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New and Improved

How our food reviews have just gotten tougher.

BY NANCY KERNS

Every year in February, we review dry dog foods, and attempt, in the process, to teach owners a little more about pet foods and the pet food industry. Last February, we discussed in detail the phrase “complete and balanced” that adorns the labels of most (not all) dry commercial foods, explaining how products with *highly* disparate nutrient levels could *all* be considered “complete and balanced.” We also talked about the different methods by which a company can earn the right to make the “complete and balanced” claim: feeding trials, nutrient levels, or the “family” method.

This year, with the memory of the 2007 pet food recalls still fresh in our minds, we are emphasizing pet food company transparency and its value to pet owners. In the past, we’ve asked pet food companies to disclose *to us*, not for publication, where their products were manufactured – mostly as a lever to pry more information out of them about their ingredient sourcing and quality assurance programs. Following the 2007 recalls, and the months of uncertainty about ingredient and product safety, we decided this was not enough.

For this year’s review, we required each company who, in the past, had a product on our “approved dry dog food” list to divulge, for publication, information about their manufacturing sites. As a reward, we gave the participants – the ones that were still talking to us at this point! – the opportunity to make a short statement about their companies and products. You should find the statements very interesting and diverse.

Another big change to our 2008 dry food review: We pulled all the grain-free varieties

out of this category. There are enough of them on the market today that we are going to give them their very own review next month. This way, we’ll be able to examine the varied approaches that different companies have taken in order to make a grain-free food. These approaches have led to quite disparate nutrient levels in the product offerings – higher protein and fat, of course, but also some significant differences in the vitamin, mineral, and fatty acid profiles of the finished products.

Our Training Editor, Pat Miller, took the opportunity this month to “bust” some dog behavior myths. I’ve spent quite a bit of time in puppy training classes (mostly with a camera, though, not a puppy!). Trust me when I say that many (most?) owners ask questions in class that clearly reveal that they are laboring under many misconceptions about the dogs with whom they share their homes. Want to raise a positive trainer’s blood pressure? Just start a conversation and drop the following phrases:

- “He knows better!”
- “He’s jumping up on me because he’s dominant, right?”
- “My dog is stubborn!”
- “I spanked him to let him know who the alpha dog is in the house.”
- “She pees in my bedroom when I’ve stayed out too late; she’s spiteful.”



In case *you’re* not sure why these would get a trainer worked up, check out “Canine Mythbusting” on page 12.

NK

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

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Full Disclosure

We've upped the ante for this year's dry dog food review.

BY NANCY KERNS

Transparency. That's what the pet food recalls of early 2007 taught us to value in a pet food company. In the aftermath of that event, we received hundreds of accounts from concerned owners who were understandably scared and unnecessarily frustrated when they tried to get information about their pets' food. Some companies "got it," and responded immediately with up-to-the-minute updates with pertinent information about their products on their websites and recorded messages on their toll-free phone lines. In our view, the best ones were the companies that stated immediately where their foods were made, where their ingredients came from, and what they were doing to ensure their products were safe.

But many other companies stonewalled, insisting that their products were safe but refusing to offer any corroborating evidence! Even faced with grievously sick cats or dogs, many owners could not get any useful information from the pet food companies whose products they used.

This may be business as usual for large, conglomerate pet food makers; goodness knows it's certainly true of most processed *human* food makers. But when a dog owner pays in the area of \$2 a pound (or more) for what is marketed as the healthiest dog food on earth, it stings to learn that its maker won't so much as return a phoned or e-mailed inquiry about its ingredients – especially when a dog or cat is fighting for its life in a veterinary hospital.

The weeks following the initial recall brought new disclosures about foreign-sourced ingredients, and some disparities

between the ingredients listed on food labels and what the products actually contained. That's when I decided that WDJ's 2008 dog food reviews would include only those products that met our usual selection criteria (see page 5) *and* met at least a minimum standard of transparency.

Manufacturing info: What it can tell you

I've found that one fairly reliable indicator of a pet food company's willingness to disclose information about their products to consumers is whether or not they will discuss their manufacturing location – although this is a recent phenomenon.

In 1997, my first year of reviewing dog food, *none* of the pet food company executives I interviewed would discuss their manufacturing location; historically, this was status quo for the industry. "That's proprietary information," they'd say, even if all of their competitors knew exactly where their products were made. Several developments in the past decade have changed this.

First was the establishment and growth of a "super premium" sector of the pet food market. Twenty years ago, most dog foods were pretty similar; all contained meat by-products and tons of grain. Trends toward "peak nutrition," evolutionary diets, and holistic medicine trickled down into the world of companion animals, and a few, small, innovative companies started making products that contained more and higher-quality animal products. The success of these products, both in sales and

actual performance in the dogs who ate them, led to rapid growth of this specialized niche of the pet food market.

As it grew in market share, the "super premium" sector became increasingly competitive. Companies have been going to greater lengths to find and utilize better and/or more novel ingredients to use (and feature in their advertising).

They've also sought out other unique and beneficial features to incorporate into their formulation, manufacture, packaging, and even corporate behavior to help their products stand out. Initially, the decision of some to disclose information about ingredient sourcing, product manufacturing, quality assurance (QA) processes, and other bits of previously secret processes was probably as much an effort to gain a marketing edge as it was a tool to increase consumer confidence.

Whatever a company's motivation for disclosing detailed information about its products, the consumer wins. I've long appreciated companies that have educated personnel readily available and willing to communicate with consumers about their products. It's even better when the company has a veterinarian available who can discuss the company's products and a consumer's dog's digestion or other health problems in detail.

Of course, it's easy for company reps to mislead consumers who inquire about things they really don't know much about. During the 2007 recalls, it was only when frightened pet owners sought information from pet food makers, and shared this information with each other, that a



Knowing which manufacturing plant where food originated is just the beginning of what consumers should be able to learn about their dog's food – especially a high-priced product that's marketed as a "super-premium" food.

number of companies were caught being disingenuous. This is another reason why I decided to make company transparency a new criterion for WDJ's food reviews, and also publish the results. Who would release false information where all your competitors are sure to read about it?

Why you need to know more than just the food's maker

I've just told you why the disclosure of a food's manufacturer should be part of a pet owner's selection process. Here are some reasons why this information should *never* be used as a *sole* selection criterion.

Large pet food manufacturers may make dozens (if not hundreds) of different products, formulated for a wide range of price points and using ingredients from a wide span of quality. And if a plant makes products for other companies, even the QA processes used during manufacture for different clients may be very different. *The name of the maker alone is simply not enough to guarantee quality or confirm a lack thereof.*

Known variously as "private label manufacturers," "contract manufacturers," or "co-packers," production facilities make foods for other companies – and make them according to their clients' specifications. Co-packers generally specialize in the manufacture of a certain type of product (extruded, baked, canned), and may actually manufacture many competing brands within a category.

The most discriminating clients specify *everything* in their contracts, requiring their co-packer to use only specific ingredient sources and perform extraordinary quality-assurance procedures, and paying for independent, third-party audits of the manufacturing process. (Of course, all of this results in higher costs for clients and consumers.)

Companies that sell lower-quality, low-cost products generally have much less stringent contracts with their co-packers. Often, they allow the manufacturer to source ingredients, since the co-packer can usually purchase ingredients at a lower price, given that they often buy in quantities large enough to use in several clients' products. Clients with low-cost products usually specify only that the product contain the ingredients it is supposed to and that the finished product meets the specified nutrient levels spelled out in the product's "guaranteed analysis" – and it's up to the co-packer to accomplish

this for an agreed-upon price. As we saw in the 2007 contaminated gluten recalls, this type of arrangement may set the stage for disaster, as the co-packer tries to find the least-expensive source of ingredients that meet the client's specs.

This is how different products that I would characterize as the highest and the lowest quality may come from the same manufacturing plant. This also explains why some very good products made at the Menu Foods (one of North America's largest co-packers of canned pet foods) were completely untouched by the recalls, and so many low-cost "store brands" made there were recalled.

Unfortunately, many underinformed, alarmist (or simply alarmed) pet owners conclude that if a problem occurs at a plant, every product that originates at that plant (from then on) is unsafe. Early in the 2007 recalls, when the affected foods were thought to originate only at Menu Foods, many pet owners got the idea that *all* foods made at Menu must be unsafe. (And the hysteria went further; some concluded that

if a company had one food made at Menu, that all the other company's foods, made elsewhere, must also be contaminated.)

This sort of reactionary conclusion has made many pet food company executives far *less* forthcoming about their products' origins. Many companies stonewalled consumers in the face of the recall, and have since returned to a policy of nondisclosure, to prevent being unfairly associated with the recalls.

I have sympathy for companies that disclose all sorts of details about their products yet decline to state their manufacturer to preserve a genuinely exclusive relationship with a small co-packer.

This feeling is tempered, however, by real distaste for the companies that hide behind the "proprietary information" excuse for refusing to disclose practically anything about their ingredient sourcing or quality, manufacturing, QA, product testing, etc., even as they allege their products to be of the "finest quality." In my opinion, that's competing in the high-end sector of the pet food market on false pretenses.

Makers of Past "WDJ-Approved" Foods That Won't Disclose Origin of Manufacture

Addiction Foods NZ Ltd , Bay of Plenty, NZ (65) 6227-8813; addictionfoods.com	Won't disclose makers of extruded foods. States that foods are made in New Zealand and Australia, close to sources of their unique proteins (kangaroo, brushtail), but won't be more specific. "Our partnerships are a source of our competitive advantage."
Azmira Holistic Animal Care , Tucson, AZ (800) 497-5665; azmira.com	Won't disclose maker since food is made in small facility; does not want to lose advantage of exclusive relationship with co-packer. Will disclose much else about ingredients and QA in dialogue with consumers.
The Blue Buffalo Company , Wilton, CT (800) 919-2833; bluebuff.com	No response to our inquiry.
Cloud Star Corporation , San Luis Obispo, CA (800) 361-9079; cloudstar.com	Does not disclose manufacturing info; will disclose some other information to consumers.
Newman's Own Organics , Aptos, CA (800) 865-2866; newmansownorganics.com	Does not disclose manufacturing location. Company will disclose much other information about ingredients and QA to consumers.
Owen & Mandeville Pet Products , Oxford, CT (888) 881-7703; ompetproducts.com	No response; couldn't get through to numbers or get a response to e-mail. Still in business?
Petguard , Green Cove Springs, FL (877) 738-4827; petguard.com	No response to our inquiry.
Royal Canin USA, Inc. , St. Charles, MO (800) 592-6687 (US); (800) 527-2673 (Can) royalcanin.us	No response to our inquiry.
Solid Gold Health Products , El Cajon, CA (800) 364-4863; solidgoldhealth.com	No response to our inquiry.
Timberwolf Organics, Inc. , Winderwe, FL (407) 877-8779; timberwolforganics.com	No response to our inquiry.
(Evolve) Triumph Pet Industries Inc. , Warwick, NY; (800) 331-5144; evolvepet.com	No response to our inquiry.

What you should ask

So, while I value the willingness of a company to tell you where its products are made, this should be only the *start* of the information-sharing between consumers and a top-shelf pet food company.

By the way, companies that have their own manufacturing plants should not get a pass on these questions; distant clients may scrutinize a co-packer more thoroughly than a company owner! All companies, whether they own their plants or hire contract manufacturers, should be equally forthcoming about their manufacturing arrangements and the following:

■ **Product formulation** (Who developed the formula, and what are his/her credentials? Can a consumer examine a list of all the product's nutrient levels?)

■ **Ingredients** (Do they source all their own ingredients? Can they provide full traceability on each ingredient used in their products? Are any of their products

imported? Which ones and from where?)

■ **QA processes** (Does the plant have an on-site lab, and what can it test for? Is an outside lab used to confirm these findings and independent tests? How often are samples pulled for testing? How often do your own employees visit your co-packer? Do your plants follow a hazard analysis and critical control point [HACCP] food safety program? Do you use third-party auditors to monitor your co-packers – or even your own facility?)

■ **Available support** (If I feed my dog your food and he gets sick, what support will you be able to provide for me?)

Our usual business

On the following pages are products that meet not only our long-standing criteria for food selection (see sidebar, below) but also our new standard of transparency. We've listed the makers of all our "approved" products. A few foods that were previously

on our lists did not meet our new standard; these are noted in the chart on page 4.

We've included more information about the products appearing on our "approved foods" list than ever. We've noted which contact information is available on the packaging: Phone, mail, website? We appreciate easy-to-read (not coded) "best by" dates on packaging; we like it even more when the manufacturing date is also provided, so consumers can determine the food's precise degree of freshness. Our charts note which foods include this feature.

We've also discussed the benefits of an expanded "guaranteed analysis" (GA) on a product label. Federal and state laws require only four nutrient levels (minimum levels of protein and fat, maximum levels of fiber and moisture) to be present, but anything that appears in the GA is subject to testing by state feed control officials; failures are subject to disciplinary action. We've noted which "extra" nutrients are included on our approved products' GA.

WDJ's Dry Dog Food Selection Criteria

Our selection techniques are not secret or beyond any dog owner's abilities. We didn't conduct laboratory testing, or feeding trials, or even taste tests! To generate the list of top-quality foods that appears on the following pages, we simply examined the ingredients listed on the product labels.

