

The Whole Dog Journal™



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A monthly guide to natural dog care and training

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“No” Power

By highlighting what their pet foods do NOT contain, some companies unfairly stigmatize certain ingredients.

BY NANCY KERNS

While researching this year's dry dog food review (which starts on the facing page), I was struck by the overwhelming prevalence of two big trends in marketing and formulation. I'm not sure any pet food company is immune from these tactics – and I'm not yet convinced they will prove a benefit to dogs or dog owners.

The first tactic is the “No!” approach. You know, “No Corn, wheat, or soy!” How tame those claims seem now. I've seen dog food bags and pet food company literature that proudly proclaims products free of beef, dairy products, eggs, pork, potatoes, and yeast.

The problem with each of these “no” statements is that there is nothing intrinsically wrong with any of those ingredients. In some of the latter cases, the pet food maker is not actually denigrating those ingredients; its trying to help the consumer identify products that contain less-common ingredients. However, the “no” approach plants a seed of doubt in the minds of many consumers. “Wait; why are potatoes bad?”

Corn, wheat, and soy have been historically overused in low-quality pet foods, in lieu of better-quality ingredients. But that doesn't mean that the presence of *any* corn, wheat, or soy in a food is cause for immediate dismissal. Each contains nutrients that can be of some value when the ingredient is used in moderation in a food that is bursting with higher quality ingredients. I don't want to see any of them in the top five or so ingredients in a food – but the appearance of one of them in an otherwise compelling food does not cause me to drop it in horror.

I also saw products labeled as having no added hormones, added steroids, added sugar, antibiotics, by-products, fillers, genetically modified organisms (GMO), and grain fractions. My favorite? “No potentially allergenic ingredients.” (I could write a book about how that one aggravates me. *Anything*

can be an allergen for a given individual. There are dogs who are allergic to *dust*. How can *anything* be free of “potential allergens”?)

There is a valid concern behind each of these statements, and perhaps even a valuable service offered by a product that protects dogs from the threat implied by each. But for any but the most educated consumers, these claims are meaningless and confusing – especially when market rivals publish counter-claims; you know, one company's “filler” is another company's “beneficial fiber.” In my opinion, unless these claims are explained by educational material (and supported with valid research), they do more harm to the industry than good.

The other big trend this year is related, I guess: Grain-free (or gluten-free) foods. Everybody has one, and some companies have a bunch. Suddenly, the premium pet food niche is all about a low-glycemic index diet.

There is no doubt that this is a good thing for many dogs – but it's not good news for *every* dog. While some improve and thrive on a grain-free diet, some dogs wither. And while it's true that grains are not a natural part of an evolutionary diet for canines, many dogs can utilize them without problems.

I'm pleased that so much research and innovation is going on in the pet food industry, and I'm happy to have lots of grain-free formulas from which to choose. But let's educate dog owners so they know to try different products for different dogs, notice the results, and continue with what works best for each individual.

NK

Dry Roots

How we analyze and decide which foods belong in the top tier of quality – and which to feed to our own dogs.

BY NANCY KERNS

When you think about it, most of us dog owners do it all backward: We get a dog, and we feed him whatever he came with, or whatever we can find to feed him that day. And then we tend to keep feeding him that same food. Only later – perhaps after he’s developed some health issues, such as incessant itching and scratching, recurrent ear infections, or dramatic weight gain or loss – do we start to think about what we *should* feed him.

Don’t worry if this describes you; you have to start somewhere. But once you realize that you *ought* to steer the ship of your dog’s vibrant good health, instead of towing it off the rocks every so often, you need to know which is the best direction to start looking toward. High-protein? Grain-free? Small breed? Senior dog?

The absolute first step you should take should be across the threshold of the best-stocked independent pet supply store you can find. If there are none in your area, the next-best option would be a chain pet specialty store such as Petco or PetSmart. You need to be able to look at a *lot* of dog food bags – and not just the pretty pictures on the front. Bring your reading glasses, because you need to read the fine print on the backs, sides, and even the bottoms of some bags. You’ll be focusing on the parts of the bags that are required by law – the most informative parts. We’ll describe them below, and tell you what to look for.

■ **Ingredients panel.** All the ingredients that are present in the food are required to be listed in this panel. If there

How do you choose? Well, you have to start somewhere . . . and you are probably already feed your dog something, right? Analyze the food, assess your dog’s condition, and start to improve the diet.

is something in the food that’s not on the label, there are supposed to be serious consequences for the company whose name is on the label. (However, surveillance, testing, and enforcement varies widely from state to state. Sigh.)

The ingredients of the food are listed in order of the total percentage of their weight as they entered the giant mixing bowls at the dog food factory. So, there is more of the first ingredient on the list in the bag than anything else, right? Right – with one important exception. Fresh meats, such as chicken, pork, fish, etc., contain a lot of moisture, which is relatively heavy. The water in that meat will evaporate out of the food in the cooking and drying process. What’s left in the finished product may *not* be present in

the highest amount of all the ingredients.

That’s why most companies who include fresh meats in their formulations *also* include a meat “meal” – a grainy powder made from meat (and bone, skin, fat, and connective tissue) through a process called “rendering.” For example, chicken meal is mostly made from chicken “frames,” the carcass of the chicken without the head, feathers, feet, guts, and most of the big pieces of meat (these are mostly stripped off for human consumption). The frames get ground into a pulp, and then the mass is cooked in giant vats, with most of the fat getting skimmed off and the rest getting heated until most of the moisture in the product evaporates. The result is ground again for a consistent powdery, grainy texture: chicken meal!

Fresh meat generally contains about 15 to 25 percent protein, and about 65 to 75 percent water. Meat meals contain only about 10 percent water, with about 65 to 70 percent protein. The inclusion of fresh meat really increases the dog food’s palatability – but to get the food’s total protein levels high enough, the formula is generally bolstered by, ideally a “named” meat meal (see sidebar, page 5) or another protein source.

■ **Guaranteed analysis.** In this section of the label, you’ll find values indicating – roughly – the amount of protein, fat, fiber, and moisture in the food. Why “roughly”? Because the amounts listed for protein and fat are *minimum* values; the amounts listed for fiber and moisture are *maximum* values. The protein and fat levels *may* be higher than what is listed on the label – and we’ve found that in many “premium” foods, the levels



are *much* higher. The fiber and moisture levels, in contrast, are usually close to the guaranteed amounts.

(**Note:** In the list of our “approved” dry foods, starting on page 6, we’ve listed the Guaranteed Analysis percentages for each highlighted food. Keep in mind that the protein and fat values are guaranteed minimums, and the moisture and fiber values are guaranteed maximums.)

■ **“Best by” date/code.** We also recommend looking for the stamped or printed code that tells you when the food should be purchased by. Fresher food is better; fats go rancid over time and many vitamins start to lose their punch.

Ideally, the code also includes the date of the food’s manufacture, so you know exactly how long it has been formulated to last. Naturally preserved foods don’t last as long as foods that contain artificial preservatives. Most companies that use natural preservatives indicate that the products are best if used within a year of manufacture, although we’ve seen some with “best by” dates that were 18 months later than the date of manufacture. We wouldn’t knowingly buy and feed foods that were close to their best by dates.

■ **AAFCO statement.** If a food has met its state’s requirements as a “complete and balanced” diet, it is required to say so on the label. (For more information about the various methods that a food maker can use to get its foods to qualify for this statement, see “Take it With a Block of Salt,” WDJ February 2007.) AAFCO stands for the Association of American Feed Control Officials, and its suggested standards are the basis for formulating a “complete and balanced” diet for puppies, breeding dogs, and the maintenance of adult dogs. If the diet is *not* complete and balanced, it might be labeled as suggested for “intermittent or supplemental feeding.”

■ **Contact information for the pet food company.** It shouldn’t be difficult to reach a human being when you have a concern about your dog’s food. Food labels are required to include the company’s name and location; including a toll-free number and website address *ought* to be another requirement. Of course, there should also be an informed person at the other end of the phone. It’s no use if you can only leave messages for a company, and no one ever calls back.

ASSESS AND COMPARE

Now it’s time to go home and look at the label of the food you’ve been feeding to your dog. Note the ingredients, and the protein and fat levels in the food. How do they compare to the foods you saw at the pet supply store? (If you want to have some real fun, check out the labels on foods in grocery stores and especially the lowest-cost foods at big box stores. What a contrast, yes? The stuff in these locations barely resembles *food*, once you know what real foods look like.)

Now take a good long look at your dog. Is she the quintessential “picture of health”? Lean, fit, mentally sharp, with a glossy coat, clear eyes, and a reasonably pleasant odor? Are her poops medium-firm, neither rock hard nor gloppy piles of goop? If not – if she’s fat or too-thin, her coat is a smelly, greasy, or patchy mess, and she’s prone to itching, sores, incessant self-grooming, weepy eyes, endless farting, constipation or diarrhea, you need to choose a new food!

Use the information on the right for hints about what you should be looking for – or looking *out* for, in the case of undesirable attributes.

We’ve used the same information to assess the product lines of all the 36 companies, representing hundreds of different dry dog foods, that appear on our “approved dry dog foods” list, beginning on page 6. All of the products listed there meet our basic selection criteria for top-quality foods, and could potentially form a list of good products that you could try for your dog.

Please note that the products are NOT rated or ranked; they are listed alphabetically by company. So, for example, if you are looking for *Origen*, look under its maker, *Champion Pet Foods*.

Don’t choose a new food for your dog just because you like the look of the bag. You should have some rationale for your purchase. For example:

● If your dog is overweight, for example, you may not want to switch to a grain-free food that contains (at least) 30 percent fat! Instead, it would make more sense to look for a food with a higher protein content (*but not high in fat*) than the one you currently feed. The goal is to replace carbs with protein, without increasing fat. Though pet food makers are not required to list the caloric content of their foods, many of them report this information voluntarily, and this can help

you determine whether you might need to feed more or less of a particular food.

● If your dog is itchy, look for a limited ingredient food (a single protein and a single carb source, preferably not a grain) that contains none of the ingredients that his current food contains.

● If your dog is too thin, look for a food with a higher fat content, particularly if the food you’re feeding now is low in fat.

● If your dog seems to be losing condition as she ages, look for a food with *more* protein and *higher-quality* protein sources than the one she’s eating (chicken and/or chicken meal, rather than chicken by-product meal or corn/corn gluten).

● If your dog is having digestive problems, try foods with less fat, a different protein source, or no grains, depending on what works for your dog.

● If your dog is a couch potato, don’t feed high-fat foods.

● If your dog acts hungry all the time, look for a food with higher fat content (and maybe more protein as well).

● If your dog is a picky eater, try rotating foods more often, and offer foods with different protein sources to see which are most appealing.

ADJUST AS NECESSARY

You may have been told that it’s bad to switch foods, or you may have had a bad experience when your dog ate something different and unauthorized (by you) and erupted in gas or diarrhea. With most dogs, the more you change foods, the more robust and capable their digestion becomes. When fed a limited diet, the breadth of their production of digestive enzymes and the variety of the bacteria in their guts are reduced. You can speed the adjustment by adding digestive enzymes, probiotic, and probiotic supplements, to help the gut recolonize itself with digestion-aiding agents.

Then, watch your dog! Let her tell you how the new food works for her. Keep track of what you’ve tried, so you can continue to make adjustments and big improvements in your dog’s diet – and, we hope, huge improvements in her physical condition, mental acuity, and overall energy level.

HALLMARKS OF QUALITY (WHAT TO LOOK FOR):

❖ **Lots of animal protein at the top of the ingredients list.** Ingredients are listed by weight, so you want to see a lot of top quality animal protein at the top of the list; the first ingredient should be a “named” animal protein source (see next bullet).

❖ **A named animal protein** – chicken, beef, lamb, and so on. “Meat” is an example of a low-quality protein source of dubious origin. Animal protein “meals” should also be from named species (look for “beef meal” but avoid “meat meal”).

❖ **An animal protein meal in a supporting role when a fresh meat is first on the ingredient list,** to augment the total animal protein in the diet. Fresh (or frozen) meat contains a lot of water, and water is heavy, so if a fresh meat is first on the list, another source of animal protein should be listed in the top three or so ingredients. Fresh or frozen meats do not contain enough protein to be used as the sole animal protein source in a dry food; they contain as much as 65 to 75 percent water and only 15 to 25 percent protein. In contrast, animal protein “meals” – meat, bone, skin, and connective tissue that’s been rendered and dried – contain only about 10 percent moisture, and as much as 65 percent protein.

❖ **Whole vegetables, fruits, and grains.** Fresh, unprocessed food ingredients contain nutrients in all their natural, complex glory, with their fragile vitamins, enzymes, and antioxidants intact. Don’t be alarmed by one or two food “fractions” (a by-product or part of an ingredient, like tomato pomace or rice bran), especially if they are low on the ingredients list. But it’s less than ideal if there are several fractions present in the food, and/or they appear high on the ingredients list.

❖ **A “best by” date that’s at least six months away.** A best by date that’s 10 or 11 months away is ideal; it means the food was made very recently. Note: Foods made with synthetic preservatives (BHA, BHT, ethoxyquin) may have a “best by” date that is as much as two years past the date of manufacture.

