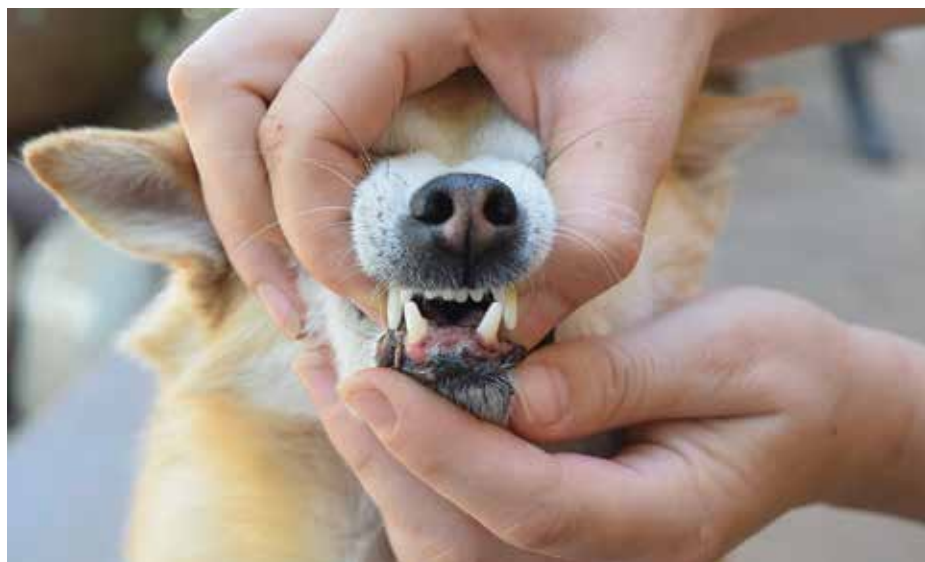
THE BRUSH OFF

Board-certified veterinary dentist Dan Carmichael, who works in the metropolitan New York area, says the best thing you can do to maintain or improve your dog's oral health is to follow the same advice your own dentist gives you: Brush every day.

Dr. Carmichael recommends using a soft-bristle toothbrush made for either humans or canines – he doesn't have a preference. He's also not particularly concerned about what kind of toothpaste you use, as long as it is formulated specifically for dogs. Human toothpaste is entirely inappropriate for dogs, as it is not intended to be ingested, and dogs have yet to master the intricacies of the bathroom Dixie cup. Also, its minty flavor is entirely unappealing to canine palates, which is why the non-foaming canine version comes in flavors such as poultry.

While conscientious human brushers make an effort to reach every nook and cranny in our own mouths, you don't have to be that exacting with your dog. "Just focus on the outside surfaces of the teeth," Dr. Carmichael advises. "Just do the surfaces you see when you lift up the lip." The most common areas where plaque tends to accumulate are on the outside of the canines, or "fang" teeth,

Small dogs are especially prone to periodontal disease, because their teeth are often crowded, making it easier for bacteria to become trapped between them and plaque to develop. Periodontal disease leads to the deterioration of the bone, and the teeth loosen and fall out or need to be extracted by a veterinary dentist; that's why this little guy had all of his lower incisors extracted.



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Use a toothpaste that is made for dogs and a lot of water to help wash the bacteria and plaque out of the dog's mouth. Keep the session pleasant for your dog, with lots of praise and treats for her cooperation.

as well as the big molars at the back of the mouth, which are used for chewing.

While you are brushing, take note of any abnormal growths, especially along the gumline, as well as unexplained bleeding in the mouth. Share any concerns with your vet, who will want to rule out oral cancers.

Busy schedules can mean that you might occasionally skip a day of toothbrushing with your dog. But being more lax than that is counterproductive. "Recent research suggests every other day is still beneficial," Dr. Carmichael says. "But anything less than that is worthless; it's no different than not brushing at all."

INTRODUCTIONS NEEDED

Of course, before you even attempt to brush your dog's teeth, be sure to introduce the idea, slowly and positively. Having a foreign object stuck in his mouth and then wiggled around it isn't a natural sensation for any dog.

The sooner he is introduced to the idea, the better. "Like any training procedure, starting as a puppy develops good habits," Dr. Carmichael says. "You definitely want to incorporate positive reinforcement."

Set aside a few seconds each day to

slowly desensitize your dog. Start with touching the outside of her mouth. Then segue to putting your toothpaste-dotted finger briefly next to her gums. Move on to swirling and rubbing the gumline with your finger. When she's comfortable with that, switch to the toothbrush, only for a few seconds at first, and then building up to longer periods. Be sure to copiously praise and reward your dog for her cooperation in each session. Making brushing part of her daily routine will also help your dog acclimate to the process.

Of course, if your dog shows any signs of intense discomfort or aggression – including stiff body posture; a similar tightness at the commissure, or corners of the mouth, and widened eyes – do not force the issue. Instead, consider seeking help from a professional positive trainer. You might have a bigger problem than just a reluctant brusher.

CHEW ON THIS

While brushing your dog's teeth is the gold standard for keeping them free of plaque, Dr. Carmichael acknowledges that there are situations where it's just not possible, whether due to your dog's reluctance, your own schedule, or any

number of other factors. In those cases, he notes, certain treats have been shown to be effective in reducing plaque.

The Veterinary Oral Health Council maintains a list of products that have earned its seal of approval. The list includes certain types of rawhides and chews, as well as specially formulated dental gels, sealants, and water additives. See vhc.org/accepted_products.htm.

Dr. Carmichael is not necessarily an advocate of raw food diets, but he acknowledges that there might be some benefit to dogs chomping through non-load-bearing bones such as chicken necks and wings; raw feeders who do feed whole raw bones swear to the teeth-cleaning results they provide. Others, however, opt to grind the bones or purchase a commercially prepared raw diet to avoid impaction or perforation, which is a risk with “gulpers” who do not adequately chew the bones before swallowing. Regardless of how or what you feed, Dr. Carmichael believes brushing is an important part of daily oral care for your dog.

So is being tuned into to the slightest changes in your dog’s body language and habits. The most common symptom of periodontal disease in dogs is to have none at all, because of how stoic most dogs can be in the face of pain. Subtle signs can include a noticeable increase in the amount of time it takes for the dog to eat his meal, his avoidance of chewing on one side of his mouth, avoiding hard portions of his meals in favor of softer food, and bad breath.

GOING UNDER

Dr. Carmichael says that starting at age three, most dogs could benefit from a yearly professional cleaning performed under anesthesia by a veterinarian, though he notes that the timeline is based on the individual dog, and can be affected by things like genetics and the owner’s poor brushing habits.

A typical cleaning, which removes plaque and calculus from the exposed portions of the teeth *and* below the gumline, lasts about 45 minutes. Many owners are understandably concerned about the risks of anesthesia for their dogs, particularly older ones. Dr. Carmichael notes that “with modern anesthesia, even dogs with mild versions of heart or kidney disease can undergo anesthesia safely.”

In recent years, there has been a growing movement toward anesthesia-free cleanings, in which plaque is removed without sedation, sometimes by trained veterinary technicians. We don’t recommend these procedures, and neither does the American Veterinary Dental College, referring to them as “non-professional dental scaling.” The College notes that the sharp tools used could injure both patient and operator if the dog moves suddenly, and that there is a risk of being bitten. Additionally, “access to the subgingival area of every tooth is impossible in an unanesthetized canine or feline patient,” the College notes on its website, referring to the area below the gumline. “Removal of dental tartar on the visible surfaces of the teeth has little effect on a pet’s health, and provides a false sense of accomplishment. The effect is purely cosmetic.”

