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The Whole



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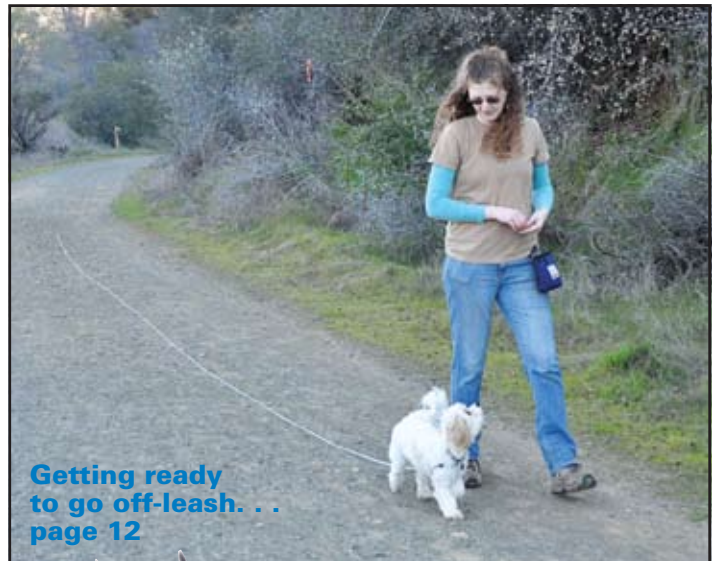
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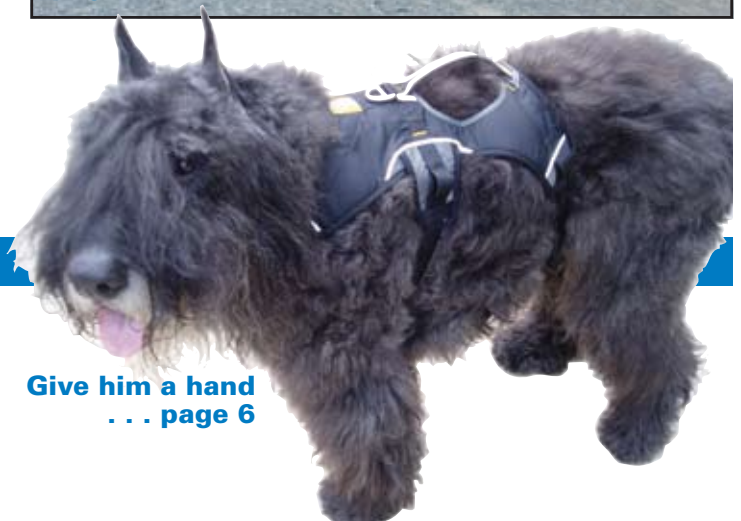
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Bringing It All Back Home

The global economy and our pets.

BY NANCY KERNS

My husband has kind of an obscure occupation. He's a *steel detailer*; he creates detailed drawings of structural steel pieces for companies that fabricate the pieces and erect buildings out of them. His father learned the trade as a young man in the 1950s, and, early on, practiced his profession in a shirt and tie in the highrise offices of titans of the American steel industry. Late in his career, as an independent contractor for smaller steel fabrication companies, my father-in-law worked at a drafting table in his home and sent his drawings – in the form of thick, heavy rolls of paper – to his clients via FedEx. It was during this phase of his career that he taught the trade to my husband, who, today, uses a home computer to create the “drawings” and send them instantaneously to his clients via email.

The world is changing. I get it.

Sometimes it feels as if it's changing far too quickly. My husband often receives email messages from people in India and China, offering to do his job for less money. These messages suggest that he could make a good living just by sharing his contracts with workers who will earn less than he does. If he finds the jobs and shares them, the emails hint, he won't have to “work” at all.

But my husband likes his work, and these emails aggravate him no end.

I received an email this morning, forwarded from a friend who manages a pet food company. I gather that my friend is feeling

just like my husband. “Dear Sir or Madam,” said the email. “We have a new freeze drying factory, [redacted] Petfood, in [redacted], China. Do you have time to visit us? We got ISO 9001 and ISO 22000 (HACCP) certified. Please see the attached pictures of freeze dried Pet Treats and prices. The prices have already included costs for irradiation. Are you interested in these products? I am looking forward to hearing from you. Thank you and best regards.”

I wrote back to my friend, joking about how *lucky* she is to have such a good opportunity to buy irradiated pet treats from China! It was gallows laughter, though. She responded gloomily, “I get these emails daily. How many U.S. companies are already selling these treats? And then my clients complain because ours are too expensive!”

I never studied business. But I'll never understand how common food ingredients can be shipped halfway across the planet and sold for half the price of domestically grown and processed ingredients. It certainly begs the question of the quality, freshness, and purity of the product.

I know what kind of products my friend's company sells. They are top of the line. She can tell you the provenance of every piece of meat in her plant. But will her business survive this sort of pressure? And has the maker of your dog's food and treats resisted it?



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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Don't Get Defensive

Five things to do when your neighbor complains about your dog.

BY PAT MILLER

The natural thing to do when someone complains about your dog is to get defensive. “My dog? Causing a problem? How dare you?!”

Don't go there. Defensiveness exacerbates hostilities, escalates tension, and encourages your neighbor to make a mountain out of what you perceive to be a molehill. Remember, it's all about perception, and your neighbor's perception *is* his reality. Instead of being defensive, try these things:

1 Listen: Unless one of you plans to move, defusing the situation beats all-out war. Set defensiveness aside, and listen to what your neighbor says. Assume there's *some* nugget of truth to his complaint. You need to find it, so you can figure out what to do with it. He says your dog barks *all the time*, underneath his bedroom window, and wakes him up. That may be an exaggeration, but chances are your dog *is* barking *some* of the time, especially if you leave her out in the yard, or if she has free backyard access through a doggie-door.

2 Empathize and apologize: Without admitting guilt, empathize with your complainer. “It must be frustrating to have to listen to barking dogs when you're trying to sleep.” Be sincere. Tell him you're sorry he's being disturbed by barking. Reassure him that you don't want your dog to be a nuisance, and you want to help find a solution to his concerns. Ask him to bear with you while you work on the problem. Bake him chocolate chip cookies.

3 Investigate: Ask questions that won't make your neighbor defensive. “Is there a time when it's *most* annoying?” “Are there other dogs that are barking too?” “Other than giving up my dog, what would make you happy?” Set up a video camera or voice-activated tape



You can't assume your dog has been a saint all day just because he's asleep when you get home.

recorder to document your dog's activities when you aren't home. Alternatively, take a day off and watch your own house from a distance, to see what goes on that might make your dog bark. Check the neighborhood to see if there are other dogs whose barking might be blamed on *your* dog. Ask other neighbors if they hear your dog, and if so, when and how much.

4 Be legal, be considerate: Make sure your dog is currently licensed, and obey all local animal control laws. Maybe your neighbor is complaining because your dog runs loose and he feels threatened (even though you know your dog is a pussycat), or because you don't clean up when you take her for walks. Those *are* legitimate grounds for complaint (as is excessive nuisance barking) even if your dog *is* a pussycat. You don't want animal control to find you in violation of *anything*. Obey leash laws and scoop laws, and respect your neighbor's discomfort with your dog – don't let her off-leash even if you're just walking out to your car. If she runs over to happily greet him, you'll fuel the fires.

5 Take action: Make changes to accommodate your neighbor and protect your dog. If his complaint is early-morning noise and she's barking when you let her out at 6:00 am while you shower, alter your routine. Get up earlier and go out with her. Let her eliminate, then play with her. Keep her quietly occupied rather than leaving her to find her own entertainment. If it's random throughout-

the-day backyard barking while you're away, bring her in and close the dog door. She doesn't have to be outside all day. If things get ugly, leaving her out unattended exposes her to great risk from an irate neighbor. If necessary, pay someone to let her out for a noon potty break. If the complaint is about barking even when you *are* home, behavior modification is in order. (See “Positively Quiet,” WDJ July 2007). If it's something other than barking, determine how you can modify the situation to mitigate the problem. Some examples:

- Your dog charges the fence. Your neighbor fears for his children's safety. Make the fence solid, or put up an inner fence so there's an “airlock” between dog and kids.
- Your dog came over and attacked his dog. You think your dog was just playing, but whatever. Vow that your dog is *never* off her leash in your neighborhood. Even just walking to your car.

Keep your neighbor informed of your efforts to address his concerns. Document your actions in a journal in case you do have to face animal control. Ask your neighbor to let you know if he sees improvement – and document that. Save receipts for anything you buy to modify your dog's environment. If you see your neighbor deliberately antagonizing your dog, document *that* with a video camera. Keep your dog safe. Be considerate. Keep baking chocolate chip cookies. 🐾

Are Heartworms Developing Resistance to Preventatives?

More dogs on year-round preventative are testing positive for heartworms

In August 2010, representatives of the American Heartworm Society (AHS), the Companion Animal Parasite Council (CAPC), and experts in the field of nematode resistance met in Atlanta. Their goal was to discuss the possibility of heartworms becoming resistant to “macrocytic lactones,” the scientific name for the heartworm preventatives we know as Heartgard (ivermectin), Interceptor (milbemycin oxime), Revolution (selamectin), and ProHeart (moxidectin).

Dr. Everett Mobley, a veterinarian who practices in Missouri, wrote about this issue in his “Your Pet’s Best Friend” blog in May 2009. He says that he first began noticing an increase in the number of dogs in his clinic who tested positive for heartworms despite being on year-round heartworm preventatives in 2006. He learned that other veterinarians were reporting similar experiences, and that “These reports come from the Mississippi valley, starting about 100 miles south of St. Louis, and getting worse as one goes south.”

Experts dismissed these reports for a long time as being due to “client noncompliance,” that is, owners failing to give the preventatives to their dogs 12 months a year. It was not until April 2009 that they began to say, “We know that something has changed, but we don’t know what it is. There is a problem, but the underlying cause has not been determined.”

The issue was a primary topic of discussion at the American Heartworm Society’s 2010 Triennial Symposium held in April. A landmark initial study was presented that evaluated heartworm microfilariae in different regions of the Mississippi Delta. The study revealed differences in sensitivity of the samples to macrocytic

lactones. Separate experiments revealed genetic variability of heartworms in different geographic locations, which could potentially be associated with varying responses to the drugs.

Recommendations

The AHS and CAPC issued a statement in November regarding the findings of the meeting in Atlanta, acknowledging the problem and calling for further study. They believe that any heartworm resistance is geographically limited (presumably to the Mississippi valley) at this time based on credible reports of lack of efficacy. They recommend that pet owners continue to give preventatives year-round, following label directions, as they continue to be effective for the vast majority of dogs. There is no evidence that higher doses or more frequent dosing would increase protection. They also recommend yearly heartworm testing for all dogs, even if they have been kept on preventatives.

In the past, we have recommended that people might safely extend the time between doses of heartworm preventatives to six weeks, and decrease the dosage when using Interceptor, based on the efficacy studies that were done when the FDA approved these drugs. It is safer to administer preventatives monthly and to give the full label dosage. Following these steps will also ensure that, should your dog become infected, the product manufacturer’s guarantee will be honored and treatment costs will be covered. (Manufacturers will guarantee a product only when purchased from a vet.)

