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The Whole



Dog Journal™

A monthly guide to natural dog care and training

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FEATURES

3 The Right Stuff

How to identify the best dry dog foods on the market. Also, what ingredients you should avoid, and which product in a food “family” is best for your dog.

9 Right On Target

Teaching your dog this seemingly frivolous “trick” has numerous practical applications.

12 What Are the Alternatives?

Nonconventional treatments appeal to many owners of dogs with cancer, partly because most do not cause unpleasant side effects.

18 Shock or Awe?

Are “electronic training collars” a positive training tool or evil incarnate? Perhaps, something in between?



*Shocking thoughts ...
page 18*

*The bell of
freedom ...
page 9*



*New
top
foods ...
page 3*



ALSO IN THIS ISSUE

- 2 Editor's Note
- 22 Letters From Readers
- 24 Product and Expert Resources

Self-Taught?

We hope you learn as much from WDJ as we do!

BY NANCY KERNS

Our goal for WDJ is to give our readers information they can put to use *immediately* to help improve the health and behavior of their dogs. Of course, I consider the magazine a success when I receive letters from readers thanking us for helping save their dogs' lives (as you'll see on page 22 of this issue), but I also feel a deep satisfaction when I realize me and my dog benefit from things I've read in WDJ.

For example, I read a long article in the *Washington Post* today about a scary infection that is killing people and worrying public health officials. A very common bacteria, *Clostridium difficile*, has mutated into a virulent form that causes fatigue, stomach cramps, nausea, and severe diarrhea – and alarmingly, it is resistant to many antibiotics. In fact, people who are taking antibiotics are the most common victim. Modern heartburn drugs, which reduce the production of stomach acid, are also emerging as an agent that can make a person vulnerable to the infection.

What does this have to do with dogs? As I read the article, I felt that I fully understood the gravity of the situation only because long-time WDJ contributor Randy Kidd, DVM, PhD, precisely described the potential for this scenario in his March 2004 article, "Dangers of Antibiotic Misuse." Dr. Kidd warned against giving your dog antibiotics for any but the most compelling bacterial infections. This reduces the risk of promoting antibiotic-resistant bacteria in your home, *and* preserves the protective bacteria in your dog's digestive tract.

Dr. Kidd's article noted that you don't even have to be the one taking an antibiotic to become resistant to it; he cited studies that show

resistant bacteria can infect every species of animal within reach of the animal that was given the antibiotic. He also noted that antibacterial soaps and cleaners speed the development of resistant bacteria and should be avoided. Kidd's article is definitely worth rereading.

For a photo to illustrate Pat Miller's article on teaching your dog to "target" ("Right On Target," page 9), I followed her instructions and taught my Chihuahua, Mokie, to ring a bell that I hung on the back door. It took about 10 minutes. Mokie already knew how to touch his nose to my hand – the result of target training I did with him in March 2001, when we published our *last* article on target training. Shaping the behavior to get him to touch his nose to the bell instead of my hand, and then using his paws to really make it *ring* took just a few minutes.

It's taking a bit longer to get him to ring the bell when he wants to go outside. I've been asking him to ring the bell every time we go outside, so he gets the idea that he rings the bell, and then we go out. My hope is that he'll realize that ringing the bell makes it possible to go outside, and he'll start offering the behavior when he needs or wants to go out.

So far, he offers the behavior only when someone is eating, in hopes of getting a treat for his new trick. I think he'll figure it out – as soon as I can train the kids not to give him food for ringing the bell because they think it's so *cute*. I guess I need to ask Pat to write an article for WDJ on that. *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.

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The Right Stuff

How to identify the healthiest dry dog foods on the market.

BY NANCY KERNS

Last month, in “A Super (But Secret) Industry,” I discussed the difficulty of getting into a factory where wet pet food is made – a task I have not yet managed to accomplish. Happily, I have been able to tour a few facilities that manufacture dog treats and dry food. This hasn’t resulted in any huge surprises to me, but sure helped me understand the many challenges facing manufacturers who want to produce the very best dog food possible.

As we have described in our annual food reviews since 1998, this task starts with top-quality ingredients. To mix a metaphor, you really *can’t* make a silk purse out of sows’ ears, chicken heads, bovine tumors, restaurant grease, rendered fat from animals that died on farms, and cheap grain by-products

left over from the human food manufacturing industry. Many people say, “Oh, for goodness’ sakes, they are just dogs! Why can’t they eat guts and stuff?” Well, they *can*, of course, and most dogs *do!* The vast majority of pet food produced in this country is made with what we would consider to be poor-quality ingredients.

For optimal health, every credible *human* nutrition expert in the world advocates eating a balanced varied diet of a varying menu of fresh, top-quality foods. There is no biological reason to expect dogs (or any other animal) to be any different. Pet bird experts now realize that an all-seed diet is unbalanced and inadequate for avian health; birds also need access to fresh plant material (fruits, vegetables, green foods such as sprouts, etc.) to thrive. People who keep rabbits as pets now know that alfalfa pellets alone don’t sustain rabbits as well as a diet that includes a variety of fresh hay, root vegetables, and green, leafy vegetables.

Dogs are just the same. A balanced, home-prepared diet of a variety of fresh, healthy ingredients is optimum; a commercial diet made with the same ingredients is leagues better than a commercial diet made with cheap fats discarded from restaurants, inexpensive carbohydrates produced as waste from the brewing industry, and plant proteins such as corn gluten meal (animal proteins have a much more complete amino acid profile than plant proteins).

Of course, the best ingredients cost a lot, and a reliable supply may be difficult to find. Pet food makers who are committed to producing foods for the top end of the market have to continually hunt for ingredients that meet their standards – and be prepared to reject shipments that fail to pass their inspection.

We strongly believe that ingredient



Choosing a food for your dog can be daunting. Don’t stress! Just read the labels, choose one, and see how your dog responds. If his response is poor, try another. There are many top-quality foods available today.

quality is *the* key to a dog food’s quality, as well as the criterion that is easiest for the average consumer to judge, based on a simple review of the ingredients listed on the label. See “WDJ’s Dry Dog Food Selection Criteria,” page 4, for a detailed description of what is desirable and what is best avoided when scrutinizing the ingredients’ panel on your favorite dog foods.

Good manufacturing practices

Ingredients aren’t the *whole* story, of course. A company that spends the lion’s share of its budget on the ingredients for its foods, but, as one example, expends few resources on laboratory testing to confirm the product meets its label guarantees, may cause the food to flunk inspection by state feed control officials and stop its sale.

Tough standards (and top compensation) for employees, good employee management, superior packaging, proper storage, reliable transportation, smart marketing, education of sales staff at retail locations, knowledgeable and responsive customer service and support . . . these are all areas where a company needs to shine to garner the long-term support of consumers who

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WHAT YOU CAN DO . . .

- **Look for foods containing whole meats, vegetables, and grains.**
- **Remember that the more ingredients a food contains (barring the vitamins and minerals), the less of each ingredient the food contains!**
- **Expect to pay dearly for quality.**
- **Buy foods that suit your dog. If one of our favorite foods make your dog break out in hives, stop feeding it to him!**
- **Stop feeding any food if your dog exhibits signs of illness; get him to a vet, and contact the maker with the date-code from the bag.**

will pay top dollar for top-shelf products.

Manufacturers who neglect even one of these areas are just asking for trouble. If your plant employees don't read well or communicate well with their supervisors and coworkers, they may fail to properly inspect a load of corn that arrives at the plant, allowing toxin-laden grain into production (see "Yes, Dog Food Can Kill," page 8); or accidentally contaminate production equipment with an improperly diluted cleaning agent; or add a dangerously high amount of the mineral supplement to a batch of food, which can cause a life-threatening overdose in exposed dogs.

Most hazards to the wholesomeness of a pet food can be controlled through rigorous planning and management. However, a company must have the resources and commitment to expend those resources to continuously maintain vigilance over the product management from ingredient purchasing to consumer support.

Consumers have few resources available to determine whether dog food makers have "the right stuff" in these areas. In our opinion, one of the best indicators of a company's commitment to quality is reflected in its ability to respond quickly and intelligently to consumer questions and concerns. Noncompulsory manufacturing certifications (such as the ones described in "Further Attributes of a Top-Quality Food" on the next page), are another way a company can unequivocally demonstrate its commitment to quality.

Compare for yourself!

On pages 76 and 7, we've listed some dry dog foods that meet our selection criteria. It's vitally important that you understand the following points regarding these foods:

■ *The foods on our list are not the only good foods on the market. Plus, we've named just one variety in each line by each maker. Usually, all the other varieties in a given line also meet our criteria.*

■ *Any food that you find that meets our selection criteria (see "WDJ's Dry Dog Food Selection Criteria," above right), is just as good as any of the foods on our list.*

■ *We have presented the foods on our list alphabetically. We do not "rank order" foods. We don't attempt to identify which ones are "best," because what's "best" for every dog is different.*

WDJ's Dry Dog Food Selection Criteria

- **We look for foods that contain a lot of high-quality animal proteins.** We would love manufacturers to disclose the approximate percentage of meat, poultry, or fish in their food, but they rarely do, so we look for foods that *appear* to have lots of animal protein. Ingredients are listed in order of their weight, so ideally a food will have one or two animal proteins in the first few ingredients. Understand that whole meat (chicken, beef, lamb, etc.) contains a lot of water weight. If a food list starts out with chicken, and there is no other animal protein listed until 7th or 8th on the list, the food does *not* actually contain a lot of animal protein. But if it starts out with chicken, and chicken (or another animal) "meal" (essentially dehydrated chicken) is number two or three on the list, chances are the product contains an admirable amount of animal protein. Animal proteins tend to be more digestible and palatable than plant proteins and offer a wider array of essential and nonessential amino acids.
- **We reject any food containing meat by-products or poultry by-products.** It's just about impossible to ascertain the quality of by-products used by a food manufacturer. We've spoken to representatives who swore they used only the finest sources of by-products, but when asked, they *all* say that! The fact is, there is a much wider range of quality in the by-products available for pet food manufacturing than there is for whole meats. Whole meats are expensive, and because they are expensive, dog food makers insist on their quality to an extent that is unreasonable when buying bargain-basement by-products. So, because the quality cannot be confirmed, we advise that you just avoid foods that contain by-products. **NOTE:** Some of our past selections do contain meat and/or poultry by-products. To winnow down our list to the very best foods possible, we no longer select products that contain meat or poultry by-products.
- **We reject foods containing fat or protein not identified by species.** "Animal fat" is a euphemism for a low-quality, low-priced mix of fats of uncertain origin. "Meat meal" could be practically anything.
- **We look for the use of whole grains and vegetables.** That said, some grains and vegetables have valuable constituents that accomplish specific tasks in a dog food formula. We don't think it's worth getting too excited about one vegetable fragment and one grain by-product on the ingredients panel. Our tolerance diminishes in direct proportion to the *number* of fragments and by-products contained in a food and the prominence on a label; the more there are, and/or the higher they appear on the ingredients list, the lower-quality the food.
- **We eliminate all foods with artificial colors, flavors, or preservatives** listed on their ingredients panels. **NOTE:** Some ingredients – usually fats, and some fish products – arrive at the pet food factory containing artificial preservatives; these do not have to be disclosed on the ingredient list, since the maker did not add them.
- **We eliminate all foods with added sweeteners.** Dogs, like people, enjoy sweet foods. Like people, they can develop a taste for these nutritionally empty calories.

■ *The proof is in the pudding. If your dog does not thrive on the food, with a glossy coat, itch-free skin, bright eyes, clear ears, and a happy, alert demeanor, it doesn't matter whether we like it or not.*

Using the selection criteria outlined above, and perhaps taking into account some of the "extra credit" criteria listed on the next page, go analyze the food you currently feed your

dog. If it doesn't measure up, choose a new food based on quality, and what works best for you and your dog in terms of types of ingredients, levels of protein and fat, local availability and price. Then, try it and see how it suits *your* dog.

Our list of Approved "Top Dry Dog Foods" on pages 6 and 7 is offered as a starting place, and for its value as a comparison to other products you may find.

Further Attributes of Top-Quality Dog Food

Last month, in our review “Top Approved Wet Dog Foods,” we listed features that we consider to be highly desirable characteristics in a pet food. We don’t require these traits in order to put a product on our “list. But the more of these attributes a food has the better! We explained each item fully last month, with the exception of the final item on this list, which applies more to dry dog foods than to wet foods.

We like to see:

- **A date-code or production code is easy to find, read, and interpret.**
- **More than just the required nutrients (fat, protein, fiber, moisture) listed on a product label’s “guaranteed analysis” (GA).**
- **The caloric content of the food listed on the label.**
- **All of the food maker’s contact information listed on its product labels (and their product literature and Web sites).**
- **A statement that a food (or one of its close “family members”) has passed an AAFCO feeding trial.**
- **Certified organic ingredients.**
- In addition, we admire manufacturers that have pursued and obtained **noncompulsory manufacturing certifications, including:**

AIB certification. The American Institute of Baking (AIB) is a nonprofit educational foundation that offers the most comprehensive and well-accepted standards and inspection for good manufacturing practices in grain-based food production, including pet food production.

Manufacturers pay for the voluntary inspection of their plants and their program documentation. The inspection results in a score from 0 to 1,000; if the score is 800 or higher, the inspected facility receives a certificate of achievement or recognition. A

score of 900 or more receives a “Superior” rating; a score of 800 to 899 receives a rating of “Excellent,” and a score of 700 to 799 receives a “Satisfactory” rating. Current and/or subsequent high AIB ratings confirm a manufacturer’s commitment to excellence.