■ **We look for foods that contain a lot of high-quality animal proteins.** We'd love manufacturers to disclose the percentage of meat, poultry, or fish in their food, but they rarely do, so we look for foods that appear to have lots of animal protein. Ingredients are listed by weight, so ideally a food will have one or two animal proteins in the first few ingredients.

Understand that whole meat (chicken, beef, lamb, etc.) contains a lot of water weight. If a food list starts out with chicken (rather than chicken meal), and there is no other animal protein listed until 5th or 6th on the list, the food does not actually contain a lot of animal protein. But if it starts out with chicken, and chicken meal (or another named animal meal, such as lamb meal) is number two or three on the list, chances are the product contains an admirable amount of animal protein. Animal proteins tend to be more palatable and bioavailable than plant proteins and offer a wider array of essential and nonessential amino acids.

■ **We reject any food containing meat by-products or poultry by-products.** It's just about impossible to ascertain the quality of by-products used by a food manufacturer. We've spoken to representatives who swore they used only the finest sources of by-products, but when asked, they all say that! The fact is, there is a much wider range of quality in the by-products available for pet food manufacturing than there is for whole meats. Whole meats are expensive, and because

they are expensive, dog food makers insist on their quality to an extent that is unreasonable when buying bargain-basement by-products. So we advise that you just avoid foods that contain by-products.

■ **We reject foods containing fat or protein not identified by species.** "Animal fat" is a euphemism for a low-quality, low-priced mix of fats of uncertain origin. "Meat meal" could be practically anything.

■ **We look for whole grains and vegetables.** That said, some grains and vegetables have valuable constituents that accomplish specific tasks in a dog food formula. We don't get too excited about one vegetable fragment and one grain by-product on the ingredients panel. Our tolerance diminishes in direct proportion to the number of fragments and by-products contained in a food and the prominence on a label; the more there are, and/or the higher they appear on the ingredients list, the lower-quality the food.

■ **We eliminate all foods with artificial colors, flavors, or preservatives** listed on their ingredients panels. A healthy product full of top-quality ingredients shouldn't need non-nutritive additives to make it look or taste better. And plenty of good natural preservatives (such as rosemary extract and vitamins E and C) can be used instead.

■ **We eliminate all foods with added sweeteners.** Dogs, like people, enjoy sweet foods. Like people, they can develop a taste for these nutritionally empty calories.

■ **We look for products containing organic ingredients.**

For the first time, we offered the food companies whose products we included on our “approved dry foods” list to submit a short statement about their products. We invited them to reference the sourcing of their ingredients, the testing and oversight they provide – whatever they wanted, as long as the statement was 150 words or less. That seemed excessively short to them, and just about right to us, until we received 31 statements (and not all of them kept under the limit!). We had to edit and trim them to make them all fit, and even so, these next six pages are looking pretty grey; there wasn’t *any* way we could use the photos we took of each package!

Please note that we did not fact-check or seek to verify the information provided by the companies for these statements; if you have questions, please do contact the companies and quiz them for more detail. By participating in this year’s review, each company has demonstrated an above-average willingness to provide corporate transparency.

Keep in mind, as ever, that the foods on our list are not the only good foods on the market! The list is offered as a starting place and for its value as a comparison to products you may find in your area. Use our list of selection criteria, below, to evaluate the brand of dog food you buy.

Also note that we have presented the foods on our list in alphabetic order by company. **We do not “rank order” foods** or say which ones are “best,” because what’s “best” for every dog is different.

The proof is in the pudding. If your dog does not *thrive* on the food, with a glossy coat, itch-free skin, bright eyes, clear ears, and a happy, alert demeanor, it doesn’t matter whether we like it or not – switch! If your dog’s health or attitude sours under the influence of a certain food, *stop feeding it*, note the ingredients, and find another food that contains different ingredients. Keep notes! Sometimes it takes years to find products that really suit your dog. 🐾

WDJ’S 2008 APPROVED DRY DOG FOODS

Artemis Pet Foods North Hollywood, CA (800) 282-5876 artemiscompany.com		Fresh Mix is made by Diamond Pet Products, Lathrop, CA. Natural 6 Mix is made by Eagle Pack Pet Prod. in Mishawaka, IN.	
Fresh Mix Adult contains: Chicken, turkey, chicken meal, turkey meal, brown rice, pearled barley, lamb meal, oatmeal . . .			
GA: 23% protein; 14% fat; 4% fiber; 10% moisture.		ON THE LABEL: Best by date; caloric info; address, website. EXTRA NUTRIENTS ON GA: Vitamin E, biotin, Omega 6, Omega 3, DHA.	
Company statement: Artemis is dedicated to providing not only healthy pet food but also promoting a whole-life approach to caring for animals. We believe that achieving a balance of all parts /all aspects of an animal’s life enables them to thrive. Because a healthy life style begins with nutrition, we created a food that balances all the necessary macro- and micro-nutrients, resulting in a food that is greater than the sum of its parts. Our products were developed with the idea that prevention is the best cure. We believe real winners must do more than put slogans on their package. A holistic approach is not just a trend for Artemis, it’s a way of life and the only way to encompass the full spectrum of pet nutrition and well being. Thus a holistic approach to manufacturing pet food gives us a foundation we can be proud of.			

Beowulf Natural Foods Syracuse, NY (800) 219-2558 beowulfs.com		Back to Basics dry dog foods are made by Chenango Valley Pet Foods in Sherburne, NY.	
Back to Basics Chicken contains: Chicken meal, ground corn, chicken fat, oatmeal, brown rice, dried tomato pomace, dried whole eggs, fish meal (herring) . . .			
GA: 23% protein; 19% fat; 4% fiber; 10% moisture.		ON THE LABEL: Best by date; caloric info; address; phone; website. EXTRA NUTRIENTS ON GA: Omega 6/3 ratio, ash, calcium, phos., magnesium, fat to fatty acid ratio.	
Company statement: For the past 12 years Back to Basics has maintained that the quality of pet food is determined by the quality of its ingredients. That’s why we use only ingredients from USA, human-quality sources – the same ingredients you buy at the store. Our proteins are USDA-certified; our vegetables come from local farmers. Quality improves everything; Back to Basics is one formula for all life stages, 94% digestible and highly palatable. Improvements in energy and condition can be seen almost immediately. Attention to detail and quality sets Back to Basics above the rest. Manufactured at Chenango Valley Pet Foods, one hour from our headquarters in Syracuse, NY. Every run is fully tested; quality control measures are of the highest standard.			

Bench & Field Pet Foods Mishawaka, IN (800) 525-4802 benchandfield.com		Bench & Field dry dog foods are produced by Eagle Pack Pet Products in Mishawaka, IN.	
Original Formula for Active Adult Dogs contains: Pork meal, ground yellow corn, ground brown rice, chicken meal, oatmeal, chicken fat, dried beet pulp, anchovy and sardine meal . . .			
GA: 25% protein; 15% fat; 4% fiber; 10% moisture.		ON THE LABEL: Best by date; caloric info; address; phone; website. EXTRA NUTRIENTS ON GA: Calcium; phos.; Vitamins A, D3, E; Omega 6, 3.	
Company statement: Bench & Field Holistic Natural Canine Formula is the perfect blend of holistic, natural ingredients, sourced from domestic human grade suppliers. Our chicken sourcing is from USDA-approved processors, and are antibiotic-free with no added hormones. This food includes a bounty of healthful ingredients including carrots (rich in vitamin A); peas (high in vitamin C, thiamine, and fiber); apples, blueberries, and cranberries (wholesome and healthy nutrient sources). Whole grains, human grade egg product, and alfalfa all play a health role. Omega 3 and 6 fatty acids (from flaxseed, menhaden fish oil, purified chicken fat, and fish meal). This is the right choice for any dog, at any life stage, and can be found at Trader Joe’s stores.			

Breeder’s Choice Pet Foods Irwindale, CA (800) 255-4286 breeders-choice.com		Breeder’s Choice foods are made at Breeder’s Choice’s plant in Irwindale, CA.	
Pinnacle Holistic Chicken and Oats contains: Chicken meal, chicken, whole oat flour, tomato pomace, fresh potato, chicken fat, organic quinoa, dehydrated mixed vegetables . . .			
GA: 25% protein; 15% fat; 5% fiber; 10% moisture.		ON THE LABEL: Best by date; caloric info; address; phone; website. EXTRA NUTRIENTS ON GA: Omega 6, 3.	
Company statement: Breeder’s Choice has manufactured high quality pet foods you can trust for more than 60 years; we’re so sure of it we offer a 100% satisfaction guarantee. Our AvoDerm Natural Oven-Baked is made with California avocados so your pet can have a healthy coat and skin on the outside and be healthy on the inside. Oven-Baked AvoDerm is made like you make your food, in the oven. This takes a little longer, but we feel the oven baking keeps our healthful ingredients intact while enhancing the taste. We offer Pinnacle for those who favor a holistic approach to good pet health. We focus on complete, sound nutrition, absent allergens or poor ingredients. Health Food For Dogs is a premium food with an all-natural formula containing Omega 6 & 3 fatty acids and three protein sources: chicken, lamb, and fish.			

Burns Pet Nutrition Valparaiso, IN (877) 983-9651 bpn4u.com	Burns dry dog food is produced by Eagle Pack Pet Products in Mishawaka, IN.
Brown Rice and Chicken contains: Whole brown rice, chicken meal, peas, oats, chicken fat, sunflower oil, seaweed, vitamins, minerals.	
GA: 18.5% protein; 7.5% fat; 2.2% fiber; 7% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Vitamin A, copper.
Company statement: Burns Pet Health continues to build its reputation the old fashioned way, one healthy pet at a time. Without resorting to flashy ads, marketing hype, or manipulation of ingredients, Burns is steadfast in its commitment, started almost 10 years ago, of providing the finest foodstuffs available to strengthen and maintain a pet's immune system. After painstaking research Burns avoids additives, preservatives, and fillers. Burns understands that like its human companion pets "are what they eat," that poor quality and inappropriate quantities of ingredients take a toll on the well-being of all living creatures. Burns continues to grow relying entirely upon ingredients from the USA and using health results as its only benchmark of success.	

By Nature , a division of Blue Seal Feeds, Inc. Londonderry, NH (800) 367-2730 bynaturepetfoods.com	By Nature BrightLife dry dog food is made at Blue Seal's plant in Arcade, NY; By Nature Organic dry dog food is made by Chenango Valley Pet Foods, in Sherburne, NY.
BrightLife contains: Chicken meal, lamb meal, grnd. barley, grnd. rice, whole grain oats, chicken fat, dehydrated alfalfa meal, grnd. flaxseed . . .	
GA: 28% protein; 18% fat; 5% fiber; 11% moisture.	ON THE LABEL: Best by date; address; phone; web. EXTRA NUTRIENTS ON GA: Vitamin E; zinc; copper; taurine; manganese.
Company statement: By Nature pet foods are formulated using the latest developments in pet nutrition. Our pet food facilities follow strict procedures to ensure our products meet our customers expectations. We demand the same from manufacturers that assist us with production. Strict requirements have been developed for suppliers that provide ingredients for our products. Ingredients must pass numerous standards upon arrival at our manufacturing facilities and must meet all specifications before they are chosen for production purposes. This series of standards and tests include but are not limited to checks for nutrient quality and contamination screening.	

Canidae Corp. San Luis Obispo, CA (800) 398-1600 canidae.com	Canidae dry dog foods are produced at Western Pet Food Company/Canidae Division in Hamlin, TX.
All Life Stages contains: Chicken meal, turkey meal, brown rice, white rice, lamb meal, chicken fat, herring meal, flaxseed . . .	
GA: 24% protein; 14.5% fat; 4% fiber; 10% moisture.	ON THE LABEL: Caloric info; best by date, date of manufacture; address; phone; website. EXTRA NUTRIENTS ON GA: Omega 6, 3; calcium; phos.; vitamin E; zinc; iron; ascorbic acid; lactobacillus acidophilus; cellulase.
Company statement: Canidae Pet Foods are produced at Western Pet Food Company/Canidae Division on new, state-of-the-art, automated equipment used solely for the production of our dry formulas. Incoming ingredients are guaranteed to our specs. Along with in-house testing, we send out all ingredients, including vitamin premixes, to an independent lab that tests for up to 250 toxins including melamine, cyanuric acid, and acetaminophen, prior to inclusion. Finished foods are tested by outside laboratories at various times. We retain samples of all finished products to assure definitive factual data, randomly pulled and spot-tested. Our extensive sourcing and internal QC procedures ensure our products meet our standards for safety and quality.	