We still question the need to give preventatives year-round in cold climates,

where mosquitoes cannot survive during the winter. The heartworm life cycle requires the larvae to spend time inside a mosquito in order to develop into adults; without mosquitoes, there is no risk of infection. In warm climates such as the southern half of the U.S. (below the 37th parallel), give heartworm preventatives year-round. This is also necessary to avoid voiding the manufacturers’ guarantees.

If you choose not to give heartworm preventatives year-round, keep in mind that these drugs work “backward,” killing larvae that may have infected your dog in the *previous* month. Give the last dose after temperatures have dropped, and start them up again a month after your area warms up. If temperatures remain above about 45 to 50 degrees, day and night, you should give your dog monthly heartworm preventatives.

Keep in mind when testing for heartworms that it takes at least six months following exposure before a dog will test positive. This interval may be increased if the dog is being treated with heartworm preventatives during this time. The AHS now recommends that three consecutive negative tests, each six months apart, may be needed before we can feel confident that a dog is not infected with heartworms.

Research into possible resistance of heartworms to current medications is ongoing in a number of universities and other centers in the United States, Canada, and Italy. We’ll keep you updated. 🐾

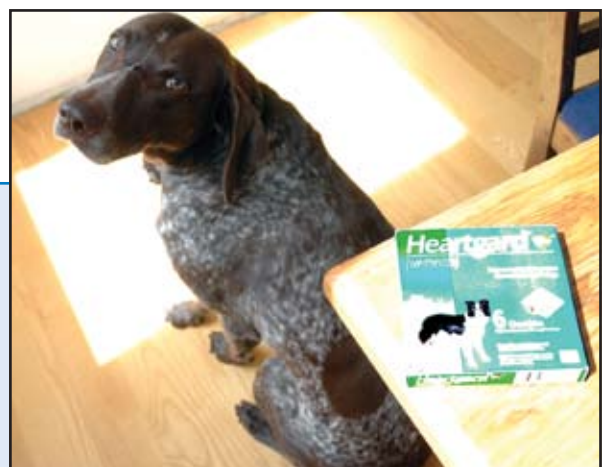
– Mary Straus

For more information:

State of the Heartworm Symposium 2010
heartwormsociety.org/AHS-Executive-Summary.pdf

Heartworm Roundtable: Reports of Lack of Efficacy of Macrocytic Lactones
heartwormsociety.org/CAPC-AHS.pdf

Are Heartworms Getting Worse?
www.yourpetsbestfriend.com/your_pets_best_friend/2009/05/



New Treatment for Pituitary-Dependent Cushing's Disease

Surgeon pioneers new method of treatment by removing the tumor

A surgical procedure used on humans to remove brain tumors that cause Cushing's disease is now becoming available to dogs, thanks to collaboration between a human neurosurgeon, a veterinary endocrinologist, and a veterinary surgeon in the Los Angeles area.

Cushing's disease (hyperadrenocorticism, or HAC) is an adrenal disorder common in middle-aged and older dogs, affecting an estimated 100,000 dogs per year in the U.S. It occurs when the body produces too much cortisol, causing increased appetite and thirst, skin problems, and muscle weakness. Cushing's can also predispose dogs to other conditions such as diabetes, pancreatitis, and infections.

There are two types of Cushing's disease: adrenal and pituitary. The pituitary form is the most common, accounting for about 85 percent of cases. Pituitary-dependent Cushing's is caused by a small, usually benign tumor of the pituitary gland, which leads to overproduction of the hormone ACTH, which in turn triggers the adrenal glands to overproduce cortisol.

Because these tumors have been considered too difficult to remove, pituitary Cushing's is managed with medications that suppress the production of cortisol. This treatment can relieve symptoms, but cannot cure the disease, and the treatment requires careful monitoring to ensure that cortisol levels don't get too low. The average life expectancy for dogs with pituitary-dependent HAC is about 30 months, with younger dogs living longer (4 years or more). Many dogs ultimately die or are euthanized due to complications related to Cushing's disease such as neurological problems, pulmonary thromboembolism, diabetes mellitus, or infection.

Human research into a new type of surgical imaging device is being done at Cedars-Sinai Medical Center in Los Angeles. Recently, veterinary endocrinologist Dr. David Bruyette (DVM, DACVIM) and veterinary surgeon Dr. Tina Owen (DVM, DACVS) from VCA West Los Angeles Animal Hospital contacted the neurosurgeon who had been studying the use of a scope (called a VITOM) and asked if he would investigate whether the device could be used

to perform pituitary surgery in dogs. After looking into it, the neurosurgeon recognized that this device would be ideal for dogs, and agreed to show Dr. Owen how to perform neurosurgery to remove pituitary tumors.

The surgery is done by creating a tiny hole in the back of the mouth in order to enter the skull at the base of the brain and remove the tumor. The VITOM, also called an exoscope, displays the area on a large, high-definition monitor, magnified up to 12 times its actual size. The tool makes the procedure easier and safer, but it still requires considerable skill to be able to do such intricate surgery.

I spoke with Dr. Bruyette about the results so far. Dr. Owen has performed the procedure on 15 dogs and two cats. One dog died during the surgery, and two others died after treatment for unrelated reasons; the rest are doing well, with two dogs now remaining symptom-free over a year following surgery. Dr. Bruyette anticipates an intra-operative mortality rate of 2 to 5 percent, and an 85 percent success rate with full remission of symptoms, based on results seen in the Netherlands, where this type of surgery has been performed for several years.

Most dogs remain hospitalized for five to seven days following surgery. Because the pituitary gland controls the sleep/wake cycle, some dogs remain "sleepy" for longer than that. Dogs who live in the area can return home even if still sleepy, but those from outside the area might have to remain hospitalized for up to an additional week. The clinic can work with clients from out of the area, even helping to fly their pets back when ready. Cost of treatment is currently estimated to be \$8,000 to \$10,000, which should decrease over time.

Currently, Dr. Owen has performed surgery only on dogs with "macrotumors" – those larger than 1 cm. Most pituitary tumors (90 percent) are "microtumors," too small to be seen by the naked eye. Eventu-



Dogs with Cushing's may suffer excessive thirst, appetite, and hair loss, and abdominal enlargement.

ally, they hope to treat tumors of any size. When the tumor can be visualized well, it is sometimes possible to remove the tumor and leave the pituitary gland.

If the tumor cannot be visualized, or cannot be separated from the pituitary gland, the whole gland is removed ("transphenoidal hypophysectomy"). Veterinary surgeons in the Netherlands have focused on this type of surgery. When the pituitary gland is removed, dogs must be supplemented with thyroid hormone and prednisone to provide cortisol that the body can no longer produce on its own.

Dr. Owen has trained veterinary surgeons at the VCA facility in Boston. She and Dr. Bruyette plan to offer a course on the East Coast later this year to teach other veterinarians to do the procedure. Dr. Bruyette estimates that eventually 5 to 10 specialty facilities in the U.S. will offer this treatment.

Dr. Bruyette also says, however, that ultimately another solution may become available. The doctors hope to do clinical trials on a substance that shrinks pituitary tumors in the laboratory. This oral medication is currently being tested on two dogs, but it's too soon to know how well it's working. The researchers are looking for other dogs to participate in clinical trials. Dogs must have a large tumor verified by MRI. Subsequent MRIs will be done at two and three months after starting treatment. If interested, email David.Bruyette@vcahospitals.com. 🐾 – Mary Straus

A Little Extra Support

“Assistive equipment” that can help your dog maintain his mobility.

BY LISA RODIER

Do you have a dog recovering from orthopedic or neurologic surgery, one who has mobility issues, or a senior dog who has arthritis? If so, at some point, you have probably wished you could do something – anything! – to help make your dog’s life (and your own) a little easier.

As someone who has shared her life recently with two large breed, geriatric dogs, I can attest firsthand that having a little bit of help can make all the difference in the world. Axel, our 85 lb. Bouvier, in particular, needed assistance toward the end of his life with getting up from lying down, being lightly supported during toileting, and occasionally steadied while walking. We used a few of the products listed below and found that they helped him maintain a good quality of life, mobility, and independence while lessening the physical strain on us.

I asked two veterinarians who specialize

in canine rehabilitation to share some of their top picks for canine assistive/rehabilitative equipment. Laurie McCauley, DVM, CCRT, is founder and medical director of TOPS Veterinary Rehabilitation in Grayslake, Illinois, and is considered one of the pioneers in the field of veterinary rehabilitation. Evelyn Orenbuch, DVM, CAVCA, CCRT, recently opened Georgia Veterinary Rehabilitation, Fitness and Pain Management in Marietta, Georgia, and has focused on veterinary rehab medicine since 2003. (Full disclosure: I have worked with Dr. Orenbuch in my capacity as a marketing consultant during the launch of her new clinic.)

Harnesses

My favorite tool (and that of both veterinarians) is RuffWear’s **Web Master™ Harness**, described as a supportive, multi-use harness. Originally designed for dogs with active lifestyles (e.g., hiking, search and rescue), the harness has

What you can do . . .

- Be sure that the equipment you select for your dog fits him properly; take good measurements!
- Not sure if your dog can benefit from a particular device? Talk with your veterinarian, or schedule an evaluation with a trained veterinary physical rehabilitation specialist.
- Slowly and carefully introduce any new piece of equipment to your dog, using lots of treats and positive reinforcement.



The Whole Dog Journal



In his final year, Axel, author Lisa Rodier’s senior dog, was frequently outfitted with RuffWear’s Web Master Harness. It helped Lisa and her husband provide Axel with extra support when he was unsteady or weak.



The Help 'Em Up Harness from Blue Dog Designs has two well-placed handles allowing for ease of maneuvering a dog who needs extra assistance.

Photo courtesy Blue Dog Designs

gained a big following with pet people looking for a way to give their dogs assistance in getting up and moving around, whether it be post-surgery or due to a degenerative or other medical condition. The harness features a well-placed, large handle, and is sturdy, machine-washable, and great for helping a dog up, or providing a steadying hand. The only downside is that the dog is required to lift a front paw to get into the harness. Suggested retail price: \$50.

Offering more support is the **Help 'Em Up Harness** from Blue Dog Designs. Both vets and I also give this product four paws up. The Help 'Em Up is a complete shoulder and hip harness system, featuring two comfortable, rubber handles, one at the front and one at the back. The harness is well made, machine washable, and the front support is detachable from the back. To put the harness on, you don't need to lift any of the dog's limbs; I was even able to put it on my Bouvier, Axel, when he was lying down. Suggested retail price: \$90 to \$110.

Both the Web Master and Help 'Em Up are comfortable enough for the dog to wear throughout the day in the house.

Foot wear

For dogs who have difficulty navigating slippery floors, Dr. McCauley likes **Show Foot™ Anti-Slip Spray** by Bio-Groom. Show Foot can be sprayed directly on the bottom of the dog's feet (pads), or, if the dog is sensitive to the spray sound, can be

sprayed on a cotton ball and dabbed on. The spray makes the feet feel tacky so they are less likely to slide on indoor slick surfaces.

Having hardwood floors in our house, I tried this product with Axel and found some success. It did leave some smudges where he walked, but they were easily wiped up. Priced at about \$10.