If you do opt to have your dog undergo veterinary dental cleanings, you might decide to consolidate requests and have the veterinarian also clip his nails or remove a few warts or skin tags. But beyond those few minor procedures, Dr. Carmichael does not recommend “double-dipping” with a major surgery. “Combining an orthopedic or other major surgery with teeth cleaning is often not wise,” he says. “It makes it too long under anesthesia, and the potential bacteria that can be released would not be good if there was an intra-abdominal procedure,” such as a spay, for instance.

OH, DEER

If you want to get a veterinary dentist going, talk to him about marrow bones.

“Everybody’s grandfather gave their dog a bone,” Dr. Carmichael says. “But I think the majority of teeth that I’ve seen broken have been on those big beef bones, or knuckle bones.”



Though we once welcomed the antlers as a novel and time-consuming “chewie” for dogs, veterinary dentists say they are responsible for far more than their share of broken molars in dogs who chew them. Large bones, sticks, hard toys, or rocks can also cause cracked or sheared molars, which are not only very painful for the dog, but may also set a serious bacterial infection into motion.

In addition to real “butcher” bones, products made out of nylon are also potential tooth crackers. And the recent popularity of shed moose and deer antlers repurposed as chews sets Dr. Carmichael’s own teeth on edge.

“I walked into a pet store last month and saw this whole aisle of different-shaped antler treats,” he says. “Every single one of those is a broken tooth waiting to happen.”

The problem, he says, is the sheer hardness of the bone or nylon. “It’s just the natural bite force of the dog, which is strong. If they have something that’s as hard or harder than the tooth, something’s got to give. It’s going to be the antler, or the tooth, or both.”

Some dogs, he says, seem to know to be careful with the bones, avoiding “chomping” down on them with too much pressure. “But I cannot predict which dogs won’t be that self-aware, he cautions.

As a substitute, Dr. Carmichael recommends hard rubber toys, such as Kong toys, as well as various rawhide chews.

THE BOTTOM LINE

For most dog owners, paying attention to what’s going on in your dog’s mouth is a crucial first step. Dr. Carmichael frequently reminds owners that the most common sign of a problem is no symptoms at all.

“In nature, dogs survive by not showing weakness, so it’s in their nature to mask their problems,” he says. “If a male wolf is complaining about his tooth, he’s not going to be in that pack for long.”

That’s why the humans in a dog’s life have to be proactive in finding oral problems, before they get too big – and too painful. 🐾

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.



The Kong Wobbler has a weighted bottom, so when the dog pushes or nudges it over, it wobbles (like a Weebles, for those of a certain age) and some kibble can spill out of the hole on its side, but then it rights itself and has to be pushed again and again, in order to spill all of the kibble.

PAW TRAINING AND BEHAVIOR PAW

Ditch the Dish

Why you should get rid of your dog's bowl, and fill his tummy (and his time) with these inventive games and tools.

BY LISA LYLE WAGGONER, CPDT-KA, CSAT, PMCT2

Like us, our dogs need both physical exercise and mental stimulation. As a trainer, I see many clients who focus on physical exercise, but don't always consider the benefits of mental stimulation – what I call brain-work. One easy way to add in a bit of brain-work is to get rid of your dog's food bowl and replace it with other fun feeding options. I'm always so excited to share with my clients how fun and effective it can be to ditch the dish! Yes, that's right: Throw that traditional food bowl into the trash and get going with creative feeding.

There are a number of benefits of ditching the dish:

■ **ENRICHMENT.** The big-picture benefit is *enrichment*, a process for improving the environment and behavioral care

of confined animals. If you don't think of your dog as "confined," think again. Compared to the life of a feral dog, our pet dogs live in incarceration. They go only where we allow them to go, oftentimes only on leash, and they

rarely get a choice in their activities. By focusing on enrichment, in addition to nutrition and healthcare, you can reduce stress and improve your dog's well being by providing not only physical, but also mental stimulation.

■ **TAKING ADVANTAGE OF YOUR DOG'S NATURAL FORAGING OR SCAVENGING INSTINCTS.** As Alexandra Horowitz shares in her book, *Inside of a Dog: What Dogs See, Smell, and Know* (an awesome book by the way), dogs naturally scavenge or hunt singularly (not in packs). Think about how your dog, off leash, naturally takes off to explore the ground with his nose. Providing an outlet for this instinctive behavior is fantastic for your dog.

■ **OUTLET FOR CHEWING, A TYPICAL BEHAVIOR FOR CANINES.** Ahhh, chewing! While deemed an *unwanted* behavior by many owners, it's a natural behavior for all types of canines. By providing opportunities for your dog to chew through the use of a creative feeding option, you'll have less chewing of objects that you *really* did *not* want chewed!

■ **BRAIN WORK.** In the wild, dogs spend a great deal of their waking time trying to obtain food. Think of the mental (and certainly physical) exercise this quest demands. Plopping down an entire bowl of food and having your dog gobble it up in less than a minute certainly nixes nature's design. Drawing out the length of time it takes your dog to eat, and having him work to get the food out of something other than a traditional food bowl, adds fantastic mental stimulation.

If the dish is gone, what will you use? There is a plethora of options today. You can purchase food toys, interactive food toys, or food puzzles – or you may consider feeding your dog's meals by hand or other creative means.

FOOD TOYS AND PUZZLES

The terms food toys, interactive food toys, and food puzzles are used interchangeably. These are objects that can hold food and require the dog to work to find or get the food out of the object. They require both mental and physical dexterity to access the food. A quick Google search will pull up more options than you likely have time to look at, so I'll mention a few of the most popular food toys that I and other trainers use for our own dogs and recommend to clients.

■ **KONG CLASSIC.** We've been using the Kong Classic for nearly 20 years, long before it was called classic (I guess I just dated myself). These are a staple in our home. It's a super-bouncy, natural rubber toy that has a large opening in the bottom and a small opening on the top. It is easily stuffed with all manner of tasty hard and soft foods. The Kong Classic comes in a variety of rubber strengths, so choose the toughest for those hard-chewing dogs.

■ **KONG WOBBLER.** The Wobbler is a food-dispensing toy that is weighted on the bottom and sits upright until pushed by a dog's nose or paw and then periodically dispenses as it wobbles and rolls around. The unpredictable movement keeps dogs challenged. It unscrews for easy filling and cleaning.

■ **NINA OTTOSSON PUZZLE TOYS.** There are so many interesting and creative options offered by Nina Ottosson and her products are very

well made. Each is designed to stimulate a dog's brain and reinforce his relationship with his guardian. The puzzles can be set to different levels of complexity. Start with the easier puzzles and as your dog gains skills, you can move to more challenging puzzles.

■ **ZANIES WOOD INTERACTIVE PUZZLE PIZZA.** This interactive toy is a wooden design that allows you to put treats under the standing or sliding pegs. The dog has to figure out how to solve the puzzle to get to the treats.