APHIS registration. A company that alleges to use top quality meat sources (sometimes claimed as “human quality,” though no such legal definition for this term exists) in its products should be able to prove it with registration numbers for all its meat suppliers from the United States Department of Agriculture’s Animal and Plant Health Inspection Service (USDA APHIS).

ISO 9001:2000 rating. The International Organization for Standardization (ISO, and yes, that’s the order in which they put their initials) is a nongovernmental organization that promotes quality and standardization in management as a tool for improving any entity that supplies a product or service. The ISO standard that can be applied to the production of pet food is called ISO 9001:2000. The process of readying a company to qualify for an ISO 9001:2000 rating is expensive, time-consuming, and perhaps only worth the effort to a fairly sizeable company.

Organic certification. In 2002, the United States Department of Agriculture (USDA) National Organic Program (NOP) created a seal (and accompanying rules to govern its use) that qualifying pet food makers could put on their products to indicate they were made with organic ingredients in a plant that passed a rigorous inspection by a organics program certifying agency. In 2004, the USDA attempted to disallow pet food makers to represent their products as being in certified compliance with USDA’s NOP standards, because pet foods were not regulated by the USDA in the first place. (The regulation of pet food production is conducted by states.) The USDA backed down in mid-2005, allowing pet food producers who met the requirements to continue carrying the organic seal, but appointed an ad hoc task force committee to develop organic labeling standards tailored for pet food.

We are hopeful that a strong federal organic program will be restored and strengthened to help consumers choose foods made in the cleanest, poison-free production facilities available.

Puppy, Adult, Active, Senior, Lite . . . Does It Make a Difference?

When a pet food maker offers 5 or 20 varieties of its dog food, how do you choose one for *your* dog? Does he *have* to eat a “senior” formula now that you have celebrated his seventh birthday? Must you buy “small bites” if your dog is tiny? Is feeding “lite” food better than feeding a smaller amount of regular food?

Sorry; there are no uniform answers to these questions. You must read the labels to determine how the products differ, and to guess whether the differences are significant enough to warrant buying something other than the regular “adult” variety.

Grab the adult variety and whichever other variety you are considering. First, compare the ingredients lists and the guaranteed analyses of the two products. You may be surprised to learn that frequently there is *no* difference some varieties, just the

marketing approaches. For example, Nutro Max Adult Dog Food is identical in ingredients and levels of protein, fat, moisture, and ash to Nutro Max Natural and Nutro Max Mini Chunk – although the kibble size of the latter *is* smaller.

Also, compare the amounts of fat and protein in different foods. The amount of fat in a “lite” food can vary between makers; the amount of protein in “senior” formulations can also differ markedly. Ask your vet to suggest target fat and protein levels for *your* dog, and look for a food that meets those targets, regardless of what type of dog for which it is ostensibly formulated.



WDJ'S 2006 TOP APPROVED DRY DOG FOODS

FOODS THAT ARE NEW TO THE LIST
APPEAR IN GREY BOXES

MAKER, CONTACT INFO	SAMPLE VARIETY, FIRST 6 INGREDIENTS, MIN % PROTEIN, FAT; MAX % FIBER, MOISTURE	MAKER, CONTACT INFO	SAMPLE VARIETY, FIRST 6 INGREDIENTS, MIN % PROTEIN, FAT; MAX % FIBER, MOISTURE
Artemis Artemis Pet Foods Canoga Park, CA (800) 282-5876 artemispetfood.com	Power Formula: Chicken meal, white rice, chicken fat, lamb meal, dried beet pulp, ground brown rice . . . 30% protein; 20% fat; 4% fiber; 10% moisture	Drs. Foster & Smith Drs. Foster & Smith Rhineland, WI (800) 826-7206 drsfostersmith.com	Lamb Formula: Lamb meal, lamb, brown rice, barley, rice, rice bran . . . 21% protein; 11% fat; 3.5% fiber; 10% moisture
Azmira Azmira Holistic Animal Care Tucson, AZ (800) 497-5665 azmira.com	Classic Formula: Beef meal, whole ground barley, oatmeal, whole ground grain sorghum, flax seed, canola oil . . . 22% protein; 8% fat; 4% fiber; 10% moisture	Eagle Pack Holistic Select Eagle Pet Products, Inc. Mishawaka, IN (800) 255-5959 eaglepack.com	Fish & Oatmeal Formula: Anchovy meal, sardine meal, salmon meal, oatmeal, ground brown rice, pearled barley . . . 22% protein; 12% fat; 3.9% fiber; 10% moisture
Back to Basics Beowulf Natural Foods Syracuse, NY (800) 219-2558 beowulfs.com	Chicken Formula: Chicken meal, ground corn, chicken fat, oatmeal, brown rice, dried tomato pomace . . . 23% protein; 19% fat; 4% fiber; 10% moisture	Evolve Triumph Pet Industries Inc. Warwick, NY (800) 331-5144 evolvepet.com	Maintenance Formula: Lamb, chicken meal, brown rice, ground white rice, chicken fat, rice bran . . . 25% protein; 15% fat; 5.5% fiber; 10% moisture
Bench & Field Holistic Natural Canine Bench & Field Pet Foods Mishawaka, IN (800) 525-4802 benchandfield.com	Chicken Formula: Chicken meal, ground brown rice, whole ground barley, fish meal, chicken, chicken fat . . . 24% protein; 15% fat; 4% fiber; 10% moisture	Firstmate Dog Food Taplow Feeds North Vancouver, BC (604) 985-3032 firstmate.com	Platinum Plus Formula: Chicken, chicken meal, whole ground brown rice, pearled barley, organic spelt, whole steamed potatoes . . . 25% protein; 15% fat; 4% fiber; 10% moisture
Blue Buffalo The Blue Buffalo Company Wilton, CT (800) 919-2833 bluebuff.com	Chicken Formula: Chicken, chicken meal, whole ground brown rice, whole ground barley, rye . . . 24% protein; 14% fat; 4% fiber; 10% moisture	Flint River Flint River Ranch Riverside, CA (909) 682-5048 (sold through independent reps)	Dry Water Formula: Chicken meal, whole wheat flour, chicken, ground rice, rice flour, ground whole wheat . . . 22% protein; 10% fat; 5% fiber; 10% moisture
Burns Burns Pet Nutrition Chesterston, IN (877) 983-9651 bpn4u.com	Brown Rice & Ocean Fish Formula: Brown rice, ocean fish meal, peas, oats, chicken fat, sunflower oil . . . 18.5% protein; 75% fat; 2.2% fiber; 9% moisture	Foundations Petcurean Pet Nutrition Abbotsford, BC (866) 864-6112 petcurean.com	Chicken & Vegetable Formula: Chicken meal, hullless barley, oatmeal, ground rice, chicken, chicken fat . . . 26% protein; 16% fat; 3% fiber; 10% moisture
by Nature BrightLife by Nature Pet & Animal Feeds Londonderry, NH (800) 367-2730 bynaturepetfoods.com	Chicken meal, lamb meal, whole ground barley, ground Rice, whole ground oats, chicken fat . . . 28% protein; 18% fat; 5% fiber; 11% moisture	Fromm Four Star Nutritionals Fromm Family Foods Mequon, WI (800) 325-6331 frommfamilyfoods.com	Performance Formula: Chicken, chicken meal, ground yellow corn, oat flour, wheat flour, chicken fat . . . 26% protein; 18% fat; 3.5% fiber; 10% moisture
California Natural Natura Pet Products Santa Clara, CA (800) 532-7261 naturapet.com	Chicken Formula: Chicken meal, ground brown rice, ground white rice, sunflower oil, natural flavors, taurine . . . 21% protein; 11% fat; 4% fiber; 10% moisture	Go! Natural Petcurean Pet Nutrition Abbotsford, BC (866) 864-6112 petcurean.com	Chicken, Fruit & Vegetable Formula: Chicken meal, chicken, whole brown rice, whole white rice, barley, sunflower oil . . . 24% protein; 14% fat; 3.5% fiber; 10% moisture
Canidae Canidae Corp. San Luis Obispo, CA (800) 398-1600 canidae.com	All Life Stages Formula: Chicken meal, turkey meal, brown rice, white rice, lamb meal, chicken fat . . . 24% protein; 14.5% fat; 4% fiber; 10% moisture	Hund-N-Flocken Solid Gold Health Products El Cajon, CA (800) 364-4863 solidgoldhealth.com	Lamb, lamb meal, millet, brown rice, cracked pearled barley, oatmeal . . . 22% protein; 10% fat; 4% fiber; 10% moisture
Canine Caviar Canine Caviar Pet Foods Anaheim, CA (800) 392-7898 caninecaviar.com	Lamb & Pearl Millet Formula: Lamb meal, grnd. pearl millet, whole ground brown rice, chicken fat, whitefish meal, whole ground flax seed . . . 21% protein; 12% fat; 3.3% fiber; 8% moisture	Innova Natura Pet Products Santa Clara, CA (800) 532-7261 naturapet.com	Turkey, chicken, chicken meal, ground barley, ground brown rice, potatoes . . . 24% protein; 14% fat; 3% fiber; 10% moisture
Chicken Soup for the Pet Lover's Soul Diamond Pet Products Meta, MO (800) 442-0402 chickensoupforthepetloverssoul.com	Chicken, turkey, chicken meal, turkey meal, whole grain brown rice, whole grain white rice . . . 24% protein; 14% fat; 3% fiber; 8% moisture	Innova Evo Natura Pet Products Santa Clara, CA (800) 532-7261 naturapet.com	Turkey, chicken, turkey meal, chicken meal, potatoes, herring meal . . . (NOTE: This is a grain-free food.) 42% protein; 22% fat; 2.5% fiber; 10% moisture
Cloud Star Kibble Cloud Star Corporation San Luis Obispo, CA (800) 361-9079 cloudstar.com	Chicken meal, ground barley, ground brown rice, de-boned chicken, ground oats, vegetable oil . . . 30% protein; 9% fat; 2% fiber; 10% moisture	Karma Organic Natura Pet Products Santa Clara, CA (800) 532-7261 karmaorganic.com	Organic free-range chicken, organic kamut, organic brown rice, organic oats, organic barley, organic rice protein . . . 20% protein; 12% fat; 3% fiber; 10% moisture

MAKER, CONTACT INFO	SAMPLE VARIETY, FIRST 6 INGREDIENTS, MIN % PROTEIN, FAT; MAX % FIBER, MOISTURE
Lick Your Chops Healthy Pet Foods, Inc. West Chester, PA (800) 821-4640 healthypetfoodsinc.com	Maintenance Formula: Chicken meal, brown rice, rice, barley, oats, chicken fat . . . 25% protein; 14% fat; 4.5% fiber; 10% moisture
Lifespan Petguard Green Cove Springs, FL (800) 877-petguard petguard.com	Chicken, chicken meal, grd whole brown rice, grd whole yellow corn, oatmeal, poultry fat . . . 24% protein; 15% fat; 4% fiber; 12% moisture
Limited Diets Royal Canin St. Charles, MO (800) 592-6687 royalcanin.us	At press time, no information was available concerning the new formulations of the Limited Diets line, which was recently purchased by Royal Canin
Merrick Pet Foods Merrick Pet Care Hereford, TX (800) 664-7387 merrickpetcare.com	Cowboy Cookout Formula: Beef, oatmeal, barley, beef meal, whole brown rice, canola oil . . . 22% protein; 14% fat; 3.5% fiber; 10% moisture
Mmillennia Solid Gold Health Products El Cajon, CA (800) 364-4863 solidgoldhealth.com	Beef, beef meal, cracked pearled barley, brown rice, millet, rice bran . . . 22% protein; 12% fat; 4% fiber; 10% moisture
Natural Balance Ultra Premium Dick Van Patten's Natural Balance Pacoima, CA (800) 829-4493 naturalbalanceinc.com	Chicken, brown rice, duck, lamb meal, oatmeal, pearled barley . . . 23% protein; 13% fat; 3% fiber; 10% moisture
Natural Choice Ultra Nutro Products, Inc. City of Industry, CA (800) 833-5330 nutroproducts.com	Adult Formula: Chicken meal, whole brown rice, ground rice, lamb meal, rice bran, sunflower oil . . . 26% protein; 12% fat; 4% fiber; 10% moisture
Newman's Own Organics Newman's Own Organics Aptos, CA (800) 865-2866 newmansownorganics.com	Adult Formula: Chicken, organic barley, organic rice, organic milo, organic oats, organic ground flax seed . . . 21% protein; 12% fat; 4.5% fiber; 10% moisture
NutriSource KLN Enterprises Perham, MN (800) 525-9155 nutrisourcedogfood.com	Adult Formula: Chicken, chicken meal, brown rice, barley, oatmeal, whole grain ground wheat . . . 26% protein; 16% fat; 3% fiber; 10% moisture
Organix Castor & Pollux Pet Works Clackamas, OR (800) 875-7518 castorpolluxpet.com	Ultramix Formula: Chicken, chicken meal, turkey meal, potatoes, barley, oat groats . . . 28% protein; 15% fat; 3% fiber; 10% moisture
Performatrin Ultra Peton Distributors Langhorne, PA (800) PET-VALU performatrinultra.com	Chicken Formula: Chicken, chicken meal, whole brown rice, whole barley, whole rice, oatmeal . . . 22% protein; 12% fat; 4% fiber; 10% moisture
PHD Viand Perfect Health Diet Products Elmsford, NY (800) 743-1502 phdproducts.com	Viand Formula: Lamb meal, chicken meal, brown rice, whole corn, Naturox® (antioxidant preservation system), barley . . . 26% protein; 16% fat; 3% fiber; 10% moisture

