



## PUPPY SUPPLIES



# CHOOSE YOUR VET WISLEY!

I can't stress the importance of finding a good vet. Through my years of dog breeding, research and my own experiences, I can assure you there are good vets and there are "not so good vets"... No different than human. Don't assume because they have DMV at the end of their name, they are going to keep your pet healthy. I have seen dogs ruined by over-vaccination and over medicated (some of my own). My approach to keeping my dogs healthy is through Natural Rearing — which means, I choose not to vaccinate (when possible), stay clear of chemicals and I feed my dogs a natural raw based diet. **I utilize a team of vets: Holistic and Conventional.**

*The conventional vets I use are smart and dedicated...I appreciate their skills. However, most have conventional mind sets, so their advice always revolves around surgeries, prescription diets, drugs and medications. When a conventional vet gives advice, you're getting only some of the possible options – the ones he/she has been trained in.*

*When my dog has tests done, I listen to what my conventional vet has to say about the results. I listen to his recommendations for treatment. But then I do some research on my own. And I ask my alternative vet for recommendations. Often I decide to follow some of the recommendations from each one, combining the wisdom each brings to the table.*

Don't assume **all** your dog's health care comes from solely from a vet. There's much you can do on your own to protect your dog's health to avoid health problems and **not** need to visit your veterinary team much at all. Everything your dog comes in contact with can affect his health – for better or for worse. Your goal is to make everything in your dog's daily life health-promoting. **Raising a healthy child isn't done at your doctor's office. It's done at home, with a little help from your doctor when needed. Same with raising a healthy dog.**

**Holistic Veterinary Medicine:** Recognizes that a balanced immune system is a vital, healing force in an animal's body, and when immunity is supported, disease may be prevented or delayed. Holistic veterinarians conduct a comprehensive physical examination, including an animal's behavior, recent and past medical history, diet and dietary history, environment, emotional stress and other factors.

Holistic veterinarians approach medicine as treating the animal body as a biological whole — centered on preventative medicine as well as health maintenance focusing on finding and treating the root cause of disease instead of treating the symptom.

**Holistic Treatment Example:** An animal may develop chronic colitis after being vaccinated. Instead of dispensing antibiotics or steroids masking the symptom of bloody diarrhea, holistic vets may utilize herbs and supplemental remedies, whole food diets, homeopathy, vitamin/mineral supplementation to restore metabolic and digestive balance to make them stronger and help her resist future health problems.

**Integrative Medicine:** Combines both conventional and holistic veterinary practices. An integrative veterinarian studies conventional veterinary medicine but also recognizes the value of holistic medicine and realizes that both compliment and support animal wellness. An integrative veterinarian is interested in both conventional and alternative treatments; and will most likely be a member of the American Holistic Veterinary Medical Association.

**Conventional/Traditional Veterinary Practice:** Aimed at determining the problem and trying to solve it based on addressing symptoms, with your pet's best interest at heart, typically confined to using synthetic steroids and antibiotic medicine, which do not always solve a chronic or undetermined condition. Many times a conventional veterinarian will prescribe medication that may silence symptoms but not resolve the underlying problem.

Sadly, most owners limit themselves to a vet who doesn't offer many treatment options. For almost every health issue, conventional vets offer medications, surgery, or prescription diets. Of course, those are true lifesavers when really needed! The problem is that conventional vets have to use those treatments for everything because they haven't learned how to use any alternatives – many of which are just as effective and with fewer side effects.



## FIND A VET

Do a google search for Holistic Vet Practice or Integrative Vet Practice in your area. Or, go to VetFinder to find a Holistic Veterinarian in your area.

[www.ahvma.org/find-a-holistic-veterinarian/](http://www.ahvma.org/find-a-holistic-veterinarian/)

The studies are out there, in the thousands. Please, learn all you can, don't just assume your vet knows best. You are in charge.

## Vaccinations: Consider Carefully

 [vitalanimal.com/vaccinations-consider-carefully/](http://vitalanimal.com/vaccinations-consider-carefully/)

If I had but one overarching recommendation to make to the world of animal owners, it would be this:

Learn all you can about vaccinations for your animals (and your kids!). This is anything but a benign, risk-free procedure.

As I look time and again at when my patients started their decline into poor health, I repeatedly see the timing being “about a month” after a round of vaccinations. Not in every case, but in a large percentage of my patient population, this is true.