SLOW-FEEDERS

Slow-feeding bowls do exactly what you think they'll do: slow down the pace at which your dog eats his meal. Meal time may be extended from 30 seconds to 5 to 10 minutes or more. Again, there are lots of options. Here are two favorites:

■ **KYJEN SLO BOWL.** The Slo Bowl is a round plastic bowl that comes in different shapes and sizes and resembles a maze. It's deeper in the middle and shallower on the edges. The bowl has small rubber pads on the bottom to keep it from slipping on hard surfaces. Dogs quickly learn to work their way through the maze of ridges; it makes meal time feel more like a hunt for food!

■ **GREEN INTERACTIVE SLOW DOG FEEDER.** The Green by Northmate is made of a durable hard plastic and the company says it's shaped like tufts of grass. I think of it as a small green mountain range. You can scatter dry

Nina Ottosson's "Dog Twister"



food or smear wet food throughout the peaks and valleys of the feeder to prolong your dog's meal and make it a challenging game.

HOMEMADE FOOD TOYS

If you're on a limited budget, you can craft your own interactive food toys. With a few simple household items and creativity, you can easily make meal times challenging and fun for your dog. Note that while these homemade toys are inexpensive and easy to craft, they are also easy for your dog to chew up and



destroy, so give them to your dog under active observation, and take them away when he's finished removing all the food.

■ **MUFFIN PAN PUZZLE.** Take a muffin pan, place a treat or a bit of your dog's meal in each cup, cover each treat with a tennis ball and watch as your dog has fun lifting up the tennis ball to get to the food. Another option is to turn the muffin pan upside down and sprinkle your dog's food in the valleys around the now protruding cups. Ta-da! It's a slow feeder.

■ **PLASTIC CONTAINER FOOD TOY.** Take a used yogurt container or milk jug, cut several holes in and around the container, file or sand down any sharp or rough edges, fill with food and replace the lid. Your dog will have fun nosing and pawing the toy to extract the food.

■ **BOX FOOD TOY.** Just like children have fun with boxes, so do most dogs. With a box appropriately sized for your dog, sprinkle your dog's food in the bottom of the box, close the lid by interlacing the flaps (not taping) and let the fun begin. If that's too challenging for your dog, you can also cut a few small holes in the sides of the box so that the food pops out when the dog moves the box about.

■ **PEANUT BUTTER JAR PUZZLE TOY.** Take a used, clean, plastic jar, medium- to large-sized. Cut a dime-sized hole in the lid of the jar; it helps if the hole is not in the center. To make this toy dispense food at a higher rate, you can cut additional holes in the sides and bottom of the jar. Place three cardboard tubes (from a roll of paper towels or plastic wrap) inside the jar, fill the tubes with your dog's kibble, and screw on the lid. As the dog pushes the jar around with nose or paws, the food randomly dispenses from the holes in the jar. (For a short video that shows how to do this, see tinyurl.com/dogfooddispenser.)

As with all new and unusual things, *slowly* introduce your dog to the new food puzzle toy. You know your dog best, so if she's anxious about approaching new things, take it slow and help her develop a positive association with this new, exciting contraption. Depending on the type of food toy you select, you may also need to help your dog learn how to

access the food. Set her up for success. Make it easy for her to succeed the first time, so she'll be eager to try it again and before you know it, she'll be acing those complex puzzles!

HAND FEEDING

I often recommend hand feeding to my clients, most often when there's a new dog in the home who is just beginning to learn house manners.

I suggest delivering the dog's food one tiny treat or piece of kibble at a time during several short daily training sessions, as well as using the dog's food to reinforce all the other wonderful choices the dog makes each day. Behaviors that get reinforced get repeated! What better way to help our fabulous furry friends learn to navigate in our crazy alien (human) world.

Other times, I recommend this practice because the dog may be hand-shy and I want her to understand that a hand coming toward her means "good things happen" – yummy food appears!

Another form of hand-feeding is what I call "scattering and scavenging," which is scattering your dog's food around your house and letting her scavenge to find it. It's an easy way to take advantage of your dog's natural seeking instincts. Place some kibble behind a chair, under the edge of the bed, behind the recliner, then let her "go find" it.

Outside, you can place food behind trees and under or beside rocks. Get

creative, but don't put food anywhere you *don't* want your dog to explore!

This game can be a great way to reinforce a "stay" cue. Ask your dog to stay while you scatter the food in a variety of places, then release her and enjoy watching her having a blast tracking down her meal.

FINAL NOTES

Not all puzzle toys are created equal. Do your research to select high-quality products that are less likely to fall or break apart. Keep in mind that no toy is indestructible, so inspect your puzzle toys frequently for cracks and other pieces that could come loose. If you have a multi-dog household and your dogs don't share well, it's best to use interactive food toys with your dogs in separate rooms or tethered apart from one another. As with all things your dog eats from, don't forget to keep the toy clean by washing it frequently.

Remember, ditching the dish gives your dog a creative feeding option that will help her expend energy, work her brain, and enrich her life. She will thank you for it! 🐾

Lisa Lyle Waggoner is the founder of Cold Nose College in Murphy, North Carolina, with additional locations in Atlanta, Georgia, and the Space Coast of Florida. Her "Rocket Recall DVD" is available from Tawzer Dog; see "Resources," page 24 for contact and purchasing information.

Omega Paws' Tricky Treat Balls are made of a soft plastic, so they don't make a racket as your dog pushes and throws the toy around while trying to get the food out of it. That soft plastic means it's not safe to leave them with a chewer, however.



TRAINERS SPILL THE KIBBLE ON THEIR FAVORITE FOOD-BOWL ALTERNATIVES



MARNIE MONTGOMERY, CPDT-KA, PMCT

I will occasionally use a bowl, but increasingly my dogs' meals are experiences! One option is a kibble-dispensing ball for each dog, with a closed baby-gate between them to prevent my Cocker Spaniel from stealing the Shepherd-mix's ball when she's done with hers.

Joyful Dog, LLC, Leesburg, VA
(703) 554-2384; joyfuleddogllc.com

TIFFANY LOVELL, CPDT-KA

I use the Kyjen Slow Bowls. I love that these bowls make mealtime more interesting for my dogs. They have to work at it and problem solve which engages their brain. Also, I have a multidog household with dogs of various ages. Because my much older dogs take longer to finish their meals, the younger ones would begin to approach and hover while they ate. I found that these bowls slow down my younger dogs enough to allow everyone to finish their meal at about the same time. It's great!

Cold Nose College Space Coast
(321) 757-2059; coldnosecollege.com



CHRISTINE MICHAUD

I use a combination of things, but my dogs' all-time favorite is hiding the food in little piles around our yard and sending them off to "go find it." I love this too, as it builds a strong sit/stay while I hide the food, and it keeps them busy for 30 minutes. The piles are in different places every day so they really have to look or, should I say, sniff!

Family Dog Training, LLC, Fairfax Station, VA
(703) 595-8028; cmfdt.com

SHANNON BAYLESS, KPA CTP

Several dogs have spent their entire fostering time with me without ever receiving a meal from a bowl! Instead, I used Doggie Zen practice – feeding them by hand for impulse control and building a good working relationship – or gave them kibble from a Wobbler or puzzle for building their confidence. Careful, incremental introduction of the Wobbler is fabulous for dogs whose history has promoted learned helplessness. Watching those dogs learn that they can use their bodies to get their own food is a joy. When they master it and have fun knocking it all around the room under their

own power, that practice informs the rest of their activities. I whisper, "You can do it!" as they're learning. Pretty soon, they know "I can do it!"