WHAT YOU DON’T WANT TO BUY:

❖ **Meat by-products or poultry by-products.** Higher-value ingredients are processed and stored more carefully (kept clean and cold) than lower-cost ingredients (such as by-products) by the processors.

❖ **A “generic” fat source** – such as “animal fat.” This can literally be any fat of animal origin, including used restaurant grease and fats derived from roadkill. “Poultry” fat is not quite as suspect as “animal fat,” but “chicken fat” or “duck fat” is better (and traceable).

❖ **Added sweeteners.** Dogs, like humans, enjoy the taste of sweet foods. Sweeteners effectively persuade many dogs to eat foods comprised mainly of grain fragments (and containing little healthy animal protein).

❖ **Artificial colors, flavors, or preservatives (i.e., BHA, BHT, ethoxyquin).** The color of the food doesn’t matter to your dog. And it should be flavored well enough to be enticing with healthy meats and fats. Natural preservatives, such as tocopherols (forms of vitamin E), vitamin C, and rosemary extract, can be used instead. Note that natural preservatives do not preserve foods as long as artificial preservatives, so owners should always check the “best by” date on the label and look for relatively fresh products.

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WDJ'S APPROVED DRY FOODS OF 2012

Products highlighted in yellow are new to our list.

ADDITION FOODS — Kent, WA; (206) 618-9309; additionfoods.com

LINES/TYPES AVAILABLE – **Addiction** (7 varieties, including 5 grain-free and 2 puppy).

MADE BY Addiction Foods NZ Limited, Tepuke, New Zealand (APHIS-registered and certified by New Zealand's Food & Safety Authority). All Addiction dry foods will be made here starting February 2012 and will be labeled "Made in New Zealand." Previously, Addiction's foods were made at Pied Piper Mills, Hamlin, TX.

HIGHLIGHTED VARIETY – Salmon Bleu contains: Salmon meal, potatoes, chicken fat, smoked salmon, dried blueberries, dried cranberries, dried raspberries, calcium carbonate, dicalcium phosphate, potassium chloride . . . 24% protein; 13% fat; 4% fiber; 10% moisture.

MISC INFO – Addiction says it has upgraded its plant in New Zealand to enable it to produce its own dry and dehydrated foods and treats; it no longer uses co-packers in the U.S. All foods supplemented with taurine. Company says it uses no China-sourced ingredients. A Kangaroo variety, utilizing wild kangaroo from Australia, is offered as a novel protein food. Products sold in independent pet supply stores and direct-shipped.

AINSWORTH PET NUTRITION — Meadville, PA; (800) 458-1801; backtobasicspetfood.com

LINES/TYPES AVAILABLE – **Back to Basics** (3 varieties).

MADE BY Ainsworth Pet Nutrition's own plant in Meadville, PA (Safe Quality Foods [SQF] 2000 level 2 rating of "Excellent").

HIGHLIGHTED VARIETY – Back to Basics Turkey contains: Turkey giblets (livers and hearts), turkey meal, turkey, chicken meal, tapioca, pea protein, poultry fat, dried whole egg, flaxseed, Menhaden fish oil . . . 38% protein; 18% fat; 3% fiber; 10% moisture.

MISC INFO – Each of the Back to Basics varieties has an organ meat as its first ingredient; each is grain-free, gluten-free, and potato-free. Ainsworth includes some 18 nutrients its Guaranteed Analysis, including ascorbic acid, glucosamine, chondroitin sulfate, L-carnitine, and taurine. Company says every product is held in its warehouse until safety testing results are complete. Products available in independent pet supply stores.

ANNA MAET PETFOODS — Sellersville, PA; (215) 453-0381; annamaet.com

LINES/TYPES AVAILABLE – **Annamaet** (8 varieties, including 3 grain-free).

MADE BY Ohio Pet, Lisbon, OH (APHIS-registered, EU-certified).

HIGHLIGHTED VARIETY – Annamaet Encore contains: Chicken meal, brown rice, millet, rolled oats, pearled barley, chicken fat, catfish meal, dried beet pulp, brewers dried yeast, Menhaden oil . . . 25% protein; 14% fat; 4% fiber; 10% moisture.

MISC INFO – A vitamin-mineral premix that is entirely free of Chinese ingredients was recently integrated into all of Annamaet's formulas, and copper levels rigorously controlled. L-carnitine added to all Annamaet's foods to help the dog's body to "burn more fat." Chelated minerals are used, and higher-than-usual levels of B vitamins included. A grain-free "lean" variety is planned for release March 1. Available in a handful of independent pet supply stores and from a few online retailers, including petfooddirect.com.

ARTEMIS PET FOODS — Carson, CA; (800) 282-5876; artemiscompany.com

LINES/TYPES AVAILABLE – **Fresh Mix** (8 varieties, including 2 puppy); **Osopure** (1 variety); **Professional**.

MADE BY Diamond Pet Products, Lathrop, CA (APHIS-registered); and Pied Piper Mills, Hamlin, TX (APHIS-registered).

HIGHLIGHTED VARIETY – Fresh Mix Adult contains: Chicken, chicken meal, turkey, barley, brown rice, oatmeal, millet, peas, chicken fat, tomato pomace . . . 23% protein; 14% fat; 3% fiber; 10% moisture.

MISC INFO – In 2012, Artemis plans to launch several grain-free varieties and to move production to Diamond's just-built facility in Ripon, CA. Artemis makes some of its products for export, but its foods are also available in independent pet supply stores.

BENCH & FIELD PET FOODS — Grand Rapids, MI; (800) 525-4802; benchandfield.com

LINES/TYPES AVAILABLE – **Holistic Natural Canine**.

MADE BY WellPet in Mishawaka, IN (AIB rated "Superior").

HIGHLIGHTED VARIETY – Holistic Natural Canine contains: Chicken meal, brown rice, white rice, oatmeal, chicken fat, pork meal, dried beet pulp, fish meal, flaxseed, dried egg product . . . 24% protein; 15% fat; 4.9% fiber; 10% moisture.

MISC INFO – Product is available in natural food and fine grocery stores (we originally found this food in Trader Joe's), independent pet supply stores, and by direct shipping to your home.

BLUE BUFFALO COMPANY — Wilton, CT; (800) 919-2833; bluebuff.com

LINES/TYPES AVAILABLE – **Blue Basics** (9 varieties with "meat first and limited ingredients"); **Blue Freedom** (4 grain-free varieties, including 1 puppy); **Blue Life Protection** (19 varieties, including 4 puppy varieties, 5 large breed, 7 small breed, 3 weight control, 3 senior; some of these overlap); **Blue Longevity** (3 "lean for life" "life stages" varieties); **Blue Wildemess** (8 high-protein, grain-free varieties).

MADE BY Ainsworth Pet Nutrition, Dumas, AR; ANI/Vita-Line Products, Hazle Township, PA; CJ Foods, Bern, KS (EU-certified, APHIS-registered, certified organic, AIB rated "Superior"); ProPet, St. Mary's, OH; Triple T Foods, Frontenac, KS; Tuffy's Pet Foods, Perham, MN (AIB compliant, certified organic, APHIS-registered, EU-certified).

HIGHLIGHTED VARIETY – Blue Basics Turkey & Potato contains: Deboned turkey, peas, potatoes, brown rice, turkey meal, flaxseed, canola oil, tomato pomace, natural turkey flavor, oatmeal . . . 22% protein; 12% fat; 5% fiber; 10% moisture.

MISC INFO – Deboned chicken, lamb, or fish is the first ingredient in all of Blue Buffalo's dry dog foods, and Blue uses only whole grains. Also, all its foods contain "LifeSource Bits," a separately manufactured, cold-formed kibble that contains a proprietary vitamin/mineral/antioxidant blend. Blue Buffalo products are available in independent pet specialty stores and chains (Petco and PetSmart).

BREEDER'S CHOICE PET FOODS — Irwindale, CA; (800) 255-4286; apdselectchoice.com, avodermnatural.com, goactivedog.com, pinnaclepet.com	
LINES/TYPES AVAILABLE – Active Care (2 varieties); Advanced Pet Diets Select Choice (6 varieties); AvoDerm Natural (9 varieties, 2 grain-free); AvoDerm Natural Oven-Baked (3 varieties); Pinnacle Holistic (6 varieties, 3 grain-free).	MADE BY Breeder's Choice's own plant in Irwindale, CA (APHIS-registered, EU-certified).
HIGHLIGHTED VARIETY – Avoderm Triple Protein contains: Chicken meal, brown rice, lamb meal, turkey meal, white rice, oatmeal, barley, oat flour, chicken fat, rice bran. . . 26% protein; 13% fat; 5% fiber; 10% moisture.	
MISC INFO – ActiveCare line contains "natural chicken cartilage with the highest levels of unprocessed chondroitin and glucosamine." Advanced Pet Diets line offers "life stage" diets. AvoDerm line developed for dogs with skin and coat issues; AvoDerm Baked meant for dogs with "sensitive stomachs." Pinnacle is Breeder's Choice "holistic, premium" line. This month, Breeder's Choice launches "AvoDerm Revolving Menu," three foods that are formulated nearly identically except for a different protein at the top of the ingredient list, meant to be fed in rotation "without worry." Products found in independent pet supply stores and national pet specialty stores (such as Petco, Petsmart).	

BURNS PET HEALTH — Valparaiso, IN; (877) 983-9651; burnspethealth.com	
LINES/TYPES AVAILABLE – Burns (3 varieties).	MADE BY By CJ Foods in Pawnee City, NE (AIB rated "Superior"; APHIS-registered, EU-certified).
HIGHLIGHTED VARIETY – Burns Holistic Brown Rice & Ocean Fish contains: Whole grain brown rice, ocean fish meal, peas, oats, chicken fat, sunflower oil, seaweed (the rest of the ingredients are vitamins and minerals) . . . 18.5% protein; 7.5% fat; 2.2% fiber; 9% moisture.	
MISC INFO – These are very limited-ingredient diets, ideal for dogs with allergies or intolerance. Brown Rice & Chicken variety is offered in normal and "small bites;" other variety is Brown Rice & Ocean Fish. Burns also promotes use of (and sells) a line of herbal supplements to augment benefit of its foods for dogs with health problems. Company offers direct shipping to your home; also sold in independent pet supply stores.	

CANIDAE CORP. — San Luis Obispo, CA; (800) 398-1600; canidae.com	
LINES/TYPES AVAILABLE – Canidae (10 varieties, including 4 grain-free and 1 "single grain, protein plus" variety).	MADE BY Diamond Pet Foods in Gaston, SC (APHIS-registered, EU-certified); Lathrop, CA (APHIS-registered); and Meta, MO (APHIS-registered).
HIGHLIGHTED VARIETY – Canidae Grain-Free pureSEA contains: Salmon meal, potatoes, potato protein, ocean fish meal, canola oil, peas, tomato pomace, natural flavor, choline chloride, alfalfa meal . . . 40% protein; 20% fat; 3% fiber; 10% moisture.	
MISC INFO – Two new grain-free varieties were introduced in 2011: Canidae Grain-Free pureLAND with bison and lamb meal; and pureSKY with duck and turkey meal. Canidae is "committed to providing the highest standard of excellence for nutritional benefit, palatability, product safety, and customer satisfaction." Available in independent pet retailers throughout North America and exported to more than 30 countries worldwide.	

CANINE CAVIAR PET FOODS — Riverside, CA; (800) 392-7898; caninecaviar.com	
LINES/TYPES AVAILABLE – Canine Caviar (10 varieties, including 5 grain-free).	MADE BY Chenango Valley Pet Foods, Sherburne, NY (APHIS-registered, certified organic, EU-certified).
HIGHLIGHTED VARIETY – Lamb & Pearl Millet ALS (all life stages) Dinner contains: Dehydrated lamb, pearl millet, lamb fat, yeast culture, alfalfa, calcium proteinate, kelp, fructooligosaccharides (FOS), sodium chloride, lecithin. . . 25% protein; 14% fat; 4.1% fiber; 8% moisture.	
MISC INFO – Chicken and lamb varieties use dehydrated meats (no rendered meat meals). Company says no genetically modified ingredients are used in its foods. Products are meant to be used in rotation for "amino acid diversity." Available in independent pet supply stores and online retailers.	

CARNA4 INC. — Toronto, Ontario, Canada; (855) 422-7624; carna4.com	
LINES/TYPES AVAILABLE – Carna4 All Life Stages Chicken .	MADE BY Mountain Country Foods, O'Keene, OK (AIB-compliant, APHIS-registered, EU-certified).
HIGHLIGHTED VARIETY – Carna4 contains: Chicken, chicken liver, eggs, organic sprouted barley seeds, salmon, vegetables (peas, sweet potatoes, carrots, spinach, garlic), amaranth, brown rice, organic sprouted green lentils, potato starch . . . 24% protein; 15% fat; 5% fiber; 10% moisture.	
MISC INFO – "Only naturally grown food ingredients are used in Carna4 to exceed the nutrients dogs need for all life stages, without adding vitamin/mineral pre-mixes or other synthetic supplements. Carna4 is a minimally processed food with high nutrient, probiotic, and omega 3 levels previously found only in raw diets – but without risk of pathogens (which are destroyed by baking, though live nutrients are preserved). Carna4 is made from fresh, table-grade chicken (no meat meals), eggs, and salmon, but its nourishing power comes from organic sprouted seeds (flax, barley, and lentils) which provide optimum nourishment not possible with meat alone." Available in independent pet supply stores in Canada, California, and the Midwest.	