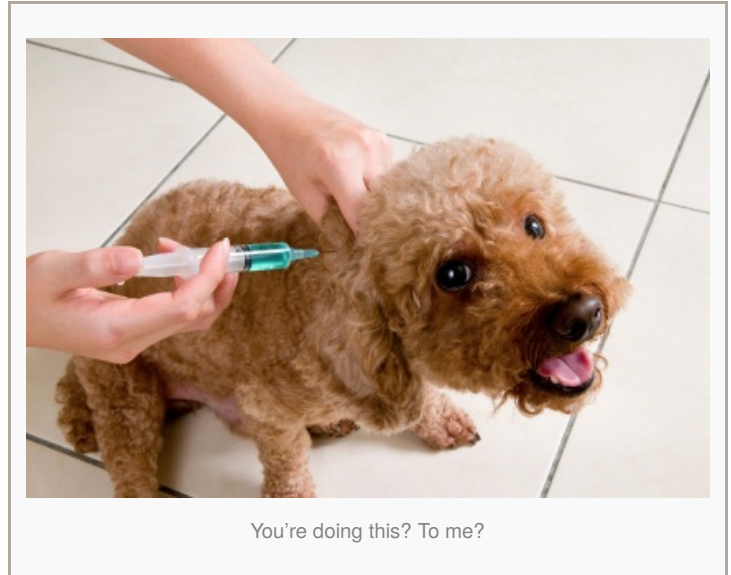
And when I look at the homeopathic remedies needed to restore health to those who are suffering, a small group know as “vaccinosis remedies” must inevitably be part of the prescribing path. [Vaccinosis, a hundred year old term coined by early homeopathic physicians, means simply: illness that came as a result of being vaccinated.]

When I was educated in veterinary school in the late 70's, I was not told any of this. It was not made clear to me that vaccines had any risks associated with them at all. It took years of practice, careful study of my patients, reading with an open mind, and learning from experts in natural health that this single procedure may well be the undoing of most, if not all, health. In people and their animals.

I've explored it here for you from several different angles. My hope is that, armed with this information, and what you find across the vast internet, you'll be able to choose wisely, and step very cautiously on this significant part of the Perilous Path.

Start with [Vaccination: Efficacy](#), and read on through safety and the rest.

More in this series that you'll want to know about: <http://vitalanimal.com/vaccinations-consider-carefully/>



## Stop the Shots!: Are Vaccinations Killing Our Pets?

Most pet owners aren't aware of the dangers in animal vaccinations that have been discovered in recent years. In this compact, easy-to-understand volume, John Clifton explains the very real risks involved every time a dog or cat gets a shot. The major veterinary associations now agree that vaccinations can trigger all sorts of maladies, from allergies to cancer - but most pet caretakers (and many veterinarians, it seems) haven't gotten the word. This is an important book for every pet owner to read. In a conversational, direct, non-technical voice it guides the reader in formulating an intelligent approach to animal vaccinations. Clifton lays out all the major issues: whether to vaccinate or not, which shots to give and which to avoid, how to know if and when a shot should be repeated. And, importantly, the risks in over-vaccinating. Holistic as well as orthodox medical opinions are presented. Despite the title, readers are not advised flat out to abandon vaccinations. Rather, they are encouraged to learn about the risks and benefits - and “stop the shots” until they are fully informed.



I am relieved that there are now research studies available that confirm that the practice of yearly dog vaccination has absolutely no scientific basis and that most dogs immunity lasts at least 8 years and possibly even a lifetime.

Vaccines are a fiery topic. All I can do is to give you my humble opinion and suggestions.

- Natural immunity obtain from the milk of mothers persist in most puppies until 12 to 16 weeks of age.
- **Vaccinating puppies before 12 weeks will “wipe” out the maternal antibodies** which leaves puppies more vulnerable to infections.
- **Vaccines contain serious carcinogens such as [thiomersal](#)** (that contains mercury), formaldehyde and other chemicals.
- **Most people are unaware that vaccines are often produced by infecting and sacrificing healthy animals.** To me, the notion of killing one to save another is insane and I feel obligated to inform you about this practice.
- Vaccines can also cause chronic often life-long disease that resembles the disease that they are supposed to prevent. Some good examples are digestive problems, skin issue or mental and behavioral changes that disappear after neutralizing the effects vaccines have with homeopathic remedies.
- Most vaccines bypass the natural entry gates of infection such as mouth or the airways and this is a severe shock to the immune system. How would you feel if a person entered your house through breaking the windows (the analogy for an injection) as opposed to ringing the bell?
- **The administration of multiple antigen vaccines is also a very unnatural way of creating immunity.** In nature, usually only one serious disease pathogen would be present at the time allowing the body to fully focus on one pathogen. Giving combination vaccines makes the immune system overwhelmed the same way you would if you are working on several major projects at the same time.