MAKER, CONTACT INFO	SAMPLE VARIETY, FIRST 6 INGREDIENTS, MIN % PROTEIN, FAT; MAX % FIBER, MOISTURE
Pinnacle Breeder's Choice Pet Foods Irwindale, CA (800) 255-4286 breeders-choice.com	Trout and Sweet Potato Formula: Trout, oatmeal, toasted oats, herring meal, oat flour, canola oil . . . 22% protein; 10% fat; 4% fiber; 10% moisture
Prairie Nature's Variety Lincoln, NE (888) 519-7387 naturesvariety.com	New Zealand Venison Formula: Venison meal, millet, pumpkin seed, canola oil, montmorillonite, natural flavoring . . . 26% protein; 16% fat; 8% fiber; 10% moisture
Premium Edge Premium Edge Pet Foods Meta, MO (800) 977-8797 premiumedgepetfood.com	Chicken Adult Formula: Chicken, chicken meal, whole grain brown rice, cracked pearled barley, white rice, turkey meal . . . 26% protein; 15% fat; 3% fiber; 10% moisture
Prime Life Owen & Mandeville Pet Products Oxford, CT (888) 881-7703 ompetproducts.com	Prime Life Plus Formula: Chicken meal, turkey meal, whole brown rice, ground white rice, whole oats, whole barley . . . 25% protein; 16% fat; 5% fiber; 10% moisture
Royal Canin Natural Blend Royal Canin USA, Inc. St. Peters, MO (800) 592-6687 (US) (800) 527-2673 (Can) royalcanin.us	Adult Formula: Chicken meal, brown rice, chicken, oatmeal, brewers rice, chicken fat . . . 26% protein; 15% fat; 3% fiber; 10% moisture
Timberwolf Organics Yukon Nutritional Co. Dundee, FL (863) 439-0049 timberwolforganics.com	Lamb, Barley, Apples Formula: Lamb, salmon meal, lamb meal, salmon, whole ground oats, whole ground barley . . . 28% protein; 18% fat; 3% fiber; 9% moisture
VeRUS VeRUS Pet Foods, Inc. Abingdon, MD (888) 828-3787 veruspetfoods.com	Menhaden Fish Meal & Potato Formula: Menhaden fish meal, potato, ground barley, ground oats, beet pulp, menhaden fish oil . . . 22% protein; 11% fat; 5% fiber; 10% moisture
Wellness Old Mother Hubbard Lowell, MA (800) 225-0904 oldmotherhubbard.com	Fish & Sweet Potato Formula: Whitefish, ground barley (dehulled), rye flour, Menhaden fish meal, ground pearled barley, sweet potatoes . . . 22% protein; 12% fat; 3% fiber; 11% moisture
Wellness Simple Food Solutions Old Mother Hubbard Lovell, MA (800) 225-0904 oldmotherhubbard.com	Venison Formula: Ground brown rice, venison, brown rice protein, flax seed, sunflower oil, natural venison flavor . . . 21% protein; 12% fat; 3% fiber; 11% moisture
Wenawe Della Natura Commodities Bayside, NY (866) 936-2393 wenawe.com.uy	Adult Formula: Organic Uruguayan beef, organic chicken, organic brown rice, organic canola seed, organic flax seed meal, organic sunflower seed . . . 20% protein; 12% fat; 5% fiber; 10.5% moisture
Wysong Wysong Corporation Midland, MI (800) 748-0188 wysong.net	Anergen Formula: Lamb, ground brown rice, ground oat groats, ground flax seeds, dried yeast, dl-methionine . . . 24% protein; 12% fat; 4.5% fiber; 12% moisture
Zinpro Lincoln Biotech East Bend, NC (800) 253-8128 lincolnbiotech.com	Skin & Coat Formula: Menhaden fish meal, brown rice, oatmeal, potato meal, ground barley, herring meal . . . 22% protein; 12% fat; 3% fiber; 10% moisture

Yes, Dog Food Can Kill

In October 2004, we published “When Foods Go Bad,” alerting dog owners that problems can arise in the manufacture of pet food that result in tainted product that can sicken or even kill dogs who eat enough of it. We highlighted three of the largest pet food disasters – two that killed dozens of dogs and another that caused serious vomiting in hundreds of animals.

When pet food is in production, every so often the manufacturer pulls finished samples off the line. These samples are labeled with the date and time and stored for at least the shelf life of the food. If the pet food company receives a report from an owner who is concerned about the appearance or odor of the food, or whose dog has had a bad reaction to the food, the first thing their consumer representatives do is to ask the owner for the date-code information. (This is one of the reasons we encourage people to store dry dog food in its original bag, even if they then put the bag in a container. This way, the owner is ensured of having the date-code available until the food is gone.)

With this information, the company can quickly look up the sample that correlates to the batch that the owner has. Then they can subject the sample to any needed tests or examinations to determine if the problem the owner has experienced could have originated in the product manufacture. Sometimes, the food is subject to conditions in shipping or storage that could have caused the problem (moisture, heat, or, especially, both), and this avenue will also be explored by the company.

Rarely, no obvious cause is found to explain the illness or death of the affected pets. Laboratory tests and investigations will be conducted by the pet food company, its “contract manufacturer” (if it does not manufacture its food at its own plant), state feed control officials. If the event was serious enough, even the Food and Drug Administration’s Center for Veterinary Medicine (FDA CVM) will send investigators to examine the plant and scrutinize its records and manufacturing practices. (This was the case in 2003, when some of Petcurean’s dog and cat foods, at the time made by Merrick Pet Foods, Inc., were linked to the death of at least 25 dogs; no cause was ever determined.)

Usually, however, a cause is found. The most common hazards that can make dogs ill are types of mycotoxins – toxic substances that are by-products of certain species of mold (fungi) that can infect grain crops, especially crops that were subject to moisture late in the growing season or storage. Mycotoxins are quite stable in heat, so they can’t be “cooked out” in pet food production. The two that most frequently affect dogs are:

■ **Vomitoxin** (deoxynivalenol or DON), which, as the name suggests, causes severe vomiting and can result in the dog’s death. Vomitoxin most commonly affects wheat and barley.

■ **Aflatoxin**, a toxin that is manufactured by one of several strains of *Aspergillus*. Corn is the most common host to the mold that makes aflatoxin. Liver damage and death can result when dogs eat food that is contaminated with aflatoxins; the more the dog ate, the worse his prognosis.

Usually, mycotoxins end up in the news only when a massive contamination has affected a huge amount of pet food or a

large number of pets. This occurred last December, when Diamond Pet Foods announced a recall of 19 of the pet foods manufactured at its Gaston, South Carolina, production plant after at least 23 dog deaths were traced to aflatoxin in its foods. (These included dog and cat foods sold under the Diamond, Country Value, and Professional brand names; for a list of the foods and lot numbers, see the Web site that Diamond set up, diamondpetrecall.com, or call the company at 866-214-6945.)

In our July 2000 issue, however, we published an article (“Hidden Killers in Dog Food”) about a dog who suffered bizarre symptoms from eating a food that was infected with aflatoxin. Tests revealed that the food contained 40 parts per billion aflatoxin – twice the amount allowed in dog food, but about half as much as the amount that can cause dog deaths. While never the subject of a recall, and apparently not affecting large numbers of dogs, the food contained enough aflatoxin to sicken at least one dog who was sensitive to the toxin. The German Shepherd suffered from lethargy, extreme sensitivity to light (enough to make him refuse to go outside during the daytime), heat intolerance (which continued for years after the episode), and other neurological disorders including trembling and an uncharacteristic anxiety.

Without large numbers of dead dogs and the resulting media coverage, most owners (and even many veterinarians) may never learn about the possibility that a mycotoxin can cause a dog’s liver failure or neurological problem. However, this should be considered any time a dog with those symptoms is fed dry food, especially foods that contain corn, wheat, or barley.

Pet food makers generally have a number of strategies in place to prevent mycotoxin contamination. This may start with ingredient purchasing contracts with reliable producers, but should also include inspection and testing of each load of raw ingredients *before* the delivery is accepted at the manufacturing plant. This can be quite challenging at the highest-volume production facilities, however. This is undoubtedly why, historically, the largest mycotoxin-poisoning events have involved companies that produce and sell massive amounts of pet food: Nature’s Recipe in 1995, Doane Pet Care in 1998, and Diamond in 2005.

WHAT YOU CAN DO TO PROTECT YOUR DOG

First, store your dog’s food in a cool, *dry* place; exposure to moisture and heat can promote the growth of any mold that is present in the food.

Next, if your dog’s food appears moldy or smells bad, *don’t feed it to your dog*. Contact the company, with the bag’s date-code in hand, and report the problem to them. Similarly, if your dog suddenly refuses to eat a food that he has previously enjoyed, don’t keep giving it to him. With their keen sense of smell, dogs are probably able to detect the mold that produces the toxin, and may be tipping you off to its presence.

Finally, if your dog develops any signs of a bad reaction to a food, especially vomiting, diarrhea, extreme lethargy, a yellowing of the skin or whites of the eyes (indicating liver damage), or any neurological symptoms, stop feeding the food to the dog, take him to a veterinarian as soon as possible, and contact the company with the food’s date-code in hand. 🐾

Right On Target

This seemingly frivolous behavior has numerous practical applications.

BY PAT MILLER

During the two-plus decades that I trained my dogs in old-fashioned obedience classes, I never learned the pervasively useful and versatile behavior of targeting. The closest I came was the narrow application to “go-outs” in advanced level competition classes – not really the same thing at all. Even today, despite its usefulness, targeting is not a widely known behavior outside positive professional training and competition circles. When I introduce the concept in my basic good manners classes I get a sea of blank stares in response, as if each human client is thinking, “Why on earth would I want to teach my dog to do *that*?”

Targeting means teaching your dog to touch a designated body part to a designated location. Nose targeting is most commonly taught, but it can also be trained with a front or hind paw, a hip or shoulder, even an ear

or tail! The designated target can also be anything imaginable, including the palm of your hand or your closed fist, a finger, target stick, spot on the wall or door, or just about any object you choose to ask your dog to target to.

The question is, why *would* you want to teach your dog to touch his nose (or other body part) to a designated spot on cue? The reasons are legion. For example:

- Targeting can be used to boost the confidence level of a timid dog.
- It can prompt a dog to offer a new behavior without a food lure.
- You can use it to keep a dog’s attention focused on you instead of on distractions.
- Your dog can turn appliances on and off, close doors, ring bells.
- Target as an “emergency recall” cue.
- Targeting is used to teach dogs to locate the contact zones in agility.
- Your dog can learn to play the piano!
- It’s useful for teaching lateral movement for Canine Freestyle (dancing with your dog) and APDT Rally.
- It’s easy to train, it’s just plain fun, and dogs love it!

Target practice

It’s ridiculously easy to teach. We start in our classes by having the dog target to his owner’s hand, since that doesn’t require yet another piece of equipment to juggle along with clicker, treats, and leash. Hold out your open hand at your dog’s nose level, palm facing him, fingers pointed toward the ground. When he sniffs or licks your hand, click! your clicker and give him a treat from your *other* hand. Make sure his nose actu-



One of the most valuable uses for target training is to teach your dog to ring a bell when she needs to go outside.

ally touches your skin – “close” only counts in horseshoes. Be sure to click! the *instant* his nose makes contact with your skin. If you consistently click! too soon, you might teach him to stop *before* he touches you. If you consistently click! too late, you’ll teach him that moving his nose *away* from you is the way to earn a reward.

When you’ve clicked and rewarded your dog’s first touch, remove your target hand, then offer it again, in the same position. When he sniffs, click! and treat. Do it again. And again. *Notice you have not used a verbal cue yet!*

Most dogs will do the initial sniff easily, due to a behavior phenomenon known as *novelty of stimulus*. “What’s this?!” your dog says, and sniffs to check it out. Be sure you’re ready to catch that first curious sniff with your click! and treat, and you’re well on your way.

If your dog doesn’t sniff your offered palm, rub some hot dog or other moist treat on your skin to make your hand more enticing. When he sniffs or licks, click! and treat.

The Whole Dog Journal™



WHAT YOU CAN DO . . .

- **Teach your dog to target as a way to help him focus his attention on you. This can be useful when trying to get him safely and calmly past something that scares or arouses his aggression.**
- **Start by teaching your dog to target to your hand; use a target stick (homemade or commercially made) later to extend the range of the target.**
- **Even old or nonambulatory dogs can be taught to target with their noses; use this sort of behavior to keep your dog engaged and his mind sharp.**

Your dog may sniff your newly offered hand a few times and then ignore it, looking directly at your treat hand. Novelty of stimulus has worn off, and he's going directly to the source of the treat. You can almost hear him say, "Why am I looking at *this* hand? The GOOD STUFF comes from over *there*!" When this happens, hide your treat hand behind your back, offer him the target hand, and wait. He should soon sniff the offered hand. If he doesn't, rub a treat on it and offer it again. If that doesn't do it for him, take a step or two backward and offer him the target as he moves toward you. When he touches, click! and treat.

Repeat this step over and over, until he deliberately bumps your hand with his nose. This is the heart-stopping "Aha!" moment that positive trainers love – when you can see that your dog *knows* that the way to make the click! happen is to touch your hand.

Some dogs "get it" very quickly. Louis, a Border Collie client of mine in Santa Cruz, California, got it in three repetitions. Others take longer for the light bulb to go on, depending on variables such as the owner's skill and timing, the dog's interest in the training game, the desirability of the treat reward, and the level of distractions in the surrounding environment.

You can enhance your dog's learning speed by working in a quiet location, using very delicious treats, and paying close attention to your click! timing.