One of my current foster dogs is semi-feral; she can live in a house but wants nothing to do with humans (yet!). Every bite of her ground raw meat meal is offered from my hand as I sit at her level on the floor. Sometimes it is quite messy for me, but it's worth it to gain, over the course of months, her looser body language, her more relaxed eye contact, her bunny-hopping anticipation, her closer proximity with more duration, and, most of all, her trust and happiness.

Meal motivation can't be passed up for training opportunities, so I also use hand-feeding to teach her name, a wait (not a precise wait, but one she can handle), and a cue for going into the room where she is fed.

In Tune Dogs, Bogart, GA
(706) 296-6893; intunedogs.com

BARBARA DOBBINS

Tricky Treat Balls by Omega Paws are the best thing since sliced bread. Or should I say "oranges" because that is what they are called in my house. These food-dispensing balls look just like giant oranges, with dimples, even. They come in three sizes: small (2.5-inch diameter), medium (3.5-inch), and large (5-inch). Pour appropriately sized food or treats and let your dog figure out how to get the food to dispense. Filling the ball more completely tends to make it easier for the treats to begin being disbursed.



Every dog will have his or her own unique way of approaching the task; my Border Collie Duncan used to pick his up and **throw** it down onto the ground, while his littermate Daisy would quickly push her around with her nose until it was empty and then politely borrow

Duncan's. Cody, my sister's Beagle, would simply bring the ball to her and ask her to shake the treats out! These also provide low-impact exercise, which is great for all dogs, but especially for senior or physically compromised dogs. You will get exercise, too, from searching for lost or stuck "oranges."

Two Dog Girl, San Francisco Bay Area
(925) 890-7986; barb@twodoggirl.com



Standard Procedure

Why all diets (home-prepared AND commercial) that are fed to dogs DAILY should meet AAFCO “complete and balanced” nutrient guidelines.

BY KAREN BECKER, DVM; STEVE BROWN; AND MARY STRAUS

The long-term goal of this column is to teach interested dog owners how to formulate safe and wholesome “complete and balanced” home-prepared diets for their dogs. We will eventually cover raw and cooked diets, diets that use raw bone as a calcium source, and diets that use other sources of calcium, as well as diets that contain grain and diets that are grain-free. The one thing that all of these diets will have in common is that they will all be “complete and balanced” as defined by the Association of American Feed Control Officials (AAFCO).

Why would we suggest using nutritional guidelines developed for commercial pet foods, when the whole reason we want to teach people to make their own pet food is so they can provide their dogs with diets that offer *better* safety and nutrition than commercial foods?

The short answer is that these standards, imperfect as they may be, are better than no guidance at all. Many books and Internet articles make the preparation of home-prepared diets sound as easy as pie. But the truth is, it’s astonishingly easy to feed (or even overfeed!) your dog while simultaneously starving him of nutrients that he needs in order to live a healthy, long life. Most recipes we’ve analyzed are deficient in critical nutrients. We consider the AAFCO nutrient guidelines for pet food

to be a good starting point – the bare minimum of what should be provided to our dogs.

CAPTIVE AUDIENCE

Most dog owners feed their dogs the same food, day in and day out, often for years at a time. Even people who feed a home-prepared diet are prone to fall for the convenience of a recipe that they

replicate daily or weekly without variation. It’s more important than ever that a diet meet at least minimum nutritional guidelines when dogs are fed in this way!

Human diets and recipes are rarely formulated to provide 100 percent of the nutrients determined to be essential for human health. But humans rarely rely on a single recipe or unvarying diet; most of us eat a wide range of fruits, vegetables, grains, various protein and fat sources, and other foods, plus we have the opportunity to respond to our body’s cravings when something is missing.

In contrast, our companion animals are completely reliant on us to put everything their bodies require into their food bowls. If we feed them the exact same diet every day, and that diet fails to provide adequate amounts of certain nutrients, or provides a potentially dangerous surplus of other nutrients, or even an imbalance between certain nutrients, we may well cause the development of disease. When feeding our dogs the same food every day, it’s all too possible for us to meet their *caloric* needs without properly nourishing them over time.

When you feed the same food or recipe every day, the importance of the food or recipe meeting AAFCO guidelines becomes magnified. In last month’s installment of this column, “Cold, Raw Truth,” we were concerned

Making your dog’s food at home, from a variety of fresh, wholesome ingredients and a few supplemental vitamin and/or mineral sources, is a great way to ensure your dog is fed in the most healthy way possible. However, if he eats a diet made from the same recipe week in and week out, you should strive to make sure that the diet is “complete and balanced” as defined by the same standards that commercial diets are held to.



The 2016 AAFCO Official Publication will have updated nutrient guidelines, which will reflect overdue additions such as omega-3 fatty acids. Unfortunately, not all the updates are good, in our opinion. Some of the maximum values for nutrients that can be toxic in high doses will no longer be listed.

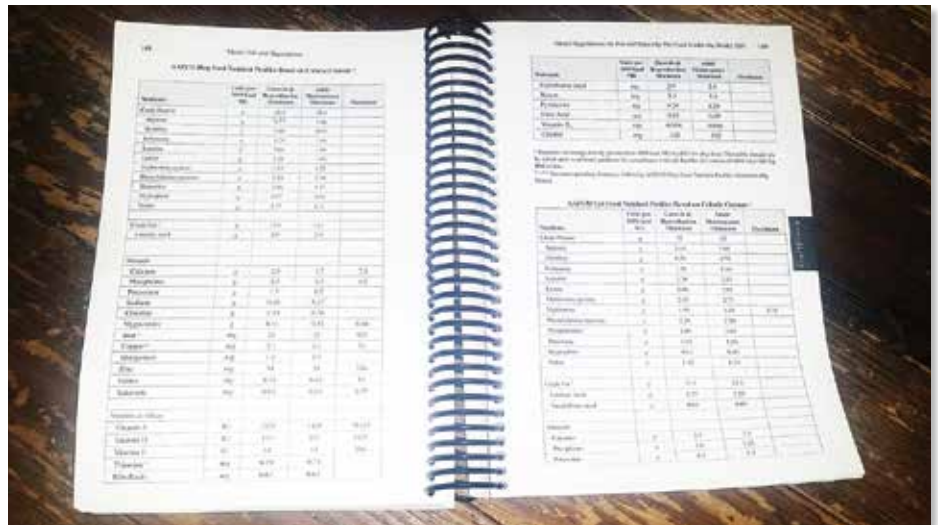
that most high-fat commercial raw diets do not actually meet AAFCO guidelines when their nutrients are properly reported on a caloric basis. But if you combine commercial raw diets with other types of complete diets or recipes, particularly those that are lower in fat, you greatly reduce or even eliminate the issues we found, especially if you also vary the meats you feed. Our goal with that article was not to say that you should not feed those foods; only that you should be cautious about feeding them *exclusively*, especially to the most vulnerable dogs, which include growing puppies, pregnant and nursing females, and older dogs who eat less than they once did.

NUTRIENT GUIDELINES

Recommended Dietary Allowances (RDAs) for humans were first published in the U.S. in 1943. They were intended to reflect the best scientific judgment on nutrient allowances for the maintenance of good health and to serve as the basis for evaluating the adequacy of diets and preventing diseases linked to nutritional deficiencies, such as rickets, scurvy, beriberi, pellagra, and goiter. As knowledge of nutrition advances, these recommendations are modified.