## **It may be shocking but many healthy puppies maintain lifetime antibodies with zero vaccination except for rabies.**

In my practice, I always try to avoid them whenever possible. It has been my experience that this is the best way to create healthy and long life...

## Here is an immunity protocol that I have been using in my practice for years.

- **Never vaccinate your puppy before 12 weeks** of age if you have the choice
- If your puppy has been vaccinated early, **any medical condition may or may not be a vaccine side effect**. I recommend consulting an open minded holistic practitioner who knows how to recognize vaccine-related issues.
- If you suspect vaccination side-effects you can safely administer [a homeopathic remedy Thuja 200 C – one dose](#) to neutralize vaccination side effects.
- **Maternal antibodies protect puppies fully until 12 – 16 weeks**. When your puppy is 12 weeks old get a parvovirus and distemper “antibody titer test” done.
- If any antibody level is present, retest at the age of 5 months and socialize your puppy on a moderate basis with other dogs. Your puppy will learn the “ropes” by being in the company of other canines and its exposure to pathogens while it is protected will stimulate the production of their own antibodies. This is in fact nature’s “way of vaccination” and this is exactly what vaccine companies don’t want you to know.
- **To me, any level of antibodies suggests protection despite some labs reporting low titers as insufficient**. In fact, no one can say what levels are or aren’t low. I have never seen parvo or distemper in dogs that have had even a low positive titer.
- If your puppy tested negative for antibodies, consider vaccination with one antigen of parvovirus (not a combination) at 12 weeks and distemper four weeks later.
- Retest for antibodies one month and then two to three months after the vaccine and then two to three months later.
- If your puppy’s titer continues to be negative, you will have to make a decision about which risk is higher – boosters or the incidence of an infectious disease.
- Never use vaccines for Kennel Cough, Lyme disease and Giardia as they have the highest side-effect causing properties.
- If you live in an area with rabies, the vaccine may need to be given, however, give it at least four weeks from other vaccination and talk to your veterinarian about the rabies incidence

# WHAT TO FEED YOUR PUPPY/DOG

Another topic, that is quite controversial in the pet food industry. This is another area I have done MUCH research and attended many seminars. It all makes perfectly good common sense to me now. Species appropriate nutrition means that a creature should eat what it has always eaten... Its historical, evolutionary diet. If you are not feeding a “bones and raw food” diet (B.A.R.F. diet) to your dog, or freeze-dried raw prepared food, then canned grain-free food is best. Neither dogs or cats are suited to dry kibble. Again, dogs are no different than humans, fresh is best and variety is key.

**“If you fed your child Cheerios for breakfast and dinner every day, how healthy do you think they would be”?**

## Stop Feeding Your Pet “Fast Food”

Dry and canned pet foods may sound healthy but are actually designed for the pet owner's convenience and maximum shelf life instead of nutrition for their pet. Whether you feed your pet from a bag or can, these heavily-processed foods share similar shortcomings:

- > Cooking and high pressure processing destroys most of the vital enzymes and vitamins in the ingredients.
- > A small percentage of the lost nutrients are replaced by synthetic additives but even these are not easily absorbed by your pet.
- > Cheap ingredients including grains and fillers add calories but are actually difficult for pets to digest.
- > Protein levels can look good on the label but can also come from difficult to digest sources.
- > Heavily-processed pet foods contain preservatives for long-term storage in warehouses and retail stores. Preservatives not only deplete micronutrients but have been connected with many common allergies such as yeast on the skin, paws and in the ears.

**Start Feeding Your Pet Real Food:** No preservatives. No high-pressure processing. No synthetic additives. No hormones. No antibiotics. No grains, no fillers. Your pet's digestive system is designed for whole foods with nutrients in their natural form. Raw meals are created to compliment your pet's nutritional needs.