Thera-Paw boots are lightweight, breathable, and utilize a front closure for easy on and off. Photo courtesy of Thera-Paw.

Particularly for outdoor use, but great for any dog needing extra traction indoors or out, Dr. McCauley recommends **Thera-Paw boots** by Thera-Paw. These boots are made of a comfortable, breathable, lightweight, washable neoprene material. They are unique in that they have a front opening, so they're great for dogs who don't like to put their feet into boots. The boots use a Velcro closure, and have a natural flex point.

Although suitable for indoor use, these boots are especially good for dogs who need help outside or who chew their feet. The boots are sold individually, which is a nice option if your dog needs only two. Suggested retail: \$22.

Mobility

For dogs who have limited hind end mobility and strength, **Walkin' Wheels** offers a two-wheeled adjustable wheelchair that can be adapted as your dog's needs change.

When a dog first requires a cart, he might be strong in the front end. But with time, or if he has a condition such as degenerative myelopathy, his front end can become weak, too. Dr. McCauley likes Walkin' Wheels because the angle of the wheels, and therefore the cart's balance point, can be changed to take the weight off of the dog's front end, allowing longer ambulatory quality of life for him.

The company sells direct to consumers, and there are numerous instructional videos on fit and sizing on the company website. However, Dr. McCauley recommends that consumers work with their rehab veterinarian to get the correct fit. Walkin' Wheels are priced from about \$250 to \$500.

For dogs who cannot put their full weight on their front limbs, but still have motor ability in their hind limbs, Dr. Orenbuch likes a four-wheeled cart, so that the dog can continue to engage his hind legs. A "quad cart" can give the dog support by transferring his weight to the wheels while allowing him to use his legs as much or as little as possible.

Putting a disabled dog into a cart does not have to signal the end, says Dr. Orenbuch. Depending on your pet's condition, using a quad cart can actually speed the rehab process, allowing the dog to achieve greater mobility. She does not have a particular model that is a favorite. Talk with your dog's rehab vet about whether your dog is a candidate for a quad cart.



Photo courtesy of Handicapped Pets

Handicapped Pets' Walkin' Wheels can be adapted to support the dog's rear end, or to take some weight off his front end, as his needs change.



Canine Icer Carpal Wraps

Photo courtesy Canine Icer

whose wrist joints bend the “wrong way” when they’re standing. These dogs have hyperextension, and carpal support can help slow the progression of arthritis and the accompanying discomfort. Dr. McCauley likes the Carpal Wraps because they do not stop the dog from using the wrist (immobilization makes the joint weaker) but work by preventing the wrist from hyper-extending (which is what causes pain). She recommends dogs wear them on walks or when playing or running around. Suggested retail price: \$21 (each). 🐾

Lisa Rodier is a frequent contributor to WDJ. She recently assisted in the launch of the Georgia Veterinary Rehabilitation, Fitness, and Pain Management facility. She shares her home with her husband and senior Bouvier, Jolie.

Other aids

Dr. Orenbuch casts a vote for another Thera-Paw product, the **Hind Limb Dorsi-Flex Assist**. These light-weight custom braces provide support and stability for weak or dragging rear paws. Dr.



Photo courtesy Thera-Paw

Hind-Limb Dorsi-Flex Assist

Orenbuch likes them for dogs who have neurologic deficits such as degenerative myelopathy or disc disease, and whose rear toes knuckle, or turn under, as a result.

This product allows those dogs to walk nearly normally and have been used on dogs ranging from a 2-lb. Chihuahua to a 220-lb. Bull Mastiff. She cautions that they are not, *carte blanche*, for *any* dog with these conditions, and should be prescribed and fitted by your rehab veterinarian. They generally retail for \$75 and up; this is typically a custom-ordered and custom-made product.

Many older dogs have chronically overused or injured their wrists, resulting in arthritis. For those dogs, or others who have wrist pain or have stretched the ligaments that stabilize the wrist, Dr. McCauley recommends **Canine Icer Carpal**

Wraps. Many people don't realize that sore wrists are a problem for their dogs. How can you tell? If your dog has his shoulder and elbow bent, when you bend his wrist downward, his toes should be able to touch his forearm. If this motion is uncomfortable, or if he tightens his muscles or pulls away, then Carpal Wraps can help.

Carpal support is also good for dogs

Resources Mentioned in This Article

American Association of Rehabilitation Veterinarians, rehabvets.org

Bio-Groom, Longview, TX. (800) 762-0232; biogroom.com

Blue Dog Designs, Denver, CO. (303) 477-2201; helpemup.com (note: this is “Help **Em** Up,” not “Help **Me** Up”)

Canine Icer, Charlottesville, VA. (434) 975-5939; canineicer.com

Handicapped Pets' Walkin' Wheels, Nashua, NH (603) 577-8854 or (888) 811-PETS; handicappedpets.com

Laurie McCauley, DVM, CCRT
TOPS Vet Rehabilitation, Grayslake, IL. (847) 548-9470; tops-vet-rehab.com

Evelyn Orenbuch, DVM, CAVCA, CCRT
Georgia Veterinary Rehabilitation, Fitness, and Pain Management, Marietta, GA (678) 803-2626; GaVetRehab.com

RuffWear, Bend, OR. (888)783-3932; ruffwear.com

Thera-Paw, Inc., Lebanon, NJ. (908) 439-9139; therapaw.com

In Case of Recall

What to do if your dog's food is recalled.

BY NANCY KERNS

Over the past few years, owners have become uncomfortably aware that their pets' food can be suddenly declared dangerous, due to contamination of the product or its ingredients or some sort of processing malfunction. What should you do if you learn about a recall of your dog's food?

■ **First, check the brand, variety, package size, and lot numbers:** If you hear about a recall of food involving a company whose products you recently fed your dog, you need to do some further (and fast) research. The best source of information is the Food and Drug Administration's website where recalls are announced (fda.gov/Safety/Recalls/default.htm). That's unfortunate for those of you who don't use a computer. You can call the FDA at (888) 463-6332, but it might be difficult to get through, especially if the recall was extensive. The goal is to determine whether the product you have in your possession is truly involved in the recall. You'll need to compare the variety, package size, and lot numbers of the recalled food.

This is why we recommend that owners *always* keep their pets' dry food in its original bag. There are a number of problems that can arise from dumping dry dog food into another container; not having the package (and lot numbers) in case of a recall is a big one.

Not long ago, I a brand of food I was currently feeding my dog was recalled. It turned out that I had the same brand and variety as one that was recalled, but the bag size and lot numbers were different. I put that food aside for another few weeks until I was certain that the recall didn't expand to include the lot I had.

■ **Stop feeding the recalled food:** If you determine that you *do* have possession of the product being recalled, don't feed any more of it to your dog! You may even do as I did and hold off feeding a product that is the same brand and variety, but a different size or lot number, until the involved parties (pet food company, FDA) are certain they have identified all the affected product. Buy another product to feed your dog for now.

Also, don't throw the recalled food away, but keep it in a place where it can't be eaten or accidentally fed to your dog.

■ **Check your dog:** Your urgency on this point should be congruent with the reason for the recall. If the recall was caused by the discovery of *Salmonella* on your dog's food, and he hasn't had diarrhea since eating the food, there is little cause for concern; most dogs can handle a little brush with *Salmonella*.

However, if the recall was due to a more serious threat, such as such as aflatoxin (a toxin produced by fungus) or a dangerous excess of a potentially toxic nutrient, such as vitamin D or copper, you might want to schedule a veterinary examination. If your dog's health has been sketchy, or you've

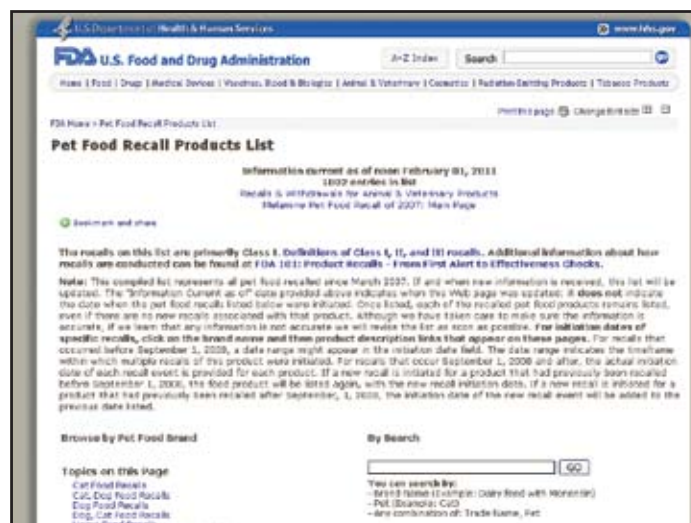
noticed any change in his well-being or activity since feeding the food, ask your vet for an immediate appointment.

■ **Contact the food's maker:** It may be difficult to get through to the pet food company's toll-free number, but persevere. If given the opportunity to leave a message, speak slowly and clearly, and give your name, phone number/s, mailing address, and e-mail address. Keep the dog food package near the phone, so you can confirm the brand, variety, size, and lot number to the representative. Inform the company how much recalled food you have, how much you have left, and what condition your dog is in (seemingly fine? not quite right? seriously ill?). Ask what they will do next, and what you should do with the product that you have left over. They may ask you to send some of the food to them for testing; don't send all of it.

■ **Follow through:** If your dog becomes ill after eating a recalled food, follow through. The manufacturer has a legal obligation to report adverse affects caused by their products, but it might not be easily convinced of its culpability. Go ahead and file a report with the FDA; there is a

simple (but long) form for this purpose at safetyreporting.hhs.gov. Keep assiduous records of your dog's ongoing health issues and save your veterinary receipts. Keep the pet food bag and the receipt for the food (if you have it). Send copies of these things if requested, but don't lose the originals. Stay in constant contact with the pet food company until you have been reimbursed for the food and for any vet bills you've had to pay. 🐾

Nancy Kerns is Editor of WDJ.



A New Leash on Life

Form enhances function when it comes to dog-management gear.

BY PAT MILLER, CPDT-KA, CDBC

When you think “leash,” chances are you think of a four-to-six-foot strap made of nylon, cotton, hemp, leather, or (horrors!) chain, with a snap that attaches to your dog’s collar at one end and a handle for you to hold at the other. You use it to keep him close to you when you take him for walks or other places where he has to be under control. But a leash can be so much *more* than that!

Let’s think outside the box. There’s no law that says leashes have to be a certain length, made of a particular material, or be limited to one snap and one handle. There are all kinds of things you can do with non-traditional leashes. Heck, there’s even a good use for the grocery store chain leash.

Long and short of it

It’s true that four to six feet is a good length for normal leash-walking. That’s long enough that you can leave slack in the leash, as is desirable when your dog

is walking politely by your side, but short enough you don’t have a large wad of leash-spaghetti in your hands when you want to gather it up so no one steps on it. However, shorter can be good sometimes. So can longer. The following are descriptions of some other useful leash lengths, and what they have to offer.