It wasn't until 1974 that the National Research Council (NRC, the research arm of the National Academy of Science) published its first nutritional guidelines for *pet* food. Of course, the major players in the nascent pet food industry had been researching pet nutrition for a few decades before this, but much of the research had been directed at determining what pets *could* and *would* eat. The NRC's *Nutrient Requirements of Dogs and Cats* has been updated a couple of times since then; the most recent version was published in 2006.

The nutritional guidelines used by pet food regulators in this country, however, are not the NRC's; instead, state feed officials (pet food is regulated on a state-by-state basis) use a set of guidelines produced by AAFCO.



The AAFCO nutrient guidelines have been characterized as being more friendly to the pet food industry than NRC's pet food nutrient guidelines, but AAFCO would likely describe the differences as acknowledgment of the realities of pet food ingredient sourcing and pet food production. The NRC guidelines are often based on studies using highly purified ingredients, with near-perfect availability and digestibility.

But "uncompromised" availability of all nutrients cannot be assumed or guaranteed in diets comprising typical commercial pet food ingredients. AAFCO puts it like this:

"The AAFCO Dog and Cat Food Nutrient Profiles were designed to establish practical minimum and maximum nutrient levels for dog and cat foods, formulated from non-purified, complex ingredients. These levels differ from the values developed by the NRC... Values for specific nutrient concentrations were added or modified where indicated and supported by recent scientific publications, practical experience, and unpublished data."

The values were also modified based on known effects of ingredients and processing and the potential for lower digestibility in some products." As a result, AAFCO minimum values are generally higher than NRC's.

Neither AAFCO nor the NRC directly conduct nutritional research; rather, their respective guidelines are developed

by committees comprised of (volunteer) animal nutrition experts who study all available relevant research on each nutrient. The experts compare studies, looking for consensus in the data and trying to reconcile major differences in research results. Their goals are the same: to try to find results that support the establishment of minimum (and, in some cases, maximum) values of every nutrient needed by dogs of various ages and reproductive stage to maintain health and prevent disease.

Though we will sometimes reference the nutrient values recommended by AAFCO to those suggested by the NRC (and even the ones recommended by the European Pet Food Industry Federation, FEDIAF), our diet recommendations and formulations will be crafted with the AAFCO guidelines in mind, for consistency and to be certain that they meet the most rigorous standards.

CRITICISM OF THE AAFCO GUIDELINES

The AAFCO guidelines aren't perfect by any means. Just a few of the more salient criticisms of them include:

- The organization is painfully slow to adopt changes that reflect newer research; the current guidelines date back to 1995! They have been arguing over and delaying implementation of changes based on the 2006 NRC updates for more than eight years now.

- The guidelines are incomplete. As just one example, the benefits of omega-3 fatty acids in dogs have been recognized for quite some time, but they are still not included in current AAFCO nutrient

guidelines. Proposed changes recently approved and due to be implemented in 2016 will include, for the first time, a minimum requirement for EPA and DHA (the omega-3 fatty acids found primarily in fish and other animal products) and ALA (the omega-3 fatty acid found primarily in plants), and a maximum ratio of omega-6 to omega-3 fatty acids.

■ Current AAFCO guidelines include maximum values for nutrients that can cause very serious adverse effects at high doses, such as iron, copper, and zinc. But the new AAFCO guidelines have removed many of these maximum values due to questions about bioavailability of different sources, and lack of research on exactly how much is too much. When maximum values are provided, several are more than 30 times higher than minimum values.

As a result, some “complete and balanced” foods may contain excessive and potentially dangerous amounts of some nutrients, such as copper in diets that contain beef liver, as we discussed last month. Most people (including many veterinarians) consider all foods with the designation “complete and balanced” as equivalent, unaware that, without maximum values to limit the range of what can be qualified as within the guidelines, or even with maximum values that allow a very wide range, the difference between nutrient levels in one product and another might have serious

effects on a given animal’s health. For this reason, we also refer to European (FEDIAF) legal limits when analyzing recipes and diets.

■ AAFCO guidelines rely heavily on the use of synthetic supplements and may not apply well to nutrients derived from whole foods. But without adequate research on whole food diets, there’s no way to know for sure which nutrients may be acceptable at lower levels, and which will lead to deficiencies that affect a dog’s health or longevity.

CONCLUSION

Steve Brown, one of the contributors to this column, is a proponent of what he calls an “ancestral diet” for dogs (he wrote a book about it, called *Unlocking the Canine Ancestral Diet: Healthier Dog Food the ABC Way*, 2010 Dogwise Publishing). Drawing on the research of five scientists who studied the diets of wild canids (mostly wolves), Brown analyzed the nutrient levels in a wide variety of reconstructed wild canid diets. In a strange sort of confirmation of the work of the AAFCO nutrient guideline committees, he found that his re-created ancestral diets met essentially all of the AAFCO nutrient guidelines, particularly when it came to minerals (see *Table I* below).

There are many people who feed a variety of diets (with and without bones, organs, vegetables, dairy products, eggs,

etc.) to their dogs in an effort to replicate their own versions of a “biologically appropriate raw foods” or ancestral-style diet, ignoring standards from AAFCO, NRC, and FEDIAF, because they think those regulatory guidelines are not important or relevant. Brown has analyzed hundreds of home-prepared diet recipes and found that they frequently fail to reach many of the nutrient guidelines developed by AAFCO, NRC, or FEDIAF, particularly those that use high-fat meats or exclude vegetables.

People who feed home-prepared diets to their dogs often rely on recipes or guidelines they got from books or on the Internet, or on incomplete mixtures of ground meat, bone, organs, and sometimes vegetables that the manufacturers have assured them contain everything their dogs need. But unless the diets have been analyzed and found to meet – at a minimum! – the AAFCO guidelines, they may actually harm the dogs they were meant to nourish, especially when fed exclusively.

All of the above is why, when we begin sharing recipes with you for home-prepared diets, in contrast to many other sources of homemade diet guidelines and recipes, they will be “complete and balanced” diets as per the most recent AAFCO nutrient guidelines. The AAFCO guidelines may not be perfect, but when met, they can protect dogs from nutrient deficiencies that can cause serious disease. We think these guidelines are ignored at your dog’s peril. 🐾

TABLE I:
COMPARISON OF AAFCO MINIMUM RECOMMENDED AMOUNTS OF SELECT NUTRIENTS TO THOSE FOUND IN A TYPICAL ANCESTRAL DIET

NUTRIENT	UNIT PER 1,000 KCAL	AAFCO 2016		ANCESTRAL DIET
		GROWTH	ADULT	
Calcium	g	3.0	1.25	5.7
Phosphorus	g	2.5	1.0	3.3
Potassium	g	1.5	1.5	2.0
Sodium	g	0.8	0.2	1.0
Magnesium	g	0.10	0.15	0.40
Iron	mg	22	10	43
Copper	mg	3.1	1.83	6.0
Manganese	mg	1.8	1.25	3.1
Zinc	mg	25	20	24
Vitamin E	IU	12.5	12.5	23

Karen Becker, DVM, practices integrative veterinary medicine at the Natural Pet Animal Hospital in Bourbonnais, Illinois. She is also the author of Dr. Becker’s Real Food for Healthy Dogs & Cats, and creator of Dr. Becker’s Bites.