Canine Caviar Pet Foods Costa Mesa, CA (800) 392-7898 caninecaviar.com	Canine Caviar dry dog foods are manufactured by Pied Piper Pet Food in Hamlin, TX.
Chicken and Pearl Millet contains: Dehydrated chicken, ground pearl millet, whole ground brown rice, chicken fat, chicken, whitefish, sun-cured alfalfa, whole ground flaxseed . . .	
GA: 38% protein; 20% fat; 4.4% fiber; 8% moisture.	ON THE LABEL: Caloric info; best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Calcium; phosphorus; Omega 6, 3; beta-carotene; L-carnitine; taurine.
Company statement: Canine Caviar is a raw meat diet available in a kibble form. We use dehydrated meats in most of our diets, providing all of the digestibility and benefits of a raw meat diet without the cost or handling of frozen diets. Additionally, we require batch records from every production run, and pull, test, and keep five samples to ensure the safety and integrity of our products. We are a family-owned and -operated company. Our employees are dedicated to making the best product possible. We offer personal service to everyone including the consumer; all e-mails are answered personally with careful consideration. We do not send automatic responses, ever.	

Castor & Pollux Pet Works Clackamas, OR (800) 875-7518 castorpolluxpet.com	Castor & Pollux foods are made by CJ Foods in Bern, KS.
Organix Adult contains: Organic chicken, chicken meal, organic peas, organic barley, organic brown rice, organic oats, chicken fat, salmon meal...	
GA: 25% protein; 13% fat; 4.5% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Calcium; phos.; Omega 6, 3; glucosamine; chondroitin.
Company statement: Natural Ultramix is high in animal protein, with chicken, turkey, and chicken meal as top ingredients, and contains real dried fruits & veggies. Organix was one of the first certified organic pet foods, and held to the same standards as organic food for humans. First ingredient is certified organic free-range Rosie chicken. Organix does not contain corn, wheat, glutens, by-products, artificial flavors, colors, preservatives or sweeteners. To ensure product safety, a Castor & Pollux senior executive attends production runs, inspects facilities, and pulls and retains samples from production for analysis. ALL finished product is tested for melamine, cyanuric acid, salmonella, and toxins. This is in addition to inbound ingredient testing.	

Della Natura Commodities Bayside, NY (866) 936-2393 dellanaturapet.com	Wenaewe is made in Uruguay by Erro S.A.
Adult contains: Organic beef, organic brown rice, organic canola seed, organic flaxseed meal, organic sunflower seed, organic buckwheat, organic barley, organic millet . . .	
GA: 20% protein; 12% fat; 5% fiber; 10.5% moisture.	ON THE LABEL: Best by date; date of manufacture; address, phone; website. EXTRA NUTRIENTS ON GA: Vitamin E, biotin, Omega 6, Omega 3, DHA.
Company statement: Wenaewe is a complete certified organic diet with the highest inclusion of certified organic ingredients. Its main ingredient is free-range, grass-fed organic fresh beef. Wenaewe is made with human-grade, whole, raw, organic ingredients: brown rice, carrots, beets, broccoli, crude oils, and herbs. Organic ingredients have also higher levels desirable fatty acids. Higher levels of antioxidants and nutrients properly nurture and enhance the functioning of every vital system in the pet's body. Wenaewe was formulated by veterinarians and animal nutritionists and has no by-products of any kind. Wenaewe is made in Uruguay by Erro S.A. We don't outsource any of the production. We also control all the ingredients that go into the formula.	

Diamond Pet Products Meta, MO (800) 658-0624 chickensoupforthepetloverssoul.com; premiumedgepetfood.com	Diamond's domestic product lines are made at each of their three facilities: Lathrop, CA; Meta, MO; and Gaston, SC. The latter also services exports to 85 countries.
Chicken Soup for the Pet Lover's Soul Adult contains: Chicken, turkey, chicken meal, ocean fish meal, cracked pearl barley, whole grain brown rice, oatmeal, millet . . .	
GA: 24% protein; 14% fat; 3% fiber; 10% moisture.	ON THE LABEL: Best by date; caloric info; address, phone; website. EXTRA NUTRIENTS ON GA: (Chicken Soup food) Sodium; zinc; selenium; vitamin E; Omega 6, 3.
Company statement: Ten formulas, each made with four fresh meats, set Chicken Soup for the Pet Lover's Soul apart. Chicken, turkey, duck, and salmon are blended to offer great taste and optimal protein nutrition. Fruits and vegetables provide natural sources of antioxidants. Prebiotics and probiotics support a healthy digestive system, critical to overall good health. All puppy formulas contain DHA, a critical nutrient for the proper development of the brain and vision. Formulas for older pets, large breed puppies and dogs, and overweight dogs ensure that every pet will have its unique needs met. Chicken Soup foods are made by Diamond Pet Foods in its own facilities, as are its Premium Edge brand pet foods, with fresh meats included in all formulas.	

Drs. Foster & Smith Rhineland, WI (800) 826-7206 drsfostersmith.com	Drs. Foster & Smith dry dog foods are made by Chenango Valley Pet Foods in Sherburne, NY.
Chicken and Brown Rice contains: Chicken, chicken meal, brown rice, whole barley, rice, rice bran, chicken fat, natural flavor . . .	
GA: 24% protein; 14% fat; 3.5% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Omega 6, 3.
Company statement: Drs. Foster & Smith dry dog foods meet or exceed AAFCO standards, with high quality sources of protein, fatty acids, fiber, carbs, vitamins, and minerals, carefully selected and included in proper proportions for optimal nutrition. Drs. Foster and Smith dry dog foods are formulated by our veterinarians. Highly digestible, hormone- and steroid-free chicken and lamb meat are the main protein sources and are from APHIS-certified facilities. Whole carrots, sweet potatoes, and apples from USDA-certified vendors provide vitamins and antioxidants. Drs. Foster & Smith dog foods do not contain: no wheat gluten, no rice protein concentrate, and no artificial colors or preservatives. We gladly provide a three-page summary description of our quality control procedures to anyone requesting the information.	

Evanger's Dog & Cat Food Co. Wheeling, IL (800) 288-6796 evangersdogfood.com	Evanger's Chicken & Brown Rice is made by Ohio Pet Foods, Lisbon, OH. Pheasant and Brown Rice made by Fromm Family Foods in Mequon, WI.
Pheasant and Brown Rice contains: Fresh pheasant, duck meal, brown rice, salmon meal, pearled barley, oatmeal, potato, canola oil. . .	
GA: 24% protein; 14% fat; 3.5% fiber; 10.5% moisture.	ON THE LABEL: Best by date; address; website. EXTRA NUTRIENTS ON GA: None.
Company statement: Evanger's Dog and Cat Food Co. currently has two types of dry food. Evanger's processes much of the raw material for their foods at their plant in Wheeling, Illinois, and then ships to its co-packers for extrusion. Both formulas utilize fresh meat as their primary ingredient. The Chicken and Brown Rice formula is extruded at Ohio Pet Foods and the Pheasant and Brown Rice formula is extruded at Fromm Family Foods. Our dry food formulas are designed to complement Evanger's canned foods, which are manufactured in our own plant for more than 70 years.	

Dick Van Patten's Natural Balance Pacoima, CA (800) 829-4493 naturalbalanceinc.com	Natural Balance's Organic Formula is made by Chenango Valley Pet Foods, in Sherburne, NY. Its other dry formulas are made by Diamond Pet Foods, in Meta, MO.
Ultra Premium contains: Chicken, brown rice, lamb meal, oatmeal, barley, duck meal, potatoes, carrots . . .	
GA: 23% protein; 13% fat; 3% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Omega 6, 3.
Company statement: Our formulas, developed by top nutritionists and based on sound scientific principles set our foods apart. Respected veterinarians, breeders, guide dog facilities, and police departments feed Natural Balance . We have built our own testing facility and are the first to post results from every production batch online so consumers can see our food is free of melamine, cyanuric acid, vomitoxin, and aflatoxin. We all love animals, from co-founders Dick Van Patten and Joey Herrick; Frank Koch, Executive VP; and Betsy Martin, Creative Director. Animals are like our kids, an integral part of our families. A pet food is great only if the people at the top have compassion and love for animals, not the usual corporate bottom line.	

Eagle Pack Pet Products, Inc. Mishawaka, IN (800) 255-5959 eaglepack.com	Eagle makes its foods at its own facility in Mishawaka, IN.
Chicken Meal and Rice variety contains: Chicken meal; ground brown rice; ground white rice; oatmeal; chicken fat; pork meal; dried beet pulp; anchovy meal . . .	
GA: 24% protein; 15% fat; 4% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: None.
Company statement: Our company makes Eagle Pack Holistic Select in our own plants in Indiana. Quality control is maintained through ingredient and finished food testing. Said our QC manager, "We test ingredients knowing I am going to be feeding them to my own cats." Based on our quality control programs none of our foods were involved in any recall. Foods tested negative for melamine, cyanuric acid, and acetaminophen. We pride ourselves on ingredient quality. Our formulas are meat-meal based. Antibiotic-free chicken meal, with no added hormones, is 60-70% protein rich. Some claim "real chicken," which is only 15% protein (and 70% water). Lamb meal is from range-fed sheep. Added supplements like probiotics, digestive enzymes, antioxidants contribute to longer lives. Detailed info is on our website.	

Fromm Family Foods Mequon, WI (800) 325-6331 frommfamily.com	Fromm's dry dog food is made at Fromm's own plant in Mequon, WI.
Gold Nutritionals Adult: Duck, chicken meal, chicken, brown rice, pearled barley, oatmeal, Menhaden fish meal, chicken fat, lamb . . .	
GA: 24% protein; 16% fat; 3.5% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Omega 6, 3; four strains of probiotics.
Company statement: Fromm believes that dogs are more than just pets; they are important family members who play a significant role in our lives. We feel a responsibility to make sure that family pets receive proper nutrition to promote good health and longevity. For over a century, we've dedicated ourselves to exceeding that responsibility through a tradition of quiet innovation. In 1949, we launched the concept of premium pet foods to the public. Fromm is still a family-owned business, selling our pet food one bag at a time. Each recipe is made with fresh meat, offering a different primary source of meat, poultry, or fish to minimize possible allergic reactions and offer variety.	

Healthy Pet Foods, Inc. West Chester, PA (800) 821-4640 healthypetfoodsinc.com	Healthy Pet Foods are made by Chenango Valley Pet Foods in Sherburne, NY.
Showbound Naturals Chicken and Brown Rice contains: Chicken, chicken meal, brown rice, barley, whole oats, chicken fat, fish meal, flaxseed oil . . .	
GA: 25% protein; 14% fat; 4% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Ash.
Company statement: Healthy Pet Foods is deeply committed to the advancement of the nutritional health and well-being of dogs and cats. Lick Your Chops, introduced more than 20 years ago, is one of the original lines of natural pet food. Our products are free of by-products, wheat, corn, soy, artificial flavors, colors, and chemical preservatives. Quality chicken and lamb, as well as brown rice and other choice ingredients, promote maximum digestion and nutrient bioavailability. Chenango Valley Pet Foods uses preventative quality systems with continuous improvements to upgrade and maintain quality programs current with industry standards and food safety requirements. Following the 2007 recalls, Chenango bolstered this process from the procurement of raw materials to production and shipping of products.	

Life4K9 Pet Food Corp. Dawsonville, GA (770) 399-3100 life4k9.com	Life4K9 has been made by Mountain Country Foods in Okeene, OK. Life4K9 says it will own and operate its own plant in Dalonega, GA, in 2008.
Chicken and Barley contains: Chicken, ground barley, ground oats, whitefish meal, olive oil, dicalcium phosphate, calcium carbonate, tomatoes . . .	
GA: 21% protein; 9% fat; 2.5% fiber; 11% moisture.	ON THE LABEL: Best by date; address; web. EXTRA NUTRIENTS ON GA: None.
Company statement: LIFE4K9 offers a complete line of oven-baked products that are cooked with US-sourced ingredients, all human-grade ingredients, and all-natural. LIFE4K9 was started out of a kitchen after years of not getting results from extruded brands. LIFE4K9 conquers allergies and stomach issues by not adding grease after it's cooked. The consumer demands real results. It's not just about targeting bad ingredients but it's about a balance of real food and how you cook it. Our kibble is baked at 350 for about 35 minutes. Our dogs are no longer ill and have broken the ongoing cycle of allergies and stomach issues. Effective January 2008 LIFE4K9 will own its own bakery and will not private label. We're in business for our dogs and to offer the consumer real food and real results—after all, our dogs are our LIFE.	

Merrick Pet Care Amarillo, TX (800) 664-7387 merrickpetcare.com	Merrick foods are made by Merrick Pet Care, Inc., in Hereford, TX.
Grammy's Pot Pie contains: Organic chicken, oatmeal, barley, chicken meal, whole brown rice, canola oil, flaxseed, freeze-dried potatoes . . .	
GA: 23% protein; 16% fat; 3% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Caloric info.
Company statement: Merrick is a family-owned company that makes its pet foods and treats in its U.S. facilities. The philosophy behind our line is simplicity and quality. Simple in that a foundational recipe blend is paired with a unique protein source to make up six different entrees, making for an easier rotation for your dog's diet among various proteins without having to switch brands. Quality in that we use human-grade ingredients like organic chicken to an Idaho classic in Rainbow Trout. We pair these protein sources with fresh fruits and vegetables from local farmers. It's a simple diet without the nonsense. We call it "comfort for the soul."	