Moving targets

As soon as your dog is deliberately and consistently bumping your hand with his nose you can add the verbal cue. Say "Touch!" *just before* his nose touches your skin. Click! and reward. Gradually offer the verbal cue earlier and earlier, until he associates the verbal cue with the targeting behavior, and is responding to the cue.

Now you can raise the bar. So far, your dog understands that he's supposed to touch his nose to your hand when he's sitting in front of you and the target is presented to him at nose level. It's time to change the criteria.

Now you want him to touch the target *wherever* it is, even if it's moving. Back away from him, offer the target and say "Touch." As he gets up to follow you, keep moving slowly backward. When he catches up to you and touches the moving target, click! and treat. Move your hand off to one side and ask him to touch it. Click! and treat. Move it to the other side. Move it lower, toward the floor. Move it higher, so he has

to jump up to touch it. Put it above a chair seat, so he has to place his front feet on the chair to reach up and touch it.

When he's *really* confident about touching the target, put the behavior on a schedule of "random reinforcement" – ask him to touch two times before you click! and treat. Then three times. Then once. Then once. Then four times. Then two times. Vary the number of times you ask him to touch before he gets clicked; don't always make it harder and harder, or he may get frustrated and give up.

New targets

Now you can teach him to touch other targets. A target stick can be a small branch off a tree, a dowel from the hardware store, a pencil or Tinker toy (for small dogs), or an "official" target stick purchased from a pet supply source. If your target is homemade, put an eraser topper on one end to designate the actual target. You will accept touches *near* the topper at first, but you'll ultimately shape the touches to the actual target by clicking only those touches that get closer and closer to the topper.

Hold your target stick perpendicular to the ground with the target end near your dog's nose. Some dogs will sniff the end of the target stick the first time you offer it. Click! and treat. Others may need a bit of hotdog rubbed on the topper to motivate them to touch this new object. Still others may be afraid of the stick. If your dog is afraid, hold the stick so most of it is hidden under your arm with only an inch of the tip protruding from your hand.

When your dog will touch the tip, extend the stick a little at a time, until he's touching it at full-length. "A little at a time"



To get your dog started, rub something delicious on your hand and click! and reward him for a sniff or a lick.

varies from one dog to the next. Some dogs will accept a six-inch increase, others will tolerate only half-inch increments. Start small to avoid frightening your dog, and work up to larger increases if he seems to be tolerating them well. As soon as he's readily touching the tip of the stick start using the verbal "Touch" cue.

When he's proficient at touching the target stick, use it to extend your reach. With three feet of arm length and three feet of target stick you can get him to touch things a full six feet away from you. Place the tip of the target stick against a door, wall, or other object to teach him to touch other things, including people. This is a useful tool for encouraging a timid dog to be brave. When he's very confident about touching his target stick you can place the target closer and closer to a scary object; your dog will become braver about approaching the scary object because of his very positive association with targeting.

You can also teach your dog to touch things by holding the target object in your hand. Hold a bell tied to a string in the palm of your hand and say "Touch!" He tries to touch your hand, but the bell is in the way so he touches it instead. Perfect! Click! and treat. Repeat several times, then add the word "bell" to your verbal cue. Say "Bell, touch!" He'll respond to the familiar "Touch!" part of the cue. Click! and reward. When he's associated the word "bell" with touching that particular object, you can drop the "touch" part of the cue. Gradually pay out string so the bell hangs below your hand.

Using just the "Bell!" cue, do several repetitions of click! and treat at each new length of string, until the bell is hanging full length below your hand.



Some dogs would rather touch a target with their paws. Be careful not to reward them for a rough raking motion!

You may need to shape for touches that are strong enough to actually make the bell ring. If he touches it too softly, start shaping by clicking only the harder touches, until he is consistently bumping the ball hard enough to make it ring.

Now his “Bell” behavior can alert you to whatever you desire. Many people hang the bell on a door and teach the dog to ring the bell when he has to go out.

New body parts

Front paws are the second most frequently used body part for targeting. If your dog is “naturally pawsy” you can capture the behavior with a click! and treat when he’s pawing at something – something it’s *okay* for him to paw at. Or elicit the behavior by punching holes in the top of a baby food jar and putting something scrumptiously delicious inside. When he paws to get at it, click! and treat. Repeat this until you can predict the paw behavior, then add the cue. Be sure to use a *different* cue. If you want “Touch” to mean “touch with your nose,” then you might use “Foot” to mean “touch with a paw.

If your dog won’t paw at a desirable object, use a treat lure over his head to get him to lift a paw off the ground slightly. Move the treat slightly to the right (his left) to put him a bit off balance and get him to lift his right front paw. Click! and treat. Repeat until he’s offering to lift his paw, then hold that baby jar or other target object

where his foot will touch it as he lowers it. Then add the cue.

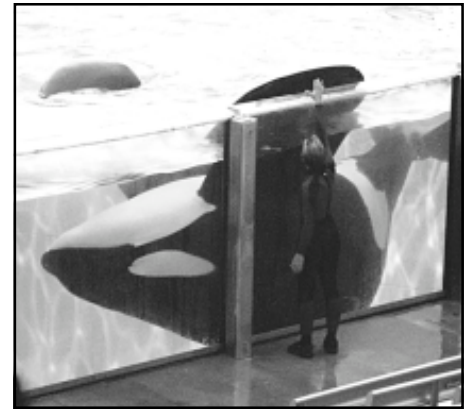
When he’ll touch the jar on cue, you can use your “Foot” cue to teach him to touch different objects. This behavior is often used as a signal in scent work, so the dog can tell his person that he’s found the designated scent, object, person, or animal.

Dogs naturally use front paws and noses to do things, so it’s easy to teach them to use those body parts to target. Other body parts – hind paws, hips, shoulder, ears, tend to just go along for the ride. It can be more of a challenge to teach the dogs to be aware of these parts, and to use them deliberately.

A hip touch can be useful for getting lateral movements often utilized in Canine Freestyle and for the side-step in APDT Rally obedience. Desensitize your dog to a hip target such as a Ping Pong paddle by touching him on his hips and hindquarters with the object until he doesn’t react. If he’s quite worried about it, feed treats as you touch him until he’s no longer worried.

Now put the target aside, and just work on getting a side-step by holding a treat in front of your dog’s nose as you stand by his right side. Move the treat slowly in an arc toward his left hip. As he steps to follow the treat, his right hip will move toward you. Click! and treat. Repeat until he does this easily, then practice on the other side as well so his left hip moves toward you.

Build up to several steps on each side,



This killer whale has been trained to target with her nose, tail, or a flipper. This helps the trainer position the whale for new behaviors, or for an examination.

and then you’re ready to pick up your target again. Hold your target next to your dog’s hip and use a treat to get him to side-step. When his hip bumps the target, click! and treat. Gradually increase distance until he will move his hip six inches to the target. Be sure to click! and treat each time.

When he’s doing this easily, add your verbal cue. Remember to use a new cue for the new body part – you might select “Bump” as your Hip Touch cue. Gradually fade the use of your treat lure following your “Bump” cue, until he will touch his hip to the target on cue without the lure.

Endless applications

Need more ideas? You can utilize the nose-touch behavior to move your dog into heel position and keep him there by using your hand as a target next to your leg, or a target stick, for a small dog. You can teach him to close cupboard doors by having him target to a spot on the door. (Nose-touch is a better choice than a paw for this, unless you want him to scratch at doors!) You can teach him to turn lights on and off by pushing up on a stick attached to a light switch or by touching a “Touch Lamp” with his nose or paw. He can do object discrimination by learning to identify and use nose or paw to touch various objects (or people) by name. A hind foot touch can be useful for “stacking” a dog in the confirmation ring.

As you can see, the opportunities for application of the touch behavior are virtually endless – limited only by your creativity. 🐾

Pat Miller, CPDT, is WDJ’s Training Editor. Miller lives in Hagerstown, Maryland, site of her Peaceable Paws training center. For book purchasing or contact information, see “Resources,” page 24.

More Fun With Targeting

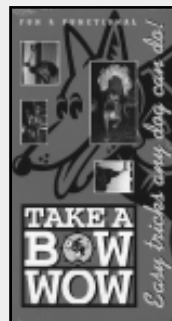
The following are indispensable resources for anyone interested in target training; all are available from DogWise (800-776-2665 or dogwise.com).

Right On Target! A Collection of Fun Behaviors to Teach Using Targeting by Mandy Book and Cheryl S. Smith; Dogwise Publications, 2006. 170 pages, \$20

I had the pleasure of reviewing this book, due to be released this month, in advance of its actual publication, and all I can say is that it is a targeting-lover’s dream. Veteran clicker trainers Book and Smith joined forces to present dozens of ideas for training and applying targeting behaviors. Step-by-step instructions and troubleshooting sections will put you and your dog on the right track for targeting success.

Take A Bow, Wow! and *Bow Wow Take 2* (videos) by Virginia Broitman (*Take a Bow, Wow!* is co-produced by Sherri Lippman); self-published, 1996 and 1997 respectively, \$25 each

The *Bow-Wow* videos are old friends, and have lost none of their value in the almost 10 years since their production. Fun and funny, with clear explanations and demonstrations of teaching behavior using the clicker and, in many cases, targeting. These are a great resource if you’re one of those folks who learns better by seeing than reading. Both are just over a half-hour long.



What Are the Alternatives?

Nonconventional cancer treatments appeal to many dog owners.

BY CJ PUOTINEN

The high-tech world of modern medicine has so many weapons that its “war on cancer” arsenal promises something for everyone. But all along, there have been patients, physicians, veterinarians, and animal caregivers who refuse chemotherapy, radiation treatments, surgery, prescription drugs, and other oncology protocols.

What do they use instead? Everything from an improved diet to homeopathy, medicinal herbs, vitamins, nutritional supplements, and energy therapies. The aim of all of these treatments, which are used singly or in combination, is to engage the healing properties of Mother Nature while avoiding debilitating side effects.

Rather than describe every alternative cancer treatment – an impossible task that would fill a book – we’ll describe several frequently used alternative therapies. These protocols tend to be simple and affordable, especially compared with conventional medical therapies. In some cases, they completely cured a dog’s cancer. In others, they significantly improved the patient’s quality of life, resulting in companionship and an active lifestyle for months or years beyond the original prognosis. Unfortunately, there

are no guarantees, for no treatment *always* cures cancer or extends the patients’ life. Sometimes, nothing works.

If you decide to use one or more of these protocols, please do so with the help of a knowledgeable holistic veterinarian – or a sympathetic conventional vet – who can monitor your dog’s condition, document his or her progress, and provide support throughout the dog’s treatment.

This can be especially important when the patient goes through rapid detoxification or a so-called “healing crisis” – where the dog gets dramatically worse before getting better – something any natural therapy might trigger. “Information, encouragement, and assistance from someone who understands what’s going on can be a blessing, especially if the symptoms are unexpected or dramatic,” says trainer Nancy Strouss, of Nyack, New York, who has lost six Golden Retrievers and one black Lab to cancer.

For information on product sources, dosages, and specific recommendations, see the Resources box on page 15.

Nutrition

Diet is so important in the treatment of cancer that all holistic veterinarians encourage their clients to improve the quality of their dogs’ food. Organizations like the Weston A. Price Foundation and your local farmer’s market or co-op can help you locate organic, pasture-fed ingredients, including raw or cultured dairy products.

Unlike products from factory farms, the meat and milk of pasture-fed animals contain conjugated linoleic acid, or CLA, which inhibits the development of tumors. Upgrading to pasture-fed ingredients can actually help your dog fight cancer.

As mentioned in “Don’t Despair, Just Care” (January 2006), carbohydrates feed cancer cells, while fats do not. This may explain why some dogs with cancer have responded well to a diet recommended for human patients by the late Johanna Budwig,



WHAT YOU CAN DO . . .

- **Find a really good veterinarian NOW – before your dog is ill – and develop a good working relationship with her. If your dog is diagnosed with cancer, you will need her support and willingness to try alternative therapies.**
- **Look for alternatives that work well for your dog’s specific cancer.**
- **Choose a therapy that will be comfortable – and possible – for you and your dog.**

PhD. A German pharmacologist, chemist, and physicist, Dr. Budwig is best known for her research on fats and oils and for her use of flaxseed oil and sulphur-rich quark cheese (a cultured dairy product similar to cottage cheese) to treat cancer. She advocated the use of nutrition, sunlight (a natural source of vitamin D), and stress management as a stand-alone alternative cancer treatment.

Five years ago, Misty, a German Shepherd Dog belonging to Craig Stauffer in Sunnyvale, California, developed mammary cancer. Following the biopsy of two tumors, Misty was given six months to live. “The recommended treatment was the removal of all mammary tissue followed by chemotherapy,” says Stauffer.

Instead, Stauffer researched alternatives and learned of Dr. Budwig’s treatment. He began supplementing Misty’s dog food with flax seed oil, cottage cheese, ground flax seed, garlic, and broccoli. Misty’s cancer disappeared, and she enjoyed an active, ath-

JACK: A COMPLEMENTARY MEDICAL CANCER CASE HISTORY

In July 2005, Jack, a five-year-old Siberian Husky owned by Beth Wappler of Mesa, Arizona, was diagnosed with anal gland adenocarcinoma. He underwent surgery immediately, and was given a prognosis of six to nine months to live.

On the advice of a holistic vet, Wappler started Jack on artemisinin (an alternative anticancer drug) and some dietary supplements. Seven months later, he appears to be cancer-free. His thrilled owner says Jack is as energetic as a two-year-old dog.



letic lifestyle with no recurrence of the disease. “We lost her in May 2005 to old age,” Stauffer reports, “shortly before her 14th birthday.”