CASTOR & POLLUX PET WORKS — Clackamas, OR; (800) 875-7518; castorpolluxpet.com	
LINES/TYPES AVAILABLE – Organix (4 varieties, including 1 grain-free); Ultramix (7 varieties, including 2 grain-free).	MADE BY CJ Foods in Bern, KS (AIB rated "Superior"; APHIS-registered, certified organic, EU-certified).
HIGHLIGHTED VARIETY – Organix Adult Grain-Free contains: Organic chicken, poultry meal, organic tapioca, organic peas, organic soybean meal, organic potato, dried egg product, salmon meal, poultry fat, organic chicken liver. . . 30% protein; 12% fat; 3.5% fiber; 10% moisture.	
MISC INFO – We like the Ultramix foods but choose to feature one of the Organix foods, as organic products are uncommon (and beneficial for certain dogs). Products sold in independent pet supply stores, Petco, Petsmart, and via direct shipping to your home.	

CHAMPION PETFOODS — Edmonton, Alberta, Canada; (877) 939-0006; championpetfoods.com

LINES/TYPES AVAILABLE – **Acana Classic** (11 varieties, including 3 puppy); **Acana Grain-Free** (4 varieties); **Orijen** (6 varieties, all grain-free, including 2 puppy and 1 senior).

MADE BY Champion's own plant in Morinville, Alberta, Canada (APHIS-registered, EU-certified).

HIGHLIGHTED VARIETY – Orijen 6 Fish contains: Boneless salmon, salmon meal, herring meal, boneless herring, boneless walleye, russet potato, sweet potato, peas, salmon oil, boneless lake whitefish . . . 38% protein; 18% fat; 3% fiber; 10% moisture.

MISC INFO – All products are high in protein. Champion “manufactures its biologically appropriate pet foods in its very own kitchens in Morinville, Alberta, Canada from unmatched fresh regional ingredients that are never frozen and are certified by the Canadian Government as ‘fit for human consumption.’ Our ingredients are delivered fresh to us each day by people we know and trust and contain no hormones, are free of antibiotics and are sustainably ranched, raised, or fished.” Products available in independent pet supply stores.

DARFORD INTERNATIONAL — Vernon, British Columbia, Canada; (250) 545-4430; darford.com

LINES/TYPES AVAILABLE – **Zero/G** (2 varieties).

MADE BY American Nutrition, Inc., Ogden, UT (APHIS-registered, Cook & Thurber audit rating of “Superior”).

HIGHLIGHTED VARIETY – Zero/G Turkey & Chicken contains: Turkey, chicken, chicken meal, turkey meal, peas, buckwheat, lentils, chickpeas, pea starch, flaxseed . . . 30% protein; 15% fat; 5% fiber; 10% moisture.

MISC INFO – Zero/G stands for zero grain or zero gluten – either way. (Buckwheat is not a grain and is not related to wheat.) Darford's second formula is “Sardine, Whitefish & Mysis Shrimp.” These are interesting new foods, but what we like best is the company's “Plus One Program.” Buy any Darford packaged food or treat, and it will send a free meal to a dog rescue of your choice in your area – sort of a buy one, feed two program. Check out the details on the company website. Products available in independent pet supply stores and darford.com.

**DIAMOND PET PRODUCTS** — Meta, MO; (800) 442-0402; diamondpet.com, as well as: chickensoupforthepetloverssoul.com; premiumedgepetfood.com; professionalpetfood.com; tasteofthewildpetfood.com

LINES/TYPES AVAILABLE – **Chicken Soup for the Pet Lover's Soul** (7 varieties, including 2 puppy); **Premium Edge** (8 varieties, including 2 puppy); **Professional Pet Food** (7 varieties, including 2 puppy); **Taste of the Wild** (6 varieties, all grain-free, including 2 puppy).

MADE BY Diamond's own manufacturing facilities in Gaston, SC (APHIS-registered, EU-certified); Lathrop, CA (APHIS-registered); and Meta, MO (APHIS-registered).

HIGHLIGHTED VARIETY – Taste of the Wild Sierra Mountain Canine contains: Lamb, lamb meal, potatoes, peas, canola oil, pea protein, roasted lamb, natural flavor, salt, choline chloride . . . 25% protein; 15% fat; 4% fiber; 10% moisture.

MISC INFO – Taste of the Wild line added two puppy formulas with added DHA. Diamond built and is about to put into production a new extrusion (dry food-making) facility in Ripon, CA. Products are sold in independent pet supply stores and some online retailers, including petfooddirect.com.

DICK VAN PATTEN'S NATURAL BALANCE — Pacoima, CA; (800) 829-4493; naturalbalanceinc.com

LINES/TYPES AVAILABLE – **Limited Ingredient Diets (LID)**; 8 varieties, including 5 grain-free and 1 vegan); **Natural Balance Alpha Dog Formulas** (3 new grain-free, multiple-protein foods); **Natural Balance Organic** (1 variety); **Natural Balance Ultra Premium** (3 varieties).

MADE BY CJ Foods, Bern, KS (AIB rated “Superior,” APHIS-registered, certified organic, EU-certified); and Diamond Pet Foods in Gaston, SC (APHIS-registered, EU-certified); Lathrop, CA (APHIS-registered); and Meta, MO (APHIS-registered).

HIGHLIGHTED VARIETY – Natural Balance Organic contains: Organic chicken, organic brown rice, chicken meal, organic oats, organic millet, organic barley, organic sorghum, organic peas, organic potatoes, chicken fat . . . 22% protein; 13% fat; 4.5% fiber; 10% moisture.

MISC INFO – Company plans to launch more formulas in 2012. Company tests each batch for contaminants and makes the test results available on its website (“Buy With Confidence” program); that's pretty cool. Products available in independent pet supply stores and Petco.

DOGSWELL, LLC — Los Angeles, CA; (888) 559-8833; dogswell.com

LINES/TYPES AVAILABLE – **Happy Hips** (1 variety); **Nutrisca** (3 grain-free, potato-free varieties); **Vitality** (1 variety).

MADE BY Tuffy's Pet Foods in Perham, MN (AIB compliant, APHIS-registered, certified organic, EU-certified).

HIGHLIGHTED VARIETY – Happy Hips Chicken & Oats contains: Chicken, chicken meal, oats, barley, brown rice, natural flavor, chicken fat, flaxseed, tomato pomace, sweet potatoes . . . 24% protein; 12% fat; 5.5% fiber; 10% moisture.

MISC INFO – Happy Hips includes chondroitin and glucosamine to maintain joint health. Vitality includes flaxseed and Vitamin A to maintain eyes, skin and coat. Dogswell is now focusing on grain-free, *potato-free* foods. “When we formulated Nutrisca (3 varieties), we replaced high-glycemic content items like potatoes and tapioca with highly nutritious, low-glycemic peas and chickpeas.” Available in independent pet supply stores and Petco.

DR. GARY'S BEST BREED — Findlay, OH; (800) 500-5999; bestbreed.com

LINES/TYPES AVAILABLE – **Best Breed** (12 varieties, including 4 breed-specific, 1 puppy, 1 senior).

MADE BY Ohio Pet Foods, Lisbon, OH (APHIS-registered, EU-certified).

HIGHLIGHTED VARIETY – Best Breed Catfish With Vegetables & Herbs contains: Catfish meal, pearled barley, brown rice, canola oil, oatmeal, tomato pomace, rye seed, flaxseed, natural flavor, lecithin . . . 23% protein; 13% fat; 4% fiber; 10% moisture.

MISC INFO – Company was founded in 1994 by Gary Cotton, DVM, who developed diets to address problems he saw in certain breeds. Though these breed-specific foods are part of the company's history, more popular are its working and field dog diets, “regular” dog maintenance diets, and limited-ingredient diets (such as the catfish food highlighted above). Available in independent pet supply stores (Great Lakes area) and via direct ship.

DR. TIM'S PET FOOD COMPANY — Marquette, MI; (906) 249-8486; drtims.com	
LINES/TYPES AVAILABLE – Dr. Tim's (3 varieties).	MADE BY Ohio Pet Foods, Lisbon, OH (APHIS-registered, EU-certified).
HIGHLIGHTED VARIETY – Dr. Tim's Kinesis contains: Chicken meal, brown rice flour, oat flour, pearled barley, chicken fat, dried beet pulp, herring meal, rye, dried whole egg, rice bran . . . 26% protein; 16% fat; 3% fiber; 10% moisture.	
MISC INFO – Company says it uses low-ash chicken meal and low-ash herring meal, chelated minerals, and externally applied probiotics, prebiotics, and natural antioxidants. Momentum variety is for high-performance athletes; Pursuit for dogs with moderate activity; and Kinesis for couch potatoes! Available in independent pet supply stores (Midwest) and by direct ship.	

DRS. FOSTER & SMITH — Rhinelander, WI; (800) 562-7169; drsfostersmith.com	
LINES/TYPES AVAILABLE – Drs. Foster & Smith Dog Food (5 varieties).	MADE BY CJ Foods in Bern, KS (AIB rated "Superior," APHIS-registered, certified organic, EU-certified); and Pawnee City, NE (AIB rated "Superior," APHIS-registered, EU-certified).
HIGHLIGHTED VARIETY – Drs. Foster & Smith Lamb & Brown Rice contains: Lamb, lamb meal, whole brown rice, barley, brewers rice, oat groats, fish meal, dried beet pulp, dried egg product, natural flavor . . . 21% protein; 11% fat; 3.5% fiber; 10% moisture.	
MISC INFO – Chicken or lamb is the first ingredient in each of these foods, which are fortified with omega-3 fatty acids and coated with a patented probiotic (Bacillus coagulans GBI-30 6086) to assure proper levels are achieved and maintained post-manufacture. Available via direct-ship only.	

EVANGER'S DOG & CAT FOOD COMPANY — Wheeling, IL; (800) 288-6796; evangersdogfood.com	
LINES/TYPES AVAILABLE – Evanger's Dog Food (5 varieties, 2 grain-free).	MADE BY Mid America Pet Foods, Mt. Pleasant, TX (APHIS-registered).
HIGHLIGHTED VARIETY – Pheasant & Brown Rice contains: Pheasant, duck meal, brown rice, salmon meal, pearled barley, oatmeal, potato, canola oil, turkey liver, dried tomato pomace . . . 24% protein; 14% fat; 3.5% fiber; 10% moisture.	
MISC INFO – Company says it sources all animal proteins and supplies them to its co-packer, to ensure only top-quality ingredients are used. Company considers the three varieties it offers with grains to be "low-grain." Company just launched second grain-free variety, made with three animal proteins (rabbit, beef, pork). Products are available in independent pet supply stores and via direct shipping.	

FIRSTMATE PET FOODS — North Vancouver, BC, Canada; (800) 658-1166; firstmate.com	
LINES/TYPES AVAILABLE – FirstMate Classic (4 varieties, including 1 puppy); FirstMate Grain-Free (6 varieties, including 1 puppy); Skoki (1 variety).	MADE BY FirstMate's own plant in Chilliwack, BC, Canada (APHIS-registered, Canadian Food Inspection Agency [CFIA]-registered, EU-certified).
HIGHLIGHTED VARIETY – FirstMate's Grain-Free Chicken & Blueberries contains: Potato, chicken meal, chicken fat, whole blueberries, (vitamin/mineral ingredients) . . . 25% protein; 14% fat; 4% fiber; 10% moisture.	
MISC INFO – Company's grain-free products use only one protein and one carbohydrate source, to "increase digestibility and reduce the likelihood of food allergies or stomach upset." Pacific Ocean Fish Senior/Weight Management diet is low in protein and fat. Blueberries contribute more than 5% of the highlighted formula above to improve eyesight and memory function and promote immune system and urinary tract health. Skoki is FirstMate's "top quality, competitively priced" food and is available only in a 40lb bag. Products available in Canada and the western U.S. in independent pet supply stores and specialty chains.	

FROMM FAMILY FOODS — Mequon, WI; (800) 325-6331; frommfamily.com	
LINES/TYPES AVAILABLE – Fromm Four-Star Canine Entrees (7 "all life stages" varieties, including 2 grain-free); Gold Nutritionals (5 varieties, including 2 puppy and 1 senior); Fromm Classics (2 varieties).	MADE BY Fromm's own plants in Columbus, WI and Mequon, WI (both are APHIS-registered; Columbus facility was only recently built and put into production).
HIGHLIGHTED VARIETY – Four Star Duck & Sweet Potato contains: Duck, duck meal, pearled barley, sweet potatoes, brown rice, oatmeal, white rice, dried egg, millet, dried tomato pomace . . . 24% protein; 15% fat; 3.5% fiber; 10% moisture.	
MISC INFO – Two more grain-free Four-Star foods planned for release this year. "Fourth-generation family-owned and -operated business steadfastly committed to continuous innovation and production of the finest pet foods. . . . Dedicated to independent retailers since the beginning." Also sold via online retailers and direct shipping.	