KLN Enterprises Perham, MN (800) 525-9155 nutrisourcedogfood.com	Natural Planet Organics and NutriSource foods manufactured by Tuffy's Pet Foods/KLN Enterprises, in Perham, MN.
Natural Planet Organics contains: Organic chicken, chicken meal, organic brown rice, organic oats, organic barley, natural flavors, dicalcium phosphate, organic flaxseed . . .	
GA: 23% protein; 14% fat; 4% fiber; 10% moisture.	ON THE LABEL: Best by date; address; web. EXTRA NUTRIENTS ON GA: Selenium; vitamins A, E; Omega 6, 3; glucosamine; chondroitin; ascorbic acid; taurine.
Company statement: Natural Planet Organics is based on an uncompromising core of organic nutrition, from our organic, free-range chicken to organic vegetables, and certified organic by Oregon Tilth. Our minerals are proteinated to allow better absorption and utilization. We have included prebiotics and probiotics, natural antioxidants, glucosamine, chondroitin, and an excellent Omega 6:3 fatty acid ratio. NutriSource is made with real chicken as the first ingredient; no by-products. It's highly digestible for maximum nutrient absorption; you can feed as much as two-thirds less than other brands, resulting in less waste production. Made by a family-owned company with more than 40 years of experience in preparing superior dog foods.	

Lincoln Biotech East Bend, NC (800) 253-8128 www.lincolnbiootech.com	Zinpro is made by Chenango Valley Pet Foods in Sherburne, NY.
Zinpro contains: Menhaden fishmeal, brown rice, oatmeal, ground barley, herring meal, oat flour, rice flour, canola oil . . .	
GA: 22% protein; 12% fat; 3% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Omega 6, 3, 9; zinc.
Company statement: Zinpro contains essential organic minerals, along with Omega fatty acids 3, 6, and 9, necessary for proper nutrition. When a dog does not absorb enough zinc, skin and coat may suffer. Skin lesions, poor growth, anorexia, conjunctivitis, keratitis, testicular atrophy, and a lack of proper coat color and luster can be attributed to zinc deficiency. It is not that the dog food is zinc-deficient; it is that the source of minerals like zinc does not get absorbed. Zinpro is absorbed 100 to 300% more efficiently than inorganic zinc compounds. Overfeeding is not harmful; it is not a drug, no side effects, and no toxicity. Zinc also stimulates the immune system, is involved in protein synthesis that affects antibody formation, cell differentiation, and enzyme formation and function. Result usually occurs in 4-6 weeks.	

Natura Pet Products Santa Clara, CA (800) 532-7261 naturapet.com	Karma, California Natural, and Innova are made in Natura's own plant in Fremont, NE.
Karma contains: Organic free-range chicken, organic rice protein, organic kamut, organic brown rice, organic oats, organic barley, organic whole wheat, organic sunflower seed meal . . .	
GA: 20% protein; 12% fat; 3% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: None.
Company statement: You can trust Natura to produce safe and healthful products; back up our products and claims with humane, non-invasive nutritional science; subject all Natura products to the most rigorous quality testing protocols in the industry; know and validate the origin of ALL ingredients used in our products; constantly innovate and invest in R&D to make sure that Innova, California Natural, and Karma reflect the latest in natural nutritional technology advancements; and to continue to lead in natural, holistic nutrition for companion animals. Natura Pet Products is a small, family-owned business with the mission (since 1992) of making the healthiest pet foods in the world.	

Nature's Variety Lincoln, NE (888) 519-7387 naturesvariety.com	Prairie is manufactured by Pied Piper Mills in Hamlin, TX.
Beef Meal & Barley contains: Beef meal, barley, brown rice, oatmeal, chicken fat, grnd. flaxseed, montmorillonite clay, nat. chicken flavor ...	
GA: 26% protein; 14% fat; 3.5% fiber; 10% moisture.	ON THE LABEL: Best by date; address; web. EXTRA NUTRIENTS ON GA: Caloric info.
Company statement: Nature's Variety is a small, independent pet food company in America's heartland, committed to providing superior nutrition for your companion animals. In order to make our proprietary and innovative diets, we partner with high-quality manufacturers that share our passion for safety and ingredient integrity. Dr. Laura Duclos leads our Quality Assurance team in developing and enforcing our quality control standards – including ingredient specifications, sourcing certifications, testing, and product safety. On-site inspections and continuous monitoring insure our products meet our rigorous Nature's Variety standards. We are proud to offer a variety of nutritious choices for dogs and cats; see our website to learn more about us.	

Old Mother Hubbard Chelmsford, MA (800) 225-0904 oldmotherhubbard.com	Wellness dry dog food is produced in three plants: Hagen Pet Foods, Waverly, NY; CJ Foods in Bern, KS; and American Nutrition, Inc., in Ogden, UT.
Super 5 Mix Chicken contains: Deboned chicken, chicken meal, oatmeal, ground barley, ground brown rice, tomato pomace, rye flour, canola oil . . .	
GA: 22% protein; 12% fat; 3% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Vitamin E; Omega 6, 3; beta-carotene; lycopene; taurine.
Company statement: We are "passionately picky" and do whatever it takes to create the healthiest foods for your pets. Unlike most others, we employ our <u>own</u> quality assurance team and do not rely solely on external consultants. Our product development and quality assurance teams include 12 employees, 3 external advisors, and a leading human food auditing firm. We constantly raise the bar in holistic natural nutrition through careful research and in-house development of all formulations. We are known for detailed sourcing and nutritional analysis of specialized ingredients, and active management of manufacturing. All our manufacturing follows HACCP food safety programs, with stringent quality criteria taken from human food production, and protocols such as cleaning equipment between every product run. Our manufacturing partners say we are THE hardest to please – this is because, like you, we won't compromise on your pet's health.	

Petcurean Pet Nutrition Chilliwack, British Columbia (866) 864-6112 petcurean.com	Go! Natural is made by Elmira Pet Products in Elmira, Ontario.
Chicken, Fruit and Vegetables contains: Chicken meal, chicken, whole brown rice, whole white rice, oatmeal, sunflower oil, chicken fat, salmon meal . . .	
GA: 24% protein; 14% fat; 3.5% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Vit. E; Omega 6, 3.
Company statement: Developed by qualified nutritionists, GO! Natural foods are solution-based. Our Chicken Fruit and Vegetable Diet has the best performance, compare the calories! All of our grains, cereals, fruits, and vegetables are sourced in North America except potatoes, which are purchased from Canada and Holland. Independent auditing by NSF-Cook & Thurber and the American Institute of Baking, both organizations used for human food audits. Ingredients are tested prior to receiving for quality assurances including but not limited to nutritional integrity, aflatoxins, microtoxins, and moisture levels.	

Nutro Products, Inc. City of Industry, CA (800) 833-5330 ultraholistic.com	Nutro Ultra dry dog foods are made at Nutro's company-owned facilities in Victorville, CA, and Lebanon, TN.
Adult contains: Chicken meal, whole brown rice, ground rice, lamb meal, rice bran, soybean oil, sunflower oil, poultry fat . . .	
GA: 26% protein; 12% fat; 4% fiber; 10% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: Linoleic acid; zinc; iodine; selenium; vitamin E; ascorbic acid; DHA; ALA; L-carnitine; beta-carotene; total bacillus.
Company statement: Nutro Products has manufactured pet foods for more than 80 years. Nutro Ultra holistic dry dog foods are made with natural ingredients including three animal proteins (chicken, lamb, and salmon) and whole grains including whole brown rice and oatmeal. Nutro ensures that high quality ingredients are procured from our suppliers; many of whom Nutro has worked with for over a decade. No proteins, grains, or fats from China are qualified for use in any of our products. All Nutro products are tested by independent labs to confirm that no melamine is detected in Nutro's pet foods. We have incorporated this testing into our rigorous Quality Assurance procedures for all finished products and specific ingredients.	

Perfect Health Diet Products Elmsford, NY (800) 743-1502 phdproducts.com	PHD foods are made by Chenango Valley Pet Foods in Sherburne, NY.
PHD Viand contains: Lamb meal, chicken meal, brown rice, whole corn, Naturox, barley, ground whole oats, chicken liver digest . . .	
GA: 26% protein; 16% fat; 3% fiber; 10% moisture.	ON THE LABEL: Best by date; phone; website. EXTRA NUTRIENTS ON GA: None.
Company statement: Fresh batches every three weeks. Each raw material is rigorously tested to meet or exceed our standards – above those of the industry. We use low-ash, low-magnesium, #1 & #2 New Zealand lamb meal and American chicken meals, and many chelated micronutrients. PHD has never been involved in any recalls. Each batch is tested throughout manufacturing to ensure the final product meets or exceeds our propriety specs. PHD has been in operation since 1995. We have a vet tech (more than 25 years experience) available to assist clients if needed, as well as a holistic vet on staff for fee-based consultations. Our products can be fed alone, but if you believe that raw meats are essential to greater health, either of our diets (in less quantity) partnered with raw meats reaches another level. Your choice!	

Peton Distributors Langhorne, PA (800) 738-8258 performatrinultra.com	Performatrin Ultra foods are made by Chenango Valley Pet Foods in Sherburne, NY.
Salmon and Olive Oil contains: Salmon, salmon meal, oatmeal, brown rice, pearled barley, chicken meal, whole rice, herring meal . . .	
GA: 28% protein; 8% fat; 6% fiber; 10% moisture.	ON THE LABEL: Caloric info; best by date; address; website. EXTRA NUTRIENTS ON GA: Calcium; phos.; vitamin E; Omega 6, 3.
Company statement: Performatrin Ultra dog foods embrace a holistic approach to pet nutrition, emphasizing fresh, whole ingredients. These products are differentiated by a high ratio of meat (the first two ingredients); rigorous processes to ensure high quality, balanced ingredients; and innovative formulas. Peton Distributors works closely with manufacturer Chenango Valley Pet Foods to select only high quality meats and the freshest produce for these products. Chenango receives its raw ingredients from approved suppliers, selecting North American, where feasible. It tests these ingredients upon receipt and throughout production and has the storage capabilities to safely preserve freshness – maintaining maximum nutrients.	

Precise Pet Products Nacogdoches, TX (888) 477-3247 Precisepet.com	Precise Plus foods are made on production lines dedicated to Precise products by Texas Farm Products in Nacogdoches, TX.
Adult contains: Chicken meal, ground brown rice, chicken, ground whole barley, chicken fat, beet pulp, ground oats, flaxseed . . .	
GA: 26% protein; 16% fat; 3.5% fiber; 10% moisture.	ON THE LABEL: Best by date; date of manufacture; address; phone; website. EXTRA NUTRIENTS ON GA: Calcium; phos.; Omega 6, 3; glucosamine; chondroitin sulfate.
Company statement: Precise Plus offers healthy, all-natural products made with fresh wholesome ingredients without the use of corn, wheat, soy, dairy, or grain sorghum, in an AIB-certified factory in Nacogdoches, Texas. Precise Plus is our natural holistic offering with a few additional ingredients, including probiotics for added health benefits. Laboratory analysis is conducted on ingredients before use and on the finished product to meet rigorous standards, ensure safety, and deliver the highest quality products possible. Precise never uses animal by-products or artificial preservatives. Only the highest quality protein sources from real chicken and real lamb in the form of chicken meal and lamb meal are used. Natural vitamins C & E are used as preservatives along with Ester C, a human grade vitamin. Precise Plus Formulas deliver excellent nutrition, palatability, and digestibility.	

Taplow Feeds North Vancouver, BC (800) 658-1166 firstmate.com	FirstMate dry dog food is made at Taplow's own plant outside of Vancouver, British Columbia.
Ultra Premium Naturally Holistic contains: Whole chicken, chicken meal, whole ground brown rice, pearled barley, organic spelt, whole steamed potatoes, herring meal, chicken fat . . .	
GA: 25% protein; 15% fat; 4% fiber; 12% moisture.	ON THE LABEL: Best by date; address; website. EXTRA NUTRIENTS ON GA: Ash; calcium; phosphorus; calcium/phosphorus ratio.
Company statement: FirstMate Potato & Fish Original has been in the market since 1997, and is one of the original grain-free products. The fish that is used in all our products comes from herring, sardines or anchovies. The FirstMate Potato & Fish Original (All Life Stages) has been expanded to include a Puppy food, a Large Breed and a Senior. The Chicken Fat used is rendered protein free and therefore not a possible source of allergies. Our new Potato and Chicken with Blueberries diet also contains only one source of animal protein, traditional chicken meal. This blueberry product contains a minimum of 5% whole blueberries. Blueberries are one of the best sources of antioxidants, compounds that help neutralize free radicals.	

Wysong Corporation Midland, MI (800) 748-0188; wysong.net	Wysong manufactures its dry foods at its own plant in Lake Mills, WI.
Anergen contains: Lamb, ground brown rice, ground oat groats, ground flaxseed, dried yeast, dl-methionine, taurine, lecithin . . .	
GA: 24% protein; 12% fat; 4.5% fiber; 12% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: None.
Company statement: Founded and still led by Dr. Wysong, Wysong has hundreds of veterinary clinical consultants. For 30 years, tens of thousands of animals through multiple generations attest to the dramatic benefits of our products. We research, develop, and manufacture our own products. We do not market with fads (such as "no corn," "no soy," "human grade," etc.) that distract people from the essentials of optimal feeding: variety (no one food is "100% complete"), appropriate supplementation, archetypal genetic appropriateness, and rawness. Wysong products are meat- and organ-based, enhanced with nutraceuticals, natural micronutrients, enzymes, pro- and prebiotics, and protected with antioxidants, processing, and barrier packaging.	