Steve Brown is the founder of Charlee Bear dog treats and Steve’s Real Food for Dogs (but is no longer affiliated with either company), and is author of two valuable books on canine nutrition, Unlocking the Canine Ancestral Diet and See Spot Live Longer. Brown lives in Oregon.

Mary Straus is a retired software engineer with a deep avocation for research in canine nutrition. She lives in the San Francisco Bay area, and shares her discoveries about canine health and optimum nutrition on her website, DogAware.com.

Not Guilty

Studies that should put the nails in the coffin of the myth of the dog's "guilty look."

BY LINDA P. CASE, MS

I just talked to a potential client who is interested in bringing his 7-month-old Golden Doodle to train with us at AutumnGold. His dog, Penny, has the usual young dog issues - jumping up, a bit of nipping during play, still the occasional slip in house training, etc. Penny also raids the kitchen garbage bin, removing and shredding food wrappers, napkins, and any other paper goodies that she can find. The owner tells me that he is particularly upset about this last behavior because he is certain that Penny "knows she has done wrong". He knows this because . . . wait for it . . . "Penny always looks guilty when he confronts her after the dreaded act."

If I had a nickel . . . !

Like many trainers, I repeatedly and often futilely it seems, explain to owners that what they are more likely witnessing in these circumstances is their dog communicating signs of appeasement, submission, or even fear.

And, also like many other trainers, I often feel as though I am beating my head against the proverbial wall. But wait! Once again, science comes to our rescue! And this time, it is a darned good rescue indeed.

The guilty look is a difficult issue to study because it requires that researchers identify and test all of the potential triggers that may elicit it, as well as the influence the owner's behavior and his or her perceptions of their dog may have.

Tricky stuff, but lucky for us, several teams of researchers have tackled this in recent years, using a series of cleverly designed experiments.

Is it scolding owners? The first study, published in 2009, was designed to determine if dogs who show the "guilty look" (hereafter, the GL) are demonstrating contrition because they misbehaved, or rather are reacting to their owner's cues, having learned from previous experience that certain owner behaviors signal anger and predict impending punishment.¹

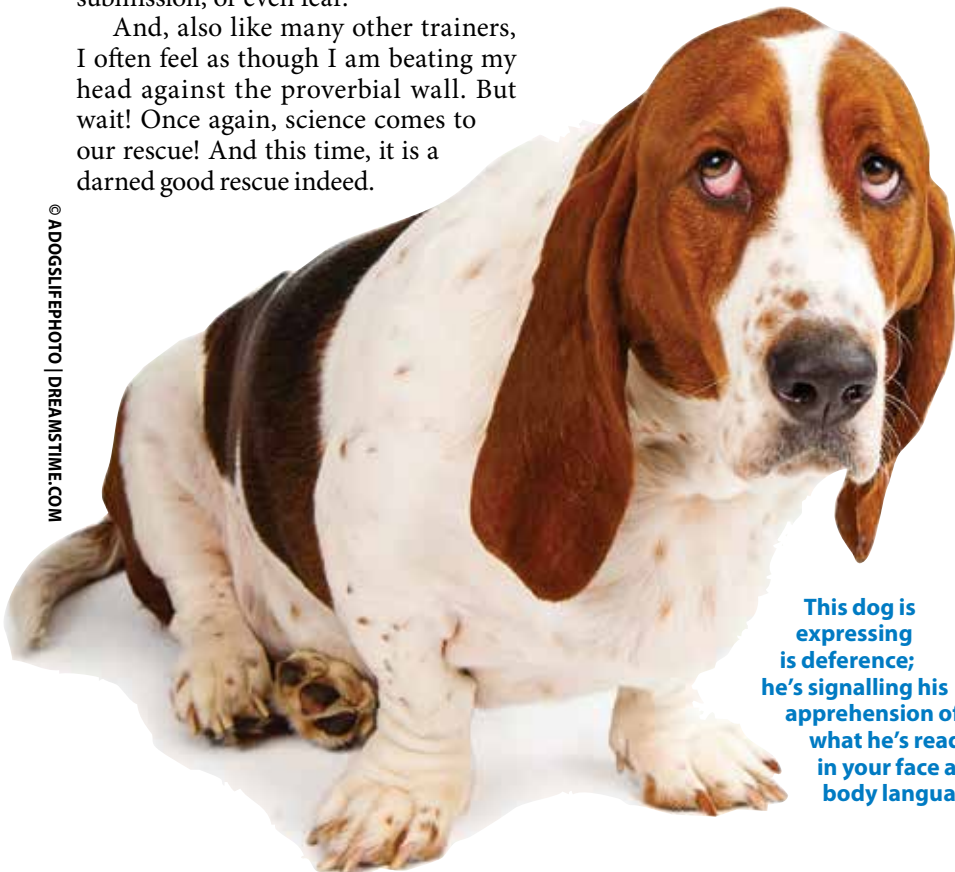
The study used a 2x2 factorial design, in which dogs were manipulated to either obey or disobey their owner's cue to not eat a desirable treat, and owners (who were not present at the time) were informed either correctly or incorrectly of their dog's behavior. The box below illustrates the four possible scenario combinations:



STUDY 1 - Fourteen dogs were enrolled and all of the testing took place in the owners' homes. All of the owners had previously used "scolding" to punish their dogs in the past; an additional one in five also admitted that they used physical reprimands such as forced downs, spanking, or grabbing their dog's scruff. In addition, all of the dogs were pre-tested to ensure that they had been trained to respond reliably to a "leave it" cue and would refrain from eating a treat on the owner's instruction.

During each test scenario, the owner placed a treat on the ground, cued the dog to "leave it," and then left the room.

While the owner was out of the room, the experimenter picked up the treat and either (1) gave the treat to the dog or (2) removed the treat.



This dog is expressing is deference; he's signalling his apprehension of what he's reading in your face and body language.

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Does this dog understand that he blew the cue for a sit, and feel guilty about it? No, but we'd bet that he can read signs of his owner's sudden displeasure, and he's trying to appear as deferent as possible.

Upon returning to the room the owner was informed (correctly or incorrectly) about his or her dog's behavior while he or she was away. Each dog was tested in all four possible combinations. (For a detailed explanation of these procedures and controls, see the complete paper listed in "Cited References," below). Test sessions were videotaped and dogs' responses were analyzed for the presence/absence of behaviors that are associated with the GL in each of the four situations.

● **THE RESULTS** – Two important results came from this study:

1 Scolding by the owner was highly likely to cause a dog to exhibit a GL, regardless of whether or not the dog had eaten the treat in the owner's absence.

2 Dogs were *not* more likely to show a GL after having disobeyed their owner than when they had obeyed. In other words, having disobeyed their owner's cue was *not* the primary factor that predicted whether or not a dog showed a GL.

First nail in the coffin: The owner's behavior can trigger the GL.

What about dogs who "tell" on themselves? Joe next door, who happens to know a lot about dogs, says, "How do you explain my dog Muffin, who greets me at the door, groveling and showing a GL, before I even know that she has done something wrong?"

Not to worry; the scientists got this one, too.

■ **THE STUDY** – Experimenters set up a series of scenarios involving 64 dog/owner pairs.² The testing took place in a neutral room with just one dog, the owner, and one researcher present. After acclimatizing to the room and meeting the experimenter, the dog was cued by the owners to "leave" a piece of hot dog that was sitting on a low table. The owner then left the room.