GRANDMA MAE'S COUNTRY NATURALS — New York, NY; (888) 653-8021; grandmamaes.com	
LINES/TYPES AVAILABLE – Grandma Mae's Country Naturals (3 "life stage" varieties, including 1 "allergy avoidance").	MADE BY Chenango Valley Pet Foods, Sherburne, NY (APHIS-registered, certified organic, EU-certified).
HIGHLIGHTED VARIETY – Grandma Mae's Country Naturals Adult contains: Chicken, chicken meal, brown rice, oats, barley, rice, Menhaden fish meal, chicken fat, natural chicken flavors, flaxseed . . . 24% protein; 14% fat; 4.5% fiber; 10% moisture.	
MISC INFO – Owned by a co-op of independent pet stores and 52 store owners. "Allergy avoidance" blend, also known as "Farmhouse Blend," contains no chicken, lamb, or beef (its main protein is pork, with whitefish meal in a protein-supportive role) is meant to provide an alternative to foods with those more common proteins. Available in independent pet supply stores only.	



HI-TEK RATIONS — Dublin, GA; (800) 284-4835; hitekration.com**LINES/TYPES AVAILABLE** – Hi-Tek Naturals (3 varieties).**MADE BY** Hi-Tek’s own plant in Dublin, GA (AIB rated “Excellent”).**HIGHLIGHTED VARIETY** – Hi-Tek Naturals Chicken Meal & Rice contains: Chicken meal, brown rice, white rice, chicken fat, milo, pork meal, oatmeal, flaxseed, salt, potassium chloride . . . 26% protein; 16% fat; 3% fiber; 10% moisture.**MISC INFO** – Highlighted variety is intended for active dogs; two other varieties contain less animal protein products (and so they have lower protein levels). “Complete and balanced nutrition, highly palatable, affordably priced. Hi-Tek Naturals was created in response to the needs of thousands of serious, loving pet owners who want the best for their dogs at a price that makes sense.” Products available in independent pet supply stores.**HORIZON PET NUTRITION** — Rosthern, Saskatchewan, Canada; (403) 279-5874; horizonpetfood.com**LINES/TYPES AVAILABLE** – Amicus (3 “life stage” varieties, all grain-free); **Horizon Complete** (5 “life stages” varieties, including puppy and large breed puppy); **Horizon Legacy** (2 varieties, puppy and adult); and **Horizon Pulsar** (2 varieties).**MADE BY** Horizon’s own plant in Rosthern, Saskatchewan, Canada (CFIA-inspected, ISO 22000 Compliant).**HIGHLIGHTED VARIETY** – Horizon Legacy Adult contains: Chicken, chicken meal, pea, pea starch, turkey meal, chicken fat, salmon meal, pea fiber, flaxseed, egg product . . . 34% protein; 15% fat; 3.5% fiber; 10% moisture.**MISC INFO** – Amicus is meant for mini and small-breed dogs; company uses red lentils as the carb source in this line in order to provide small dogs with a lower glycemic index diet. Each new Pulsar grain-free food utilizes a single animal protein and “pulses” – edible seeds of legume plants that have a low glycemic index and are packed with antioxidants – such as lentils and peas. Products available in independent pet supply stores.**KENT NUTRITION GROUP** — Muscatine, IA; (800) 367-2730; bynaturepetfoods.com**LINES/TYPES AVAILABLE** – By Nature (8 varieties, including 1 puppy and 1 grain-free) and **By Nature Organics** (1 variety).**MADE BY** Kent Nutrition Group’s own plant in Arcade, NY (SQF 2000 Certified); By Nature Organics variety made at Chenango Valley Pet Foods, Sherburne, NY (APHIS-registered, certified organic, EU-certified).**HIGHLIGHTED VARIETY** – By Nature Pork & Sweet Potato contains: Pork meal, ground barley, canola oil, sweet potatoes, flaxseed meal, oatmeal, tomato pomace, natural flavors, alfalfa meal, yeast culture . . . 24% protein; 14% fat; 4% fiber; 10% moisture.**MISC INFO** – “All the research we do for our foods is done with dogs and cats in homes or shelters.” Company includes 8-10 extra nutrients on its Guaranteed Analysis; cool. By Nature products are available in independent pet specialty stores and chains (Petco and Petsmart).**LINCOLN BIOTECH** — East Bend, NC; (800) 253-8128; lincolnbio.com**LINES/TYPES AVAILABLE** – Zinpro.**MADE BY** Chenango Valley Pet Foods, Sherburne, NY (APHIS-registered, certified organic, EU-certified).**HIGHLIGHTED VARIETY** – Zinpro contains: Menhaden fish meal, brown rice, oatmeal, ground barley, herring meal, oat flour, rice flour, canola oil, evening primrose meal . . . 22% protein; 12% fat; 3% fiber; 10% moisture.**MISC INFO** – Company posits this: dogs don’t get enough zinc, which causes skin and coat problems, so Zinpro is formulated with a bioavailable zinc. Available at only a few independent pet supply stores but a number of online retailers, including k9cuisine.com and petfooddirect.com.**LOTUS NATURAL FOOD** — Torrance, CA; (888) 995-6887; lotuspetfoods.com**LINES/TYPES AVAILABLE** – Lotus (5 varieties, including 1 grain-free, 1 puppy, and 1 senior).**MADE BY** Bio Biscuit, Montreal, Canada (AIB rated “Excellent,” Australian Quarantine and Inspection Service [AQIS]-registered, EU-certified).**HIGHLIGHTED VARIETY** – Lotus Lamb contains: Lamb, lamb meal, rye, pollack, brown rice, barley, oatmeal, dried egg product, soybean oil, pea fiber . . . 24% protein; 12% fat; 4.5% fiber; 10% moisture.**MISC INFO** – These foods are baked, not extruded. Lotus says “initial tests on our oven-baked dog food that have shown 100% vitamin retention using vitamin E and vitamin A as markers as well as a 100% protein retention using available lysine as a marker. Baking allows us to have a higher fresh meat content than in extruded foods. Because of the fresh meat content and fresh fruits and vegetables our food is very palatable without the use of flavors and sprayed-on fats.” Company says all ingredients are sourced in North America (with three exceptions: lamb, lamb meal, and green mussels from New Zealand). Products are available in independent pet supply stores and online from doggiefood.com.**MERRICK PET CARE** — Amarillo, TX; (800) 664-7387; merrickpetcare.com**LINES/TYPES AVAILABLE** – **Before Grain** (3 varieties, all grain-free); **Merrick 5-Star** (6 varieties, including 1 puppy and 1 senior); **Whole Earth Farms** (3 varieties).**MADE BY** Merrick Pet Care’s own plant in Hereford, TX (APHIS-registered, Cook & Thurber audit rating of “A”).**HIGHLIGHTED VARIETY** – Merrick’s Cowboy Cookout contains: Beef, pork meal, ground rice, oatmeal, pearled barley, salmon meal, beef fat, barley, natural flavor, rice bran . . . 24% protein; 14% fat; 4% fiber; 10% moisture.**MISC INFO** – “Merrick Pet Care owns and operates a full dry plant, cannery, treat facility, and distribution center, making it one of the only pet food manufacturers of its kind. Merrick 5-Star foods feature fresh meat as the #1 ingredient. Before Grain foods are grain-free and high in protein. Whole Earth Farms foods contain several protein sources. We suggest complementing Merrick dry foods with our extensive line of canned formulas. Merrick products are sold in independent pet supply stores throughout the USA and Canada, Petco and various online retailers.”

MIDWESTERN PET FOODS, INC. — Evansville, IN; (800) 752-2319; earthbornholisticpetfood.com	
LINES/TYPES AVAILABLE – Earthborn Holistic (8 varieties, including 1 puppy and 4 grain-free).	MADE BY Midwestern’s own plant in Monmouth, IL (APHIS-registered, EU-certified).
HIGHLIGHTED VARIETY – Earthborn Primitive Natural contains: Turkey meal, chicken meal, whitefish meal, potatoes, chicken fat, dried egg product, tomato pomace, apples, blueberries, carrots . . . 38% protein; 20% fat; 2.5% fiber; 10% moisture.	
MISC INFO – We appreciate the LARGE date/code printed on the bags, as well as the extra nutrients included on the Guaranteed Analysis: omega 3 and omega 6 fatty acids, vitamin E, L-carnitine, and beta carotene. Available in independent pet supply stores and from online retailers, including petfooddirect.com and doggiefood.com.	

MULLIGAN STEW PET FOOD — Jackson, WY; (888) 364-7839; mulliganstewpetfood.com	
LINES/TYPES AVAILABLE – Mulligan Stew (3 varieties).	MADE BY Mountain Country Foods, Okeene, OK (AIB rated “Superior,” APHIS-registered, EU-certified).
HIGHLIGHTED VARIETY – Mulligan Stew Lamb contains: Lamb, brown rice, oats, lamb meal, lamb liver, dehydrated alfalfa meal, flaxseed, eggs, dried cane molasses, natural lamb flavor . . . 26% protein; 10% fat; 8% fiber; 10% moisture.	
MISC INFO – All foods are baked, not extruded, and each variety has a single animal protein. Mulligan Stew posts results from lab tests (for contaminants) of its finished products on its website. Company says all ingredients are sourced in from U.S. farms and ranches. Eighteen extra nutrients are listed in the products’ Guaranteed Analysis; we love that. Available in a few retail outlets and from the company’s online store.	

NATURA PET PRODUCTS — Fremont, NE; (800) 532-7261; naturapet.com	
LINES/TYPES AVAILABLE – California Natural (14 varieties, 5 of which are grain-free); Evo (7 grain-free varieties); HealthWise (5 varieties); Innova (13 varieties, including 3 grain-free, 2 puppy, 3 senior); Karma (1 variety, an organic food that is now extruded [no longer a baked food]).	MADE BY Natura’s own plant in Fremont, NE (AIB rated “Superior,” APHIS-registered, certified organic, ISO 22000:2005 Food Safety Management System-compliant, ISO 9001:2001 Quality Management System-compliant).
HIGHLIGHTED VARIETY – Innova Prime Grain-Free Beef & Lamb contains: Beef, lamb meal, green lentils, red lentils, sunflower oil, flaxseed, pea fiber, Menhaden oil, apples, natural flavors . . . 36% protein; 16% fat; 4% fiber; 10% moisture.	
MISC INFO – “In 2011, Natura introduced the grain-free Innova PRIME line, with protein sourced from a single category: poultry, red meat, or fish. We also expanded the California Natural Grain-Free line with two new limited ingredient formulations with a novel protein source (kangaroo or salmon meal) and unique carbohydrate sources (lentils and peas) for pets with food sensitivities. These join other grain-free formulas in the line (venison meal, lamb meal, and chicken meal varieties) to create a collection of formulas with consistent fat levels to ease sensitivities associated with diet transitions and protein rotation. Natura takes extensive measures to protect the safety, consistency, and quality of our products. A sophisticated analytical laboratory in our plant, a state-of-the-art inventory management and warehousing system (to direct shipments to our retailers and distributors and assure product freshness), and a comprehensive supplier management program with rigorous quality checks and ingredient tracking systems protect the safety of our food supply chain.” Products are sold in independent pet supply stores and through various online retailers.	

NATURE’S VARIETY — Lincoln, NE; (888) 519-7387; naturesvariety.com	
LINES/TYPES AVAILABLE – Instinct (7 grain-free varieties); Prairie (7 varieties, including 2 puppy).	MADE BY Pied Piper Mills in Hamlin, TX (APHIS-registered).
HIGHLIGHTED VARIETY – Prairie Beef & Barley contains: Beef meal, barley, brown rice, oatmeal, chicken fat, ground flaxseeds, montmorillonite clay, natural chicken flavor, alfalfa meal, potassium chloride . . . 26% protein; 14% fat; 3.5% fiber; 10% moisture.	
MISC INFO – Company promotes diet rotation among varieties and types, offering frozen raw and canned foods that complement the dry food lines. We like the two new “limited ingredient diets” (a turkey meal formula and a lamb meal formula) in the Instinct line, though we were chagrined to see the Instinct Beef variety now contains beef plasma (there must be better ways to boost the food’s protein content). Products sold in independent pet supply stores, a pet speciality chain (Petco), and through various online retailers.	

OMNIPRO PET FOODS — Madison, MS; (601) 898-7773; omniproptcare.com	
LINES/TYPES AVAILABLE – OmniPro (7 varieties, including 2 puppy and 1 senior).	MADE BY Chenango Valley Pet Foods, Sherburne, NY (APHIS-registered, certified organic, EU-certified).
HIGHLIGHTED VARIETY – OmniPro Performance contains: Chicken meal, brown rice, milo, chicken fat, dried beet pulp, salmon meal, flaxseed, dried egg, natural chicken flavor, brewers dried yeast . . . 26% protein; 18% fat; 3.5% fiber; 8% moisture.	
MISC INFO – Food is mainly exported; currently available in the U.S. only through Amazon.com.	

PERFECT HEALTH DIET PRODUCTS — Elmsford, NY; (800) 743-1502; phdproducts.com	
LINES/TYPES AVAILABLE – PHD Viand (2 varieties).	MADE BY Pied Piper Mills in Hamlin, TX (APHIS-registered).
HIGHLIGHTED VARIETY – PHD Viand Canine Growth & Maintenance contains: Lamb meal, chicken meal, oat groats, whole brown rice, chicken fat, flaxseed meal, natural chicken flavor, sea salt, tomato pomace, dried kelp. . . 26% protein; 16% fat; 3% fiber; 10% moisture.	
MISC INFO – Viand’s formula was changed slightly (to replace corn with oat groats, since the company said it became impossible to find non-GMO corn). Company suggests using its products to supplement a fresh food diet. Available in a handful of independent pet supply stores, veterinary clinics, and by direct shipping.	