SmartPak Plymouth, MA (800) 326-0282 smartpak.com	LiveSmart foods are made by Chenango Valley Pet Foods in Sherburne, NY.
Lamb and Brown Rice contains: Lamb, lamb meal, brown rice, barley, oats, beet pulp, canola oil, whole ground flaxseed . . .	
GA: 21.5% protein; 11.4% fat; 3.3% fiber; 9% moisture.	ON THE LABEL: Caloric info; best by date; address; website. EXTRA NUTRIENTS ON GA: Calcium; phos.; vitamin E; Omega 6, 3.
Company statement: LiveSmart dog food represents a breakthrough in quality and freshness. In producing LiveSmart, we start with the kind of ingredients you use in cooking for your own family: human-grade meats such as chicken and lamb, whole grains, fresh fruits and vegetables, tasty herbs. We use all-natural flavors and preservatives; no artificial sweeteners or chemicals. We produce small batches that go straight to your dog's bowl in a fraction of the time most brands spend in the distribution channel. And, LiveSmart dog food is only available in SmartPaks, pre-measured portions of dog food packaged for individual meal-feeding. Best of all, LiveSmart dog food is automatically shipped right to your door every month. No running out of dog food or struggling to find a store that sells super premium dog food in your area. Also, we test every batch of food that goes in SmartPaks to ensure no melamine is detected.	

VeRUS Pet Foods, Inc. Abingdon, MD (888) 828-3787 veruspetfoods.com	VeRUS's foods are made by Texas Farm Products, Nacogdoches, TX, and Eagle Pack Pet Foods, Inc., Mishawaka, IN.
Life Advantage contains: Chicken meal, ground oats, ground brown rice, rice bran, chicken fat, dried beet pulp, suncured alfalfa, flaxseed . . .	
GA: 25% protein; 15% fat; 4% fiber; 12% moisture.	ON THE LABEL: Best by date; address; phone; website. EXTRA NUTRIENTS ON GA: None.
Company statement: Henry, Mike, Gus, Phillip, Francis, Butter, Little, Pinky, Bobby, Bill, and Willie. These are my dogs and cats. I don't just make the food, I feed it. I'm Russell Armstrong, owner of VeRUS Pet Foods, not a corporate bigwig, just someone who loves his dogs and cats like you. There are thousands of foods, but my pets are the only ones I have, so I made VeRUS! Not a ton of marketing, flash, or glitter, just a great food for your pets. I prepare my foods with hormone- and antibiotic-free chicken, lamb, and Omega-3-packed fish; nutrient-dense whole grain oats and brown rice; and organic nutrient sources like kelp, flaxseed, chicory, and alfalfa. Combine with natural antioxidants, chelated minerals, and first-rate manufacturing and you have the best!	



After we were done, it took two trips to bring all the products submitted for our review to the Northwest SPCA in Oroville, California, for donation. Our thanks to the companies that submitted more than necessary for this purpose.

Canine Mythbusting

How to analyze (and discard!) persistent myths about dog behavior.

BY PAT MILLER

Hang with dog folks long enough and you're sure to hear some pretty interesting theories about dog behavior. Some are, of course, useful and accurate, but the dog training world is littered with myths, many of which are at least several generations old. Some of them are just silly; some have the potential for causing serious damage to the dog-human relationship; and still others are downright dangerous. It's time to get past the myths.

Veterinary behaviorist Dr. Lore Haug of Sugar Land, Texas, recently compiled a comprehensive list of dog behavior myths. With her blessing, we're sharing 10 of our "favorites" from her list, and explaining why these "busted" myths should not be used as the justification for a training or behavior modification technique.

I am always exhorting my interns, apprentices, and clients to be critical thinkers. When someone offers you an alleged

nugget of canine wisdom, regardless of *who* the someone is, you're wise to run it through your own rigorous filters before accepting it as real wisdom or adopting it as the basis for a training technique. These should include:

- **A scientific filter.** Does it make sense scientifically? If someone assures you that shock collar training is actually positive reinforcement training because the shock is no different than someone tapping you on the shoulder to get you to stop a behavior, does that concur with your understanding of positive reinforcement? (That a dog's behavior makes a good thing happen, so the behavior increases.) Don't be fooled by the euphemisms "e-collar" and "tingle," "tap," or "stim" for the word "shock."
- **A philosophical filter.** Is it congruent with your own philosophies about dog training and relationships? Positive punish-

What you can do . . .

- Put your currently held beliefs about dog training through your myth-filter to see if they stand up.
- Do the same with any new dog behavior and training theories that your friends and animal-care professionals offer to you, as well as those you read, see on television, or find on the Internet.
- Strive to base your training methods and techniques on scientifically, philosophically, and practically sound theories of animal behavior.



It's critical that puppies be socialized to other people and other dogs, in safe public settings and well-run puppy classes. Far more dogs are euthanized due to behavior problems than illness from infectious disease.

ment (dog's behavior makes a *bad* thing happen; behavior decreases) makes sense from a scientific standpoint. That doesn't mean you want to – or *have* to – use it with your dog, and risk the damage it can do to your relationship. Trainers with a positive training philosophy generally try to avoid the use of positive punishment, or any methods that work through the use of fear, pain, aversives, and avoidance.

- **An "acid test" filter.** It may seem sound scientifically, and it may feel okay philosophically, but does it work? If you're comfortable trying it out and you don't like the results, feel free to continue on and explore why it's not working or simply toss it out. Just because it works for someone else doesn't mean it has to work for you.

Now, keeping these filters in mind, let's see how some of the most common and harmful myths about canine behavior create a flawed foundation for training.

■ **Myth #1:** “Puppies should not go to puppy classes/the mall/friends’ houses until they have had all their vaccinations at 16 weeks/6 months of age.” (Fails all three tests.)

This one lands squarely at the top of the “dangerous myth” category. It’s generally perceived as credible by new puppy owners because it’s often offered by the pup’s veterinarian.

While it appears scientifically sound on its face (an unvaccinated puppy is at risk for contracting deadly diseases!), puppies who aren’t properly socialized are at a much *greater* risk for developing behavior problems, including aggression, that are likely to shorten their lives.

The vet is right on one hand; the *best* way to ensure that your pup isn’t exposed to dog germs is to avoid other dogs. It’s certainly true that you want to prevent your pup’s exposure to *unknown* and/or possibly *unhealthy* dogs (and their waste). But it’s also critically important that your pup get *lots* of exposure to the rest of the world, including healthy puppies in a controlled environment, before the critical socialization period ends at 12 to 16 weeks. If he doesn’t, he’ll be at risk of developing serious, sometimes deadly, behavior problems. (See “Shoot for Early Admission,” WDJ September 2007, for more information on early education for puppies.)

In addition, during the period leading up to the age of four to six months, your pup has protection from his mother’s immunities, and should receive “puppy shots” to cover that period of time when his mother’s protection starts to decrease. Not only is it “okay” to take your pup places while exercising reasonable caution, you have an *obligation* to provide him with extensive socialization in order to maximize his chances of leading a long and happy life.

Myth #2: “Dogs pull on leash, jump up on people, (add your own) because they are dominant.” (Fails scientific and philosophical tests.)

Like the first myth discussed, this one can be dangerous, because those who believe this myth are likely to believe that they need to use forceful methods to assert their status over their “dominant” dogs.

No one disputes that dogs living in a group understand and respond to the concepts and dictates of a social hierarchy. The fact that canine social structures share elements with human social structures

is probably one of the reasons that dogs make such wonderful companions for us. However, most experts in animal behavior today believe that canine social hierarchies are much more based on *deference* than dominance, and that most canine behavior that many misguided humans attribute to dominance . . . isn’t!

A dog’s goal in life is to make good stuff happen. Behaviors often labeled “dominant” because they are perceived as pushy and assertive – like pulling on leash and jumping up – simply persist because the dog has learned that the behaviors are reinforced; they make good stuff happen. Pulling on leash gets her where she wants to go. Jumping up gets attention. Behaviors that are reinforced continue, and even increase – but *they have nothing to do with social status*.

If you remove all reinforcement for the unwelcome behaviors (pulling makes us stop; jumping up makes attention go away) and reinforce more appropriate behaviors in their place, the dog will change her behavior.

Myth #3: “If you let your dog sleep on the bed/eat first/go through doors first/win at tug-o-war, he will become the alpha.” (Fails all three tests.)

This one is mostly just silly. Some sources even suggest that the entire family must gather in the kitchen and take turns buttering and eating a cracker before the dog can be fed. Seriously!

See Myth #2 for the mythbusting response to this one. If you don’t want your dog on the furniture, that’s your lifestyle choice, but you don’t need to defend it with the alpha-garbage argument. I feed my dogs before I eat so I don’t have to feel guilty about them being hungry while I fill my own belly. I teach my dogs to sit and wait for permission to go through the door (“say please!”) because it’s a polite, safe behavior and reinforces deference, but not because I’m terrified that they’ll take over the house. And I like to win tug-o-war a lot because it reinforces polite behavior. You can quit worrying about your dog becoming alpha just because you don’t rule with an iron first.

If you are concerned that your dog is too pushy you can implement a “Say Please” program, where your dog asks politely for all good things by sitting – a nice, polite, deference behavior (see “Be a Benevolent Leader, WDJ August, 2003). If you think your dog is potentially aggressive, it’s

even *more* important to avoid conflict; your attempts to physically dominate him are likely to escalate his aggression rather than resolve it. (See “Biscuits, Not Rolls,” July 2006.) If aggression is a real concern, we recommend you consult with a qualified, positive behavior professional who can help you modify your dog’s behavior without the use of force.

Myth #4: “Dogs can’t learn from positive reinforcement. You have to punish them so they know when they are wrong.” (Fails scientific and philosophical tests; fails acid test unless punisher is *very* skilled.)

This myth has good potential for causing serious harm to the canine-human relationship. Research confirms what positive trainers hold dear: that positive reinforcement training is more effective and has far fewer risks than positive reinforcement training combined with positive punishment.

One study, conducted by scientists at the University of Southampton in the UK and the University of Life Sciences in Norway, evaluated whether punishment was a contributor to behavior problems, and examined the effects of reward, punishment, and rule structure (permissiveness/strictness and consistency) on training and behavior problems. Information was collected via questionnaires from 217 dog guardians. Those who used strong and/or frequent punishment had a significantly higher level of training problems and lower obedience in their dogs. A similar study, conducted at Britain’s University of Bristol, also found that dogs trained only with positive reinforcement exhibited fewer problem behaviors.

For most humans, this makes sense. Do you learn better if someone acknowledges (and rewards) you when you do it right, or slaps you upside the head when you do it wrong? Even if you get rewarded for doing it right, if you *also* get slapped for doing it wrong, your fear of getting slapped will likely impede your learning and make you more reluctant to try things.

Of course, a good positive training program makes use of management to avoid giving the dog opportunities to be reinforced for unwanted behaviors, and will also make judicious use of negative punishment (dog’s behavior makes a *good* thing go away) to let him know he made an unrewarding behavior choice.

For more information on why training programs that utilize positive reinforce-

ment are most effective, see “We’re Positive,” January 2007.

Myth #5: “If you use treats to train, you will always need them.” (Fails all three tests.)

This just isn’t true. A good positive training program will quickly “fade” the use of food as a constant reinforcer while moving to a schedule of intermittent reinforcement and expanding the repertoire of reinforcers to include things like toys, play, petting, praise, and the opportunity to perform some other highly reinforcing behavior.

Treats can be a very high-value reinforcer and quite useful in training a wide variety of behaviors, so it’s plain silly to turn your back on them. Just be sure to fade food lures quickly in a training program, move to an intermittent schedule of reinforcement when your dog will perform a behavior on cue 8 out of 10 times, and incorporate a variety of reinforcers so you’re never dependent on any one particular reward choice. (For more information about how some people might fail when applying positive training techniques the wrong way, see “Positive Mistakes,” May 2007.)

Myth #6: “A dog who urinates inside/destroys the house/barks when he is left alone does so because he is spiteful.” (Fails the scientific and philosophical tests.)

This myth definitely causes harm to the dog-human relationship. Dogs don’t do things out of spite, and to think so gives owners a negative perspective on their relationship with their canine family member. Dogs do things because they feel good, they work to make good stuff happen (or to make bad stuff go away), or because they are reacting to events that occur in their environment. While our dogs share much the same range of emotions as we humans, they don’t seem to indulge in all the same motives. Spite requires a certain amount of premeditation and cognitive thinking that science doesn’t support as being evident in the canine behavior repertoire.