Because flax seed oil is highly perishable and quickly goes rancid at room temperature, this ingredient requires constant refrigeration. Coconut researcher Bruce Fife, ND (see “Crazy About Coconut Oil,” October 2005), suggests replacing the flax seed oil in this protocol with coconut oil. “Coconut oil is far more stable than flax seed oil,” he explains, “and it has significant anti-tumor properties.”

Carbohydrates feed cancer cells, so feed canine cancer patients a grain-free, low-carb or no-carb diet. (See “Feed the Dog, Starve the Cancer,” November 2003.)

Antioxidant supplements

Antioxidants are naturally occurring substances that protect cells from damage caused by oxygen molecules known as free radicals, which are believed to encourage the development of tumors. Antioxidants include beta-carotene (found in carrots, cantaloupe, and other orange-colored foods), vitamin E (found in nuts, wheat germ, and some vegetables), vitamin A (found in liver, egg yolks, and cod liver oil), vitamin C (found in citrus fruit, hot peppers, and leafy vegetables), and the mineral selenium (found in grains).

Human clinical trials suggest that synthetic vitamin E may contribute to, rather than prevent, certain illnesses, something that advocates of whole-food nutrition have long maintained.

Some herbs and nutritional supplements used in the treatment of cancer are (or are claimed to be) powerful antioxidants. Antioxidant supplements may be helpful in combination with most natural cancer treatments, but they can interfere with others. Be sure to study a protocol carefully before adding antioxidants, and for best results use food-source rather than synthetic products.

Other supplements

Melatonin, a hormone produced in the brain’s pineal gland in response to darkness, helps us sleep and has potent antioxidant properties. It is a popular treatment for canine thunder phobia and separation anxiety, and because it has been shown to help humans recover from breast and prostate cancer, it’s being given to some dogs with these conditions.

Several years ago, shark cartilage seemed to be the most promising alterna-

tive treatment for cancer, but uneven results, quality problems, insufficient research, and concern about the ecological effects of shark hunting reduced its popularity. Bovine cartilage shares similar properties, and some holistic veterinarians prescribe cartilage supplements for cancer.

When New Jersey resident Gayle Roberson’s 11-year-old Toy Poodle developed an almost non-stop gagging cough and a heart murmur, an X-ray revealed a major mass in his chest. None of the medications his veterinarian prescribed produced results, so Roberson experimented with bovine cartilage. “By the end of the first bottle, he was coughing less,” she says. “After the second, he was so much better that I had his chest X-rayed again. The mass had almost completely disappeared and his heart murmur was downgraded from a 5 to a 1. This was sensational, and he lived to be 17!”

Beta glucan (more correctly called Beta-1,3/1,6-Glucan) is a simple sugar derived from the cell wall of *Saccharomyces cerevisiae*, common baker’s yeast. Researchers have been testing its immune-boosting properties since the 1940s.

Ted Keller, a registered pharmacist in Colorado, says he has seen dramatic results with beta glucan in human and animal cancer patients. “The best example I can give is a dog diagnosed with T-cell lymphoma and given six months to live. Thanks to beta glucan, the dog was still alive two years later, to the amazement of her veterinarians. . . . The earlier the diagnosis, the better the beta glucan works. For melanoma, beta glucan works wonders as long as it hasn’t metastasized to the brain.”

Herbal treatments

Search online for herbal cancer treatments and you’ll find thousands. A few are backed by serious research, some are hyped by multilevel-marketing companies, most are described with exaggerated claims, many have been used for centuries in traditional medicine, and some have saved dogs’ lives. Distinguishing one from the other requires careful study or the help of an herbalist.

Several reputable companies make herbal tonics, teas, extracts, and other products that help dogs fight cancer. Some contain medicinal mushrooms (such as maitake or reishi), aloe vera, cat’s claw, or Chinese herbs, all of which are highly regarded as natural cancer treatments. *All You Ever Wanted to Know about Herbs for Pets*, a terrific book by Mary Wulff-Tilford and Gregory Tilford, is helpful for anyone in-

terested in treating pets botanically.

The Tilfords’ favorite anticancer herb is red clover, which, they say, inhibits the activities of carcinogenic compounds, helps improve blood structure, and strengthens lymphatic functions that are crucial in cleansing cell tissues throughout the body.

Red clover also contains plant sterol constituents that may inhibit the production of blood vessels that feed newly formed tumors. *Herbs for Pets* includes instructions for making a tonic/support formula for cancer patients by combining red clover, the Chinese immune-boosting herb astragalus, dandelion root (which gently stimulates the liver, improves digestion, and assists with the removal of waste), and garlic (which has its own anticancer, antitumor properties).

The herbal formula Essiac (described in “Don’t Despair, Just Care,” January 2006), is another tonic tea that enhances immune function and helps the body heal itself.

The yellow spice turmeric is becoming known as a cancer fighter, even by conventional medical practitioners. Turmeric’s key ingredient is curcumin, a phytopolyphenol pigment with anti-inflammatory, antioxidant properties. Curcumin helps starve tumors by disrupting their blood supply, and it stimulates the immune system, enhances cardiovascular function, and improves digestion. Some cases have been reported in which turmeric or curcumin caused tumors on a dog’s head or body to turn black and disappear.

We introduced WDJ readers to Australian herbalist Robert McDowell in “Buying Time to Spend Together” (October 1998), which described how McDowell helped Jet, a 10-year-old Belgian Shepherd, recover from bone cancer. The herbalist continues to work with canine cancer patients around the world. His standard approach to all cancers involves maritime pine bark extract, an immune system tonic, in combination with a specific support formula directed at the patient’s particular cancer. “Maritime pine is a special antioxidant nearly 25 times more powerful than vitamin C,” says McDowell.

Chinese herbs

Chinese herbal medicine is a primary component of Traditional Chinese Medicine (TCM). In conventional Western medicine, drugs are chosen for their ability to exert specific physiological actions; in TCM, the practitioner chooses treatments, including herbs, based on the manifestations of disease and energetic imbalances he detects in each individual’s body. In other words, a

TCM practitioner may prescribe different herbs (and other treatments, including acupuncture) to different individuals with the same disease. Most of the herbs (and mineral or animal-based ingredients of predominantly herbal medicines) used by TCM practitioners have been used to treat people for thousands of years.

When Audrey Blake's nine-year-old Golden Retriever, Dylan, was diagnosed with hemangiosarcoma in November 2002, Blake knew she didn't want Dylan to undergo conventional therapy.

"Surgery wasn't an option because his liver was involved, and I didn't want to put him through chemotherapy," says the Riverhead, New York resident. "Another factor was that two of my friends had just lost their Golden Retrievers to hemangiosarcoma. Both dogs died a few weeks after surgery. The odds weren't good, so I decided that even if all we had was three months together, I wanted those months to be as comfortable as possible for him."

Fortunately for Dylan, his veterinarian was Dr. Jiu Jia Wen, who majored in acupuncture and traditional Chinese herbal medicine at Beijing Agricultural University in China. Dr. Wen prepared a blend of 20 Chinese herbs that Blake added to Dylan's food. The herbs were easy to administer and affordable, she says. By their next checkup, the tumor had stopped growing, and by the following month, it was shrinking.

"I was ecstatic," says Blake. "Dylan was active, playful, and happy." After about a year, the tumor began to grow again and a second herbal blend was added to his food. Eventually, the cancer won out, and Dylan died shortly before his 12th birthday.

"I still miss him," says Blake, "but I have no regrets. I would use this same protocol again, and I recommend it to others. Older dogs and hemangiosarcoma are never a good combination, but the Chinese herbs worked incredibly well."

Artemisinin

Three years ago, WDJ introduced readers to artemisinin, an extract derived from the Chinese herb *Artemisia annua*, also known as sweet Annie or annual wormwood (see "New Hope for Treating Cancer," May 2003). A traditional cure for malaria, the plant is now a treatment for



Dylan lived comfortably with cancer for three years.

cancer. Like the para-site that causes malaria, cancer cells hoard iron in order to replicate their DNA. When artemisinin comes in contact with iron, it becomes a toxic chemical, releasing free radicals that destroy affected parasites or cancer cells.

For a while, it seemed artemisinin might be the magic bullet that would quickly cure cancer in humans and pets. In 2003, a research study was under way at the Washington Cancer Institute Department of Orthopedic Oncology at Georgetown University Medical Center, vets who used the herb were reporting promising results, and an "artemisinin and cancer" online forum attracted hundreds of members.

Now the dust is settling. The research study was cancelled for lack of funding, and not every dog who took artemisinin improved. In addition, some veterinarians worried about adverse side effects.

Despite these disappointments and concerns, artemisinin remains a popular alternative. Henry Lai, PhD, Narendra P. Singh, MD, and other researchers at the University of Washington, Seattle, have published artemisinin studies in peer-reviewed medical journals. Because of their solid theoretical and experimental results, even conventionally trained veterinarians take artemisinin seriously.

"I can think of at least three reasons why some dogs have not been completely cured of cancer by artemisinin," Dr. Lai told us. "First, artemisinin treatment is usually started too late, when dogs are at an advanced stage of cancer. Second, I don't think artemisinin is completely effective unless we can prolong its half-life of action and increase its selectivity. We are working on solutions for that problem, but they will be expensive. The third reason is that a lot of owners feed high doses of antioxidants such as vitamins C and E to their dogs, and antioxidants counteract the action of artemisinin."

Artemisinin works as an oxidant, explains Dr. Lai; therefore its action is opposite that of antioxidants. "It is known that antioxidants decrease the effect of artemisinin on malarial parasites, and we have experimental data showing that this is also true for cancer cells. It seems that people in developing countries respond better to artemisinin than people in the U.S., possibly because they don't take a lot of antioxidant supplements."

Giving antioxidants to dogs several hours after artemisinin is one possible solution. "But some antioxidants, such as vitamin E, stay in the body for a long time," says Dr. Lai, "so they would continue to counteract artemisinin. Stopping antioxidants during the initial phase of artemisinin treatment might produce better results."

Even if cancer returns and causes the patient's death, dogs on artemisinin often outlive their original prognosis. Kathy Rowley's Greyhound, Tera, was diagnosed with a bone tumor in her lower left hind leg. "That was on a Tuesday," Rowley recalls. "The following Saturday we started her on artemisinin. The next day she seemed to feel better, and on Monday she was bouncing off the wall and acting totally normal. We couldn't believe it."

"Two weeks later our vet examined her leg and was shocked that she had no pain. He suggested we do X-rays in three months, even though we knew the odds of her still being alive in three months were slim. But she kept getting better, and after three



Tera's bone cancer was held at bay for 14 months.

months, the tumor had shrunk dramatically. The vet said he would not have believed it if he hadn't seen it with his own eyes."

Tera's tumor didn't disappear but it didn't begin to grow again until the following spring. "We increased

her dose of artemisinin," says Rowley, "but for some reason it just stopped working. When pain began to incapacitate her, we knew it was time. Tera died in July 2004, shortly before her 10th birthday. The artemisinin might not have cured her, but the extra 14 months that we shared with our lively, happy dog were nothing short of a miracle."

Cancer salves

Escharotic salves, often called black salves, were so popular in the early 20th century that entire hospitals were devoted to their use. The name comes from the eschar (thick dried scab) that develops after the salve destroys tissue to which it is applied. Most such salves contain bloodroot (*Sanguinaria canadensis*) and zinc chloride, a preservative said to enhance the effectiveness of the salve.

Holistic health guru Andrew Weil, MD, revived interest in cancer salves when he wrote about using one on his six-year-old

Alternative Cancer Treatment Resources

GENERAL INFORMATION

Ralph Moss, Ph.D., cancerdecisions.com

American Holistic Veterinary Medical Association, ahvma.org

Shirley's Wellness Cafe, shirleys-wellness-cafe.com

DR BUDWIG'S PROTOCOL

healingcancernaturally.com/budwig_protocol.html

healingcancernaturally.com/pet-cancer-cure-testimonials.com

PASTURE-FED ORGANIC INGREDIENTS

The Weston A. Price Foundation, westonaprice.org

Eat Wild, eatwild.com

Campaign for Real Milk, realmilk.com

HERBAL MEDICINE

All You Ever Wanted to Know About Herbs for Pets,

by Mary Wulff-Tilford and Gregory Tilford. Bow-Tie Press, 1999

Robert McDowell, cancer-herbal-treatment.com

Veterinary Botanical Medical Association, vbma.org

CHINESE HERBS, TRADITIONAL CHINESE MEDICINE (TCM)

Dr. Jiu Jia Wen, naturalsolutionsvet.com

Chi Institute of Traditional Chinese Veterinary Medicine, tcvm.com, (800) 891-1986

ARTEMISININ

Henry Lai, Ph.D., University of Washington, Seattle
hlai@u.washington.edu. Technical information only

http://groups.yahoo.com/group/artemisinin_and_cancer/

<http://groups.yahoo.com/group/bonecancerdogs/>

Holley Pharmaceuticals, (866) 846-5539, holleypharma.com

CANCER SALVES

Spontaneous Healing, by Andrew Weil, MD. Fawcett Columbine, 1999

Cancer Salves: A Botanical Approach to Treatment, by Ingrid Naiman
Seventh Ray Press, 1999

Patricia Weissleader, <http://health.groups.yahoo.com/group/blacksalveandpetswithcancer/>

cancersalves.com

HOMEOPATHY

Academy of Veterinary Homeopathy, theavh.org, (866) 652-1590

Stacey Hershman, DVM, naturalvetforpets.com

CRYOSURGERY

Martin Goldstein, DVM, (914) 533-6066, smithridge.com

ENZYME THERAPY

Prozyme, prozymbeproducts.com

Wobenzym, naturallyvitamins.com, buywobenzym.com

PROTOCOL

Daniel King, DVM, (217) 485-7387

Outsmart Your Cancer: Alternative, Non-toxic Treatments That Work,
by Tanya Harter Pierce. Thoughtworks Publishing, 2004

WebND.com

alternativecancer.us/protocol.htm

BIORESONANCE THERAPY

Gigi Gaulin, DVM, thenaturalanimal.com

bicomresonance.com

Rhodesian Ridgeback, Coca, who developed a growth on her right side near the shoulder. Dr. Weil describes the experience in his book, *Spontaneous Healing*, concluding, "The end result was a perfectly circular, slightly depressed area of skin, with no trace of tumor. The bloodroot had removed it more neatly than one could have done with a scalpel. Later, hair grew over the spot, concealing it completely. I could not have asked for a better outcome, especially as the dog had shown no signs of discomfort."