PET CHEF EXPRESS — New Westminster, BC, Canada; (604) 916-2433; petchefexpress.ca**LINES/TYPES AVAILABLE** – **Pet Chef Express.****MADE BY** Nutreco Canada, Inc., Guelph, Ontario, Canada.**HIGHLIGHTED VARIETY** – Pet Chef Express contains: Salmon meal, oats, millet, hullless barley, canola oil, salmon oil, carrot, potato, potassium chloride, garlic . . . 25% protein; 10% fat; 3% fiber; 10% moisture.**MISC INFO** – Company provides home delivery in parts of Canada. Also sold in independent pet supply stores.**PETCUREAN PET NUTRITION** — Chilliwack, BC, Canada; (866) 864-6112; petcurean.com**LINES/TYPES AVAILABLE** – **Go!** (6 varieties, including 3 grain-free); **Now Fresh** (7 varieties, all grain-free); **Summit Holistics** (6 varieties).**MADE BY** Elmira Pet Products, Elmira, Ontario, Canada (AIB compliant, APHIS-registered).**HIGHLIGHTED VARIETY** – Go! Refresh + Renew Chicken contains: Chicken meal, deboned chicken, brown rice, white rice, oatmeal, sunflower oil, chicken fat, potatoes, salmon meal, chicken flavor . . . 24% protein; 14% fat; 2.5% fiber; 10% moisture.**MISC INFO** – “Petcurean is a Canadian-based, family-owned company committed to selling superior quality, nutritionally-balanced pet foods using natural, premium and fresh ingredients.” Go! now offers 3 Fit + Free grain-free, life-stage foods with high protein levels; the other 3 Go! foods have more moderate protein levels. Now Fresh varieties contain no rendered meats (meat meals) or grains. Summit line is lower in protein (and cost). Products available in independent pet supply stores and a variety of online retailers.**PETGUARD** — Green Cove Springs, FL; (877) 738-4827; petguard.com**LINES/TYPES AVAILABLE** – **PetGuard LifeSpan, PetGuard Organics LifePath, PetGuard Organics Vegetarian.****MADE BY** CJ Foods, Bern, KS (AIB rated “Superior,” APHIS-registered, certified organic, EU-certified).**HIGHLIGHTED VARIETY** – PetGuard LifeSpan contains: Chicken, chicken meal, brown rice, oatmeal, chicken fat, eggs, dried carrots, dried celery, dried sweet potatoes, sunflower oil . . . 24% protein; 15% fat; 4% fiber; 12% moisture.**MISC INFO** – PetGuard, family owned and operated since 1979, is not exactly new to our list, but it dropped off a few years ago in protest of our requirement (since 2008) that food companies disclose their manufacturers (for publication) in order to be on WDJ’s “approved foods” lists. We’re glad PetGuard had a change of heart; we’ve always liked its foods, and they had nothing to hide – they’ve always used good manufacturers.**PET VALU** — Markham, Ontario, Canada; (800) 738-8258; performatrinultra.com**LINES/TYPES AVAILABLE** – **Performatrin Ultra** (6 varieties, 2 puppy, 1 grain-free).**MADE BY** Elmira Pet Products, Elmira, Ontario, Canada (AIB compliant, APHIS-registered).**HIGHLIGHTED VARIETY** – Performatrin Ultra Chicken & Brown Rice formula contains: Chicken, chicken meal, brown rice, oatmeal, rice, pearled barley, dried egg product, salmon meal, chicken fat . . . 22% protein; 12% fat; 4% fiber; 10% moisture.**MISC INFO** – Five varieties (Lamb Adult/Puppy, Chicken Adult/Puppy, and “Slim Care” [salmon]) are formulated similarly, except for the lead protein. New, grain-free variety contains 3 animal proteins. Products sold in PetValu stores in Canada and the northeastern U.S. and online retailers.**PRECISE PET PRODUCTS** — Nacogdoches, TX; (888) 477-3247; precisepet.com**LINES/TYPES AVAILABLE** – **Precise** (9 varieties); **Precise Holistic Complete** (7 varieties); **Precise Plus** (3 varieties).**MADE BY** Texas Farm Products’ own plant in Nacogdoches, TX (AIB rated “Superior,” APHIS-registered).**HIGHLIGHTED VARIETY** – Precise Holistic Complete Wild at Heart River contains: Salmon meal, brown rice, potato, oatmeal, chicken fat, rice bran, citrus fiber, flaxseed, dried egg product, natural flavor . . . 24% protein; 15% fat; 3.5% fiber; 10% moisture.**MISC INFO** – Company says many more additions to and improvements in the product lines are in the works. As it is now, these are good quality foods. Precise Holistic Complete line combines a “life stage” approach with a “dog size” tack, with offerings for puppies, adults, and senior dogs of small, medium, and large-breed sizes. Two newer formulas, Wild at Heart Flight and Wild at Heart River, include everything but the kitchen sink on the Guaranteed Analysis, including omega 3 and 6 fatty acids, DHA, ascorbic acid (vitamin C), glucosamine, and chondroitin).**SMARTPAK CANINE** — Plymouth, MA; (800) 461-8898; smartpak.com**LINES/TYPES AVAILABLE** – **LiveSmart** (5 varieties).**MADE BY** Chenango Valley Pet Foods, Sherburne, NY (APHIS-registered, certified organic, EU-certified).**HIGHLIGHTED VARIETY** – LiveSmart Lamb & Brown Rice Adult contains: Lamb, lamb meal, brown rice, barley, oats, dried beet pulp, canola oil, flaxseed, fish meal, natural flavor . . . 21% protein; 11% fat; 3.5% fiber; 10% moisture.**MISC INFO** – “LiveSmart is available in fresh-sealed, single serve ‘PortionPaks’ measured to your dog’s exact nutritional needs and shipped direct to your home every 28 days. PortionPaks are the fresh way to make mealtime easy and consistent (even children and husbands can serve the exact right amount!). There are thousands of dogs on PortionPaks throughout the US. Call 800-461-8898 for free samples.”**THREE DOG BAKERY** — Kansas City, MO; (800) 487-3287; threedog.com**LINES/TYPES AVAILABLE** – **Bake to Nature** (5 varieties, including 1 puppy and 1 “healthy weight”).**MADE BY** Hampshire Pet Products, Joplin, MO (APHIS-registered, certified organic, EU-certified, SQF 2000 Level 2 certification).

HIGHLIGHTED VARIETY – Bake to Nature Chicken contains: Chicken, chicken meal, oatmeal, barley, rice, rice bran, flaxseed, egg, alfalfa meal, chicken fat . . . 22% protein; 10% fat; 5% fiber; 12% moisture.

MISC INFO – Three Dog Bakery hasn't been on this list previously for two reasons. First; past management of the company didn't want to disclose the food's maker. But the while the company's treats and wet foods were superb, the dry foods formulas were seriously lacking. The line has been reformulation, and looks good. All the products are baked, not extruded – and we have to say, *some dogs do better on baked foods than extruded.* We don't know why, it just is, so we're glad to have another baked food on our list (there are only a few). Products are available in the Three Dog Bakery stores, some supermarkets (Price Chopper, Hen House, Westlake Hardware, and Savemart), and from threedog.com.

SOLID GOLD HEALTH PRODUCTS FOR PETS, INC. – El Cajon, CA; (800) 364-4863; solidgoldhealth.com

LINES/TYPES AVAILABLE – **Solid Gold** (9 varieties, including 2 puppy, 2 grain-free).

MADE BY Crosswinds Industries, Sabetha, KS (EU-certified, AIB compliant, APHIS-registered); and Diamond Pet Products, Meta, MO (APHIS-registered).

HIGHLIGHTED VARIETY – Sun Dancer Grain- and Gluten-Free contains: Chicken, chicken meal, tapioca, peas, whitefish meal, quinoa, potatoes, canola oil, tomato pomace, sweet potato . . . 30% protein; 14% fat; 4% fiber; 10% moisture.

MISC INFO – Last year, company launched a new grain-free food – also its first chicken-based dry dog food. Sun Dancer contains a few ingredients new to Solid Gold: tapioca, chia, and FOS. At 30% protein, it's a good choice for people who want a grain-free food that is lower in protein than the company's other grain-free product, Barking at the Moon (41% protein). Products available in independent pet supply stores and Petco.

TUFFY'S PET FOODS, INC. – Perham, MN; (800) 525-9155; nutrisourcedogfood.com

LINES/TYPES AVAILABLE – **Natural Planet Organics** (1 variety); **NutriSource** (16 varieties, including 6 grain-free, 5 large breed, 2 puppy, 1 senior, 1 weight management); **PureVita** (6 varieties, 3 grain-free).

MADE BY Tuffy's own plant in Perham, MN (APHIS-registered, EU-certified, certified organic, AIB compliant).

HIGHLIGHTED VARIETY – Natural Planet Organics contains: Organic chicken, chicken meal, organic brown rice, organic oats, organic barley, natural flavors, organic flaxseed, chicken fat, calcium carbonate, organic sunflower oil . . . 23% protein; 14% fat; 4% fiber; 10% moisture.

MISC INFO – Natural Plant Organics certified by Oregon Tilth. NutriSource PureVita varieties each contain a single source of animal protein. Available in independent pet supply stores and online retailers.

VERUS PET FOODS – Abingdon, MD; (888) 828-3787; veruspetfoods.com

LINES/TYPES AVAILABLE – **VeRus** (5 varieties).

MADE BY Ohio Pet Foods, Lisbon, OH (EU-certified, APHIS-registered facility).

HIGHLIGHTED VARIETY – VeRUS Advanced Opticoat Diet Menhaden Fish Meal & Potato contains: Menhaden fish meal, potato, barley, oats, beet pulp, Menhaden fish oil, flaxseed oil, kelp, salt, parsley . . . 22% protein; 11% fat; 5% fiber; 10% moisture.

MISC INFO – Company says all lamb used in foods is free-range, grass-fed, New Zealand lamb. Available in independent pet supply stores and through a few online retailers.

VETS CHOICE – Deer Park, NY; (800) 992-9738; vetschoice.com



LINES/TYPES AVAILABLE – **Vets Choice Health Extension** (5 varieties).

MADE BY Chenango Valley Pet Foods, Sherburne, NY (APHIS-registered, certified organic, EU-certified).

HIGHLIGHTED VARIETY – Vets Choice Health Extension Original contains: Organic chicken, chicken meal, brown rice, oatmeal, chicken fat, lamb meal, Menhaden fishmeal, flaxseed, dried beet pulp, brewer dried yeast . . . 24% protein; 18% fat; 4% fiber; 10% moisture.

MISC INFO – “Every bite of Health Extension includes fish oil, primrose oil, glucosamine, chondroitin, colostrum, blue-green algae, prebiotics, and probiotics. Organic chicken is our first ingredient, and we never use by-products, gluten, wheat, corn, soy, or artificial flavors, colors, or preservatives. Available in independent pet supply stores and some online retailers.

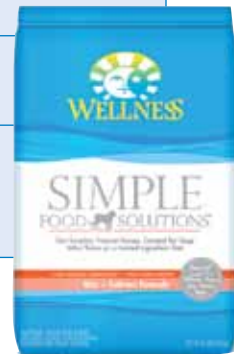
WELLPET – Tewksbury, MA; (800) 225-0904; holisticselect.com; wellnesspetfood.com

LINES/TYPES AVAILABLE – **Holistic Select** (11 varieties, including 3 puppy, 2 small breed, 2 large breed, 1 senior, 1 weight management); **Wellness Core** (3 grain-free varieties); **Wellness Simple Food Solutions** (3 varieties, each with a single source of animal protein and rice); **Wellness Complete Health Super5Mix** (11 varieties, including 3 puppy, 3 small breed, 2 large breed, 2 “healthy weight,” 1 senior [some of these overlap]).

MADE BY American Nutrition, Inc., Ogden, UT (APHIS-registered, Cook & Thurber audit rating of “Superior”); CJ Foods in Bern, KS (EU-certified, APHIS-registered, certified organic, AIB rated “Superior”); Diamond Pet Foods, Gaston, SC (EU-certified, APHIS-registered); Hagen Pet Foods, Waverly, NY; Cook & Thurber audit rating of “Superior”; WellPet's own plant, Mishawaka, IN (AIB rated “Superior”).

HIGHLIGHTED VARIETY – Holistic Select Radiant Adult Health Chicken Meal & Rice contains: Chicken meal, brown rice, white rice, oatmeal, chicken fat, pork meal, dried beet pulp, anchovy & sardine meal, flaxseed, dried egg product, Menhaden fish oil, tomato pomace . . . 24% protein; 15% fat; 4% fiber; 10% moisture.

MISC INFO – “We continue to improve food safety and quality systems throughout our supply chain. We're excited about new hires at WellPet who have vast experience in quality and regulatory affairs. Also, we've assembled veterinary and nutrition experts to help guide new product development. We're excited to continue to provide healthy solutions backed by quality, safety, and scientific expertise to our loved pet family members.” Available in independent pet supply stores, Petco, and PetSmart.