## The Ancestral Side of Raw Food and Why It's Important

The concept of the ancestral diet for dogs and cats stems from the fact that dogs and cats have evolved successfully through hunting and scavenging – consuming foods that were high in protein and low in carbohydrates and not at all like the kibble so many are fed today.

## The Difference Raw Pet Food Can Make

- > More energy and increased vitality
- > Relief from common skin problems caused by food intolerances
- > A shiny and healthy coat
- > A sharp decrease in diseases and conditions like arthritis and diabetes
- > Improved digestion, fresher breath and smaller and almost odorless poops
- > Extended life and improved quality of life



# MY TOP DOG FOOD PICKS

My top food pick is a species appropriate diet which would be raw. Below I have listed a few companies that will put together a custom mix appropriate for the life stage of your dog... Simply give them a call, talk to an expert and best of all, they deliver to your home. My second choice are frozen raw mixes you can buy at a quality local pet store. These are balanced with the appropriate minerals and supplements taking the guess work out of raw feeding. Just thaw and serve. My third option would be dehydrated raw — when feeding raw is not an option. And last, if you just cant do the raw thing, I have a list of what I consider to be higher-end kibble and canned with tips on how to beef it up. I hope this is helpful in your decision process.

1

Custom Raw Delivered



Darwin's we believe that all pet owners should have the opportunity to feed their pets a healthy meal made from high quality ingredients. Our goal is to make feeding your pet fresh, healthy, quality raw meals convenient and affordable. Our Natural Selections meals use only free-range, grass-fed beef, cage-free poultry and organic vegetables. All our meats are hormone free, steroid free and antibiotic free. We visit every farm that raises the animals we use in our meals to make sure they employ good farming practices and treat both their animals and employees with respect.

<https://www.darwinpet.com>

Talk to a Pet Food Advisor: 877-738-6325



**Raw dog food the way you want it... Affordable, Convenient, and Direct to Your Door.**

We are the only online retailer that has scrutinizes each brand before agreeing to sell it. We are the consumer's advocate to ensure they buy only the healthiest pet food that comes from honest companies using only the best natural and healthy ingredients. Other than a properly prepared homemade raw diet, frozen raw dog food is the best dog food you can feed your pet. With our streamlined shipping process and easy to use website you will find that getting raw frozen dog food the way you want it is simple..

<http://www.rawpetfood.com/?a=w7xdB>

Free Shipping Nationwide (801) 432-7478 eMail: [help@rawpetfood.com](mailto:help@rawpetfood.com)



If you are new to raw feeding or just new to Raw Paws Pet Food, we make it easy for you to find the products that fit your budget and lifestyle. For additional help, we encourage you to schedule your **FREE Custom Meal Plan** with a raw feeding specialist.

<http://www.rawpawspetfood.com/default.asp>

Free Shipping Nationwide (866) 368-3369

# MY TOP DOG FOOD PICKS

This frozen raw food can be found at a quality pet store (or on-line). Really easy to use and many protein varieties. I do like Primal, but I'm sure there are others just as good. I also look for GMO free foods. Remember to rotate the proteins... Example: In the morning, Beef and Fish for dinner... Mix it up. Comes in Patties and Nuggets. Just thaw and serve.

To find out how much to feed go to: <http://www.primalpetfoods.com/education/calc>

2

Prepared Frozen Raw



## WEANING PUPPIES NATURALLY — BY DR. PETER DOBIAS, DVM

Just recently, I saw a mother at Wholefoods feeding her baby by squeezing baby food from a tube. I watched her and wondered if she knew that this “baby food” had a fraction of the nutritional value of fresh food that she could blend and prepare fresh at home.

It is an example of how blinded we have been by marketing and advertising. Many people are convinced that feeding sterilized, pasteurized food is somehow better. However, nature doesn't make baby or puppy food and that is why I recommend feeding puppies the same high-quality raw food as you would feed an adult.

Starting at three to four weeks of age, you can introduce high-quality raw food by feeding the mothers in the pen with puppies that will gradually start eating it. By the time puppies are eight weeks old and ready to come home, they should be eating a variety of meats, veggies, eggs and chewing on raw bones to massage their gums and promote healthy teeth and bone development.