■ **Tab:** A tab is a three-to-six inch bit of leash that makes it easier to snag your dog in a hurry, if necessary, without grabbing for his collar – a move that many dogs consider rude or intimidating, and that sometimes can elicit aggression. You can leave a tab on your dog at home to corral him easily if the doorbell rings, or make it easier on all parties if he gets tense when you reach for him for any husbandry or management purposes. Sure, you’d like to desensitize him to collar grabs (see “Stay in Touch,” February 2011), but in the meantime a tab can keep you both happy.

A tab can also be useful at an off-leash training class, or at the dog park – again, if

What you can do . . .

- Review the options for various-length leashes and long lines and add new ones to your training tool box based on your training needs.
- Utilize a long line to keep your dog safe while teaching a more reliable recall.
- Use a long line to give your dog more freedom on hikes when he doesn’t have a reliable recall, even if you’re not trying to train a better recall.



you want to quickly get him under control with minimum tension. Agility people use them a lot.

You can buy tabs commercially; I like the ones from sitstay.com (800-748-7829). Or simply cut an old leash to the desired three to six inches. You can also make one from scratch. The more tense your dog is about having his collar grasped, the longer you might want to make your tab.

Note: The tab should be removed from your dog’s collar for safety reasons when he’s not under your direct supervision.

■ **Drag line:** A drag line serves a similar purpose as the tab, only more so. This is a four-to-six-foot (or longer) light line that stays attached to your dog’s collar when he’s in the house. You can step on it to prevent your dog from dashing out the door, jumping up to greet a guest, “surfing” the counter, or leaping onto an off-limits piece of furniture. Or, step on it to interrupt a game of keep-away when he has something



A long line is great for transitioning your dog to off-leash walks. It is used to give him the feeling of being off-leash while preventing him from rewarding himself with an unauthorized off-leash romp – at least, until his recall on the long line is pretty reliable, even in the enticing atmosphere of a woodland trail.



Pat Miller loves her Ruff Grip leash, which allows a handler to keep a secure grip on the leash, even in the rain. It features leather “stoppers” and a leather handle sewn onto a soft rubber-infused cotton web.



“Long lines” are heavier and stronger; dogs graduate from those to “light lines.” Since you’ll spend more time *holding* a long line, its material should feel comfortable in the hand.

he shouldn’t (after which you cheerfully trade him something wonderful for the forbidden object, of course.) You can probably think of additional uses for your own canine challenges – perhaps gently inviting your uncooperative pal out from under the bed. Drag lines are available commercially in strong, light materials such as parachute cord (petexpertise.com; 888-473-8397) or you can make your own. *Remember to remove the line from your dog’s collar when no one is home to supervise!*

■ **Long line or light line:** These can run anywhere from 15 to 50 feet, and are for outdoor use. They are most frequently used for teaching reliable recalls at increasing distances (see “A Line on Insurance” on the next page). But they can also be used as an outdoor dragline for backup insurance when you’re not quite sure about your dog’s recall, and to give your dog more hiking freedom when you *know* you can’t yet trust his recall.

The long line is generally heavier – flat nylon or cotton canvas or marine rope – while the light line is usually parachute cord or some other strong nylon. (I like the ones from genuinedoggear.com; 813-920-5241.)

It takes some skill to manage long and light lines without turning them into a knotted mess, but it’s worth the effort. Although popular because they offer the easy convenience of self-rewinding, retractable leads have far too many drawbacks to be considered a viable training tool.

Caution: If you’re using your long line or light line as a drag line and your dog runs off, he can get tangled around

trees and brush and need rescuing because he won’t be able to return to you. Be careful!

Design makes a difference

Is there a better mousetrap in the world of leashes? It all depends on what your needs are. A standard leash is certainly the workhorse of the leash-walking set, but there are others that just might be perfect for you and your dog. We’re not talking about the endless variety of designer colors and patterns to match every outfit and holiday; we’re talking function here.

There are couplers that let you walk two dogs without tangling leashes. Leashes that attach your dog to your bicycle. Leashes with two handles, one near the collar, that give you instant control if you suddenly need it (like the ones from fetchdog.com; 800-595-0595). There are hands-free/multi-function leashes that can change length or double as a coupler or a tether (thedogoutdoors.com; 513-703-0210), and non-slip grip leashes that give you added traction, even in the rain. (Check out the ones from ruffgrip.com; 800-547-3966. I’ve had one of these for a long time and love it!)

Agility folks even use special leashes that have been designed to contain their dog’s special reinforcers: tug toys! Clean Run (cleanrun.com; 800-311-6503) has a whole line of leashes that are designed for tugging.

Don’t forget the T-Touch Balance leash, with a snap at each end and a handle in the middle on a sliding ring so you can attach it to a collar *and* a harness (available from touch.com; 866-488-6824). You use the

two ends of the leash almost like reins on a horse, to send subtle, gentle communications to your dog. A similar leash sold by Wiggles, Wags & Whiskers with their Freedom No-Pull Harness functions the same way (wiggleswagswhiskers.com, 866-944-9247).

Speaking of no-pull and thinking outside the box, here’s a handy tip: You can take that basic six-foot leash (any material other than chain), attach it to your dog’s collar, run it from the back of his neck, down behind the elbow, under his rib cage and up the other side, slip it under the leash where the clip is, around the front of his chest and bring it up under the leash on the other side, and you have an instant emergency no-pull harness.

Material world

Nylon, cotton, hemp, and leather are the materials most commonly used for training leashes. Some trainers prefer leather because it is less abrasive to your hands if your dog pulls. Nylon leashes tend to be the least expensive, with cotton and hemp close behind.

Long lines and light lines tend to be made of parachute cord and other light-but-strong nylon fibers. You can find cotton long lines, but some people complain about how heavy cotton gets when it gets wet (as when it gets dragged through wet grass).

Chain leashes have the most potential to cause significant injury to your hands. However they do have a narrow niche in a training toolbox: they can be useful for dogs who chew on (or chew through) their leather or fabric leashes.

Chain leashes can also be used to

discourage a dog who tries to tug on his leash when you prefer that he not. With a non-chain leash, when you resist your dog's pulling (you can't just drop the leash and let him go!) he gets reinforced for his inappropriate leash behavior (it's *fun!*) – so his leash tugging and chewing may persist and even increase. Most dogs find biting on metal chain mildly aversive, so they learn to keep their teeth off their leash while you work to reinforce more appropriate behaviors.

The other critically important piece of your leash or long line is the snap. You want a leash with quality hardware that won't rust, corrode, freeze up, or otherwise fail you in an emergency. The last thing you need is a snap that pops open or breaks at the exact instant your dog reaches the end of it. Extra soft, strong, nylon webbing leashes and long lines fitted with very sturdy *brass* hardware are available from White Pine Outfitters (whitepineoutfitters.com; 715-372-5627).

It's well worth spending more for well-designed, good quality leash equipment that can last the life of your dog, and might save your dog's life one day. One of my favorites is the well-made 30-foot light line at Genuine Dog Gear. At \$22.95, that's less than \$1.50 per year for a dog who lives to be 15, or four tenths of a cent per day. Another is the 50-foot soft web long line from White Pine Outfitters. At \$55.60 that's *still* only \$3.70 per year, or a penny a day. Isn't he worth at least that? 🐾

TRAINING

A Line on Insurance

“Long lines” and “light lines” are helpful tools when your dog is almost but not quite ready for off-leash recalls.

The transition from on-leash training to off-leash reliability can be a frustrating challenge. “But he *knows* what ‘come’ means!” a client wails, and points as proof to the fact her dog comes impeccably, every time, when called in the training center, the house, or the backyard.

Her dog *does* know what come means – in the training center, in the house, and in the backyard. He also knows that when he's hiking in the woods, chasing squirrels and rabbits is far more rewarding than coming back when he is called, especially since “Come” often means “The hike is over, the leash is going on the collar, and we're returning to the car.”

A long line is a valuable tool that can help you navigate the transition from “Coming reliably when called within a safe, controlled area” to that pinnacle of dog training: “Coming reliably when called regardless of where we are or what other exciting things are happening.”

The purpose of the long line is simply to restrain your dog so he can't be reinforced by tearing after Bambi in the woods. It's up to *you* to make yourself interesting and exciting enough to get him to *return* to you. The long line is *not* for yanking or dragging him back to you; that will only serve to confirm his opinion that playing in the woods is more fun than hanging out with you!

Here's the *right* way to use a long line as a training tool:

- Train a wildly enthusiastic “come” response in controlled environments. Practice with a long line in controlled circumstances as well as doing off-leash recalls, so the long line becomes part of the recall fun.

- Use enclosed areas of different sizes to practice with your dog on and off of the long line. Find a friend with a securely fenced pasture of an acre or more or go to a fenced community dog park during low-usage times when your dog won't be distracted by

other dogs, so you can do your off-line work without worrying that he will disappear into the National Forest for days at a time.

Note: If you plan to drop your long line and let the dog run with it attached to his collar, be sure you are not training anywhere where he might vanish into the woods and become inextricably tangled around trees and brush.

- Whenever you arrive at a new location, do five or ten minutes of enthusiastic recall practice on the long line, interspersed with other good manners training, before removing his leash. Then do a few minutes of focused off-leash training. This will teach him that training happens even in exciting places – a trip to his favorite park does not mean immediate and total lack of control, and removing the leash is not an invitation to charge off into the brush.

- When you first let your dog off the leash, do some short recalls and make them *very* rewarding and fun – deliver his absolute favorite treat that he *only* gets when he comes when called, or a quick game of tug with a toy or fetch with a ball that he obsesses over.

- As you hike the enclosed area with your dog, look for opportunities to call him when he's very likely to come: when he's looking a bit bored, *not* when he's fixated on a squirrel up a tree or totally preoccupied digging a hole. When he comes, make wonderful things happen, then let him go play again. This teaches him that “come” means “wonderful yummy fun-stuff break and then go play,” *not* “fun's over, time to go home!”

- Occasionally during the outing, put the long line back on his collar, hold it, and walk with him no more than 10 feet away from you on the line (this works in better in open pasture than in heavy

woods and brush). When one of you spots a squirrel or a rabbit, call him to you. When he comes, tell him what a wonderful dog he is, have him sit, feed him a treat if he's interested, then release the line, and say "Go chase!" Run toward the squirrel with him to encourage him, if he needs it.

If he *doesn't* come, don't get angry and *don't* drag him back to you with the long line. Just wait, holding the line, until he realizes he can't get to the squirrel and returns to you.

This is the "Premack Principle" which says that the way to get something really wonderful is to do something less wonderful first. In this case, the road to "squirrel" is through "come to me." As he gets better and better at responding, let him range farther and farther, dragging the long line until, he will "Premack" back to you from 50 feet or more in order to earn his squirrel chase. (Premack also gives the squirrel a significant head start to the nearest tree.)

When your dog returns reliably from the distant reaches of the long line even in the face of thundering herds of squirrels and rabbits, start Premack off-leash. Do your first off-leash test when

your dog is near you. When he sees a squirrel at a distance call him, reward with his *favorite* reinforcer, have him sit, and then tell him to "Go chase!"