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Greets with a Pee?

With plenty of patience and a ready mop, dogs who urinate when greeting can be helped.

BY PAT MILLER, CBCC-KA, CPDT-KA, CDBC

If you met Bonnie today, there's a 95 percent chance you could greet her without having her pee on the floor. That wasn't always the case. In fact, when we adopted the six-month-old Scorgidoodle six years ago her submissive urination behavior was so extreme I awarded my academy students extra credit points if they could greet her without making her pee. Only a few students earned those points the first year.

In fact, the adorable Bonnie had been surrendered to the shelter because her owners "couldn't houstrain her." Far too many dog owners mistake submissive and excitement urination as a house-training problem when they are actually behavioral issues. Sadly, many dogs are punished for these presentations of inappropriate urination; in both cases, this is the worst thing you can do, as it is highly likely to make the behavior worse, not better.

Some behavior professionals consider excitement and submissive urination to be on a continuum of the same behavior, while others make a clear distinction between the two. These are both involuntary behaviors, meaning the dog is not deliberately house soiling, but rather simply reacting to conditions in his environment. The behavior is not under his control.

In both cases, the first step is a trip to your dog's veterinarian, to rule out any medical or physical causes for or contributors to the behavior, such as a urinary tract infection. Assuming no medical condition, the next step is behavior

modification. Of the two behaviors, excitement urination is generally the easier to resolve, so let's look at that one first.

EXCITEMENT URINATION

This is the canine equivalent of, "Whee! I'm so happy and excited I peed my pants!" This behavior is seen as simple immaturity, particularly common among young, exuberant dogs of many breeds and either gender, who have not yet developed complete neuromuscular

control. The dog sometimes doesn't even squat (or lift a leg), and may urinate while standing, walking, running, or jumping up and down. The best solution is tincture of time; many dogs simply outgrow the behavior as they attain physical maturity. Additionally, you can:

- If possible, greet your dog outside, and have guests greet him outside. This won't reduce the excitement urination, but will reduce clean-up chores.
- Take your dog for more-frequent-than-normal walks so her bladder is always as empty as possible.
- Teach your dog to relax, by calmly reinforcing relaxed behavior (lying down; standing calmly with four feet on the floor; sitting quietly to greet people). A relaxation protocol such as the one developed by Dr. Karen Overall can be very useful (see "Resources," page 24, for links to this protocol).
- Provide your dog with more aerobic exercise. Off-leash hikes; playing with other dogs (where safe and legal); and good, hard fetching sessions with a ball or flying disk are all great ways to expend the excitement energy that can cause loss of bladder control. Tired dogs don't get as excited as underexercised ones!

Bonnie was about six months old when she was adopted from a shelter by Pat Miller and her husband. Bonnie had been surrendered as "impossible to houstrain" but was actually offering appeasement signals to communicate her total willingness to defer to her humans.



- Greet your dog calmly, with quiet body language and a low tone of voice, and/or don't greet him at all until he calms down.
- Instruct visitors to greet your dog calmly, with quiet body language and a low tone of voice, rather than encouraging excitement. (Teaching other humans to alter their dog-greeting behavior is often the most difficult task!)
- Calmly ignore any damp greetings, and quietly ask your dog for a relaxation behavior you've already trained that is incompatible with excitement, such as lying in "sphinx position" or on his side, head on the floor.
- Do not punish your dog – or yell or behave angrily, even if it's not directed at him – if he makes a mistake.

SUBMISSIVE URINATION

This behavior is more common in young dogs than older ones and in more females than males, and it appears more frequently in certain breeds, including Cocker Spaniels, Golden Retrievers, and Dachshunds – but can occur in any dog. Prime candidates for submissive urination are dogs who are also otherwise behaviorally submissive. Unlike excitement urination, a dog who pees submissively may also offer other appeasement behaviors such as a lowered body posture, flattened ears, rolling over, licking, and looking away. The dog may offer a subdued greeting or greet with some excitement.

The more assertive a human's approach to a pee-prone dog, the more likely a puddle is to appear. Hence, men – especially large, deep-voiced men – are more apt to trigger urination than are soft-spoken, small women. Fast, direct, exuberant approaches by any human are riskier than slow, calm, approaches. Direct eye contact, patting the dog on top of his head, and bending over the dog are more likely to trigger submissive responses – including urination – than are averted eyes, kneeling sideways, and scratching the dog under his chin or on his chest.

Many dog owners are surprised to discover that submissive urination is a natural, normal behavior. It probably stems initially

from the mother's practice of stimulating reflexive urination in young puppies by licking the urogenital area. In the canine world, it keeps a lower-ranking member of a group safe from a higher-ranking member. The dog who squats and pees when greeting another dog sends a strong, clear message, saying, "I am not challenging you, I acknowledge your superiority, there's no need to hurt me." It usually works well, with other dogs. With humans, not so much. I try to convince my clients that their submissively peeing dogs are actually giving them a huge "You da boss!" compliment, in an effort to change their perception of – and response to – their dogs' behavior.

While submissive urination behavior is innate, and occurs in many puppies up to the age of six to eight weeks in the presence of perceived threats to their safety, it normally ceases pretty quickly as the pup matures and gains confidence. However, it is exacerbated and more likely to continue into adolescence or even adulthood if it is mismanaged with inappropriate punishment or excessive control by an overbearing human or dog.

A pup who is punished by his owner for normal housetraining accidents (or other typical puppy transgressions such as chewing) may start offering submissive urination in anticipation of the punishment associated with his owner's presence. Eventually, any time the owner (or another human) looks at, walks to-

ward, reaches for, or touches the pup, he may urinate. Therefore, to prevent the development of submissive urination in your growing pup, manage his environment to prevent exposure to overbearing, punishment-oriented humans, and limit his access to dogs who may behave aggressively with or bully him, or be otherwise inappropriately assertive.

If it's too late for prevention, or you are dealing with submissive urination despite your appropriate environmental management, all is not lost. It is possible to modify submissive urination, although it can take a healthy helping of time, patience, and commitment. Here's how:

- Whenever possible, greet the dog outdoors. Have someone let him out to greet you in a fenced yard or other safe area when you arrive home. If no one else is home, ignore the dog until you let him out, and then greet him outside.

- Keep your greetings calm. Rapid body movements and loud or excited voices are more likely to trigger a release of urine in both submissive and excitement urinators. Move slowly and speak in a calm, soft voice. Have all family members and visitors follow the same behavior guidelines. The more consistent and successful everyone is in not triggering the behavior, the sooner it will go away.

- Take him out frequently to pee outdoors. A full bladder releases more easily – and makes a larger puddle – than an empty or near-empty one.

- When you do greet, either indoors or out, turn sideways to the dog, kneel down with your upper body straight rather than bending over, avoid direct eye contact, let him approach you, and scratch him under the chin rather than petting him on top of the head or on the back of the neck.

- If an accident does happen, do not react verbally or physically. Calmly invite the dog outside and then clean up the puddle.

- Give visitors treats or a toy to offer to your dog. This encourages the dog to increase body height and move forward (more assertive be-



Fear *can* accompany appeasement behavior but doesn't always. This girl, picked up as a stray and being held at an animal shelter, peed and barked fearfully at officers in uniform, but squinted, wagged, and peed submissively for the photographer.

haviors) and gives guests something to do other than pat the dog's head.

- Teach him to target. Like taking a treat, having him target his nose to your hand encourages him to offer a more assertive behavior in greeting. Invite your guests to ask him to target to their hands – open palm, fingers pointed down.
- Implement other confidence-building protocols such as “Find It” and “Treat and Retreat.” (For more about these bravery-building exercises, see “Be Brave,” WDJ September 2011.)
- When you can't control the behavior of your visitors, perhaps during a large party, keep your dog crated or closed in a safe room, where he won't be subjected to urination-eliciting behavior.
- Use one of the various doggie diaper or belly-band products that are available (See “Resources,” page 24) to catch the urine and prevent damage to carpets and floors while you work on modifying the behavior.
- Remember that your dog can't help it. Reminding yourself that he cannot control his response helps you to avoid getting angry and minimizes the possibility that you may inadvertently send body language signals that tell your dog you are upset and as a result trigger more submissive urination.
- Take your dog to a good, positive training class. Not only can the trainer help you with the submissive urination challenge, but the improved communication between you and your dog that occurs as a result of positive training will help him gain more confidence and end his submissive responses sooner.
- If modification efforts are not successful and the behavior continues into your dog's adulthood, consult a veterinary behaviorist or behavior-knowledgeable veterinarian about the use of medications that can increase the dog's general muscle tone and control, including the muscles of the urethra.

SUCCESS

If you have a submissive or excitement urinator, you can be very optimistic. Most dogs can overcome these problems relatively easily with appropriate man-

AN EXTREME INAPPROPRIATE RESPONSE

Many years ago, when I was a Customer Care Supervisor at the Marin Humane Society, in Novato, California, we received a frantic phone call from a woman who had glanced over her fence and noticed her neighbor's adolescent Dalmatian tangled up in her tie-out rope so badly that she couldn't move. Rushing to the address, the Society's humane officer did, indeed, find the tangled dog, but there was something suspicious about the scene. The rope was coiled and knotted so neatly around the dog's legs that it left no room for doubt in the officer's mind. On a sunny day, Pebbles had been deliberately hog-tied and left for hours with no access to water or shade. The officer quickly untied the dog to restore circulation to her swollen paws, then rushed her to a nearby veterinarian, where it was determined that Pebbles was mildly dehydrated, but, fortunately, suffering from no permanent damage. To add to the mystery, however, the vet found that Pebbles' right hind leg and hip had been recently shaved for some sort of surgery. An investigation was clearly called for.

When questioned later, Pebbles' 19-year-old owner explained that he had put his dog on her “punishment rope” because she had peed in the house, and he had forgotten to release her before he left for work. The surgery had been needed to repair a broken leg, inflicted on a prior occasion, when the owner claimed to have shoved the dog off the porch for peeing in the house. You must, he asserted with confidence, punish your dog for peeing in the house or she would never be housebroken. His method of punishment-based training clearly wasn't working, since at the age of 10 months, poor Pebbles was still peeing in the house.

What the young Dalmatian's owner didn't realize was that not only is punishment a relatively ineffective means of housetraining a puppy, but his dog didn't even have a housetraining problem. Instead, Pebbles was urinating submissively to try to appease her angry, violent owner, and all of the punishment her owner subjected her to was only making the problem worse.

Pebbles' owner was charged with animal cruelty. He pleaded guilty to a misdemeanor violation and, to Pebbles' everlasting good fortune, forfeited ownership of his dog. She was adopted to a more understanding owner who successfully implemented a proper training program, and in just a few short months Pebbles' submissive urination was no longer a problem.

agement and modification techniques. Our beloved Bonnie, now almost seven, has been one of the most persistent cases I've ever encountered. In addition to her submissive urination, she is one of the less reliably housetrained dogs I've ever owned, supporting the theory of weak urethra muscles. She is still crated at night, to ensure an accident-free sleep time.

However, I no longer award extra-credit points to academy students for pee-free greetings. At one time so sensitive that simply walking toward her could trigger a puddle, Bonnie is now mostly pee-free when met with normal low-key greetings. (I do still warn students of the need to greet her calmly.) If I try, I can still elicit a small puddle from her in one circumstance – when she has something in her mouth I need to take

from her (she does have a tendency to pick up stuff!). When she does, I avoid a pee response simply by trading her for a treat, rather than just taking the object away (a better approach to retrieving an object from your dog anyway!). However, my husband and I no longer have to use any caution at all when greeting her – we can bend over, pat her on the head, hug her, and do all the other normal, stupid-primate things we humans like to do to our dogs. If Bonnie can do it, your dog can, too. 🐾

Pat Miller, CBCG-KA, CPDT-KA, CDBC, is WDJ's Training Editor. Author of numerous books on positive dog training, she lives in Fairplay, Maryland, site of her Peaceable Paws training center, where she offers dog training classes and courses for trainers. See “Resources,” page 24, for more information.

Just the Fats

Using a pre-mix for dogs with allergies: It's good, but the fats need some balancing.

BY MARY STRAUS

Deborah Allen, of Boise, Idaho, feeds a diet that combines a commercial pre-mix with raw ground turkey to her two Labrador Retrievers: Hartford, a highly active, 6-year-old working guide dog who weighs 76 pounds; and Lily, a moderately active, 14-year-old retired guide dog who weighs 53 pounds. Their veterinarian says both dogs are healthy, but they have begun losing weight and developing skin problems in the last few months. Hartford is about 4 pounds and Lily about two pounds under their ideal weights.

Allen is limited in what she can feed her dogs due to their food allergies or intolerances. Hartford has digestive problems (vomiting, loose stools) and gets itchy when fed lamb or chicken. He tolerates beef and bison, but has been only fed small amounts. Lily won't touch beef or bison, and has the same reaction to lamb that Hartford does. She tolerates small amounts of chicken. Hartford can eat ground elk, but Lily reacts to it similarly to lamb. In addition, Allen suspects

that both dogs may have problems with grains and possibly flax. She is concerned that her dogs' skin problems are due to the lack of variety in their diet.