There are two rational explanations for the behaviors described in this myth. The first is that the dog isn’t fully housetrained and hasn’t yet learned house manners. In the absence of direct supervision, the dog urinates when he has a full bladder (an empty bladder feels good) and becomes



Dogs beg if they have been rewarded for it, whether it’s with human food or dog food.

destructive because playing with/chewing sofa cushions, shoes, ripping down curtains, tipping over the garbage, and barking are fun and rewarding activities.

The other explanation is that the dog suffers from some degree of isolation distress. These behaviors are often a manifestation of stress and the dog’s attempt to relieve his anxiety over being left alone. If your dog regularly urinates (or worse) in the house or destroys things when he is left alone, he may be suffering from a moderate degree of isolation distress, or more severe separation anxiety. This condition can worsen without appropriate management. For more information, see “Relieving Anxiety,” August 2001 – and consider a consultation with an animal behavior specialist.

Myth #7: “If you feed a dog human food, he will learn to beg at the table.” (Fails all three tests.)

This is silly! One dog owner’s “begging” is another’s “attention” behavior, eagerly sought-after and highly valued. Behaviors that are reinforced continue and/or increase. If you fed your dog *his own dog food* from the table, he would learn to beg at the table. It has nothing to do with what *type* of food he’s being fed! If you don’t want your dog to beg at the table, don’t feed your dog from the table.

WDJ readers know full well that human-grade food is better for dogs than much of the junk that’s in many brands of dog food. Whether it’s fed in a form that we recognize as something we might consume, or it’s been transformed into something that more resembles our mental concept of “dog food,” it all still comes from the same basic food ingredients.

Myth #8: “He knows he was bad/did wrong because he looks guilty.” (Fails all three tests.)

This myth is damaging to the relationship, as it leads owners to hold dogs to a moral standard that they aren’t capable of possessing. When a dog looks “guilty,” he is most likely responding to a human’s tense or angry body language with appeasement behaviors. He’s probably thinking something like, “I don’t know why, but my human looks upset. I’d better offer some appeasement behaviors so her anger isn’t directed at me!”

Even when the “guilty” expression is a direct and immediate result of your dog’s behavior because your punishment was timely – “Hey! Get out of the garbage!” – your dog’s turned head, lowered body posture, averted eyes – are simply an acknowledgement of your anger and his attempt to reconcile with you.

A trainer friend of mine once did an experiment to convince a client that her dearly held “guilty look” belief was a myth. He had the client hold her dog in the living room while he went into the kitchen and dumped the garbage can on the floor, strewing its contents nicely around the room. Then he had the client bring the dog into the kitchen. Sure enough, the dog “acted guilty” even though he had nothing to do with the garbage on the floor. He just knew from past experience that “garbage on floor” turned his owner into an angry human, and he was already offering appeasement behavior in anticipation of her anger, and to divert her ire from his dog-self. (For more information about canine body language, see “I Submit,” April 2006.)

Finally, most owners who have punished a dog for something that was done in their absence can attest to the fact that the punishment generally does not prevent the dog from repeating the behavior another time. What *does* work is simple management. Put the garbage somewhere

that the dog can't get to it; under a sink with a safety latch on it, for example. Keep counters clear of anything edible. Leave the dog in a part of the house that is comfortable but not easily destroyed. Hire a dog walker to come by in the middle of your dog's longest days home alone to let him out, give him some stress-relieving exercise, and leave him with a food-filled chew toy. These actions will result in an intact home – and a dog who is not afraid to greet you when you return.

Myth #9: The prong collar works by mimicking a mother dog's teeth and her corrections. (Fails the scientific and philosophical tests.)

It's a little discouraging to think that people actually believe this myth. It would be silly if it weren't so potentially damaging to the relationship and potentially dangerous as well.

Prong collars work because the prongs pressing into the dog's neck are uncomfortable at best, painful at worst. Because dogs will work to avoid pain and discomfort, the prong collar *does* work to stop a dog from pulling on the leash, and can shut down other undesirable behaviors as well, at least temporarily. However, like all training tools and techniques that are based on pain and intimidation, there is a significant risk of unintended consequences.

In the case of the prong collar, the primary risk is that the dog will associate the pain with something in his environment at the time he feels it, and this can lead to aggression toward the mistakenly identified cause. A dog's unmannerly, "I want to greet you" lunge toward another dog or person can turn into, "I want to *eat* you," if he decides that the object of his attention is hurting him.

If you have used or are considering the use of a prong collar to control your dog, please consult with a qualified positive behavior consultant to learn about more effective and less potentially harmful methods.

Myth #10: "Aggressive/hand-shy/fearful dogs must have been abused at some point in their lives." (Fails the scientific test.)

This is a very widespread myth; I hear it so often it makes my brain hurt. Fortunately, while the behaviors described in this myth are problematic, the myth itself may be the most benign of our top 10.

There are many reasons a dog may be aggressive, hand-shy, or fearful. Lack of

proper socialization tops the list, especially for fearfulness. If a pup doesn't get a wide variety of positive social exposures and experiences during the first 12 to 14 weeks of his life, he's likely to be *neophobic* – afraid of new things – for the rest of his life (see Myth #1). This neophobia manifests as fear, and for some dogs, as fear-related aggression.

Widely accepted categories of aggression include:

- Defensive (fear-related) aggression
- Possession aggression (resource-guarding)
- Maternal aggression
- Territorial aggression
- Status-related aggression
- Pain-related aggression
- Protection aggression
- Predatory aggression
- Play aggression
- Idiopathic (we don't know what causes it) aggression

Note that there's no category for "abuse-related" aggression. Abuse *can* be one of several causes of fear-related/defensive aggression, but is much less common than the fear-related aggression that results from undersocialization.

Regardless of the cause of a dog's fearful or aggressive behavior, a myth-corollary to our Myth #10 is that love alone will be enough to "fix" the problem. While love is a vital ingredient for the most successful dog-human relationships, it takes far more than that to help a fearful dog become confident, or an aggressive one become friendly. For more about rehabilitating a chronically fearful dog, see "Fear Itself," April 2007. 🐾

Pat Miller, CPDT, is WDJ's Training Editor. Miller lives in Hagerstown, Maryland, site of her Peaceable Paws training center. Pat is also the author of The Power of Positive Dog Training and Positive Perspectives: Love Your Dog, Train Your Dog. For more information, see "Resources," page 24.

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Five Points for Health

Acupressure you can use to build and maintain your dog's vitality.

BY AMY SNOW AND NANCY ZIDONIS

Like all mammals, dogs require the same basic constituents that their ancestors did in ancient times. Though dogs have been re-designed by human needs over the centuries, their need for proper food, exercise, rest, play, social interaction, and touch remain the same.

In Chinese medicine, health and emotional well-being are considered to be highly dependent on lifestyle, which can be further supported by acupuncture or acupressure and herbs.

From the perspective of this ancient medicine, everything is "medicine." Health is defined as both an internal and external balance of nutrients and energy so that the human and dog alike can function within its environment. The Chinese were interested in how the living body maintains health, thus preventing illness, from season to season and location to location. The

goal is to help the body adapt to constant environmental change.

To achieve this goal consistently, Chinese medicine incorporates the "Five Branches," or stems, as a guide to balance and health. The Five Branches are:

- Food
- Acupuncture/Acupressure
- Tui Na (Chinese meridian massage)
- Chi Gong (exercise)
- Herbs

Species-appropriate food is essential. Exercise and body movement to enliven energy is absolutely necessary. All mammals need to be touched so that the body receives sensory, caring stimulation.

To support the effectiveness of a balanced lifestyle, dog guardians can provide acupressure that corresponds directly with the Five Branches of Chinese medicine. Only holistic veterinarians are allowed to prescribe herbal supplements in most western countries, but as dog guardians we can enhance how well herbs are metabolized by using acupressure. The same is true with acupuncture; only trained veterinarians (or a trained acupuncturist working under the supervision of a veterinarian) can legally perform acupuncture since it is invasive. Guardians, however, can readily offer acupressure for similar effect.

The Five Branches of Chinese medicine offer a model for living a long, full, and healthy life. The intention underlying the Five Branches is for the animal to remain energetically balanced no matter



Thumb technique: Place the soft portion of the tip of your thumb on the acupoint at a 90 degree angle to the dog's body and apply about one to two pounds of pressure, depending on the size and comfort level of your dog. Count to 30 slowly and watch for releases such as yawning, stretching, licking, or passing gas.



A two-finger technique is usually more comfortable for smaller dogs. Put your middle finger on top of your index finger. Place the tip of your index finger on the acupoint at about a 60 degree angle to the dog's body and apply a pound or two of pressure, while counting to 30 slowly before moving on to the next point.

what the season, the animal's stage within the canine life cycle, or whether living in a generally cold or hot environment. A dog's health is dependent on his body's ability to adapt, and given the right "ingredients," all dogs can thrive.

An older dog has different requirements for exercise than a younger dog, for instance, but both need exercise to be healthy. In the winter, according to traditional Chinese medicine, a dog needs to retain body heat and should not exercise as exuberantly as he can in the other seasons. This is about paying attention to the animal within the context of the current environment and supporting the dog's ability to adapt. Each of the Five Branches provides the day-to-day constituents of health.

Acupressure points and the Five Branches

There are specific acupressure points that every dog guardian can use to maintain their dog's health and further support the animal's lifestyle.

The first acupressure point, also called "acupoint," addresses the first essential branch of Chinese medicine (food) as well as the absorption of herbs. The second acupoint identified supports Chi Gong, or body movement and exercise. The Third point relates to Tui Na (pronounced "Tway Nah," original Chinese meridian massage, which offers calming and mental clarity). The fourth acupoint supports the dog's overall immune system. And the fifth point is commonly used in health emergencies.

■ Stomach 36 (ST 36), *Leg 3 Mile*, is the "master point" for the gastrointestinal tract and is known to enhance the function of digestion and absorption process, so that the body can break down nutrients from food and herbs, making them bioavailable for absorption.

■ Gall Bladder 34 (GB 34), *Yang Mound Spring*, is the "influential point" for strengthening and increasing the flexibility of tendons and ligaments. Though dogs are cave animals and usually stretch after resting and before exercising, GB 34 maintains the body's ability to move by keeping the tendons and ligaments supple. Stimulating this point will help minimize physical injuries. This point is known to support emotional balance as well.

■ Heart 7 (HT 7), *Spirit's Gate*, offers the dog's heart original, essential energy

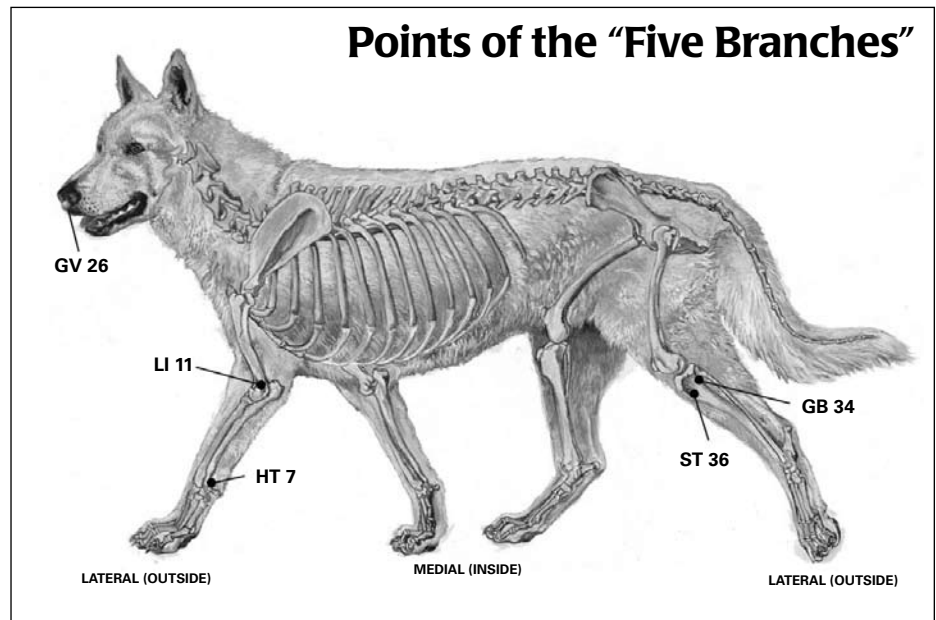
so that his mind can attain clarity and his emotional state can be generally calm. This point can be used with any stressful situation for your dog.

■ Large Intestine 11 (LI 11), *Crooked Pond*, is known as a powerful immune system strengthening point. LI 11 is a "tonification point"; it enhances the flow of blood and energy throughout the body. It is part of most health-maintenance acupressure protocols.

■ Governing Vessel 26 (GV 26), *Middle of Man (Dog)*, promotes resuscitation and consciousness and is often used during

a seizure and for traumatic emergencies especially when there is a loss of consciousness. This point is often included in canine first aid courses since it can be used to keep a dog alive while on the way to veterinary care.

These five acupoints are gifts from ancient medicine that we can offer our dogs so that their lives will be filled with optimal physical and emotional health. Sitting down with your dog once a week and slowly holding these points on both sides of his body will go a long way to letting him know how much you treasure his life. 🐾



POINT	LOCATION
LI 11	With elbow flexed, located at the lateral end of the cubital crease.
HT 7	Found on the lateral aspect of the front leg, in the large groove, at the transverse crease of the carpal.
ST 36	Located just lateral to the tibial crest on the lateral aspect (outside) of the dog's hindleg.
GB 34	In a depression behind and below the head of the fibula, on the lateral side (outside) of the hind leg.
GV 26	Found in the intersection of the "T" formed below the nose.