If he takes off after the squirrel instead of coming, *don't keep calling*. Wait until he tires of the squirrel, then call him back to you in a pleasant tone, and go back to practicing on the long line. *Do not punish him!*

The reliable recall, trained with the help of a long line, can serve you well in a variety of challenging circumstances. The temptation can be other dogs playing, an invitingly cool pond on a hot day, or a steaming-fresh pile of horse manure. You could be the dog owner who can proudly say, "My dog knows what 'Come' means – everywhere, every time!" 🐾

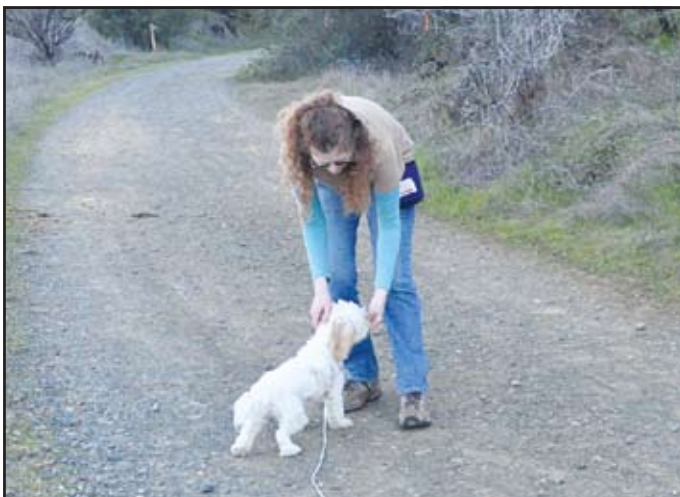
Pat Miller, CPDT-KA, CDBC, is WDJ's Training Editor. Miller lives in Fairplay, Maryland, site of her Peaceable Paws training center. Pat is also author of several books on positive training, including her latest: Do Over Dogs: Give Your Dog a Second Chance for a First Class Life. See page 24 for more information.



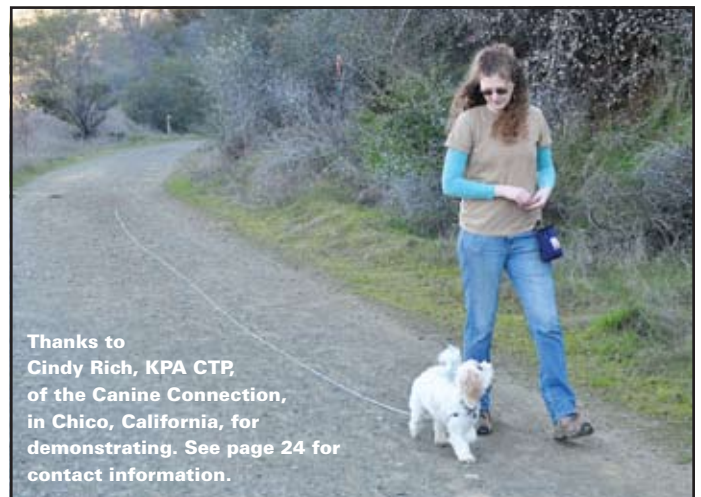
When you call your dog to you, it's encouraging to your dog if you turn your body away and maybe even start moving in the direction you'd like her to travel. Have a treat ready!



Stepping on the dog's drag line can prevent him from rushing off to investigate something that you'd rather he not. When he turns back to you, reinforce him with a high-value treat.



See "Stay in Touch" in the February 2011 issue for information on how to desensitize your dog to a "collar grab," so you can reach for her at any time and never have her duck or dodge.



Thanks to
Cindy Rich, KPA CTP,
of the Canine Connection,
in Chico, California, for
demonstrating. See page 24 for
contact information.

Focus and attention work are an important part of preparing your dog for off-leash privileges. Maintain her responsiveness with lots of treats and regular review and practice.

Read All About It

The best books on feeding your dog a homemade diet.

BY MARY STRAUS

Over the past few months, I've read more than 30 books on homemade diets for dogs. Many offered recipes that were dangerously incomplete; a smaller number provided acceptable guidelines but were confusing, unduly restrictive, overly complicated, or had other issues that made me recommend them only with reservations. A few were good enough to recommend without reservation.

This review is about the cream of the crop: three relatively new books (one is a new edition of an older book) whose authors have taken the time to analyze their recipes to ensure that they meet the latest nutritional guidelines established by the National Research Council (NRC). All three books offer boneless recipes as well as some that include raw meaty bones (RMBs), giving you the option of choosing either style of feeding, or a

combination of the two, depending on what works best for both you and your dogs.

These three books take an approach that's very different from the books that focus on just raw meaty bone diets, which I reviewed in December ("Reliable Guides for Raw Diets"). Those books provided dietary guidelines rather than recipes, relying on common sense and mimicking the evolutionary diet of the wolf rather than nutritional analyses to provide diets that are complete and balanced. I believe such an approach is valid and follow it myself, but the guidelines are often misinterpreted, leading to diets that are missing critical ingredients or overloaded with others, and thus nutritionally unbalanced and incomplete.

The books reviewed below also differ from the boneless diet books I reviewed in the January issue ("No Bones About It"): none of those books provided recipes that

What you can do . . .

- Be careful to ensure that you meet all nutritional requirements when feeding puppies.
- Remember, if your dog has health problems, taking more control over his or her diet may improve them.
- Take some time to read these books! Understanding more about nutrition can benefit everyone who feeds a homemade diet to their dogs.



The books reviewed here are the most complete and accurate guides to feeding your dog a home-prepared diet currently available. They offer clear instruction for making certain that the diet you feed is nutritionally complete.

had been analyzed to ensure that they met NRC guidelines. The best of those books gave good guidelines for creating a complete homemade diet, but each required careful attention to the text to ensure that nothing was left out. People who just follow the recipes are likely to end up feeding an incomplete diet.

The three books included in this review are quite specific about what you should feed and what supplements you need to add. They offer peace of mind for those concerned that the diet they're feeding may not meet all of their dog's nutritional needs. They provide a reliable alternative for those who are not able to feed, for whatever reason, the wide variety of foods needed to provide a complete and balanced diet without supplementation. They offer help to people whose dogs are experiencing health problems that could be related to their diet. And for those of us who just want to understand more about where essential nutrients come from in the diets that we feed, and what might be missing, the information they provide is fascinating.

Two of these books provide recipes that meet requirements for all life stages, while the third can be used for adult maintenance only. It's important to pay attention to this factor when you're looking for books to help you feed your puppy or pregnant or nursing female.

I can't recommend these books highly enough, not only for those interested in starting their dogs on a homemade diet, but also for people who already feed one. Reading through them has made me look more carefully at the diet I feed my own dog and the dietary guidelines that I give others, particularly regarding supplements. When I'm done with the book reviews, I plan to write about the changes I'm making based on what I've learned from these books.

A new approach

Two books published fairly recently include recipes for both boneless and raw meaty bones (RMB) meals. These two books have similarities, as the authors have worked together in the past and relied on much of the same research. Both are particularly appropriate for those concerned that their homemade diets meet NRC guidelines, as all recipes have been designed and analyzed to ensure that they do.

These are the only homemade diet books that address the issue of balanced fats, going beyond the ratio of omega-6 to omega-3 fatty acids. Modifying fats may be beneficial for dogs with skin problems and other inflammatory conditions. Both books stress feeding lean meats, which they recommend feeding raw, but light cooking is acceptable for boneless meat. Both also advise using bone meal, or other supplements that combine calcium and phosphorus such as MCHC or dicalcium phosphate, rather than plain calcium to balance the boneless recipes. The extra phosphorus is needed to meet requirements for puppies, as the recipes are designed for all life stages.

Both books omit dairy products and grains (except for one recipe with a small amount of oat bran in Brown's book), and limit the amount of starchy vegetables. This can be beneficial for some dogs, particularly those prone to weight gain or inflammation from health issues such as allergies and arthritis. Carbohydrates, however, reduce the cost of a homemade diet. Those with large dogs who do not feed RMBs (which are usually less expensive than muscle meats) may find these diets

Dr. Becker's Real Food for Healthy Dogs & Cats: Simple Homemade Food, by Beth Taylor & Karen Shaw Becker, DVM

2009 (2nd edition), Natural Pet Productions (self-published), \$13. Available from naturalpetproductions.com, dogwise.com, and amazon.com. 86 pages. Includes five boneless recipes using chicken, turkey, and beef. Two additional chicken and turkey recipes include raw meaty bones. All recipes have versions for small and large batches. Includes instructions for making your own supplement mix and how much to add to each recipe. All recipes have been analyzed and meet the 2006 National Research Council (NRC) guidelines for all life stages. Expanded 3rd edition (due out in February 2011) includes nutritional analyses for all recipes, and provides supplement guidelines for recipes that omit organ meats and other foods.

Pros: Recipes are high in protein, low in carbohydrates, and moderate in fat. Diet meets NRC and AAFCO guidelines when fed as directed. New edition due out in February includes the nutritional analyses for all recipes.

Cons: No dairy products used in recipes. No index (this may be corrected in the new edition).

Rating: Highly recommended.



cost-prohibitive. Very active dogs and females used for breeding can also benefit from more carbohydrates in the diet.

Simple yet complete

Dr. Becker's Real Food for Healthy Dogs & Cats is the perfect book for those who want simple, clear recipes that meet NRC and AAFCO requirements for both puppies and adult dogs. I loved the 2009 edition that I originally read, but I've also had a chance to preview the 3rd edition and it's even better. The basic recipes are the same, but the new edition provides many more details, including nutritional analyses of all recipes. The authors still recommend feeding all of the foods in their original recipes, but the new edition offers options for omitting certain foods, telling you what additional supplements need to be provided in those cases.

Boneless recipes for beef, chicken, and turkey are included in both editions. The 2009 edition also has recipes for egg and sardine meals, with instructions that these can be spread out over a week rather than fed all at once. The new edition provides further details on how to integrate eggs and sardines into your weekly meal plan rather than feeding them separately. Along with the original recipes, the new edition also offers simplified versions that omit hearts and gizzards from the poultry recipes and allow you to use chicken liver with the turkey recipe, since it's easier to find than turkey liver.

Recipes for meals that include chicken and turkey RMBs are provided as well. These recipes also include boneless meat and organs.

All recipes are 75 percent meat and

organs, and 25 percent vegetables and fruits. Following the suggested rotation, the meat portion of the diet is about half poultry with the other half mostly beef, plus substantial quantities of eggs and sardines. In addition to muscle meat, some recipes also use liver and heart. No grains or dairy products are included in the diet. Two versions of each recipe are provided for making small or large batches, designed to feed a medium-sized dog for either one day or a week to 10 days.

In the 2009 edition, each meal includes its own veggie and fruit puree, while the new edition offers guidelines and three suggested recipes for putting together your own mixtures. There are separate sections for dogs and cats in the new edition, rather than combining the guidelines.

All recipes include a vitamin/mineral mix, essential fatty acids, and a "bone replacement supplement" such as bone meal for meals that don't include RMBs. The new edition provides a range of calcium to give, since puppies require more calcium than adult dogs do (the 2009 edition just gives the higher amount that can be used for either puppies or adults). Detailed instructions are provided for putting together your own supplement mixture; additional supplementation options will be provided in the new edition, and the authors hope to offer a custom-made vitamin and mineral supplement designed to complement their recipes soon.