Here is the diet Allen currently feeds her dogs, which she started last March. These amounts are daily totals, split between two meals:

- 1 pound Foster Farms 93 percent lean ground turkey (½ pound for Lily)
- 1 dry cup The Honest Kitchen Preference (hydrated with 2 cups of water)

- 2 tablespoons cooked pumpkin
- 1 tablespoon olive oil
- 2 grams salmon oil
- 1 cup of Pure Vita Grain Free Turkey Formula (½ cup for Lily)
- Lily gets an occasional raw chicken wing, and Hartford gets dry homemade beef heart bits, but not regularly

MIXED COMPANY

Pre-mixes, such as The Honest Kitchen's Preference, are designed to provide a complete diet when combined with fresh foods that you add yourself. There are many such products available, but only a few are guaranteed to meet Association of American Feed Control Officials (AAFCO) nutrient guidelines for "complete and balanced" products when fed according to instructions. Few companies provide a complete nutritional analysis of their products; some, in fact, have never done such an analysis.

Also, instructions for adding foods vary considerably from one company to the next. For example, one tells you to add ¾ cup of oil per 2 pounds of meat, creating a recipe that derives 67 percent of its calories from fat (41 percent of calories are from the oil alone). This is more fat than even working sled dogs need, and is likely to cause digestive upset and even pancreatitis in susceptible dogs. It could also lead to nutritional deficiencies because the non-fat portion is such a small percentage of the diet.

I trust The Honest Kitchen more than most companies when it comes to pre-mixes. The Honest Kitchen provides a complete nutritional analysis of all of its foods. Only Preference is a true pre-mix, incomplete without the addition of fresh foods, though the product literature encourages you to add up to half a cup of "extras" to each dry cup of The Honest Kitchen's other products. It advises adding 1 to 2 cups of meat (raw or cooked) per 1 dry cup of its Preference mix, as



Far left: Deborah Allen and her guide dog, Hartford, participating in the 2011 "Race to Robie," a half-marathon, in Boise, Idaho. Near left: Deborah and her now-retired guide dog, Lily.

Allen does, but the number of calories provided would vary tremendously depending on the fat content of the meat.

DIET DETAILS

In August, Allen switched from Foster Farms regular ground turkey (with 15 percent fat) to its lean variety (with just 7 percent fat). In October, she noticed that her dogs were losing weight. The difference in calories between the two types of turkey is significant, about 300 calories a day for Hartford and half that much for Lily, which would explain the weight loss. Allen increased the amount of Pure Vita kibble she was feeding, but the dogs are still losing weight.

The amount of protein in this diet is more than adequate. The turkey alone supplies all of the protein that Hartford needs, and most of what Lily should get. Like all meats, turkey is a complete protein source, supplying all essential amino acids as well as taurine (which may be conditionally essential for some dogs).

The fat in this diet would be on the low side without the added oils, especially for Lily, who gets less meat, although not excessively restricted. With the added oils, the diet has an appropriate fat content, about 46 grams per 1,000 calories for Hartford, and a little less for Lily.

While the total amount of fat is fine, the distribution may not be. One-fifth of the total fat in Hartford's diet and almost one-third in Lily's diet comes from olive oil, which supplies primarily oleic acid, an omega-9 fatty acid that competes with essential omega-3 and omega-6 fat-

ty acids for uptake in the body. Most of the useful omega-3 fatty acids (EPA and DHA) in this diet are supplied by the fish oil supplement (they can also be found in algae). Poultry fat is a good source of omega-6 fatty acids, primarily linoleic acid (LA), while beef, lamb, and other red meats are low in LA.

The amount of omega-3 and omega-6 fatty acids is adequate, but the ratio of LA to EPA and DHA is over 16:1 (not counting the added kibble). Linoleic acid is pro-inflammatory, while EPA and DHA are anti-inflammatory. Since omega-6 fatty acids also compete with omega-3 fatty acids for uptake, it is likely that the dogs are not absorbing enough EPA or DHA. This could explain the skin problems that Allen sees in her dogs. Increasing the amount of EPA and DHA and decreasing the amount of olive oil will help to correct this imbalance and may help to resolve the skin issues.

I advised Allen to reduce the amount of olive oil to 1 teaspoon (down from 1 tablespoon) daily, and either increase salmon oil to 5 grams (about a teaspoon) or add 1 teaspoon cod liver oil. This lowers the ratio of LA to EPA and DHA, and removes much of the competing oleic acid, while only slightly reducing the total amounts of fat and calories. The advantage to using cod liver oil is that most supplements provide about 400 IU vitamin D per teaspoon. Recommended amounts of vitamin D for humans have increased in recent years; more may be beneficial for dogs, too.

I recommended that Allen supple-

What you can do . . .

- When relying on pre-mixes, check that they meet AAFCO guidelines.
- Don't add large amounts of oil to any diet, especially vegetable oils. Even olive and fish oils may do more harm than good if overfed.
- Make sure the fats in your dog's diet are balanced.



The Whole Dog Journal

ment with vitamin E due to the added oils in her diet, which increase the need for vitamin E. Both dogs should get an additional 25 IU vitamin E daily. Since vitamin E is fat-soluble, it's okay to give larger amounts less often. For example, she could give 200 IU vitamin E once a week rather than 25 IU daily.

The revised diet is slightly lower in calories due to the decrease in the amount of oil. Allen is adding a duck egg a day for Hartford (which he is more likely to tolerate than chicken eggs) and a chicken wing a day for Lily (a chicken egg would be a better choice) to increase calories and variety. She will also include canned salmon in the diet soon, if her dogs can handle it. Both dogs now get 1 teaspoon olive oil and 5 grams salmon oil plus a human multivitamin daily (salmon oil will not be given on days she feeds fish).

Allen could have returned to the higher-fat turkey in place of the new foods, but the increase in omega-6 fatty acids might have contributed to inflammation, and the diet would have been higher in fat than either dog needs. In addition, variety is always preferred to feeding just a single protein source, even though it does not appear that the lack of variety caused the dogs' problems.

One month after making the above changes, Allen reports, "The dogs are both doing great! Their coats are noticeably more silky, their food-seeking behavior has reduced, they are more energetic, and they are putting on weight. I will probably have to cut back on the kibble soon." 🐾

Mary Straus is the owner of DogAware.com. Contact her via her website if you would like to submit a diet to be critiqued.

WHOSE STANDARDS? AAFCO VS. NRC

When I compared a nutritional analysis of Preference plus turkey to the 2006 National Research Council (NRC) nutrient recommendations, the minerals zinc, copper, and selenium, vitamins D and E, and possibly some B vitamins were all low. This is because commercial dog foods are designed to meet nutrient profiles established by the Association of American Feed Control Officials (AAFCO), which are based on older research published by the NRC in 1985.

Instead of supplementing with vitamin E alone, Allen could give a multi-vitamin and mineral supplement made for either humans or dogs to help make up for the differences between the AAFCO and NRC guidelines. Most one-a-day multivitamins that are designed to provide 100 percent of the recommended daily allowance (RDA) for people, such as Centrum for Adults under 50, would supply appropriate amounts of vitamins and minerals for dogs when giving 1 tablet per 40 to 50 pounds of body weight daily. Supplements made for dogs could also be used. Allen should use salmon oil rather than cod liver oil if the supplement contains significant amounts of vitamin D.

K9 to Five

Want to work like a dog? Become a dog trainer!

BY STEPHANIE COLMAN

Despite a lagging economy, the pet care industry continues to thrive, experiencing a steady increase for the past 17 years. According to the American Pet Products Association, we spent more than \$50 billion on our animal friends in 2011. With an estimated 46 million American households owning at least one dog, many long-time dog lovers are considering a career partnership with man's best friend.

Regardless of what inspires you to explore a career training dogs, it's critically important to recognize that, above all, dog training is a profession. As such, there are many important considerations and obligations to be aware of.

DOG TRAINING IS PEOPLE TRAINING

Don't let the "dog trainer" title fool you. I once heard Kathy Sdao, an associate certified animal behaviorist in Tacoma, Washington, joke about how, the next time she has business cards printed, she'll replace the words "dog training"

with "primate training." Even when you think life has "gone to the dogs," you'll still find yourself logging a substantial number of hours engaged in the art of dealing with humans. In fact, interacting with people makes up the lion's share of a career in dog training.

Dog training is a service-oriented profession; dog trainers work with people who happen to own dogs. Even trainers who specialize in board-and-train programs, where they work with a dog in the owner's absence, must develop and maintain strong "people skills" in order to successfully communicate to

the owner how to effectively maintain newly learned skills once the dog is back in the home.

If you've ever worked in a service industry, you know about the wide range of personality types that comprise the client pool. Some clients are friendly, attentive, and a joy to serve. Others are argumentative, cranky, and can make the art of good customer service seem just shy of impossible. Guess what? Those same personality types are often dog owners. As a dog trainer, you're likely to encounter all types of clients: from the dedicated dog owner who is detailed and compliant, to the unorganized complainer who shows up late for lessons, doesn't log necessary training hours, and still complains about his dog's behavior.

We can't stress this point enough. Most people are attracted to a career as a dog trainer because they like working with dogs, and quickly find the real work often lies in working with dog owners. On most days, a good dog trainer is part instructor, part coach and part problem-solver. Other days, being a dog trainer feels more like an ad-hoc relationship counselor as you sit with a couple arguing over who did more (or less) of the training that week; or a potential emergency worker as you do your best to politely yet firmly educate a new client on why the way to "fix" the issue of the dog growling at the toddler is *not* to help the toddler pin the dog to the ground.

By the time many people come to consult a professional trainer, they're already frustrated with their dogs and near the end of their rope. They want behavior change and they want it yesterday. They've often already received bad advice by well-meaning friends and family that goes against how you believe dogs should be treated. The job of the trainer is to figure out how best to communicate with each client as an individual, in a way that allows the person to be receptive to your input. You might encounter situations where, in

You may be extremely talented at training dogs – but most of the "dog trainer" job is teaching humans to train their own dogs. This takes an entirely different skill set, including superior communication abilities, and a different knowledge base, especially of human psychology.



your head, all you can think is, “Are you nuts?!” but if you respond as such, even just out of your passion for dogs, you’ll likely alienate the client. If this happens, everybody loses – especially the dog. Trainer and author Ian Dunbar invites his dog training students, when they grow frustrated with a difficult client, to imagine a syringe full of euthanasia solution – the worst possible conclusion if a dog owner can’t achieve some satisfaction with the dog’s behavior. In the end, your ultimate success depends on your ability to motivate, inform, retain, and inspire people.

LEARN BEFORE YOU EARN

Dog training is an unregulated industry. Unlike becoming a lawyer or a doctor, anyone can decide to be a dog trainer, advertise herself as such, and begin accepting money for working with dogs.

“There’s not one obvious entry point into the profession,” says Veronica Boutelle of dog*tec, an Oregon-based consulting company for professional



The best dog trainers can adapt to teach students with varying physical abilities, learning styles, and levels of motivation and commitment to their dogs.

dog trainers. “It’s important to recognize that nobody will say you have to, but there’s an ethical obligation to become as educated about dogs, dog behavior, and training as possible.”

Loving dogs is not enough. “Our conventional wisdom about dogs is mis-

leading in a number of ways,” explains Boutelle. “There are a whole lot of things we, as a society, think we know about dogs, that in reality, we have strangely backwards. Those misconceptions can get us into a lot of trouble when we start working with dogs professionally.”

Dogs communicate via often incredibly complex body language. To the average dog owner, a wagging tail *always* indicates a friendly dog; the dog who fails to run away when hugged by a child *obviously* enjoys the interaction; and the snappy little dog *must* have a Napoleon complex. The educated dog trainer likely sees a different picture by analyzing the rest of the dogs’ body language within various contexts.

In seeking an education, there are several routes to pursue. According to the Association of Pet Dog Trainers, most people employed as dog trainers are largely “self-educated” through extensive reading; attending seminars, workshops, and conventions; and, in many cases, mentoring with another trainer.

BEEN THERE, DOING THAT: ADVICE FROM PRO TRAINERS

“I think it’s really important for dog trainers to get a lot of experience being a student before becoming a teacher. Take as many classes as you can, in numerous disciplines, with your own dog. You’ll learn how different classes are structured and what you like and don’t like about them. When not actively working with your own dog, observe the other students and see how the instructor works with a variety of dogs and people.”

Dede Crough

Give a Dog a Break, Chester Counter, PA

“If it’s a business, not a hobby, you need to know how to run a business. Have a business plan. Know what your start-up costs will be. Know what will be the most effective advertising strategy for the first six months. Plan for your professional development as part of your costs. Get liability insurance. Be professional from the very first day.”

Marilyn Wolf, BS, CBCC-KA

Korreck Krittters, New Port Richey, FL

“People who want to enter this difficult, but rewarding, profession must be willing to pay their dues. I’ve had several calls from people – including some former clients – who have decided they want to become a dog trainer and want to know how to proceed. When I tell them to join the Association of Pet Dog Trainers (APDT), attend conferences, read books, shadow a trainer, help teach classes and volunteer at a shelter, most thank me for my time and never call back. In my opinion [dog training schools] alone won’t make anybody a competent trainer. You need practice, experience, observation of hundreds or thousands of

dogs, many workshops and seminars, and lots of reading to be good at what you do. Every book, every workshop, every video holds the potential for giving you the perfect way to explain a difficult concept to a frustrated client, or the best way to get through to a difficult dog.”