Amy Snow and Nancy Zidonis are the authors of *The Well-Connected Dog: A Guide to Canine Acupressure*, *Acu-Cat: A Guide to Feline Acupressure*, and *Equine Acupressure: A Working Manual*. They own Tallgrass Publishers, which offers meridian charts and acupressure DVDs for dogs, cats, and horses. They are also founders of Tallgrass Animal Acupressure Institute, offering hands-on and online training courses worldwide, including a Practitioner Certification Program. See animalacupressure.com or call (888) 841-7211 for more information.

Color Us Well

Healing with color, body tapping, and directed energy.

BY CJ PUOTINEN

Can exposure to color change your health? What about tapping on key acupuncture points or other body parts? And is there any way to focus or concentrate naturally occurring energy so that it has a more therapeutic effect?

Veterinarians and other healthcare practitioners who experiment with energy healing deal with these and related questions when they address the “etheric body,” the invisible part of the patient that is also described as the vital or energy body. Improving the etheric body’s energy flow or state, they say, stimulates a self-healing mechanism that encourages the body to repair itself, often in record time.

In the past four issues, we’ve described a number of “energy medicine” tools such as homeopathy, flower essences, Reiki, crystals, acupuncture, and therapeutic touch. In this article, the conclusion of this series, we’ll describe several more modalities that can be used alone or in combination with conventional or alternative therapies and are widely considered to be free from adverse side effects.



There are a number of devices that can be used to direct healing, colored light at your dog, like this Spectrahue model. Owners can also use household items to provide color therapy.

Healing with color

When photobiologist John Ott pioneered time-lapse photography, he discovered the vital role that full-spectrum natural light plays in the development of plants and animals. He also discovered that color can have a profound effect at the cellular level.

Whenever he photographed living cells under electron microscopes, Ott noticed that changing the color filters on his camera lens changed the cells’ behavior. When he was hired to document the effects of pharmaceutical drugs on living cells, lens color changes had a more dramatic effect on the cells than the drugs did.

In animal research, prolonged exposure to a single color has caused female reproductive problems, fur loss, toxic symptoms, digestive disorders, male sterility, abnormal bone development, abnormal body weight, and cataracts.

However, short-term exposure to colors has had the opposite effect. In the late 19th century, English physicians discovered that exposure to light of different colors caused measurable improvements to their patients. Years later, scientists in Europe and elsewhere explored the ways in which exposure to color influences health. In the United States, color was a popular healing therapy until the 1940s and ’50s, when lobbying efforts by conventional physicians convinced the U.S. Food and Drug Administration to make the use and sale of medical color projection equipment illegal.

Many physicians will tell you that color therapy is still on the fringes of modern medicine, but look at some of the applications used today:

- Maternity wards of major hospitals routinely use blue light to treat neonatal jaundice.
- NASA uses red light to speed the healing of injuries in space.

What you can do . . .

- Always consult a veterinarian if your dog is ill.
- Study the effects different colors have on health and healing.
- Look for ways to expose your dog to helpful colors.
- Download EFT’s free manual and try the technique on yourself and your dog.



- The U.S. Navy uses colored light to treat injuries.
- Medical research shows that blue light suppresses the metastasis of melanoma cells in mice, red light has anti-inflammatory effects, and full-spectrum light, which contains all colors, is a successful treatment for depression caused by seasonal affective disorder.
- Light-emitting diodes (LEDs) are common in medical devices that relieve pain and fight infection with red, blue, and other colors.

William Campbell Douglass, MD, was newly interested in color treatments when a patient came to him with a large ulcer on the side of her leg. The ulcer was half an inch deep and full of pus – and had plagued the patient for *five years*. She had tried salves, antibiotics, and various surgical interventions (debridement or scraping) with no improvement.

As he describes in his book *Color Me Healthy*, Dr. Douglass treated the ulcer by shining indigo light on it. The patient con-

tinued this therapy at home twice a day, one hour at a time, and soon new skin covered the open sore. Within a week she was free from pain for the first time since the ulcer developed, and six weeks after her initial treatment she returned to show Dr. Douglass a leg that had almost completely healed.

"I know it's hard to believe," he says, "but color therapy really works. And not just for external wounds. It also works for many internal ailments at which modern medicine just throws useless drugs and surgery."

Many veterinarians, ophthalmologists, and other healthcare professionals who treat patients with color follow the guidelines of the Dinshah Health Society, which publishes books and instructions for using Spectro-chrome equipment consisting of color filter material and a light source such as a slide projector, lamp, flashlight, or the sun.

Each color has its own wavelength and frequency. Red, orange, and yellow are stimulating; green is said to bring the body into balance; and blue, indigo, and violet are at the calming or sedating end of the spectrum. The Spectro-chrome system also uses lemon, turquoise, purple, magenta, and scarlet. As explained in Darius Dinshah's book *Let There Be Light*, every physical condition has its own protocol or sequence of color treatments, and drinking water can be treated with color for internal and external application.

A more elaborate and expensive color therapy system is the Lumalight, developed by Spectrahue Light & Sound, which shines light through mineral-based glass color lenses.

Rainbow of benefits

Lynn Younger, who lives in Sedona, Arizona, has worked with dogs and other animals for 10 years using "colorpuncture," a European modality of acupuncture that substitutes concentrated Lumalight for acupuncture needles. "I've treated thousands of canines, most commonly for painful conditions like arthritis or hip dysplasia, infections, and emotional issues," says Younger. "Usually the animals present with conditions that have been treated by conventional veterinary medicine without success, and the application of color almost always triggers improvement."



Like most dogs, this Bichon Frise is quite comfortable and enjoys receiving color therapy. Photo courtesy of Julianne Bien, Spectrahue Light & Sound, Inc.

Ojito, a Chow-mix belonging to Elizabeth Heaney of Tucson, Arizona, pinched a nerve in her back and was in too much pain to eat or drink for three days. "About 15 minutes into her color treatment," says Heaney, "Ojito abruptly stood up and began to drink from her water dish. By the end of the treatment she was eating hungrily. The change was remarkable, from barely lifting her head to walking around and wagging her tail. She's been fine ever since."

A fungal infection called Valley Fever is a serious problem in Arizona, and when it settled in her lungs, Kali, a nine-year-old Wheaten Terrier, coughed as often as 20 times a minute. "She did not respond to prescription drugs," says her owner, L. Enlow, "but color therapy stopped her coughing, and a chest X-ray taken after a few months of ongoing color treatments showed that the virus was greatly reduced."

Color therapy doesn't have to involve elaborate equipment, says Younger. "You can tonate water in colored glass jars or bottles simply by placing them in the sun. For a dog with arthritis, you could keep water in a red glass container and then apply it as a spray or wash. You could also have the dog lie on a red towel. There are many ways to expose dogs to color. In my experience, animals respond much more quickly to color therapy than humans do. They don't try to figure out whether or how it works. They just enjoy it."

Annie, a 16-year-old Bichon Frise belonging to Linda McGuire in Wethersfield,

Connecticut, seems to enjoy her Spectro-chrome tonations. "She goes right for the light and lies under it for her snooze," McGuire says. "The colors help with her kidney disease and other symptoms, and she actually positions herself for best results. Animals are so smart! My vet doesn't want to know the details, but he says I should keep doing whatever I'm doing because it's working so well."

Pamela Fisher, DVM, a holistic veterinarian in North Canton, Ohio, has treated almost a hundred canine patients with Lumalight color during the past year, most of them for skin, digestive, emotional, or respiratory problems.

"When cooling blues are applied to hot spots or other inflamed skin conditions," she says, "there is an instant calming and skin color change, from red and irritated to more normal, which starts the healing process."

Color therapy tonations usually last half an hour to an hour, but Dr. Fisher's single-color Lumalight treatments seldom take more than a few seconds. "The results are actually that fast," she says.

One of Dr. Fisher's patients is Michael, a 16-year-old West Highland White Terrier belonging to Lyn Sabino of Canton, Ohio, who has chronic lung problems. His bronchial dilating medication was recently changed by another veterinarian, and after two doses on the new medicine, he grew weak and struggled for breath.

"His condition was serious," says Dr. Fisher, "and it was getting worse. I applied cooling blue color to his chest and heart area, and within a few seconds his labored breathing calmed and the color of his mucous membranes improved, becoming more pink due to better oxygenation. He continued to improve, and I sent him home with color-treated water for continued application."

Dr. Fisher reports that separation anxiety, thunder phobia, fears, incessant barking, inappropriate urination, and other emotional or behavioral issues also respond quickly to color therapy.

BodyTalk and AnimalTalk

Australian chiropractor John Veltheim, an expert in applied kinesiology, acupuncture, Reiki, osteopathy, sports medicine, counseling, and philosophy, combined all

of these interests when he developed BodyTalk, a system in which the practitioner uses muscle testing (kinesiology) to ask the client's body specific questions about what parts need treatment first. This approach, says Dr. Veltheim, is what sets BodyTalk apart from other healing systems and makes every BodyTalk session unique.

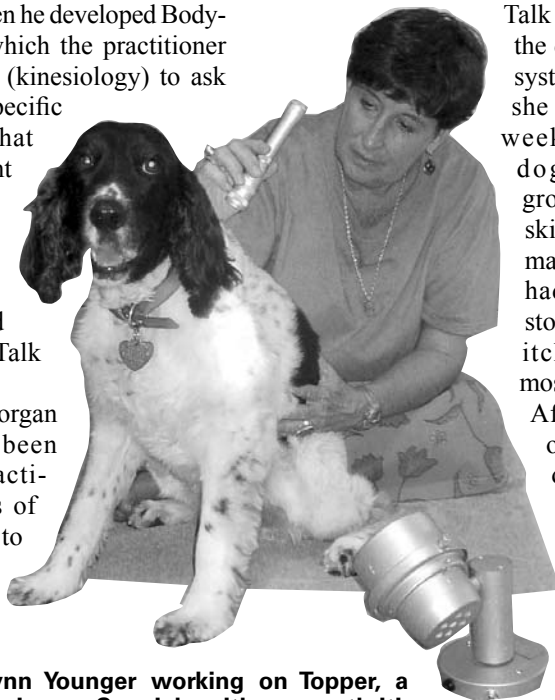
Once the initial organ or body part has been identified, the practitioner asks a series of yes or no questions to discover what that part needs, such as a link to a specific gland or organ. As soon as the link is identified, the practitioner uses gentle hand contact and tapping to correct imbalances and speed healing.

"Lightly tapping on the skull," says Dr. Veltheim, "seems to activate the brain centers in a way that causes the brain to consciously reevaluate the state of health in the bodymind. Tapping on the heart completes the process by sending patterns of energy and information to every cell in the body."

Five years ago, Ange Trenga of Missoula, Montana, became a BodyTalk instructor and practitioner for people and animals. AnimalTalk is a version of BodyTalk designed for pets and other animals.

One AnimalTalk client had a six-year-old Golden Retriever with severe skin problems. The dog's skin was raw all over her body, says Trenga, "especially on her belly and in her ears, and it was made worse by her constant itching, chewing, and licking. She was losing huge chunks of fur. She was also dehydrated because she refused to drink water. The first thing that happened when we started tapping was that she ran into the kitchen and drank several bowls of water."

Using kinesiology, Trenga determined that the dog was reacting to corn in her food, grass outside, and several cleaning products in the house. She used Animal-



Lynn Younger working on Topper, a Springer Spaniel with an arthritic shoulder. The large "energy field" light with a red lens is projecting on the sore shoulder, while Younger works an acupuncture point for pain relief with a small red light.

every week for a year. In most cases, two to four sessions correct the problem, and the dog's body holds the memory of these adjustments so that no additional treatment is needed." Trenga has used AnimalTalk to help dogs recover from accidents and injuries.

AnimalTalk training used to be available only to BodyTalk practitioners, but now pet lovers with no BodyTalk experience can take AnimalTalk workshops that demonstrate basic techniques for dealing with pet health problems, behavioral issues, and emergencies.

"Anyone can learn it, including kids," says Trenga, who teaches AnimalTalk around the world. "It is a wonderful support therapy that's compatible with veterinary care, and it can even neutralize old fears and traumas. My favorite example of this is a dog who was terrified of going out of the house because he had been attacked years before by another dog. The sight of his leash made him cower and tremble, and when he went outside to eliminate, he didn't waste a minute and raced back in. At the end of our single session, he explored his backyard without any fear, and when his owner took him for a walk, he was completely relaxed and confident. It was as though the attack had never happened, and his fear has never returned."

Talk to strengthen the dog's immune system, and when she returned two weeks later, the dog's fur had grown back, her skin looked normal, her chewing had completely stopped, and the itching had almost disappeared. After their second session, the dog needed no further treatment.