After more than a decade of feeding and recommending a raw, species appropriate diet, my clients and I have witnessed an enormous difference between dogs fed processed and raw food. I have repeatedly seen longer lives, less medical issues, shinier and healthier coats, better mobility, less chronic disease and cancer, there is no way I would switch back to kibble.

*I am not a veterinarian or a professional dog trainer. The information posted in this document is based on my own personal experience, research and seminars. What works for me and my dogs may not be right for you and yours. Please consult your veterinarian for all of your pet's health, wellness, dietary, and behavioral issues.*



# MY TOP DOG FOOD PICKS

If you just can't do the Raw... The next best thing is Freeze-Dried Raw. My dogs love this... I also use this for a healthy treat they would do anything for — or, should you decide to feed kibble this is great to mix into the kibble. Easy to get at any quality pet store, or you can have this delivered from Chewy.com I don't have much time to go shopping for food, so I purchase all my food on-line. Prices are just as good, and they deliver to your door for free — can't beat that!

3

Freeze-Dried Raw



## NEVER GIVE YOUR DOG COOKED OR DRIED BONES

**Chewing on the right kind of RAW bones is the equivalent of a good dental cleaning, it removes plaque buildup and prevents gum disease!**



Raw bones provide a highly digestible source of calcium, phosphorus and other minerals. Feeding bones makes the stomach muscle layers stronger which prevents bloat. Bones also have a cleansing effect as they provide roughage in the diet and bulk for healthy bowel movements.

Feeding raw bones also prevents anal gland problems. The bowel movements after feeding bones are harder which helps express anal glands and get rid of toxins. Chewing on raw bones keeps our dogs, especially the puppies and adolescents, occupied.

**Which bones should you feed?** Avoid feeding beef, buffalo or bison shank bones as

they are often harder than dog's teeth. Larger dogs can get carried away chewing on a large bone and may crack one of their teeth. This is how a two dollar marrow bone can turn into a painful and expensive adventure. Nature intended canines to hunt for birds, rodents, rabbits, goats and perhaps deer. Most dogs would not dare go anywhere near a buffalo or a cow and if they did, these large animals would not be the mainstay of their diet.

**The right sized bones can save Fido a lot of dental trouble and save you money. It is recommend feeding lamb or goat bones, (I feed chicken necks and wings), twice a week. The abrasive action of these hard, but not too thick, bones are perfect for**

**keeping your dog's teeth shiny without the risk of dental fractures.**

**How about chicken bones and the bones that splinter?** Feeding these bones are safe only if they are raw. Dogs have evolved very strong stomach and intestinal walls and the fear of intestinal perforation is just another myth invented by pet food companies.

Check with your local butcher, or, a quality pet shop where you can find suitable bones for Fido.

*I will pick up a pack of chicken wings while at the store — my dogs love them.*

# MY TOP DOG FOOD PICKS

What makes a good kibble? I'm not sure there is a perfect kibble, become a label reader avoiding fillers (I also recommend GMO free when possible). Today, more than ever, people are demanding non-gmo, and the choices are growing to meet the demand. Make your Kibble even better — Below are suggestions to make the kibble healthier.

Canned dog food typically contain more meat protein than dry and they're made with fewer carbohydrates. Due to air-tight packaging, canned foods contain no synthetic preservatives. So, fats and oils sealed inside cans don't easily become rancid. And no artificial flavorings and colorings. With cans, meat ingredients are closer to their natural state. So, canned products are more palatable — and more appetizing.

4

Quality Kibble & Canned



Puppy Specific Kibbles

Puppy Specific Kibble

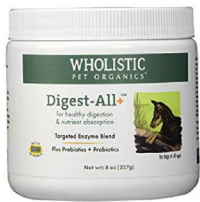
Adult and all life stages kibble

- 1) Soak kibble in warm water and let it get soft — 70% of a dogs diet is moisture, which is lacking from processed kibble this will also aid in absorption.
- 2) Add digestive enzymes.
- 3) Combine raw or freeze dried meaty parts of chicken, fish, beef or turkey (keep the same protein mixes the same... If your feeding beef kibble, add raw beef, fish kibble, ad fish...Etc).
- 4) Add raw or lightly steamed vegetables: This provides an antioxidant boost for all dogs, especially if they're older or overweight. Raw veggies should be finely grated, ground in a blender or food processor, or juiced so the cellulose is broken down.
- 5) Add some oils for essential fatty acids: Salmon oil is great for all dogs, containing essential fatty acids to strengthen the immune system, improve inflammatory conditions such as allergies and arthritis, and beautify skin and coat.
- 6) Don't forget the bones of young poultry are soft and pliable enough to be eaten whole, including wings, necks and backs. Raw bones provide calcium and other minerals in the proper ratios, as well as proteins, fats, and many other valuable nutrients. Puppies will benefit from both the added nutrition and the healthy chewing outlet. Examples: Ground chicken backs, whole and ground turkey necks, Natural Pet Pantry whole duck and chicken necks, and chicken wings.