Rick Riggs, CPDT-KA

Happy Training! Dog Training, LLC, Topeka, Kansas

“It is very important that you enjoy problem-solving; not everyone does. Training dogs and their people requires more than being technically proficient. You may know exactly how to change a dog’s behavior, but if the dog’s handler cannot or will not carry out your plan, you must be prepared to switch to Plan B, or Plan C, or even Plan Z. Be flexible, listen to what the client says – and then believe them when they tell you who they are. If they tell you they want a problem fixed *now*, creating a painfully detailed training plan is unlikely to be successful; perhaps management would be a better solution for that particular dog team.”

Christina Waggoner, CPDT-KA, KPA CTP

Deschutes River Dogs, Bend, OR

“I think it’s extremely important to schedule specific times to work on the business: accounting, taxes, advertising, networking, etc. It’s important to stay on top of these things. Social media is really taking off for dog professionals, so I spend quite a bit of time adding content to my company’s Facebook page and blog.”

Katherine Ostiguy, KPA CTP

Spring Forth Dog Services, Randolph, Massachusetts

For students looking for a more structured academic approach, a handful of dog trainer schools exist, offering both online and in-person programs ranging from six days to six months and costing from \$1,200 to more than \$5,500. “Most dog trainers who are committed to professional, ethical dog training attend multiple schools in order to get a well-rounded education,” says Boutelle. “Serious dog trainers’ resumes are full of workshops and seminars; it’s an extremely extensive field.”

When researching schools and continuing education opportunities, it’s important to do your homework. We recommend limiting the list to schools that focus on scientifically sound, ethical, and humane training practices as opposed to programs that employ more “traditional” methods involving dominance, intimidation, and physical punishment.

Be cautious of school and programs promoting an ability to produce “certified” dog trainers. Regardless of what school you attend, earning a certificate is the program’s way of acknowledging that a student has successfully completed the fee-based program requirements. This is different from an independent assessment of the student’s general knowledge and ability as a trainer. Trainers seeking an independent certification can, upon meeting certain requirements, apply to test with the Certification Council for Professional Dog Trainers.

EXPERIENCE NEEDED

“One of the biggest issues we’ve found, especially with the popularity of the Internet, is that people coming into the profession have a great deal of knowledge but, often, not a lot of mechanical skills,” says Mychelle Blake, executive director of the Association of Pet Dog Trainers. “I’ve seen a lot of people who have a business card and who call themselves trainers, but you hand them a strange dog in a workshop and they can’t get the dog to sit.” She, like Boutelle, stresses the importance of gaining education from a variety of sources, both academic and practical.

“I tell everybody, above all else, get yourself to a shelter. Volunteer. Even if it’s just walking dogs, you’ll learn so much from that,” says Blake. “The ability to ‘read’ dogs is so important. You need to be knowledgeable about different breeds, and you need to see dogs at their best and worst states. In a shelter, you’ll see the most lovely, well-behaved

dog who maybe lost his home because of foreclosure, and you’ll see the crazy, adolescent Pit Bull-mix. That kind of experience is so vitally important and it’s something I don’t see trainers, even experienced trainers, doing enough of. It’s such a tremendous educational experience, whether you’re just coming into the profession or you’ve been it for years. It’s also a great public service.”

Trainers must also remain mindful, throughout their careers, of what types of cases they feel comfortable and qualified to safely and successfully handle. It can be dangerous (and can have legal consequences) to decide to take on a too-difficult case for your level of experience.

Because so much of dog training revolves around working with people, Blake also recommends accruing skills in teaching methods and interpersonal communication. Dog training is rooted in science, but the act of teaching is an art. The ability to present the same information in different ways can go a long way toward helping the human end of your dog-human team achieve success. Some people learn best by listening, some by watching, and others by actually doing. Good trainers know how to develop solid lesson plans and can explain the mechanics of specific behavior skills with an emphasis on each individual learning style.

Susan Smith, owner of Raising Canine, recommends that trainers strive to interact with their human clients much like they do the canine variety. “We need to view clients as learners just as we do the dogs,” she says. “I think dog trainers often assume clients absorb more of the session than they do. We talk at them for an hour or more and impart a lot of information – information we know well. I don’t think it’s possible for them to take it all in and understand and remember it.”

Smith provides a range of science-based education and business services to animal professionals. She says one way trainers can help human students become successful learners is to break things down and be specific. “For example, instead of telling clients to ‘raise the criteria a little bit,’ we need to tell them exactly what the next criteria is. To us a ‘little bit’ might be duration going from five seconds to seven seconds, but to them it might be from five seconds to 30 seconds,” Smith says. This requires good communication skills and the ability to clearly verbalize one’s actions, which is



Like any teacher, dog trainers have to keep the lessons fun to maintain their students’ interest and motivation.

sometimes easier said than done when it comes to something you’ve been doing for so long, it has become second nature.

Smith also recommends using human analogies to help normalize elements of dog behavior. For example, one could explain resource guarding by admitting to imagining sticking her fork in her brother’s hand as he stole French fries off her plate when they were kids.

Dog trainers must also be comfortable with – and skilled at – handling difficult conversations. Trainers are often in the position of helping clients make tough decisions about whether or not a dog should remain in the home, or even, in extreme cases, if the dog should be euthanized. The ability to listen and provide compassionate counsel without personal judgment is an important skill that doesn’t come naturally for a lot of people – especially when dealing with something we’re personally passionate about, like dogs.

MIND YOUR OWN BIZ

“The reality is that there are very few jobs available for dog trainers,” Boutelle says. Some of the larger training and daycare facilities will provide full-time positions, but not many, and the big chain stores don’t offer full-time training. You can get an independent contractor position, but it’s usually 5 to 10 hours per week. You need to recognize that if you want to do training for a living, in most cases, that will also mean owning a business.”

As the former Director of Training and Behavior at the Academy of Dog Trainers (when it was based at the San Francisco SPCA), Boutelle reports a disappointing long-term success rate among self-employed graduates. “These were great trainers with solid people and dog skills and many just wouldn’t make it; they’d go back to their previous career – not because they didn’t know how to train dogs, but because they didn’t know how to properly run a business.”

This phenomenon is what led Boutelle to launch dog*tec in 2003. The company specializes in business and marketing support for dog professionals. Her team’s goal is to “help positive reinforcement training professionals achieve financial success and personal fulfillment,” through one-on-one consulting (including career change counseling) and a host of additional products and services.

“Most dog trainers don’t become business owners because they set out to, or because they have a business background,” explains Boutelle. I think a lot of trainers out there, if they had a choice, would rather draw a salary than work for themselves. We try to take the fear out of it and help them build a business skill set, along with the training skill set, so that people can do what they love – which is train dogs – and make it sustainable for the long haul.” She says the most common mistakes dog trainers make are related to marketing: either not marketing enough or making poor marketing choices such as relying too heavily on word-of-mouth referrals. “Word-of-mouth does not work in this industry until you are established,” explains Boutelle.

Time can be a tricky challenge for dog trainers. While it’s a wonderful perk to be able to set your own hours as a self-employed dog trainer, the reality is that leisure time can be difficult to come by. Few full-time dog trainers enjoy the luxury of two days off, especially in the early days (years!) of starting a business. “In the beginning, you’re working a start-up business; you’re going to put in a lot of unpaid hours,” says Boutelle.

BEWARE OF BURNOUT

Long days (paid or unpaid), scarce time off, and the often emotionally challenging nature of the business, make burnout a real threat to professional dog trainers. To prevent burnout, Blake stresses the importance of scheduling time for

oneself. “Do not work seven days a week; you need to make sure there’s time for yourself, your spouse, your kids and your own dogs,” she says. “So many trainers have untrained dogs because we spend all our time working with clients and their dogs. If you don’t make time for yourself, you’re heading for a fall. Even if it seems okay in the beginning, it’s not sustainable.” She also recommends utilizing support services such as in-person and online trainer networks, and participating in a hobby that has nothing to do with dogs or training.

GO FORTH AND PROSPER

Despite the challenges, dog training can be an extremely rewarding and successful career. Most trainers agree that even a bad day training dogs is better than a good day stuck in a downtown high-rise. The joy trainers experience when watching a dog and owner transform

from adversaries to teammates can make it all worth it – even the scary business-owning part.

“It takes an incredible person to wake up one morning and say, ‘I’m going to do what I love for a living and I’m going to pursue my dream, follow my passion and make it work,’” says Boutelle. “If you truly have the passion and you’ve weighed all the pros and cons and it’s still what you want to do, then you set your foot on the path and you do not let anyone knock you off. Go get the education and learn everything you can about dog training and running a business and then go forth and prosper. To find the strength to do that is really something special.” 🐾

Stephanie Colman has been training dogs in Los Angeles for 10 years. She actively competes in obedience and agility with her Golden Retriever, Quiz and enjoys spoiling her retired Whippet, Zoie.

EDUCATIONAL RESOURCES & RESOURCES FOR DOG TRAINERS

- ❖ **ACADEMY FOR DOG TRAINERS WITH JEAN DONALDSON** academyfordogtrainers.com
- ❖ **ANIMAL BEHAVIOR COLLEGE** animalbehaviorcollege.com
- ❖ **ASSOCIATION OF PET DOG TRAINERS** apdt.com
- ❖ **CERTIFICATION COUNCIL FOR PROFESSIONAL DOG TRAINERS** ccpdt.org
- ❖ **DOG*TEC** dogtec.org
- ❖ **DOGS OF COURSE (INCLUDES LINKS TO INSTRUCTOR’S TRAINING COURSES)** dogsofcourse.com
- ❖ **DOGWISE (GREAT SOURCE OF DOG-RELATED BOOKS)** dogwise.com
- ❖ **GAIL FISHER’S ALL DOGS ACADEMY** alldogsacademy.com
- ❖ **KAREN PRYOR ACADEMY** karenpryoracademy.com
- ❖ **LEGACY CANINE BEHAVIOR & TRAINING WITH TERRY RYAN** legacycanine.com
- ❖ **MARIN HUMANE SOCIETY CANINE BEHAVIOR ACADEMY WITH TRISH KING** marinhumanesociety.org/behavior/cba.html
- ❖ **PEACABLE PAWS DOG TRAINER ACADEMIES WITH PAT MILLER** peaceablepaws.com
- ❖ **RAISING CANINE** raisingcanine.com

 RESOURCES 

TRAINING AND INSTRUCTION

- ❖ **Stephanie Colman**, Caninestein Dog Training, Los Angeles, CA. Caninestein Dog Training offers training for basic-advanced obedience, competition dog sports, problem-solving, and much more! Private lessons and group classes. (818) 989-7996; caninesteintraining.com
- ❖ **Pat Miller**, CBCC-KA, CPDT-KA, CDBC, Peaceable Paws Dog and Puppy Training, Fairplay, MD. Train with modern, dog-friendly positive methods. Group and private training, rally, behavior modification, workshops, intern and apprentice programs. Trainers can become "Pat Miller Certified Trainers" (PMCT) by successfully completing Pat's Level 1 (Basic Dog Training and Behavior) and both Level 2 Academies (Behavior Modification and Instructors Course). (301) 582-9420; peaceablepaws.com

HOLISTIC VETERINARIANS

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

BOOKS AND DVDS

- ❖ WDJ Training Editor Pat Miller is author of *Positive Perspectives: Love Your Dog, Train Your Dog*; *Positive Perspectives 2: Know Your Dog, Train Your Dog*; *Power of Positive Dog Training*; *Play With Your Dog*; and *Do Over Dogs: Give Your Dog a Second Chance at a First Class Life*. Available from Dogwise, (800) 776-2665 or dogwise.com

SUBMISSIVE URINATION

- ❖ **Dr. Karen Overall's Relaxation Protocol** dogscouts.org/Protocol_for_relaxation.html Downloadable recorded version is available: <http://championofmyheart.com/relaxation-protocol-mp3-files>
- ❖ **Belly Bands** prevent a dog who urinates submissively or from excitement from making a mess indoors. Available for males; a female model will be available "soon," according to the website. (602) 485-5490; bellybands.net
- ❖ **The PeeKeeper** works well on dogs who pull off their belly bands, or who pee out from under them. Available for males and females. (Sorry, no phone number.) peekeeper.com

- ❖ **Sassypup.net** makes female diapers and male belly bands. (Sorry, no phone number.) sassypup.net

"Relax and look deeply into my eyes. You want to give me a cookie. You're going to get me a cookie right now."

WHAT'S AHEAD ...

❖ PICTURE THIS

Want to take professional-quality photos of your dog that reveal his true personality? We share tips from the masters.

❖ IS YOUR DOG A BULLY?

How to tell the difference between a dog who's a bit rough, and one who is a true bully (and what to do about bullies, whether yours or another dog).

❖ MY DOG'S ATTORNEY

From cruelty cases to custody issues, dog law is booming.

❖ TRUST IN CASE

Speaking of dog law, have you made provisions for your dogs in case of your death? Here's how it can be done.

❖ THE EYES HAVE IT

Conjunctivitis can plague dogs of any age or breed. Here's how to recognize, treat, and prevent it.