In the 2009 edition, krill oil is added to all meals, with additional flax oil in poultry meals and hemp oil in beef meals, to properly balance the fats. The new edition offers fish oil alternatives to krill oil, and has cut back on the need to add flax and

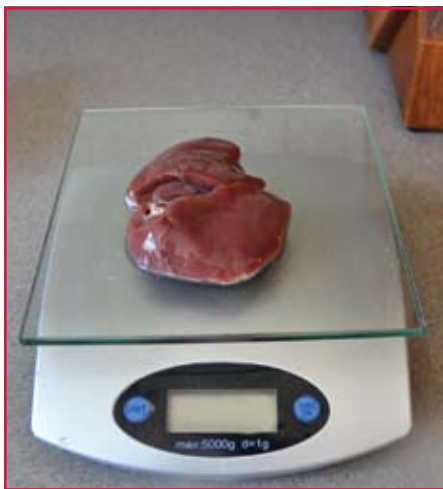
hemp oils unless you are not able to feed both beef and poultry.

Clear guidelines are given for how much to feed adult dogs and puppies, and how to make the switch from commercial to homemade. Several chapters discuss specific types of foods and additives, including suggestions for substitutions in the recipes. Other topics covered include preparation, equipment, and storage; commercial treats; and commercial frozen foods. The new edition has added chapters on “Optimizing your pet’s diet” and “Side roads, pitfalls, and problems.”

While the supplements may seem daunting at first, these recipes are easy to follow once you have your supplies in place. I particularly like the homemade vitamin/mineral mix, which is easier to use than measuring out individual supplements each day, and helps ensure that all nutritional requirements are met.

In-depth

For those who really want to understand the whys and wherefores of homemade diets, *Unlocking the Canine Ancestral Diet* is ideal. Author Steve Brown delves into the ancestral diet of the dog and compares it to the latest NRC guidelines. Brown is the creator of Steve’s Real Food for Dogs (he no longer owns the company) and See Spot Live Longer Homemade Dinner Mixes. Step by step, he investigates the nutrients supplied by different foods, and how to go about combining those foods to achieve balanced meals that meet NRC guidelines without the use of synthetic supplements (he adds vitamin E and also includes bone



It sounds like a small thing, but it's very helpful when recipes accommodate substitutions, such as chicken liver instead of turkey liver, which is more difficult to find.

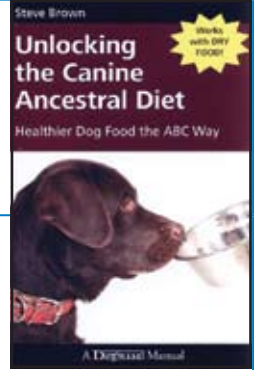
Unlocking the Canine Ancestral Diet: Healthier Dog Food the ABC Way, by Steve Brown

2010, Dogwise Publishing, \$18. Available from seespottivelonger.com, dogwise.com, and amazon.com. 133 pages, including index. Provides one boneless beef recipe, one recipe that includes chicken necks, and a combination recipe, plus four low-fat recipes. All recipes have been analyzed and meet the 2006 NRC (National Research Council) guidelines for all life stages. Also includes a chapter on one-day-a-week fresh food meals for those who feed commercial diets. Feeding guidelines are given based on weight, age, and activity level.

Pros: Recipes are high in protein, low in carbohydrates, with balanced fats. Recipes meet NRC guidelines; full nutritional analyses provided. “ABC day” guidelines are helpful to those who might want to augment a commercial diet.

Cons: No dairy products used in recipes. Provides more detail than some people may be comfortable with.

Rating: Highly recommended.



meal in recipes that don’t include bone). Particular attention is paid to ensuring that fats are properly balanced, going beyond the ratio of omega-6 to omega-3.

Brown provides one recipe for boneless beef, one for poultry that includes RMBs (chicken necks, whole or ground), and one that combines both. Other ingredients in the recipes include heart, liver, vegetables, fruits, sardines, eggs, oat bran, and oysters. Supplements include bone meal, hempseed oil, salt, kelp, chia or flaxseeds, vitamin E, and coconut oil.

Brown suggests rotating the recipes, using various ruminant meats (beef, lamb, bison, venison) for the first recipe, and different poultry meats (chicken, turkey, duck, pheasant) for the second. Substitutions for other ingredients are offered as well. Two variations of the combined recipe are offered for puppies and adult dogs; the others can be used for all life stages. Detailed feeding guidelines are provided for each recipe. Four additional low-fat recipes are also included in the appendices.

Brown does not include substitutions for the RMBs in his chicken and combination recipes. Since some people are reluctant to feed whole RMBs and may not have access to a grinder or pre-ground products, I asked him if it might be possible to feed these recipes without the chicken necks. He responded that they can be replaced with the same amount of boneless chicken thighs or breast with skin and fat removed, plus 1 ounce of human-grade bonemeal or comparable calcium/phosphorus supplement that provides about 8,000 milligrams of calcium (the next edition of his book will include this information).

For those looking for a quick and easy way to improve their dog’s nutrition and health without having to feed a homemade

diet, Brown also offers what he calls an “ABC day,” meals to feed one day a week to dogs who otherwise eat commercial foods. These meals do not meet NRC guidelines, but are instead designed to complement and improve the diets of dogs fed dry food, canned food, or frozen raw foods. Two recipes are provided: one for dogs fed traditional high-carb dry food, and the other for dogs fed high-protein, high-fat dry, canned, or frozen raw food. Both recipes use beef hearts, sardines, eggs, vegetables, and fruits.

Additional chapters provide information on food storage; the effect on the body of protein, fat, and carbohydrates; and how to calculate the percentage of calories that come from each.

This book is more complex than many people want, though you can certainly use the recipes without following all the details about why each ingredient is used and exactly which nutrients it provides. Those of us who want to learn more about canine nutrition will find this book a real eye-opener. I refer to my copy frequently and find the information invaluable.

Raw or cooked

Monica Segal’s book, *K9 Kitchen*, offers guidelines and sample recipes for diets based on raw meaty bones, cooked diets, and combinations of the two. Segal’s moderate approach encourages you to pick the style of feeding that you’re most comfortable with and that works for your dog. Sample weekly recipes for all three styles of feeding are included for dogs of various weights and activity levels.

Segal’s recipes use a variety of foods and supplements. Recommended foods include red meat, poultry, fish, organs, eggs, vegetables, fruits, and grains. Not

discussed in the text but included in some of the recipes are dairy and legumes. Recommended RMBs include chicken necks, backs, wings, and carcasses; turkey necks and thighs; whole rabbit; and lamb rib.

Most weekly recipes contain between 7 and 14 ingredients, plus supplements. All recipes use kelp, zinc, and vitamin E; most use vitamin B compound and wild salmon oil; many use magnesium and manganese; and a few include cod liver oil, safflower oil, flaxseed oil, copper, multi-mineral complex, salt, and NoSalt. Calcium sources include calcium carbonate, ground eggshells, bone meal, and dicalcium phosphate.

This completely revamped 2nd edition of *K9 Kitchen* improves on the original in many ways. Gone are the frequent warnings about excess vitamin A and most of the overly precise recipe measurements. Recipe amounts are given in ounces rather than a mixture of ounces and grams. More sample recipes are provided, and all are weekly diet plans rather than daily recipes. Grams of protein, fat, and carbs are given rather than percentage of calories from each. On average, diets are higher in protein and lower in carbs.

Segal's book contains a great deal of useful information, especially regarding dogs with diet-related health problems. It

is a wonderful resource for those whose dogs have issues they suspect may be related to diet, including allergies, digestive upset, skin problems, and more. A chapter on stool problems and another on a variety of other health issues can help determine possible causes and dietary modifications to try.

My biggest concern with this book is that it makes things overly complicated for people with healthy dogs. Segal became interested in homemade diets thanks to her dog Zoey, a Cavalier King Charles Spaniel with a multitude of serious dietary issues. I suspect Segal's impulse to control all aspects of Zoey's diet resulted in her being

How to Adjust Recipe Portions for Dogs of Different Sizes

Monica Segal's recipes are designed for dogs of specific weights and activity levels; she does not tell you how to modify them to work for your dog. She emphasizes that the nutritional needs of dogs of various sizes are not linear; in other words, a 50-pound dog does not require twice as much of everything as a 25-pound dog does.

That's only because larger dogs need less food per pound of body weight than smaller dogs do. I'm going to tell you how to convert recipes for a dog of one size to work for a dog of any size. In the table below, find the number in the intersection between the body weight the recipe was designed for and your dog's ideal body weight. If your dog's weight is more than the recipe weight, **multiply** recipe amounts by that number; if

your dog's weight is less than the recipe weight, **divide** recipe amounts by that number.

For example, if your dog weighs (or should weigh) 25 pounds and you want to use a recipe designed for a 10-pound dog, the number at the intersection of 10 and 25 is 2.0, so multiply the recipe amounts by 2. If you want to use a recipe designed for a 50-pound dog, divide the recipe amounts by 1.7 (the intersection between 25 and 50).

If you have an active dog, it's okay to use recipes for dogs of greater weight than your dog, or just increase the portion size. Be careful about using recipes for active dogs if your dog is a couch potato, as the recipes may be too high in fat; reducing quantities may leave the diet deficient in some areas.

IDEAL BODY WEIGHT OF YOUR DOG (IN POUNDS)

	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	90	100	120
5	1.0	1.7	2.3	2.8	3.3	3.8	4.3	4.8	5.2	5.6	6.0	6.4	6.8	7.2	7.6	8.0	8.7	9.5	10.8
10	1.7	1.0	1.4	1.7	2.0	2.3	2.6	2.8	3.1	3.3	3.6	3.8	4.1	4.3	4.5	4.8	5.2	5.6	6.4
15	2.3	1.4	1.0	1.2	1.5	1.7	1.9	2.1	2.3	2.5	2.6	2.8	3.0	3.2	3.3	3.5	3.8	4.1	4.8
20	2.8	1.7	1.2	1.0	1.2	1.4	1.5	1.7	1.8	2.0	2.1	2.3	2.4	2.6	2.7	2.8	3.1	3.3	3.8
25	3.3	2.0	1.5	1.2	1.0	1.1	1.3	1.4	1.6	1.7	1.8	1.9	2.0	2.2	2.3	2.4	2.6	2.8	3.2
30	3.8	2.3	1.7	1.4	1.1	1.0	1.1	1.2	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.3	2.5	2.8
35	4.3	2.6	1.9	1.5	1.3	1.1	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.2	2.5
40	4.8	2.8	2.1	1.7	1.4	1.2	1.1	1.0	1.1	1.2	1.3	1.4	1.4	1.5	1.6	1.7	1.8	2.0	2.3
45	5.2	3.1	2.3	1.8	1.6	1.4	1.2	1.1	1.0	1.1	1.2	1.2	1.3	1.4	1.5	1.5	1.7	1.8	2.1
50	5.6	3.3	2.5	2.0	1.7	1.5	1.3	1.2	1.1	1.0	1.1	1.1	1.2	1.3	1.4	1.4	1.6	1.7	1.9
55	6.0	3.6	2.6	2.1	1.8	1.6	1.4	1.3	1.2	1.1	1.0	1.1	1.1	1.2	1.3	1.3	1.4	1.6	1.8
60	6.4	3.8	2.8	2.3	1.9	1.7	1.5	1.4	1.2	1.1	1.1	1.0	1.1	1.1	1.2	1.2	1.4	1.5	1.7
65	6.8	4.1	3.0	2.4	2.0	1.8	1.6	1.4	1.3	1.2	1.1	1.1	1.0	1.1	1.1	1.2	1.3	1.4	1.6
70	7.2	4.3	3.2	2.6	2.2	1.9	1.7	1.5	1.4	1.3	1.2	1.1	1.1	1.0	1.1	1.1	1.2	1.3	1.5
75	7.6	4.5	3.3	2.7	2.3	2.0	1.8	1.6	1.5	1.4	1.3	1.2	1.1	1.1	1.0	1.0	1.1	1.2	1.4
80	8.0	4.8	3.5	2.8	2.4	2.1	1.9	1.7	1.5	1.4	1.3	1.2	1.2	1.1	1.0	1.0	1.1	1.2	1.4
90	8.7	5.2	3.8	3.1	2.6	2.3	2.0	1.8	1.7	1.6	1.4	1.4	1.3	1.2	1.1	1.1	1.0	1.1	1.2
100	9.5	5.6	4.1	3.3	2.8	2.5	2.2	2.0	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.2	1.1	1.0	1.1
120	10.8	6.4	4.8	3.8	3.2	2.8	2.5	2.3	2.1	1.9	1.8	1.7	1.6	1.5	1.4	1.4	1.2	1.1	1.0

overly concerned about details that are not an issue for healthy dogs (just as a parent with a chronically ill child might worry more about that child's diet).