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# MY TOP DOG FOOD PICKS: SUPPLEMENTS

When is enough... How far do you go? Like humans, you will find an array of supplements designed to promote optimal health — the same goes for doggies. Narrowing things down — I have come up with my top three picks listed below: Enzymes, Probiotics, Healthy Omega's and Sea Kelp Minerals. You will find many makers for these specific items, however, choosing a Wholistic/Organic product you will get more bang for your buck with a quality product void of the nasty fillers that are not good for your dog. The products shown below can be ordered off Amazon, at least that's where I do most my ordering.



**WHOLISTIC ENZYMES:** By re-introducing enzymes and “friendly” bacteria (probiotics) into the diet, your pet can unlock the valuable nutrients in food and have an optimally functioning, very healthy digestive system. When foods are not digested properly, the nutrients that your pet would ordinarily obtain from food may not be available. Eventually the immune system can ultimately be affected. Not surprisingly, glands and major organs suffer most from enzyme deficiency. Digest-All Plus is free of Soy, Wheat, Yeast, Corn, Cheese and other Dairy products.



**WHOLISTIC PET DEEP SEA SALMON OIL:** The finest quality salmon oil from the body of fresh-caught salmon. Rich in EPA and DHA, it is the perfect combination of Omega-3's and Omega-6's. Deep Sea Salmon Oil delivers Omega-3 fatty acids in the body-ready form of DHA and EPA so pets derive the full benefits available. When added to your pet's daily diet, it will help promote a beautiful skin and coat, along with helping to reduce disease causing inflammation throughout the body.



**SEA KELP:** Wholistic Sea Kelp is a type of sea vegetation that has existed in the earth's oceans longer than any other known form of vegetation. Because kelp's chief purpose is to supply minerals, kelp must be obtained from mineral-rich waters that are clean and free from pollutants and heavy metal contamination. Wholistic Sea Kelp is certified organic based upon its Arctic environment and also upon its processing techniques that maintain its unusually high concentrations of minerals. Wholistic Sea Kelp is especially rich in the mineral iodine, necessary for proper support of the thyroid gland. Superb for enriching pigmentation. Wholistic Sea Kelp offers the broadest range of minerals of any food.

**Domestic dogs and cats are carnivores by nature.** Their ancestors lived off fresh meat rich in enzymes and complex nutrients. They supplemented their food by eating grass and dirt which were teaming with digestive aids that helped break down and process the food. **Dry and canned pet foods are void of essential nutrients and digestive enzymes.**

We can help our pets by giving them enzyme supplements and probiotics. **A growing number of vets are stating that cooked or processed pet food is the main cause of illness and premature death in the modern house pet!**

# 7 SUPERFOODS TO ADD TO YOUR DOG'S DIET



Superfoods are dense with **NUTRITION** that benefit both humans and canines alike.

## NATURALLY THE BEST TREAT CHOICES

What makes a "super" food? Edibles that deliver the maximum amount of nutrients with minimum calories. Humans and dogs can share several common foods that are nutritionally dense, and pack a lot of healthful benefits into a serving. These super foods help people and their pets fight disease, boost energy and maintain good health in general. They make great additions to your dog's diet. Be sure to introduce these foods gradually and with the proper proportions, and check with your veterinarian if your dog has any dietary or health concerns.

These foods can be introduced to your pet's diet by ...



ADDING THEM TO A REGULAR MEAL.



GIVING THEM AS SNACKS OR TREATS.



### HEALTH BENEFITS:



**SWEET POTATOES ARE A GREAT ALTERNATIVE SOURCE OF**

Beta carotene	✓
Manganese	✓
Vitamins A	✓
Vitamins C	✓

Sweet potatoes with purple flesh are the most rich in antioxidants.