In humans, treatment with escharotics can be painful and scarring. While dogs tend to have higher pain thresholds than humans, this is still not a treatment to approach casually. Keeping the affected area bandaged and attending to its healing can be a challenge.

In 1998, Gail Tenney of Mahwah, New Jersey, learned that Jo, her 11-year-old

mixed-breed dog, had mesenchymal neoplasm, a non-specific slow-growing cancer of the soft tissue. Jo had two tumors, one on a toe on her front foot, the other on a back leg.

"The oncologist I consulted said he would remove Jo's leg and toe," recalls Tenney. "I rejected that idea right away. Even surgery to remove the tumors without amputation could be dangerous because of her advancing heart disease and elevated liver enzymes. I had already used a black salve to remove a wart from the top of her head, so in March of 1999, I decided to try this method."

The tumor on Jo's foot, now the size of a walnut, responded just like Coca's skin growth. The second, near her tail, was larger than a baseball. Following the advice of the salve's distributor, Tenney asked Jo's veterinarian to inject the tumor with salve

diluted in saline solution.

"Exactly like the first tumor," she recalls, "on the third day it started to turn hard and black, then began to peel away from her body. It bled all over her bed, and she really hurt. Even on pain pills, she whimpered. On the fifth day, the tumor fell off. What a mess! There was a huge opening on her leg with all kinds of green-yellow pus oozing from it. The open wound was the size of my fist.

"For two weeks I did nothing but clean up blood and attend to Jo 24 hours a day. Another vet I consulted told me to wash the wound twice a day and apply betadine. I used a garden hose to really clean the sore, but it still oozed fluid. What was interesting is that as soon as the tumor fell off, Jo seemed really happy with no discomfort at all, even when I touched the wound. Like the wound on her foot, it gradually healed."



Jo died at age 13, of a heart condition not related to her cancer.

Jo died in January 2000, of congestive heart failure. "If I had it to do over," says Tenney, "I would have used the salve right away, when the tumors were tiny. In general, I would say this is not a treatment for the faint-hearted, and the best way to do it is with the support of a sympathetic veterinarian."

Patricia Weissleader, who lives near Palm Springs, California, has treated several of her rescued dogs with black salve. "In every case," she says, "the salve removed the tumors and the dogs were healthy."

Weissleader now runs an online group devoted to black salves. "The salve will always remove visible tumors," she says, "and we're always learning about ways to speed the healing of the area after that."

Homeopathy

Few approaches to healing are as controversial as homeopathy, in which extremely dilute substances are matched with symptoms on an individual basis and given, usually one at a time and often only once, to stimulate a healing response. Because it is so different from what they are used to, most mainstream physicians, veterinarians, and researchers consider homeopathy irrational, ineffective, or dangerous.

As cancer researcher Ralph Moss, PhD, says, "The argument that any positive results reported for homeopathy have to be due to the placebo effect seems arrogant. Homeopathy is no weirder than the basic postulates of quantum mechanics, which were vehemently resisted by the older generation of scientists, only to become the foundation of today's particle physics." He notes that 3,000 peer-reviewed articles deal with homeopathy, including 140 clinical trials and 100 articles on randomized controlled trials.

New York veterinarian Stacey Hershman, DVM, a classically trained ho-

meopath, uses homeopathy as a support therapy rather than a stand-alone cancer treatment. "I just haven't seen spectacular results, especially in advanced or complicated cases," she says. "I love homeopathy and I use it every day, but for cancer patients I use it in combination with other holistic treatments, addressing symptoms as they develop. I think it's excellent for that."

While there are many home-study guides for treating animals with homeopathy, cancer is a complicated subject. For best results, consult an experienced veterinary homeopath.

Cryosurgery

When surgery is the best option, an alternative procedure called cryosurgery can sometimes be used to destroy cancer tissue by freezing.

In October 2004, Labrador Retriever breeder Ed Katz of Elka Park, New York, discovered that his three-month-old puppy, Doc, had an aggressive mast cell tumor on his paw pad. The cancer had already spread to his lymph nodes and his spleen was enlarged. Doc's veterinary oncologists recommended amputation, 25 radiation treatments, and intensive chemotherapy.

Instead, Katz took Doc to Marty Goldstein, DVM, in South Salem, New York, who performed a 23-minute



Top: Doc and his mast cell tumor. Right: The same paw eight days after cryotherapy.

Photos courtesy of Dr. Martin Goldstein.

cryosurgery procedure and sent the puppy home with artemisinin and nutritional supplements. Doc healed quickly and today, says Dr. Goldstein, you can't tell which paw was affected.

According to Katz, Doc is

the most athletic, happy, intelligent, bouncy, resilient Lab imaginable. He celebrated his first birthday last summer, continues to take his artemisinin and supplements, and has been cancer-free, with "perfect" blood tests, for more than a year.

Cryosurgery is not always successful, warns trainer Nancy Strouss, whose nine-year-old Golden Retriever, Valley, underwent the procedure to treat a mast cell tumor on her toe. "The cryosurgery was painful," says Strouss, "and the cancer came right back. When her toe was amputated, it came back again, and soon it metastasized through her body."

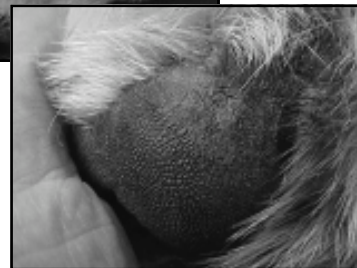
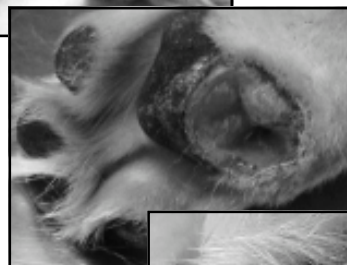
Enzyme therapy

No discussion of holistic cancer treatments would be complete without mentioning enzyme therapy. Enzymes are most familiar as digestive aids that break down fats, proteins, and other foods, but they are taken *between* meals on an *empty* stomach when they are used to treat cancer.

Bromelain, a protein-digesting enzyme found in pineapple, has cancer-fighting as well as anti-inflammatory properties. Familiar enzyme products for dogs include Prozyme, a plant-based powder that is sprinkled on food to improve digestion, and Wobenzym, described here in January 2001 ("Banking on Enzymes") and October 2005 ("Digest These Benefits"). Both products contain bromelain; Wobenzym contains pancreatic enzymes as well.

In our 2001 article on systemic oral enzyme therapy (the term used to describe the administration of digestive enzymes between meals), New Hampshire resident Susan Appelin described her two Greyhounds, one with hemangiosarcoma, the other with a mast cell sarcoma. When a holistic physician told her about Wobenzym, she added between-meal enzymes to her dogs' home-prepared diet. Both dogs recovered and enjoyed more than a year free from cancer.

Systemic oral enzyme therapy is usually well tolerated by dogs of all ages. However, Wobenzym and other products containing bromelain can thin the blood.



Above: Doc's paw a year after treatment, with no sign of cancer.

Note the safety issues raised in our 2005 article to prevent adverse side effects.

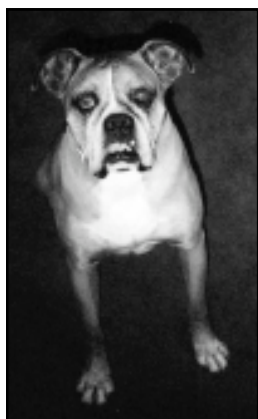
Cancell/Protocol

One of the more controversial alternative treatments for cancer is a product called Cancell, also called Protocol, Cantrol, Entelev, and Cantron. It was created in the 1930s by a Dow Chemical biochemist who claimed that the product balanced the vibrational frequency of cancer cells, returning them to a healthy state.

Protocol's ingredients are copper, sodium, potassium, and a proprietary blend of tetrahydroxyquinone, rhodizonic acid, inositol, croconic acid, catechol, triquinoyl, and leuconic acid. According to its manufacturers, Protocol is a powerful antioxidant that helps cleanse the cells, thus supporting immune function.

"Cancell has been the subject of a long-running guerilla war between its enthusiasts on the one hand and the FDA on the other," says Dr. Moss. "Every time it is suppressed under one name, it pops up under another."

Animal studies conducted by the National Cancer Institute (NCI) decades ago concluded that Cancell lacked substantial anticancer activity and that no further research was warranted. In 1989, the FDA was granted a permanent injunction against Cancell's manufacturers, prohibiting them from distributing an unapproved drug. However, many have argued that the NCI falsified its reports of the tests



Duke recovered from stomach cancer.

it conducted, and some of the evidence against Cancell does appear to be biased.

Daniel King, DVM, of Tolono, Illinois, is one of a handful of veterinarians who use Protocol. In the past eight years, he has treated 50 cancer patients with the product and consulted on more than 200 additional cases. He estimates that 65 to 70 percent have responded well. "In most cases," he says, "the cancer doesn't go away, but it does stop growing; it doesn't metastasize, it stops causing pain, and the patient lives a normal life span, usually dying of something other than cancer, like congestive heart failure or kidney disease."

Dr. King's favorite Protocol patient is Duke, a Boxer who was 11 years old and vomiting red blood when he was diagnosed with adenocarcinoma of the stomach in January 2002. "Somehow his owner, Gus George, who lives in nearby Tuscola, heard about my work with Protocol and brought him in," he says. "In less than a week on the Protocol, Duke stopped vomiting and

started feeling better. After eight months, he returned to the veterinary clinic that had diagnosed him for follow-up tests, and they could find no sign of cancer." Duke died in January 2005 at the age of 14.

In Dr. King's experience, about 15 percent of patients treated with Protocol are fully cured of cancer; almost all of those, he says, had cancers that affect the mucous membranes, such as adenocarcinoma or squamous cell carcinoma.

Bioresonance therapy

For Gigi Gaulin, DVM, of Santa Fe, New Mexico, the leading edge of alternative veterinary medicine is a technology developed in Germany 30 years ago and used in 65 countries around the world. "Bioresonance therapy" utilizes a patented device that measures the patient's "electromagnetic oscillations" through electrodes placed on the body. The frequencies it measures are then returned to the patient as a form of healing energy, with "bad" frequencies inverted and "good" frequencies enhanced.

Dr. Gaulin is one of nine veterinarians in the U.S. who are using Bicom Resonance Therapy equipment. Where cancer is concerned, she says, the treatment proceeds in stages, clearing underlying conditions. "Cancer isn't an entity all of itself. It's part of a process; eliminating cancer is a process, too. You start by removing energetic blocks, opening up the lymphatic system, and supporting the organs that help the body correct imbalances."

Treatment sessions last anywhere from 20 to 90 minutes, and are commonly used on a weekly basis. Dr. Gaulin reports that most patients experience improvements in energy, attitude, appetite, specific symptoms, and overall condition. As they become stronger, she says, their quality of life increases and cancer growth slows. "The changes and improvements that result can be truly astounding," she says. 🐾

A long-time contributor to WDJ and author of The Encyclopedia of Natural Pet Care, Natural Remedies for Dogs & Cats, and other books, CJ Puotinen lives in New York with her husband, a Lab, and a tabby cat.

Important: Don't Expect Miracles, and Only Do What You Can

With cancer, there are no guarantees. What works perfectly for one dog may not work at all for another, and there is simply no way to tell in advance what the outcome will be. A veterinarian, whether using conventional, complementary/integrative, or alternative therapies can describe only how *most* patients have responded in the past, not how an individual patient will respond today or tomorrow. Vets who use alternative therapies claim that their cancer patients are usually more comfortable and happier than patients who receive conventional treatment, but this doesn't mean these patients outlive their prognoses or are cured.

It's hard to decide which alternative treatments to use, especially without clinical trials to help guide your choice. This is why it's important to do your homework *before* your dog develops cancer, and become familiar with therapies that interest you.

Read books, articles, and reports from people using a treatment to better understand what's involved, and to determine which cancers respond to it and which don't. You may find a single therapy that seems worth trying, or a pair of treatments that seem to work well together.

It is *not* necessary – in fact, it's impossible – to try *everything*. Pursue the treatments that make the most sense to you and your veterinarian, have the least impact on your dog's quality of life, are within your ability to afford, and are available in your part of the world.

Whatever direction you take, it will be critical to find a vet who will work with you and offer supportive care and oversight. It's okay to abandon a therapy that doesn't seem to work, that your dog dislikes, or turns out to be prohibitively expensive or more complicated and time-consuming than you anticipated.

Shock or Awe?

Are “electronic training collars” a positive training tool or evil incarnate?