Segal makes many recommendations that I feel are unnecessary if your dog is healthy or has health issues unrelated to diet. For example, she says you must input any modifications to her recipes into a spreadsheet to ensure they meet NRC guidelines. NRC-recommended amounts for minerals must be matched exactly. She advises asking manufacturers for independent laboratory analyses of all supplements.

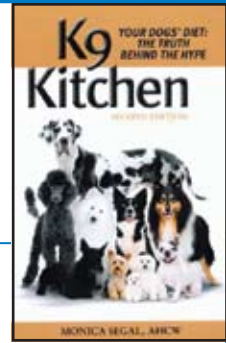
My feeling is that if this isn't something you would do for yourself or your family, there's no need to do it for your healthy dog. Substitutions of similar foods could be made without the need to create a spreadsheet, as long as the dog does not react negatively to the changes. NRC recommended amounts don't need to be matched exactly any more than our own diets must be made to match recommended daily allowances of vitamins and minerals.

It should also be acceptable to substitute comparable calcium sources. Dicalcium phosphate and bone meal are similar. Ground eggshells are primarily calcium carbonate.

There's no need to be quite as exact as these recipes specify. Measurements to

K9 Kitchen, Your Dogs' Diet: The Truth Behind the Hype, by Monica Segal, AHCW

2009 (2nd edition), Doggie Diner, Inc. (self-published), \$22. Available from monicasegal.com and dogwise.com. 210 pages. Includes 60 weekly diet plans for dogs of different weights and activity levels: 20 raw, 20 cooked, and 20 combination. Complete nutritional analyses provided for turkey necks, skinless chicken necks, chicken wings, chicken backs, whole rabbit, whole duck, and green tripe. A table of NRC requirements for adult dogs is provided. Includes guidelines for tracking down health issues that may be food-related. A chapter on treats with a couple of recipes is also included.



Pros: Recipes are relatively high in protein and low in carbs, with moderate amounts of fat. All recipes meet 2006 NRC guidelines for adult maintenance. Number of calories and grams of protein, fat, and carbs are shown for each recipe. Wide variety of foods used. Good information on possible links between diet and health problems. References provided.

Cons: Index so limited and inaccurate as to be of little value. Each recipe is for a specific body weight and activity level; no substitutions or conversions are provided. Instructions for putting together your own diet are fuzzy, and creating your own spreadsheet would be time-consuming and difficult to modify.

Rating: Highly recommended.

the quarter of an ounce over a week's time are unnecessarily precise. Recipes for dogs weighing 52 to 53 pounds can be used for dogs that weigh 50 or 55 pounds. Vitamin B amounts can be increased, if that makes it easier to give daily. Round supplement amounts as needed for convenience; you needn't worry about giving exactly 56, 105, or 595 mg of magnesium, for example, just give 50, 100, or 600 mg.

Pay attention to the section "Before You Use a Diet Plan" when using these recipes. Wild salmon oil capsules in the recipes are 500 mg, so you will need to give half as

many if using the more common 1,000 mg gelcaps. Eggshells must be ground to powder, not just crushed. The amount of calcium in bone meal varies considerably between products; adjust amounts accordingly if the bone meal you use has different amounts of calcium than the 667 mg per teaspoon used in these recipes. 🐾

Mary Straus investigates canine health and nutrition as an avocation. She is the owner of the DogAware.com website. She and her Norwich Terrier, Ella, live in the San Francisco Bay Area.

Additional Products from the Authors of Our Favorite Books



■ **See Spot Live Longer**, by Steve Brown & Beth Taylor (Creekobear Press, 2005), \$18. Available from seespotlivelonger.com, naturalpetproductions.com, and Dogwise.com. This book has a great deal of information about dog nutrition, including problems with commercial foods and how to minimize them, but is not a how-to book on homemade diets.

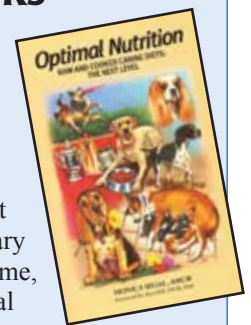
■ **Functional, Fresh, Fast Food for our Furry Friends** (DVD, running time 4 hours), \$30. Available from naturalpetproductions.com, (847-533-6309) and Amazon.com. Dr. Becker discusses the ins and outs of feeding an evolutionary diet to your dogs and cats. Dr. Becker's book says that the DVD discusses the topic of feeding whole RBMs in depth.



■ **Optimal Nutrition, Raw and Cooked Canine Diets: The Next Level**, by Monica Segal (Doggie Diner, Inc., 2007), \$25. Available from monicasegal.com and Dogwise.com. Addresses lifestyle, aging, and pregnancy; gives sample diets for heart disease, liver disease, kidney disease, urinary tract stones, pancreatitis, Cushing's syndrome, Addison's disease, allergies, gastrointestinal disease, skin, and cancer. Also includes analyses of a different selection of RBMs than those offered in *K9 Kitchen*.

Each sample recipe is designed for dogs of a specific weight; no information is given on how to use the recipes for other dogs, but the same conversion table (see sidebar) could be used. I have problems with some of the diets; for example, the diet for dogs with pancreatitis is so low in fat that it would cause serious deficiencies if used long-term, though it would be fine to use short-term during recovery.

Segal also offers a number of booklets, each priced at less than \$8, that focus on individual breeds, specific health problems, and other topics.



Protect Your Dog

What should you do if you disagree with your trainer or vet?

BY PAT MILLER

It's awkward at best, devastating at worst, when your trainer or other animal care professional wants to do – or actually does – something to your dog that goes against your strongly held beliefs about how dogs should be treated. This is most often something involving the use of coercion or force, but also includes other things, such as feeding something you don't want your dog to ingest, and reinforcing a behavior you don't want rewarded. Professionals, at least good ones, are supposed to be well-educated and know what they're doing. Who are you to object?

Actually, you're the only one who *can* object. You are your dog's protector, that's who, and he depends on you to do what's right for him.

So what *do* you do when your trainer, veterinarian, groomer, or other professional starts to do something you find disturbing?

■ **Intervene.** You have the absolute right – no, the moral obligation and *duty* – to stop someone from doing something inappropriate to your dog. It doesn't matter who they are, or how many letters they have after their name. Be assertive. In a loud, clear, firm voice, say, "Stop!" Then calmly take your dog from the person and keep him with you while you and the person discuss the situation, and your concerns. A true professional will respect you for standing up for your dog's best interests, even if they disagree with the basis for your concern.

■ **Discuss.** Do your professional the courtesy of discussing the situation with her. Calmly explain why you are uncomfortable with what she was doing, or about to do.



Don't feel pushed into a treatment you're not sure about. Think about it and schedule another appointment.

Let her explain to you why she feels she needs to do whatever it is. Listen to her explanation with an open mind. Ask if there are any alternative ways to accomplish the goal before you, and see if you can agree on a different approach. If so, be sure she is completely clear that she is not to use the tools or methods that you find objectionable.

■ **Think critically.** As you listen and discuss, I suggest you use three filters to evaluate the information your trainer gives you about the tool or technique she wants to use that triggered your concern.

❖ **Scientific filter:** Does her explanation of the procedure or piece of equipment make sense?

❖ **Philosophical filter:** If something is scientifically sound but you're not comfortable with it, don't use it.

❖ **The reality filter:** Let's say that after listening to your professional's explanation, you decide that you're comfortable proceeding. You can *still* stop the procedure at any time if

you don't like what you see, or even if you agree that it's benign, but it doesn't seem to be working. Each dog is different, and what works for one may not work for another, even if it's philosophically acceptable.

When you're done filtering, you can advance your status as a critical thinker by educating yourself further on the issue. Read books, join online discussion groups (whether it's about training based on positive reinforcement, natural diet, or holistic healthcare) and consult with other professionals whose perspectives you respect.

■ **Trust your instincts.** Don't let your animal care professional make light of your concerns, or talk you into something you don't want to do. Trust your instincts. Countless dog owners tell me they regret succumbing to pressure and letting a trainer, vet, or other professional convince them to allow them to use a tool or method that they objected to. Still others regret not speaking up at all, until it was too late. Stand firm. You are your dog's protector.

■ **Walk away.** If you and your professional can't find a compromise, or you don't think she can be trusted to respect your feelings and beliefs, fire her. You can do it nicely; just calmly explain that you feel the two of you are philosophically too far apart, and that you need to find an animal care provider whose approach to training and handling is more closely aligned with yours. Then calmly walk away, forever your dog's superhero, protector, and defender. 🐾

Pat Miller is WDJ's Training Editor. See "Resources," page 24, for contact info.

What's In a Name?

Apparently, so, so much!

The January issue of WDJ featured “Say My Name,” an article by Pat Miller that explained the importance of teaching your dog to recognize and respond to his or her name. In a sidebar to that article, Pat also discussed the issue of naming (or renaming) your dog. And she announced a little contest for our readers, asking you to share the story of how you selected your dog’s name and why. Pat said she would select some winners and the “top three” would win a signed copy of her newest book, *Do Over Dogs: Give Your Dog a Second Chance for a First Class Life*.

Apparently, dog names are very important to our readers, too. We received more than 250 contest entries, via the U.S. mail

and email, as well as through comments on the WDJ website (whole-dog-journal.com) and the WDJ Facebook page. (All of the Facebook and WDJ website entries can still be viewed online.) When we read them, we laughed, we cried, we felt like these stories ought to be a book! But picking a winner was difficult – kind of like adopting just three dogs out of a huge shelter full of terrific canine companions.