SERVE THEM SLICED OR DEHYDRATED AS A TASTY TREAT!

### HEALTH BENEFITS:



**SPINACH ALSO HAS HIGH LEVELS OF**

Iron	✓
Fiber	✓
Vitamin K	✓

Spinach has two key properties that can help prevent inflammation and cancer in pets:



### HEALTH BENEFITS:



**CARROTS CONTAIN**

Phytonutrients	✓
Vitamins A	✓
Vitamins C	✓
Vitamins K	✓
Beta carotene	✓

Carrots are a perfect healthy snack that helps your dog in multiple ways.

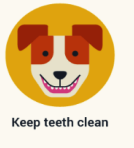
### CARROTS CAN HELP...



Lower the risk of heart disease



Improve eyesight



Keep teeth clean

## PUMKIN FOR DIGESTIVE HEALTH

Canned natural pumpkin is a great source of fiber and helps with digestive regularity. If your dog is experiencing constipation or diarrhea, mix a tablespoon of pumpkin straight from the can into their normal food. The seed is also a natural wormer, believed to contain a deworming compound used to expel tapeworms and roundworms.



Best way to store pumpkin is in the freezer since it will only last a week in the refrigerator. Scoop pumpkin into an ice cube tray, freeze, and pop out the cubes into a freezer bag. Thaw when you need it, mix with your pet's next meal. If you don't want to retrieve pumpkin cubes from the freezer every other day, count out a week's worth of servings into small freezer containers.



### HEALTH BENEFITS:



**BROCCOLI IS A NUTRIENT-RICH VEGGIE THAT CAN IMPROVE YOUR PET'S OVERALL HEALTH.**

Conventionally-grown broccoli is one of the most pesticide-free foods available!



### HEALTH BENEFITS:



**SALMON** is a great source of fish oil, and has been known to benefit dogs with allergies!

**IT CONTAINS FATTY ACIDS**

Omega 3	✓
Omega 6	✓

### THESE FATTY ACIDS...



Add shine to their coat



Reduce itching and scratching



Reduce inflammation and arthritis



### HEALTH BENEFITS:



**KALE IS RICH IN**

Calcium	✓
Iron	✓
Vitamin A	✓
Vitamin C	✓
Vitamin K	✓



Leafy greens can also benefit your pet, and Kale is one of the healthiest greens out there.

### YOU CAN ADD IT TO YOUR DOG'S DIET BY...



Mixing steamed kale leaves with their regular meal



Baking kale into doggie "chips"!



Aids in digestion & detoxification



Has cancer-fighting properties



Repairs skin damage



Supports eye and heart health

# DOG TOYS WE LIKE

Keep your puppy mentally stimulated and entertained with toys. Below are a few that we like. Lagottos are very tough on toys and can and will destroy just about any type of toy. They love the stuffed squeaky toys, however, you will find they will destroy them within minutes with a mess of stuffing around you home (they love them though). Make sure to puppy-proof — just like a child, pups will chew on every and anything — electric cords, shoes, gloves...etc.



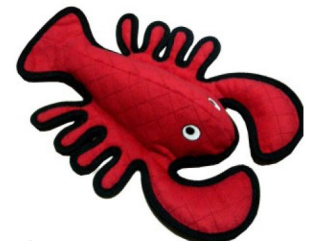
West Paw Zogoflex toys put the FUN in functional!  
We like to put Pumpkin inside this toy and freeze it... this will keep them busy for a while.



The Orbee Bone is made of the award winning Orbee material. A great match for Chewers! Constructed in a single mold in the classic bone shape. Some call it the Doggy Pacifier! Your pup will love the minty smell. Did we mention the best thing? Orbee Bone helps promote healthy chewing habit!



The Kong Wobbler can also be used at feeding time....



Tuffy's Soft Dog Toys

About Kongs (above) they have pink and blue Kongs for Puppies, however, remember the Black Kongs are the most Chew Proof



# WHAT KIND OF CRATE?

My dogs LOVE their crates. It's their safe zone, a place they can escape and feel safe. It's not a punishment. I like to drape a blanket over the crate so it feels more like a cave — more privacy. As they grow and get larger, I like the large crate so they can comfortably stretch out and relax.