In this experimental design, the experimenters did not manipulate the dog's response. Instead, they simply recorded whether the dog took the treat or not. But before calling the owner back into the room, the treat (if not eaten) was removed.

The owners then returned to the room but were not informed about what their dog did (or did not) do in their absence.

The owner then was asked to determine, by his or her dog's behavior whether or not the dog had obeyed the "leave it" cue. In this way, the experimenters ingeniously tested for the "dog telling on himself" possibility.

● **THE RESULTS** – Just as the first study found, a dog's behavior in the owner's absence was not correlated with showing a GL upon the owner's return. Corroborating evidence from independent studies is always a good thing!

The researchers also found that when they controlled for expectations, owners were unable to accurately determine whether or not their dog had disobeyed while they were out of the room, based only upon the dog's greeting behavior. In other words, the claim that dogs tell on themselves and therefore must have an understanding that they had misbehaved was not supported.

Second nail in the coffin: Dogs don't really tell on themselves; it's an owner's myth!

The most recent study, published in 2015, parsed out a final two factors that could be involved in the infamous GL: the presence of evidence as a trigger and guilt itself.

■ **THE STUDY** – If indeed, as many owners insist, a dog's demonstration of the GL is based upon the dog having

CITED REFERENCES:

1. Horowitz A. Disambiguating the "Guilty Look": Salient Prompts to a Familiar Dog Behavior. *Behavioural Processes* 2009; 81:447-452.
2. Hecht J, Miklosi A, Gacsi M. Behavioral Assessment and Owner Perceptions of Behaviors Associated with Guilt in Dogs. *Applied Animal Behavior Science* 2012; 139:134-142.
3. Ostojic L, Tkalcic M, Clayton N. Are Owners' Reports of Their Dogs' "Guilty Look" Influenced by the Dogs' Action and Evidence of the Misdeed? *Behavioural Processes* 2015; 111:97-100.

an understanding of the “wrongness” of an earlier action, then this would mean that the trigger for the GL would have to be directly linked to the dog’s actual commitment of the wrongful act, correct?

Likewise, if the dog herself did not commit a misdeed, then she should not feel guilty and so should not demonstrate a GL to the owner.

It is also possible that the mere presence of evidence from a misdeed (for example, a dumped-over garbage pail) could become a learned cue that predicts eventual punishment to the dog. In this case, a dog would be expected to show a GL in the presence of the evidence, regardless of whether or not he or she was personally responsible for it. This last study tested both of these factors.³

■ **THE STUDY** – Using a similar procedure to those previously described, the researchers created scenarios in which dogs either did or did not eat a forbidden treat in their owner’s absence. They then either kept the evidence present or removed it prior to the owner’s return

to the room. Owners were instructed to greet their dogs in a friendly manner and to determine whether or not their dog had misbehaved based only upon their dog’s behavior.

● **THE RESULTS** – Owners were unable to accurately determine whether or not their dogs had misbehaved based upon their dog’s greeting behavior, and the dog’s actions did not increase or decrease the inclination to greet the owner showing a GL. A dog’s inclination to demonstrate a GL was also not influenced one way or the other by the presence of evidence.

The second finding suggests that the presence of evidence is not an important (learned) trigger for the GL in dogs. Rather the strongest factor that influences whether or not a dog exhibits a GL upon greeting appears to be the owner’s behavior.

Third and final nail: Neither engaging in a misdeed nor seeing evidence of a misdeed accurately predict whether or not a dog will show a GL.

TAKE AWAY POINTS

These studies tell us that at least some dogs who show signs of appeasement, submission, or fear (a.k.a. the GL) upon greeting their owners will do so *regardless* of whether or not they misbehaved in their owners’ absence. We also know that an owner’s behavior and use of scolding and reprimands are the most significant predictors of this type of greeting behavior in dogs. These results should be the final death throes of belief in the GL. Good riddance to it!

Now, all that needs to be done is that trainers, behaviorists, and dog professionals everywhere work to educate and encourage all dog owners to ***please stop doing what the owner is doing in the photo below!*** 🐾

Linda P. Case, MS, is the owner of AutumnGold Consulting and Dog Training Center in Mahomet, Illinois, where she lives with her four dogs and husband Mike. She is the author of Dog Food Logic and many other books and publications on nutrition for dogs and cats. See her blog at thesciencedog.wordpress.com. See page 24 for contact information.



Divine Intervention

A dog trainer helps her client make a major breakthrough with door-crazy dogs, with a little help from some timely visitors.

BY NANCY TUCKER, CPDT-KA

In my capacity as a dog trainer and behaviour consultant, I sometimes need to delve deeper into the creativity well to help a client solve a particularly difficult behaviour problem. This is actually an element of my work that I love. I enjoy puzzles and brainstorming and engineering custom-made training plans.

Sometimes, preparing and executing such a plan can involve a lot of time, effort, and coordination. On very rare occasions, the universe hands the whole thing to me on a platter before I even get a chance to sharpen my pencil and get to planning. The following is an example of such an occasion.

I was about a half-hour into a consultation at a client's house. We were working on the problem of her two small dogs barking, lunging, and snapping at people who entered the house from the main door. We had covered some basic

exercises over the previous weeks and we were now ready to put things into practice with actual strangers entering the home.

The client asked me, a little concerned, "So, I'll need to find people the dogs don't know and ask them to knock on my door and come in?"

I replied, "Well, yes. Is this something you can do?"

The client frowned, looked at the floor and thought for a moment. We stood together quietly, and then, almost on cue: Ding-dong! The doorbell rang.

OPPORTUNITY RINGS

We glanced at each other and smiled. Ha! What were the odds of *that* happening at that exact moment? It was too perfect! We quickly got into position to immediately begin working with the dogs. The client opened the door, and there stood two elderly ladies, a little afraid of all the hooplah created by the dogs who were behind a small barrier near the door.

My client spoke loudly to the ladies over the noise and asked them to step inside. We had no idea who they were, but they were quickly recruited to help with the exercise. I instructed them on the fly: "Look this way, not directly at the dogs. Please stand still; take these treats in your hand and toss them when we say . . ."

They obliged kindly. One was trying so hard not to look at the dogs (as instructed), that she was looking straight up at the ceiling and was tossing the treats willy-nilly. We quickly rectified this. The dogs were doing great! They calmed down faster than they ever had before.

We were now ready to go to the next step: Having the ladies move their feet, but only when cued by us (moving feet were an issue for the dogs). They obliged again, and the exercise was going swimmingly! We had them practically doing the hokey-pokey in the entrance.

The dogs were now having so much fun that the exercise lasted 30 minutes! The ladies were asking questions about the process and were tickled to be learning about dog training. They hadn't expected that today.

At the end of it all, we thanked them and they were gracious as they leaned forward to hand a booklet to my client. They were Jehovah's Witnesses! Without missing a beat, my client asked if they could return on occasion to practice, and they said yes!

When they left, we had a good belly laugh. The dogs burped and took a nap. 🐾

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 focusing on life with the imperfect family dog. See "Resources," page 24, for contact information.



Enlisting strangers to help is usually the final part of a "counter-conditioning & desensitization" plan that involves many steps. Without those steps, you risk "flooding" the dogs, putting them over threshold, which can cause a setback in training. And yet, this particular intervention was divine.