BY PAT MILLER

The chasm between those who abhor the electronic/shock collars as an abusive dog training tool and those who support and promote it as an exceptionally effective and humane training tool is so huge it will probably never be bridged.

In more moderate positions in the middle of that chasm are those who believe that the collar can be an effective training tool for very limited circumstances in the hands of skilled professionals, and those who prefer not to use them but feel compelled to educate clients who insist on using them on how to use them properly.

How could the dog training/behavior community be so divided over a simple tool?

Perhaps because the tool is not so simple; perception in large part depends on what you read, who you believe, and your own personal training philosophy.

I'll be clear: Like many other trainers and behavior professionals who adhere to a positive training philosophy, I find the idea of using the shock collar abhorrent under



“Remote training collars,” controlled by radio signals, deliver electric shocks to a dog.

any circumstances. And WDJ’s mission statement asserts, “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 receive numerous inquiries from dog

owners who have heard about “remote training collars” that can be used in a positive or dog-friendly training program.

We’ll borrow the definition of “dog-friendly” from the Association of Pet Dog Trainers (APDT), an international organization with more than 5,000 members worldwide. One of the APDT’s stated missions is to advocate for dog-friendly training, which it has defined as “training that utilizes primarily positive reinforcement; secondarily negative punishment, and only occasionally, rarely, and/or as a last resort includes positive punishment and/or negative reinforcement.”

The following is a description of the electronic collar training products on the market, and why we regard them as inherently unsuitable for use in a *truly* positive or dog-friendly training program.

How they work

A “remote training system” is comprised of a controlling transmitter that is held by the dog handler, and a collar that holds a small

The Whole Dog Journal™



WHAT YOU CAN DO . . .

- **Look for a positive trainer or behaviorist to help you solve your dog’s training challenges – without using a shock collar or other punishment-based tool.**
- **If you are considering the use of a shock collar for training your dog, do some research into the potential for long-term negative consequences (see the references in “Resources,” page 24). Keep in mind that there really are no shortcuts in training .**
- **Then, find an experienced trainer to guide your collar purchase and training efforts. Observe her work with many different dogs.**
- **Stop the session if you think the trainer goes too far with your dog.**
- **Don’t ever press the button on your controller when you are upset or angry with your dog.**
- **Stop using the collar if your dog shows ANY sign of increased fearfulness or aggression.**

unit that contains a radio receiver and batteries, which power the electrical shock delivered by the collar. Metal “contact points” protrude from this unit, and the collar is fitted on the dog tightly so that the points come in snug contact with the skin on the dog’s throat. The handler uses the controls on the transmitter to cause the unit on the dog’s collar to deliver an electrical shock to the dog.

Trainers who use and like the e-collars argue that the products sold today don’t even remotely resemble the shock collars of yesteryear.

Collars commonly used 15 years ago generally featured settings that delivered three to five levels of shock or “stimulus.” According to the companies that sell them and the trainers who use them, today’s collars are much more sophisticated, and can be adjusted to very low levels and very momentary action. Their intent is to create a non-aversive stimulus (sometimes referred to as a “nick” or “tap”). Indeed, Innotek’s ADV-1000 model has 15 levels, while the Dogtra 200NCP goes even further, with a dial that ranges from 1 to 100.

Other improvements over the years include increasingly sophisticated technology that:

- Reduces the likelihood or prevents your dog’s collar from being “set off” or interfered with by “stray” radio signals – or even someone else in your area using the same type of collar.
- Offers the operator the ability to quickly and easily change the level of the stimulus from the remote control.
- Enables the collar to respond instantaneously to the signal sent by the controller, so there is not a “lag” or delay in delivering the stimulus to the dog at the exact moment that is desired.
- Increases the distance at which the collar can be activated by the transmitter.
- Reduces the potential for the unit on the collar to malfunction (especially in wet conditions) in such a way that causes physical or emotional trauma to the dog.

Of course, these improvements tend to be reflected in the higher-quality, higher-cost products on the market. Unfortunately, low-cost, low-quality products are readily available to consumers.

How they are used

Shock collars were initially used primarily for the administration of harsh “positive punishment” and/or “negative reinforcement” (for definitions of these terms, see “the Four Principles of Operant Conditioning,” below). If your duck hunting or search and rescue dog took off after a rabbit when he was supposed to be doing something else, you’d hit a button on a hand-held remote control device to shock/stop him with a significant electrical jolt. In behavioral terms, this is called “positive punishment”: the dog’s behavior of “criterium” makes a bad thing (shock) happen and the behavior consequently decreases.

Or, if your dog didn’t come promptly when you called, you’d hit the button and keep the button pressed, delivering a constant and unpleasant stimulus until the dog came and sat in front of you; then you stopped pressing the button. This is “nega-

tive reinforcement”; the dog’s behavior of coming to you makes a bad thing (shock) go away, and the behavior of coming when called increases.

Again, “dog-friendly” trainers primarily use positive reinforcement and secondarily negative punishment, and only rarely and/or as a last resort use positive punishment or negative reinforcement. That would seem to rule out the use of shock collars.

Some trainers use a noise or vibration feature on some of the new e-collars as a behavior marker for basic training. Rather than using a reward marker such as the word “Yes!” or the click! of a clicker (followed by a reward), these trainers use the noise or vibration feature as a “keep going signal” to tell the dog he’s doing the right thing and to continue doing it. Some of these trainers also use the “stim” feature on a low setting as a mild “interrupter” – like a tap on the shoulder, to say, “Hey, look at me!”

The Four Principles of Operant Conditioning

Operant conditioning is called that because the subject, in this case the dog, “operates” on, or controls, the environment by his behavior. He chooses to behave in a certain way based on his expectations of the consequences of his behavior. His behavior may make a good thing happen, a good thing go away, a bad thing happen, or a bad thing go away. Since all living things want good stuff and want to avoid bad stuff, the dog will choose behaviors that make good things stick around and make bad things leave. We use this concept in training by applying one or more of the four principles of operant conditioning:

Positive reinforcement – The dog’s behavior makes a good thing happen; behavior increases as a result. Example: The dog sits, you click! and give him a treat; the dog sits more often.

Negative punishment – The dog’s behavior makes a good thing go away; behavior decreases as a result. Example: The dog jumps up to grab a ball from you. You hide the ball behind your back. The dog stops jumping and sits, and you throw the ball for him. Negative punishment is most effective when it’s followed by positive reinforcement for a desirable behavior that replaces the undesirable one. In the example above, sitting makes a good thing happen; you throw the ball for him to chase.

Positive punishment – The dog’s behavior makes a bad thing happen; behavior decreases as a result. Example: The dog jumps up; you grab his front paws and squeeze them; jumping up decreases. The fallout may be that he decides he doesn’t like you touching his paws, and becomes resistant to and/or aggressive about having his nails trimmed and his feet examined. (Or he just decides he doesn’t like you!)

Negative reinforcement – The dog’s behavior makes a bad thing go away; behavior increases as a result. You pinch your dog’s ear (bad thing) to force him to pick up his dumbbell (a commonly used old-fashioned training technique known as the “ear-pinch”). He opens his mouth to protest the pinch and you pop the dumbbell into his mouth and stop pinching. Opening his mouth for the dumbbell makes the pinch go away. Again, the fallout may be that he becomes very sensitive to having his ears examined and/or handled.

Proponents of the collars frequently tout miraculous results, such as rehabilitating a fearful, unsocialized dog in 20 minutes, or installing total off-leash control in five days or less – all resulting in happy, unstressed, well-behaved dogs and greatly enhanced relationships between dogs and owners.

Fans of the technology argue that the label “shock collar” is no longer appropriate, and create new names for their tools and techniques, such as “e-collar,” “electronic collar,” “e-touch,” “stim,” and “tap.”

Of course, the collars do work – at least some of the time. When querying some on-line training discussion groups about their experiences with the collars, I had one particularly enthusiastic report from Jeff Dege of Edina, Minnesota:

“After a year of not being able to ‘proof’ my Jack Russell Terrier’s recall (and several incidents of a failed recall that could have killed him), I decided to give remote training collars a try. I did a fair amount of research, checked into a number of gun dog trainers, identified the one I thought best understood both what he was doing and how independent breeds respond to corrections. Then I bought a quality remote collar and paid the trainer for private lessons.

“It worked amazingly well, and very quickly. We were doing off-lead agility exercises in the back yard by the second week. When Bear headed down the driveway to explore whatever, I’d give him the recall command and if he didn’t respond, I’d give him a correction, at a setting lower than I could feel when I tried it on myself. He’d come back immediately, and as far as I could tell, eagerly. In the second week, in perhaps a dozen sessions, I corrected Bear *twice*. Since then, I always have him wear the collar when we practice off-lead in the back yard, but I’ve never needed to correct him.”

Dege concludes, “I do not, and will not, recommend electronic training collars without qualification. They’re easily misused. But I think they have their place, used in moderation, with some dogs.”

Of course, if the collars didn’t work sometimes, they wouldn’t be as widely sold and used as they are. Success stories about electronic underground fence collars, remote electronic training collars, and electronic bark collars abound.

But so do horror stories.

What can go wrong?

Even with the new and improved products, things can go wrong. In response to my inquiries, I received a number of compelling

stories from owners and trainers who related a wide range of negative experiences (see “In Their Own Words,” next page) they had with both training collars and “electronic containment systems.” (We have included some of their comments regarding fence systems, though we aren’t really discussing those here. See “Simply Shocking,” February 2003, for an article on “e-fences.”)

Part of the conflict in perception of the collars’ effect may come from different trainers’ interpretations of, and responses to, the body language of dogs when the shock is applied.

Two trainers recounted their observations from a seminar put on by a prominent e-collar trainer who promotes his methods as positive and humane. One trainer wrote a glowing report of how several poorly socialized, fearful shelter dogs were “cured” in a miraculously short time, and turned into happy, outgoing companions. But another trainer who attended the same seminar reported that the dogs appeared completely shut down, offering stress and appeasement behaviors throughout the ordeal, and demonstrating classic “learned helplessness” behavior at the end of the session.

Some trainers argue quite convincingly that they use electronic collars only at a low setting as a gentle way of communicating with dogs. If pressed, however, most of them will readily admit that they do turn up the dial if/when the dog stops responding to a low level “tap.” Most will also insist that it’s appropriate to use higher settings when they feel it’s necessary to apply positive punishment to a dog.

My fear is that if you’re tempted by those trainers’ arguments to use a shock collar in your training, you won’t know until it’s too late if *your* dog will be one of the successes or one of the failures. By the time you find out, it may be too late to undo the damage to your dog, your relationship with him, and his relationship with the rest of the world.

The eternal divide

Steve Lindsay, a well-respected behavior consultant and author from Newtown Square, Pennsylvania, supports the limited use of electronic collars in educated hands, and argues for calling them “electronic” rather than “shock” collars.

In his recently released *Handbook of Applied Dog Behavior and Training: Volume Three, Procedures and Protocols*, Lindsay writes, “The combined advantage of immediate and reliable radio-controlled delivery of precisely regulated electrical

stimulus make electronic training a viable and humane alternative to any traditional techniques for applying negative reinforcement and punishment.”

Lindsay bemoans the fact, however, that “large numbers of radio-controlled e-collars are sold in pet stores to relatively naive and inexperienced dog owners without much in the way of appropriate instruction regarding their use, misuse, and potential for abuse.” He acknowledges that potential for abuse is all too real.

Lindsay also chastises collar manufacturers for not being more forthcoming with critical information about the electrical output of their collars (voltage, current and power, pulse and waveform characteristics) along with an explanation of the significance of the information, so consumers can select the product best suited to their needs.

Holding an opposing opinion is Dr. Karen Overall, a highly respected veterinary behaviorist and author who ran the Behavior Clinic at the University of Pennsylvania Veterinary School for more than 12 years. “Let me make my opinion perfectly clear,” says Dr. Overall. “Shock is not training. In the vast majority of cases it meets the criteria for abuse. No pet owner needs to use this technique to achieve his or her goal.

“I know there’s a lot of discussion about what we call electronic collars. But they are all ‘shock’ collars by the definition of physics and their mechanism of action. They all seek to be aversive.” Dr. Overall also warns, “Dogs who cease to exhibit a problem behavior (through the influence of a shock collar) usually also cease to exhibit normal behaviors.”

Despite any amount of positive feedback from shock-collar proponents, and in consideration of the negative reports I continue to receive, I choose to use only those training tools and methods that are clearly dog-friendly – designed to encourage dogs to think and offer behaviors without fear of aversive consequences.

In the end, owners must make their own decisions about whether shock collars are appropriate tools for their dogs. Check out the references cited in “Resources” (page 24) if you still need help deciding your position on the issue. 🐾

Pat Miller, CPDT, is WDJ’s Training Editor. Miller lives in Hagerstown, Maryland, site of her Peaceable Paws training center. For book purchasing or contact information, see “Resources,” page 24.

In Their Own Words: Shock Collar Stories From Trainers and Owners

I asked trainers and owners on online training discussion lists to share their experiences with e-collars. I was particularly struck by the range of ways that the collars had either made the dog's behavior worse, or introduced a new negative behavior.

JENNIFER JACKSON, PEMBROKE, MA

Keegan was in “doggie daycare” four days a week for six months. I didn’t realize that the facility used electronic collars (I stopped going there after I found out). Not long after that I began to notice that Keegan was afraid of large dogs, especially German Shepherds. I can’t prove that the electronic collar caused these issues, but Keegan was socialized to many dogs from the time he was 14 weeks and never exhibited that kind of fear before.

This is a dog who, previous to this, completed his agility title by three clean runs in one show, and earned his CGC at age 18 months. He then became a dog I was very concerned about walking off-leash and feared German Shepherds.