There was nothing scientific about Pat’s selection process; she simply chose the ones that touched her the most, with an admitted bias toward shelter and rescue dogs. Below are Pat’s three winners and three runners-up. Thanks to everyone who shared their funny, sweet, and memorable dog-naming stories.

“HOPE”

Kate Durket, Sutherlin, OR

Here is the story of my “do over” dog.

In 2004, after losing my beloved girl, Grace, I was adamant about finding a dog who needed a new chance. After many weeks of looking I was contacted by my vet, who told me about a six-month-old Shepherd-mix who had been severely beaten and left abandoned.

When I went to the shelter to see her I noticed that “Linda” (as she was then known) was being bypassed by all the people looking for dogs that day. When I finally stood in front of her kennel it was easy to see why. She was a mass of bruises and lacerations, and the only fur she had was on her head. I gently knelt down and without hesitation she came up to me and licked my hand. In that moment Hope was



reborn. She joined her “sister” (my Cocker-mix, Faith) and has been a wonderful member of my family for the past six-plus years. And last year on Christmas Eve my third girl, Joyeux Noel was born.

My three girls, Faith, Hope, and Joy are ambassadors of love in my little town.

“SCORE”

Erin Saywell, Sykesville, MD

My pit-mix is named “Score.” Here’s his story:

I have a friend from an online message board who takes his dogs to a doggy daycare in North Carolina. My friend fostered and found homes for two Lab puppies who had been abandoned near a Dumpster near the daycare, so he was the one the daycare called the next time they needed to find a home for another abandoned pup.

It seems that a drug addict wandered into the daycare’s store area and stole \$200 out of a donation jar. A few days later, he wandered back into the store. They told him to get out or they’d call the police. He asked them if they’d seen a puppy. With a lot of eye rolling, they told him to leave. Sure, he’s got a puppy . . . right! About an hour later, they found an eight-week-old puppy sitting on the sidewalk in front of the store. They scooped him up and called my friend, who took the puppy, of course.

My friend posted pictures of the puppy. I asked – half joking – if he’d like to donate the pup to my local assistance dog organization. He agreed readily, and we arranged for the new pup to come to Maryland.

I named him Score, both for his “old owner” and for his new life; he sure “scored”! He ended up washing out of the program because of his looks (too “pit bull”) and he stayed with me. He’s now a service dog demonstrator, a therapy dog, and an awesome flyball dog!

“LIBERTY”

Dawn Goehring, Gatlinburg, TN

On September 11, 2001, I needed a bit of love so I went to my local animal shelter. I was looking for a dog with good potential for becoming a trick dog. I was just getting started on training a group of dogs to perform together and I needed just the right dog to fit into my family.



When I got to the shelter I saw several dogs that would be great, but one caught my eye. She was a Beagle-mix, just circling in her cage. I knew this was not excitement, but stress. The closer I got, the faster she circled. I took her out. She jumped in my lap and proceeded to lick me all over. It was just the thing I needed on that sad day.

I took out some treats and played with her. I quickly found that she did the most beautiful stand on her back legs, like a statue! And because of the day, I thought of the Statue of Liberty. A patriotic name to remember the day and honor it. Liberty needed a job, as her neurotic circling was a major issue. But 10 years later she is one of my best working dogs, still curls up in my lap with kisses, and will always stand tall like the symbol she was named after!

Runners-up

Pat Miller selected the following three stories as runners-up in our contest, but of course these terrific owners are winners in their own right. What great stories!

"TOBY VAN GOGH"

Talitha Neher

When we were little, my grandmother used to unpin her hair, brush it until it crackled, and tell us she was a witch. Then she'd tell us the story of Little Dog Toby, who would bark! bark! bark! to scare away the hobbyahs that came out of the swamp at night to eat the Little Old Man and Little Old Woman. Unfortunately for Little Dog Toby, the Little Old Man (who hadn't read *Don't Shoot the Dog!*) thought Toby was just being obnoxious and came out with the scissors each night to cut off a body part and shut him up, starting with his ears.

Fast forward about 25 years, and I'm a veterinarian working with several local rescue groups. Thanks to a tolerant husband, my house is something of a halfway house for injured bully breeds. Usually they go on to long-term placements, but some of them stay. One of those is Toby.

Toby was anonymously relinquished to me after a home ear crop job went south.



He came after a street-corner handoff, shaky and sick, ears crusted with blood, and dead tissue and

cartilage hanging out everywhere. The lines of Sharpie ink were still visible on one side.

I got some fluids, antibiotics, and pain meds into him and took him to surgery to salvage what was left of his ears and relieve him of his testicles. I contacted Boise Bully Breed Rescue, made a report to Animal Control, and took him home for the night for observation. When I caught myself telling him that "Mommy would never let anyone hurt him like that again," I knew he wasn't going into rescue – and that meant he needed a name, preferably one that was pretty charming, since he would grow into an oversized pitty with a lopsided fighting crop.

I called my sister about him. "You have to call him Little Dog Toby!" she said. I also called my best friend from vet school, whose suggestion for a name was "Van Gogh!" Both names seemed to fit him, and he became Toby van Gogh.

He's almost two years old now and embarking on agility classes. He's going through a mouthy adolescent stage, but I can't imagine life without him. I've attached a picture of his ears when he came to me and one of him now, hiking with his brother, "Stagger Lee."



"ROSCO"

JoAnne Tuffnell

When our son and daughter-in-law brought home their beagle from the Humane Society, his name was "Midas." They sat down and looked through lists of names, went online for good dog names, and talked with family members. They finally chose "Rosco." We were all stunned at how quickly he responded to his name and knew their choice had been a good one.

A few weeks later we had tree men working in our woods. I started talking with one of them, and the conversation turned to dogs and rescue animals. I said our kids had just adopted a beagle named Rosco from the Hamilton County Humane Society. "They got Roscoe?" he asked. He proceeded to tell me that his relatives

had adopted a dog from the city humane society, but he barked too much for their neighborhood; the relatives asked this man to take the dog, but it didn't work out for him either, so he returned the dog to the relatives. The relatives then took him to the county humane society, pretending they had found him because they were too embarrassed to return him to the city's pound. The county group took him in and placed him for adoption.

"But what does that have to do with Rosco?" I asked. The man said, "You said it's a Beagle, right? And his name is Roscoe?" "Yes," I answered, "But his name was Midas when my son and daughter-in-law got him. THEY named him Rosco." He continued to talk about the dog and we compared notes and dates. Yes, the unbelievable is believable. Roscoe the Beagle became Rosco the Beagle. No wonder he learned his name so fast! And the lack of the letter "e" didn't bother him one bit.

"ROGUE"

Debbie Schwagerman, Terrell, TX

Most of our dogs are rescues but we think they still deserve full "registered" names anyway! We pulled our latest rescue dog from a shelter that does not even adopt to the general public as our new "foster" dog. We like looking for fosters from this particular shelter because the dogs have such a small chance of getting out.

We were not looking to add a new dog to our permanent pack at all, but her slightly wild nature and sweet, snuggly personality caught us both off guard. We found ourselves unable to give her up when it came down to it. So, she became a permanent member of "The Ruff Mutt Gang" and was then named Ruff Mutt's Caught Ewe Off Guard, aka "Rogue" (she's a Border Collie, hence the "ewe" spelling). 🐾



Frequently Asked Questions

Most common inquiries about our “approved dry foods” review.

LISTED BY COMPANY

I would like to know if you investigated Orijen dog food. I did not find it listed as one of WDJ’s approved dry foods of 2011. Yet I noticed it pictured on the front page.

Janet Jaob

In the February issue with the approved dog foods, I see on the cover a bag of Orijen dog food (which we use), but I don’t see it in your approved list. What is your opinion of this food? Is it not good?

Denny Mosesman

We have been feeding our dog Chicken Soup for the Dog Lovers Soul for a couple of years and he seems very happy with it. Last year, that food was on your recommended list, but in the February 2011 issue, it was not. Is there a problem of any sort with the company? We try to do our homework, and are unaware of any problems with the food.

Ken Vasek and Susan Sims Pisano

I’ve just finished reading the newest edition of WDJ and was surprised to see Taste of the Wild dog food omitted from your recommended list. I wonder if there is a reason it was omitted from the list?

Kathy Keating

To these and many more inquiries: The foods are listed alphabetically by the name of the company that makes them. Taste of the Wild and Chicken Soup are made by Diamond Pet Foods. Orijen (and Acana) are made by Champion Petfoods.

UNDISCLOSED MAKER

I was looking over the “Approved Dry Foods” list in the recent issue of WDJ and I was curious as to why Halo brand food did not make the cut.

Kristin Mason

I was wondering why Newman’s Own Organic Adult Dog Food didn’t make the list. The ingredients seem to match the list of what’s good and what’s not. Just wondering what I’m missing.

Patricia Klein

Both of the foods mentioned in these letters meet our selection criteria, except for one: the companies do not disclose their manufacturers. We list only those products whose companies disclose the manufacturing location.

As we discussed in our dry food review in February 2008 (the first year we asked the companies to disclose – for publication – the site of their manufacturing operations), there are a couple of legitimate reasons why a small company would not want to disclose its co-manufacturing partner. (There are also some disingenuous ones.) If you really like the products these companies make, and trust that the company will disclose pertinent manufacturing information about its products in case of a recall or other problem, you should by all means continue to support those products.

NEW TO US

I am curious as to why Nutri Life Pet Products didn’t make your list. Although I am no scientist, veterinarian, or similar, I have been diligent over the years in my selection of dry foods for my five beloved hounds and believed that Nutri Life produced a good quality food. As a lead volunteer for my greyhound rescue group, I have recommended this food to many former “Purina feeders,” so I hope I have not done this in error.

Jennifer Laughman

We’re sure there are many products (especially some that are made and sold in just a single state or a small area) that we’ve never reviewed. Please compare the

product’s ingredient label to our selection criteria; you can easily see whether the product would measure up to the products on our “approved” list. If it meets the criteria we listed on page 5 (“Hallmarks of Quality”), it’s as good as the others on our list.

P&G?!

I fed my dog Natura’s Innova for many years. Last year my son and his wife put their two dogs on Innova. After a few weeks one of their dogs had symptoms of a food allergy. My son had found out that Natura was sold to P&G earlier that year. They switched to Dogswell and so did I.

Susan Lenahan

We won’t worry about P&G “ruining” Natura’s foods unless it actually happens, and it hasn’t happened yet. That said, some of the formulas have changed, but the formulation changes were in the works before P&G’s purchase, and none that we have seen reduced the quality of the products.

All companies tweak their formulas occasionally. We cut out and retain the ingredient lists from bags of foods that we feed so we can see what sort of shifts the companies make.

Whenever a dog reacts negatively to a food, it’s important to retain that ingredient list and make a note of the symptoms and date. If you switch foods a few times a year (and we think you should), you may be able to identify certain ingredients that your dog doesn’t tolerate well, which can help guide future purchases. Feeding just one food for long periods of time is also asking for trouble. Think about it; if it was ideal to eat the exact same diet every day, with no exceptions, year in and year out, don’t you think someone would be recommending this for humans?

We’ll answer more questions about our dry food review in the next issue. 🐾

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BOOKS

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

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