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REGARDING "PET INSURANCE 101"

I just finished reading your pet insurance article in the September 2015 issue and have to agree how important pet insurance is to have. We just lost our precious little Beagle, Rascal, to meningeal encephalitis at 10½ years old – a horrible thing to see your pet go through. We were willing to do everything we could to save him.

Rascal started “circling” and we went to our vet, who sent us to a neurologist at a veterinary specialty and emergency clinic that is out of town. We paid more than \$4,800 there, for the neurologist, MRIs, blood work, spinal tap, and overnight care. We went home with a bag of medicines and low hopes of saving him.

A week later we went for check up, more fees. We were told that the swelling in his brain was going to cause him to have a mental disability. As long as he was comfortable and able to function we didn't care. We have a handicapped son, so having a handicapped dog wouldn't be a problem. We had another ER visit due to seizures, and then traveled to the University of Florida veterinary teaching hospital to see what treatment they could come up with. More medicines; I'm still adding up those fees. We went back to the neurologist. More medicines.

In between these trips we saw a little bit of our Rascal's personality. There were periods in which he would stop his circling, respond to his name, and eat. There were times I carried him because our tile floors were difficult for him because of weakness on left side. We were determined to try as long as he did.

He was having a good day when we took him to the neurologist the last time; he even trotted out to our vehicle. On this trip we dropped him off for the day and hung around town for five hours. When we got back, the neurologist came out to lobby and told us to come quickly into a room. After the MRI Rascal's temperature spiked and it wouldn't go down and they couldn't get him to wake up. We went back to see him and after laying with him, crying, telling him I love him and I was so sorry this happened, I made the decision to let him go. That day trip alone was another \$4,100.

All in all we paid out well over \$12,000. I don't really know the exact amount because it doesn't matter, we were in it until the end. I was told I put good money after bad, because we lost him anyway, but I had to give him a chance. Can we afford to spend that money? No. Especially since we are trying to start building a new house.

Bottom line: If we had insurance I would have saved a lot of money and not broken the bank. But would I have done anything else differently? No.

Name withheld, via email

We're so sorry for your loss. What loving owners you were to Rascal!

I know that in some cases pet insurance can be a lifesaver but as you pointed out in the article, people should know it varies widely. I purchased insurance when I brought my pup home at 8 weeks. He had all clearances from a reputable breeder. I thought that by purchasing the insurance for him right away I would have it for years to come and not have to worry about pre-existing conditions.

When my pup was 9 months old, the vet discovered a very serious heart condition, which ultimately required life-saving surgery only available at Colorado State University Veterinary Teaching Hospital. My pup had the surgery – successful! – and today, at 10 years old, is still living a healthy, happy life. But the insurance company denied my claim for reimbursement for the surgery, all associated diagnostics, and after-care, because the policy I had bought excluded coverage for congenital conditions. This was not genetic; many plans will exclude genetic conditions. His heart problem was something he was likely born with but was not detected in the puppy cardio exam, but they enacted the exclusion and denied coverage.

This is just a cautionary note; it's wise not to rely on it being there without question. I believe for accidents the coverage is more reliable.

In spite of the fact that I purchased the top plan that the company offered at the time, I thought their payments were such a small percentage of the office visits that it was hardly worth it. I thought I was purchasing pet insurance for a catastrophic illness, but when one happened, the company was not there for me.

Mary Sullivan, via email

We're glad your dog is still alive and well, so many years after serious heart surgery! As author Cynthia Foley warned in the article, owners have to look hard at the exclusions in the policies they buy, and ask company representatives exactly what the exclusions would mean in the case of various events. Of course, hindsight is 20/20, and no one can predict what might happen with dogs! I'm guessing you filed an appeal for your claim? Foley also strongly recommended that owners appeal (and appeal again) if they think a reasonable claim has been denied – because often, these appeals actually work.

I have bought pet insurance for my pets as long as I have known about it – 20 years!

As a shelter volunteer, shelter dogs adopt me, and along with the adoption comes 30 days' free pet insurance with 24 PetWatch in combination with the microchip registration.

My last two dogs died from cancer. One had melanoma, and radiation treatments prolonged her good life. My other dog developed lung cancer. The cancerous lung was removed and he gained seven more months of good life before cancer developed in the other lung. Both dogs had good quality lives and were happy until the end.

Fortunately, with pet insurance, I was reimbursed for 80 percent of what I spent on them, and my pets experienced the best life they could have.

Judy Van Fossen, via email PAW

 RESOURCES 

BOOKS AND DVDS

❖ Linda P. Case, MS, is author of *The Dog: Its Behavior, Nutrition, and Health; Canine and Feline Nutrition; Canine and Feline Behavior: A Complete Guide to Understanding Our Two Best Friends*, and the very recently published *Dog Food Logic: Making Smart Decisions for Your Dog in an Age of Too Many Choices*. Her blog can be read at thesciencedog.wordpress.com. You can find all of her books at Dogwise, (800) 776-2665; dogwise.com

❖ 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

❖ DVDs by Lisa & Brad Waggoner of Cold Nose College: *Rocket Recall; What's SUP, Pup? Standup Paddleboarding with Your Dog; Ready, Set, Jump into Dock Diving; Fabulous Focus: Focus & Attention Skills for Both Ends of the Leash*. Available from tawzerdog.com

TRAINING AND INSTRUCTION

❖ **Linda P. Case**, MS, AutumnGold Consulting and Dog Training Center, Mahomet, IL. Linda Case is a canine nutritionist, science writer, and companion animal consultant who uses positive reinforcement and shaping techniques to modify behavior in dogs in

basic level through advanced classes. (217) 586-4864; autumngoldconsulting.com

❖ **Stephanie Colman**, Caninestein Dog Training, Los Angeles, CA. Offering training for basic through advanced obedience, competition dog sports, problem-solving, and much more! Private lessons and group classes. (818) 414-8559; caninesteintraining.com

❖ **Pat Miller**, CBCC-KA, CPDT-KA, Peaceable Paws Dog and Puppy Training, Fairplay, MD. Group and private training, rally, behavior modification, workshops, intern and apprentice programs. Trainers can become "Pat Miller Certified Trainers" (PMCT) by successfully completing Pat's Level 1 (Basic Dog Training and Behavior) and both Level 2 Academies (Behavior Modification and Instructors Course). (301) 582-9420; peaceablepaws.com

❖ **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

❖ **Lisa Lyle Waggoner**, CSAT, CPDT-KA, PMCT2, Cold Nose College, Murphy, NC. Force-free, humane training. Private in-home training, separation-anxiety training, behavior consults, weekend workshops, and dog*tec's Professional Dog Walking Academy. Additional locations in Atlanta and the Space Coast of Florida. Facebook at LisaLyleWaggoner; Twitter @ColdNoseCollege. (828) 644-9148; coldnosecollege.com

WHAT'S AHEAD ...

❖ MESSAGE FOR SENIOR DOGS

Elderly dogs need a special touch, but benefit more than the average dog from massage.

❖ DON'T KNOW HOW TO PLAY?

Some dogs have never learned to play games or have fun with toys – but it's a great idea (and great fun) to teach them.

❖ CAN IT

WDJ's top picks for canned foods.

❖ PAIN MANAGEMENT

There are more tools than ever for keeping your dog out of pain – acute or chronic.

❖ BABY MAKES FOUR?

How to prepare your dog for the new kid in town.

❖ DOGS AND ANTI-DEPRESSANTS

How they work for dogs.