"One of the things that I love about AnimalTalk," she says, "is that you don't have to work with the dog

Emotional Freedom Techniques (EFT)

Gary Craig isn't a trainer or veterinarian. In fact, he doesn't even have a dog. But his acupressure tapping procedure called EFT (Emotional Freedom Techniques) has transformed the lives of countless dogs and their human companions.

EFT is one of several meridian therapies, so called because they are said to release blocks along the same energy paths used in acupuncture. According to Craig, the combination of focused thought and acupressure tapping releases energy blocks that contribute to behavioral problems, anxiety, pain, or illness while simultaneously releasing their underlying emotional causes.

Meridian therapies are often complicated, but EFT is so easy to use that small children teach it to one another. "Don't let its simplicity fool you," says Craig. "It's used by thousands of healthcare practitioners, including medical doctors and veterinarians. In many cases, chronic and acute symptoms have resolved in a matter of minutes."

EFT's tapping points and basic protocol are clearly described in the free EFT manual that is distributed online in 19 languages, and Craig's inexpensive seminar DVDs provide impressive demonstrations. EFT classes and workshops are taught in several countries, and more than 50 books by a variety of authors describe the technique. These are remarkable statistics for a procedure that is only 10 years old.

Animals can be treated directly, by tapping on their acupuncture meridians while focusing on their condition, or they can be treated surrogately, by proxy. That is, you can tap on yourself while focusing on the dog.

Catherine O'Driscoll, an EFT practitioner in Scotland, did this with her Golden Retriever, Sophie, who had suffered from arthritis for several years.

"We helped her with nutrition, herbs, homeopathy, and acupuncture, but the arthritis never completely went away," she says. "Finally, when she was 14, her front paws swelled up and knotted so much that they became deformed. I tapped on myself for her, and I couldn't believe my eyes. The paws went down as though they were balloons letting out air. It was like a horror story special effect in reverse.

"I didn't trust myself not to have imagined it," O'Driscoll continues, "but Sophie was good enough to manifest the swollen

paws a few weeks later while my sister was visiting. I again tapped for her while my sister and husband looked on. Again, we saw the swelling subside in front of our eyes. Sophie lived to the grand age of 17, and her arthritis never returned. She had also become deaf by age 14, but thanks to this wonder-



Sophie (rear), Catherine O’Driscoll’s Golden Retriever, enjoyed immediate relief from arthritis pain and swelling following EFT tapping.

ful energy therapy, she was able to hear again for the last years of her life.”

Christina Bequette, an EFT practitioner in Deer Trail, Colorado, first tried the technique with Stella, a 14-year-old Australian Shepherd/Red Heeler mix belonging to Patty Kemp-Cobb in Carbondale, Colorado. Stella constantly whined and pressed her head and body against Kemp-Cobb. “She had a reputation for biting and didn’t like to be touched,” says Bequette, “so I expected resistance, but Stella willingly let me tap on her, as if she knew I was there to help.”

Bequette focused on thoughts of not being loved, having things to say, and being ignored, and whatever else she could think of that might be a factor. “The best result came after I referred to the issue of Stella feeling invisible despite being recognized for her excellence as a cattle dog. The session lasted about 20 minutes, and to everyone’s astonishment, Stella quit whining. Not only that, but from then on she acted much more gentle and loving, no longer snapping or biting when touched. It was quite exciting to her human family, and now, two years later, they still talk about her transformation. Stella is almost 16, and her whining habit never came back.”

In 2002, California artist Lee Lawson was bothered by a neighbor’s dog, who barked all night, every night, for months. “The neighbor claimed not to hear it,” she says, “and so it went on and on and on. Then one night I did EFT on the situation. I focused on being a vibrational match to the barking dog, deeply and completely loving and accepting myself and the dog. The barking stopped immediately. About three hours later it started again and I tapped again. It stopped, and that was the last time the dog barked at night.”

Lawson also used surrogate tapping when she got a new puppy for everything from housebreaking (immediately

accomplished) to sleeping through the night (which a single EFT treatment took care of). “I even used EFT to get her to pee on command after she noodled around for 15 minutes in the freezing cold,” says Lawson. “I’d start a single round of tapping for this and

she would go before I could finish.”

Dozens of EFT practitioners in the U.S., Canada, Europe, South America, Asia, and Australia responded to my online requests for reports about how EFT has helped their dogs. They described EFT’s success with treating asthma, diabetes, heart disease, arthritis, kennel cough, injuries, and other physical ailments, as well as how rescued dogs adjusted to their new homes; how dogs who began fighting when a beloved family member moved out live in harmony again; how dogs overcame their fear of vacuum cleaners, thunder, and fireworks; how formerly aggressive dogs now stay calm and focused; and how competition dogs overcame physical or training problems to win their events.

Zero Energy Balancing (ZEB)

Three years ago, agility competitor Melissa Chandler of Galena, Ohio, suffered injuries in a car accident that hindered her mobility. She was referred to a massage therapist who used Zero Energy Balancing, or ZEB.

“I was amazed at how much this helped, and I purchased a ZEB unit for myself,” she says. “Then I learned about how the ZEB helps dogs from my holistic veterinarians, as they both use it in their practice.”

The ZEB, a tube of extruded plastic pipe containing diodes, was invented by retired aerospace engineer Cliff Stumbaugh. It comes in several models costing \$150 to \$450, the most popular of which is the \$250 Ultimate Biofield ZEB, which Stumbaugh describes as

an all-purpose energy device with a frequency range of 8Hz – 650Hz. “Its usage is ideal for balancing meridians and chakras, breaking up energy blockages, correcting general body dysfunctions, and using biofield resonance therapy,” he says. “It has an automatic mode of operation and comes complete with three auto-program modules.”

There are no moving parts in the ZEB, and it has no power source other than the naturally occurring energy that flows around it. “ZEB has a bioplasma radiation field around it comparable to a magnet,” the inventor explains. “It perpetuates itself by circulating plasma energy around itself from the output back to its input in one continuous process.”

What exactly is zero energy balance? According to Stumbaugh, a healthy human or animal biofield consists of flowing, unpolarized bioplasmic cells. When the biofield is blocked, negative, polarized bioplasmic cells exist. “The ZEB’s energy beam network attracts the negative bioplasmic cells from the subject’s biofield and accelerates these through the ZEB unit via its tuned cavity ring-down processor. Here the negative, polarized bioplasmic cells are depolarized and discharged out of the unit, thus creating a zero balance.” (And this is one of the manual’s simplest explanations!)

“I use the ZEB on my dogs daily,” says Chandler. “You can use it to prevent injuries from becoming chronic problems, help with autoimmune and endocrine dysfunctions, assist digestion, treat diarrhea or constipation, test foods and supplements, and speed the healing of wounds or surgical incisions. The ZEB can be used to rid the system of pathogens, bacteria, and viruses.”

Programming the ZEB involves stick-



After a massage therapist used a ZEB unit to relieve her chronic pain (from injuries suffered in a car accident), Melissa Chandler bought a unit to use on herself. She’s found that her Weimaraner, Jag, loves sessions with the unit, too.

ing a small note on one side of the tube and placing a cotton swab saliva sample from the person or animal being treated on the other. The note can list one or more numbers from the accompanying frequency/vector manual, or you can simply write the desired result in a circle. Then you move the tube over the affected body part for 10 to 15 seconds or, to treat the entire body, leave it next to the resting patient for 10 to 30 minutes.

This procedure is so unusual, it's downright weird. Can it possibly work?

Betsey Lynch of Delaware, Ohio, believes it does. "I am an avid agility participant," she says. "I bought my first ZEB in January 2005, prior to which two of my holistic vets used the ZEB on my dogs. I now have four ZEBs and use them all every day on my four Cavaliers and one Papillon to help with muscle repair and recovery from training and competition."

Lynch's current agility star is six-year-old Trouble. "Trouble has syringomyelia, or SM, which is a neurological condition that affects Cavaliers and some other toy breeds," she says. "With daily use of the ZEB, Trouble has been able to run success-



Sere, Jan Knode's Doberman, regained her vitality after just one session with a ZEB.

fully and remain an active and happy little dog. I keep one ZEB dedicated to distance healing of the SM alone and believe it has kept her symptoms from progressing."

Jan Knode in Apple Creek, Ohio, has been styling dogs since 1989, teaching and training in agility since 2001, and competing since 2002. She uses the ZEB to treat pain and injuries, eradicate skin parasites, and treat yeast infections.

"Last July a holistic vet who does energy work used the ZEB on my seven-

year-old Doberman," says Knode. "My girl was very sick and slept almost all the time. After the vet used the ZEB on her, for about an hour, off and on, Sere played in the van all the way home! Her body began to heal and she felt great. Since then, she has a lot more energy for agility and playing ball and Frisbee. It's so nice to have my girl back."

The ZEB is one of several devices that are said to correct physical and emotional conditions by concentrating or redirecting energy. From what we can determine, especially because it does not plug into an electrical outlet, use batteries, or have an external power source, the ZEB is unlikely to cause harm. Like the other energy therapies described here and in the four preceding articles in this "energy medicine" series, it might work or it might do nothing, but either way, it isn't likely to damage the patient. 🐾

CJ Puotinen, a frequent WDJ contributor, is the author of The Encyclopedia of Natural Pet Care, which describes several energy healing techniques. She is also an EFT instructor and practitioner.

Resources Mentioned in This Article

COLOR THERAPIES

Color Me Healthy, by William Campbell Douglass II. Rhino Publishing, 2003, \$10

Color Medicine: The Secrets of Color/Vibrational Healing, by Charles Klotsche. Light Technology Publications, 1993, \$12

Golden Light: A Journey with Advanced Colorworks, by Julianne Bien. Spectrahue Light & Sound, 2004, \$49

Health and Light: The Effects of Natural and Artificial Light on Man and Other Living Things, by John Ott. Ariel Press, 2000, \$18

Let There Be Light, by Darius Dinshah. Dinshah Health Society, 9th edition, 2007, \$12

Dinshah Health Society, Malaga, NJ. Spectro-chrome information and resources. (856) 692-4686, dinshahhealth.org

Spectrahue Light & Sound, Toronto, Canada. Lumalight color therapy supplies. Julianne Bien. Color therapy kits start at \$600. (416) 340-0882, spectrahue.com

Lynn Younger, Sedona, AZ. Colorpuncture. (928) 282-1453, AnimalLights.com and ColorEssences.com

Pamela Fisher, DVM, North Canton, OH. Color therapy. holisticvetpractice.com

BODYTALK AND ANIMALTALK

The BodyTalk System, by John Veltheim. PaRama, 1999, \$23

BodyTalk and AnimalTalk. Workshops, practitioner referrals. bodytalksystems.com

Ange Trenga, AnimalTalk practitioner and instructor, Missoula, MT. wellnessworksinfo.com

EMOTIONAL FREEDOM TECHNIQUES (EFT)

EFT, free manual, online newsletter, reports, practitioner referrals, DVDs, and more. emofree.com

Animal EFT, United Kingdom. Information and online forum. animal-eft.org

Christina Bequette, canine massage and EFT for dogs, Deer Trail, CO. HorsenHounds.com

Catherine O'Driscoll, Scotland. EFT for animals and animal communication workshops. canine-health-concern.org.uk, catherine@carsegrey.co.uk

CJ Puotinen, Valley Cottage, NY. Free "EFT for Pets and People" workshops. tapheworld.googlepages.com

ZERO ENERGY BALANCING

Cliff Stumbaugh, Eyelight Spectrum Products, ZEB manufacturer. 1 Marion Avenue, Suite 307A, Mansfield, OH 44903

Melissa Chandler, Canine Balance, Galena, OH. ZEB distributor. (614) 519-9002, caninebalance.com

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- 10/07 How to Cope With Resource-Guarding • Training for Reliability: Stimulus Control • Build a Healthy Hound • Holistic Vets Discuss Healthcare Basics • Energy Medicine Series Introduction
- 9/07 Home-Prepared Diets, Pt 6: Final Notes and Questions Answered • Importance of Puppy Kindergarten • Pet Food Executives Speak • A Honey of a Cure
- 8/07 Home-Prepared Diets, Pt 5: Owners Share Raw Diet Recipes • How to Manage Puppy Chewing • Cooling an Overheated Dog • Alert! Dangerous Algae • Lipomas (Fatty Tumors)
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The *Encyclopedia of Natural Pet Care and Natural Remedies for Dogs and Cats*, by WDJ contributor CJ Puotinen, are available from DogWise, (800) 776-2665 or dogwise.com. Puotinen is also author of several books about human health, including *Natural Relief from Aches and Pains*, available from your favorite bookseller.

HOLISTIC VETERINARIANS

American Holistic Veterinary Medical Association (AHVMA), 2214 Old Emmorton Road, Bel Air, MD 21015. (410) 569-0795. Send a self-addressed,

stamped envelope for a list of holistic veterinarians in your area, or search ahvma.org

TRAINING AND INSTRUCTION

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

The Association of Pet Dog Trainers (APDT) has references to member trainers in your area. Not all members employ similar training methods, nor does APDT set standards of skill or competence. Please note that APDT encourages (but does not require) its members to use training methods that use reinforcement and rewards, not punishment. (800) 738-3647; apdt.com

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