On top of that, the electronic collar caused an infection where the electrodes met the skin that took a month to resolve.

GABRIELLA RAVANI, GREAT DOGS TRAINING & EDUCATION, SAN DIEGO, CA

One of my agility students took her JRT to an e-collar snake aversion training. The dog didn’t learn that snakes were dangerous; instead she learned that being in groups of people and their dogs is painful! This dog is now ruined for agility and can no longer run in agility trials; the park-like setting and crowd of people and dogs are too similar to the aversion seminar setting, resulting in a dog who is a shivering wreck on the agility field. Her owner no longer enters her in trials, which is so sad as the dog still really loves class and is very talented. The owner is heartbroken as she feels she has damaged her dog for life.

HELEN HOLLANDER, THE EDUCATED PUP, LLC, LAWRENCE, NY

Flash, a typical, friendly, energetic Golden, loved people, running, and exploring. As he matured, due to a lack of training, he became too much for his suburban family. Their solution was to “enclose” their property with an electronic fence.

Flash spent many lonely, boring, and frustrating hours outside. He eagerly awaited joggers who would pass by. Flash would dart to the boundary and run back and forth barking his beautiful head off. “Hey! Over here . . . Come say hello!” Instead of a warm hello, Flash received that infamous “zap” instead.

As months passed, the owners became less attentive to Flash, and became casual about maintaining the batteries in his collar. Flash became more agitated and frustrated when joggers appeared. He learned their presence meant discomfort. Eventually, instead of running toward the fence in hope of engaging the joggers in play, he ran to bark and drive them away.

One morning, the joggers passed and Flash crossed right through the unseen barrier. His collar batteries were dead and he charged the unsuspecting joggers. One woman was thrown to the ground, her clothes torn. Fortunately, there were no bites of any consequence. Flash’s owners were dumbfounded. Why did he “turn” on these women?

Luckily for Flash, the owners called a trainer (me), removed

the electronic fence, and replaced it with stockade fencing. They learned there are no shortcuts in training. He now receives interactive one-on-one time with his owners.

NANCY HANSEN, PET NANNY SITTING SERVICES LEXINGTON, KY

I went to a trainer who used an e-collar on my German Shepherd and still have terrible guilt feelings about it two and a half years later. After hearing my dog scream, it was hard to believe it was nothing more than one experiences from a carpet shock [Editor’s note: Some shock collar manufacturers have described the sensation caused by their collars in this way].

JUNKO TAKAHASHI, BETHESDA, MD

Dante, my Wheaton Terrier, jumps and barks when guests come into my house. On the recommendation of a local trainer, I purchased an electric collar. The first time I used it was when my sister’s boyfriend walked into the house. Since then Dante is very scared of him. Now every time he comes over, Dante’s tail is down, and he either rushes into his crate or attaches himself to me and follows me around. Also, since my sister’s boyfriend is really tall, he now seems to be afraid of all tall men.

BECKY SHULTZ, CABC, CDBC, MINNEAPOLIS, MN

I had a client whose dog – a Ridgeback – kept running through the electronic fence, so the owner and a rep from the fence company tried putting two collars on him. This *still* didn’t work, so they were talking about putting one on his groin area. I told the client that I’d work with him if he’d stop frying his dog, but he preferred the “magic button.” Calling it “e-touch” is putting a smiley face on shocking dogs.

MARY LEATHERBERRY, SANTA FE, NM

I met with a woman and her eight-month-old German Shepherd last week and noticed the flags indicating an underground fence. I put the dog on a leash and started to lead her into the yard. She tucked her tail and planted her feet just inside the door.

I tried luring her with treats. No go. I realized she wouldn’t leave the house – at all – because of the e-fence. I had to go out the garage access door into the garage in order to get her to move. She wasn’t even wearing the collar, so there was no possibility of a shock, but she didn’t know that. The owner said she thought a regular fence was “kind of expensive.”

MIRANDA WORKMAN, AMHERST, NY

I tried an electronic fencing system for my Boxer. Avi quickly became one of those dogs for whom the reward of running outside the “fence” was greater than the punishment of getting shocked while running through it. After she was found outside the fence by a neighbor, I put her in the yard and watched. She took a deep breath and ran through as quickly as she could.

My father thought the collar must not be “high” enough, so he turned it up. Fortunately, he wanted to test it before putting it back on Avi. He held it in his hand and walked toward the line. Suddenly he screamed and threw the collar nearly all the way across our half-acre lot. Not long after that we put up a fence.

Cosmetic or Not?

Readers sound off about cropping, docking, and dewclaw removal.

I read with some interest and frank dismay your article on cropping and docking (“To Crop and Dock? Or Not?” December 2005). While I do agree that ear cropping is purely cosmetic, and should probably be banned, I strongly disagree about your position on dewclaw removal. It is ridiculous to assume that a vestigial toe could affect a dog’s balance, except possibly detrimentally. I have had several litters of AKC registered dogs and always had their dewclaws removed. We never had any unusual aftereffects or odd gaits associated with these puppies. Many achieved their championships.

As far as the tail issue, I do not think it is responsible to give such a narrow opinion base, and use it as fact. Two people are quoted in this article, and that is simply not a good total picture – especially when they seem to practice such “out there” type of medicine.

I must also comment on your cancer articles. I recently lost a dog to liver/spleen cancer. When I was told that the oncologist wanted to do surgery, which might prolong her life by a few months, I chose not to prolong her suffering. How can I justify a few months with my dog who gave me everything she had during her life, and put her through such pain? This is much more cruel than removing a puppies tail at three days!

Anyway, I am sure you don’t care what I think, since it doesn’t coincide with your own thinking, but I felt it necessary to respond to these articles.

Denise Bruhn
via e-mail

I don’t usually feel defensive when I read critical letters, but I had to respond to the above writer when she suggested I wouldn’t care what she thought. However, when I tried to reply to her e-mail, my note kept bouncing back to me with an explanation that her e-mail server had rejected my note as spam, and the directions it offered to get past the spam filters didn’t work. The fact is, dialogue is educational; I do care.

After reading your article on cropping and docking, I have noticed that Bodean, my little Lab-mix with a cropped tail, does not sit as comfortably as Josie, my German Shepherd-mix. He frequently will sit to the side so as to not put pressure on his tail. Although I did not dock his tail (he came into the shelter with a litter of pups that already had their tails docked), I wish now he had his full tail. He is visibly uncomfortable. I have taken the advice of the article and frequently stretch and massage his docked tail. Surprisingly, he does not fight this at all and seems to enjoy the massage. Thank you!

Kelli Baltzell
Omaha, NE

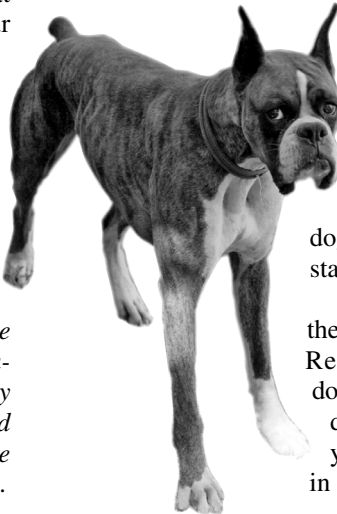
Finally! An article on the “tradition” of mutilating our best friends.

Usually ear cropping is done in the puppy’s most formative time period. The advice from the vet: no play with other dogs to prevent infection or further injury. The result? The pup cannot develop proper doggy social skills if contact with other dogs is withheld for months.

Let’s look at docking tails, particularly when it comes to meeting unfamiliar dogs. How can a docked Rottweiler show submission or fear without a tail? His anal gland scent is still exposed so what is the more

dominant dog to think? That his higher rank is not recognized? This can result in fights because the dogs don’t understand each other.

It starts with the puppy buyers. Refuse to buy a docked puppy and do not greet your new puppy in his new home



by taking him to the vet to have his ears cropped. Me? I’m the proud owner of four dogs with four tails and eight floppy ears.

Irma Kapsenberg
Good Dog! Gentle Dog Training
Corvallis, OR

THANKS

It’s been more than a year since I read “What Promotes Bloat?” (January 2005) but it helped save my dog’s life. She is not in the high risk category, but after observing abnormal behavior one Sunday recently, my husband noticed her stomach big and hard as a rock. Thanks to your article, the first thing that came to my mind was, “Yikes, bloat, let’s get her in to emergency.” She was in surgery within a half-hour. We were in disbelief and so thankful we recognized the problem right away.

Interestingly, all of my dog world (obedience competition) friends know about bloat but none of the pet people I talk to have heard of it. I don’t know if I would have recognized what was going on without your article. Annie is doing great in her recovery. Thank you!

Pat Sorlien
Bellevue, WA

Thanks for the *rockin’* article on preventing the flu (“Fending Off the Flu,” December 2005). I was amazed at how densely packed it was with solid information. I have used Standard Process products for myself in the past, and went right to my source at RiteCare.com to order the items mentioned in the article.

I also really enjoyed Susan Weinstein’s article, “Defeating Disease Differently” (November 2005), about Caleb and his brush with distemper. I appreciate the book references she gave and plan on building my home library in that direction.

Liza Burney
via e-mail



articles from back issues: training, health & product reviews

- 1/06 Best Wet Foods • (Body) Language Barrier • Home Care for Canine Cancer Patients • Adoption Advice • Old Dogs
- 12/05 Fending Off the Flu • Teach Your Dog a Perfect Recall • Conventional Cancer Care • Scary-Looking (But Safe) Play Behavior • Best Books on Positive Training • To Crop and Dock?
- 11/05 Preventing Great Escapes • Canine Cancer Crisis • Learn Canine Body Language • Case History: Defeating Distemper • Skin
- 10/05 Teach Your Puppy Well: Bite Inhibition • Oral Enzyme Therapy Update • The "Gift" of Growling • Crazy About Coconut Oil • The Power of Intuition • Joints
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- 3/05 Gas Attack! • Barking: When a Voice is a Vice • What a Wolf Eats • Gut Feelings: The Canine GI System • Going Gluten-Free
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- 1/05 The Difference Between Theory and Practice • What Promotes Bloat? • How to Custom-Mix Essential Oils • The Canine Respiratory System • Limber Tail Syndrome • Skip This Peanut Butter
- 12/04 Best Canned Foods • Aromatherapy Products • Remedial Housetraining • The Canine Mouth • Gear of the Year • 2004 Editorial Index
- 11/04 Anesthesia-Free Teeth Cleaning • Musical Freestyle • The Canine Nose • Socializing Your New Dog or Puppy • Case History: Rehabilitating a Paralyzed Dog
- 10/04 Activities for Dogs on Restricted Activity • Dog Foods and "Adverse Events" • Commercial Calming Formulas • Tug: Play It by the Rules • The Canine Ear • When Conventional and Holistic Vets Work Together
- 9/04 Risks and Benefits of Spay/Neuter • Private Lessons in Training • Alternate Sources of Meat for Home-Prepared Diets • How to Evaluate a Local Shelter • The Canine Eye • The Pet Fund
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The Encyclopedia of Natural Pet Care and *Natural Remedies for Dogs and Cats*, by WDJ contributor CJ Puotinen, are available from DogWise, (800) 776-2665 or dogwise.com. Puotinen is also author of several books about human health including *Natural Relief from Aches and Pains*, available from your favorite bookseller

Dr. Kidd's Guide to Herbal Dog Care and *Dr. Kidd's Guide to Herbal Cat Care* are published by Storey Books, (800) 441-5700 or storeybooks.com

TRAINING AND INSTRUCTION

Pat Miller, CPDT, Peaceable Paws Dog and Puppy Training, Hagerstown, MD. Train with modern, dog-friendly positive methods. Group and private training, Rally, behavior modification, workshops, intern and apprentice programs. Call her at (301) 582-9420 or see peaceablepaws.com

The Association of Pet Dog Trainers (APDT) has references to member trainers in your area. Write to 150 Executive Center Drive, Box 35, Greenville, SC 29615, or call (800) 738-3647. The APDT database of member trainers can be seen at apdt.com

HOLISTIC VETERINARIANS

American Holistic Veterinary Medical Association (AHVMA), 2214 Old Emmorton Road, Bel Air, MD 21015. (410) 569-0795. Send a self-addressed, stamped envelope for a list of holistic veterinarians in your area, or search ahvma.org

ELECTRONIC COLLAR INFORMATION

Possible Link Between Electronic Containment Systems and Aggression: leaonline.com/doi/abs/10.1207/S15327604JAWS0304_6

Five cases involving severe attacks on humans by dogs who were being trained or maintained on an electronic pet containment system

Dutch Study on Short and Long Term Behavioral Effects of Shock Collar Training

ust.is/media/ljosmyndir/dyralif/Trainingdogswithshockcollar.pdf

Conclusion: That being trained is stressful, that receiving shocks is a painful experience to dogs, and that the S-dogs evidently have learned that the presence of their owner (or his commands) announces reception of shocks, even outside of the normal training context

Study on Physiological Effects of Electronic Collars, sponsored by collar manufacturer

petsafe.net/outreach/white_paper.pdf

WHAT'S AHEAD

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Is your dog a bully when it comes to playing with other dogs? What you should do to prevent "playground" trauma.

End of Life Decisions

How to help your dog the most in his final days.

Brains of the Operation

The Tour of the Dog looks at the central nervous system.

Behavioral White Flags

Can you recognize the signs that indicate that your dog is trying super hard to please you?

Preventing Canine Cancer

The least-considered tool in the fight against canine cancer.

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How to use "shaping" to train your dog to do almost anything.

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- *Holistic heartworm prevention and treatment*
- *Gear of the Year*