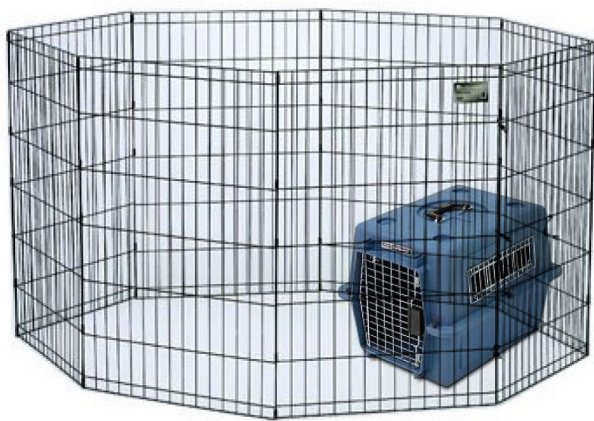
*By draping a blanket or cover on your wire kennel, you create a more private Den-Like kennel which I have found they seem to feel more secure in.*

*Wire pens and crates: I like the Medium Size (large as adult). I use the wire crate for at home, and the appropriate size kennel (right) to fit in my vehicle for car trips (or both). You can find a great assortment at FleetFarm stores, or, order on Amazon.*

**Note:** The crate is the safest place, and preferably where you can monitor them. If they are really fussy and they will not settle down, first, make sure they are OK, but then, if still not wanting to fall asleep, you might try taking a sheet and cover the crate completely. Note: if you take them out of the crate when they fuss, they will learn that fussing gets them out of the kennel. Wait until they are quiet, then take them out. They will adjust. Train them to go into the crate with treats/kibble. The crate should be a happy place for them, not punishment. Soft music may help. Locate the kennel in a quiet part of your home where the puppy is not distracted by visitors (much like an infant).

**How long can I keep my puppy in the Kennel:** Rule of thumb is **one hour** for every month old your puppy is. This means, if your puppy is eight weeks old (2 months), that's two hours. They say you can add one hour to each month, which would be a three hour max at two months. When you first get your puppy, you will likely be getting up once or twice at night to let them out to potty.

**Tip:** Put Pumpkin inside this toy (right) and freeze it... this will keep them busy for a while and help them enjoy and adjust to the crate. We find this toy/treat to be safe from choking hazards. Remember to always monitor your puppy with toys, they are no different than a Baby :)



**If you must leave your puppy for a longer period of time:** Set up a puppy area using a pen with a crate inside, with dishes and potty area. You can order these wire playpens on Amazon or FleetFarm carries them as well.

# THE BEST DOG BED//EXERCISE BOOK



Give your dog a lift with the orthopedic support and comfort of a patented chew proof dog bed. This high strength, lightweight aircraft grade aluminum to stand up to the toughest dogs, indoors or out.

## Why You Need Kuranda Hammock Beds For Your Puppies

Puppies love hammock beds - it makes a cozy nest and it keeps the puppies clean and off the floor. I think they like the way it sinks in the middle and give that "den" feeling. And it also makes a great play fort.

See <https://kuranda.com> for more information.

You can also order on Amazon. We like the Medium to large beds.

## Deluxe Double Sided Fleece Pad



## FREE GIFT FOR YOU!

All Lagotto Lady Pups come with a puppy packet which contains information on your puppy and this Exercise Guideline Booklet.

## How much is to much?

The Puppy Culture Exercise Booklet is an important guide to raising a puppy in a healthy and safe way. If every puppy owner would read and follow these guidelines, a huge number of behavioral issues and fractures could be avoided! Indispensable for new puppy owners, and great wisdom and guidance too for breeders to pass along in puppy packages. Booklet includes the following:

Outlines the whys and hows of appropriate puppy exercise and explains growth plates and "toddler fractures" in puppies.

Age Appropriate Exercise Guidelines Charts" With 6 individual exercise guideline charts - one for each of the following age ranges: 8-12 weeks old, 12-16 weeks old, 4-6 months old, 6-12 Months old, 12-18 months old, 18 months to two years old.





# Digging

Digging comes very natural for many dogs. Digging is frequently a “hard-wired” behavior in dogs and stopping it is literally trying to stop a dog’s natural tendencies. So.... Instead of Fighting the Instinct to dig, harness it!

One of the most effective ways to deal with instinctual dog behavior like digging is to give a dog a way to do it that is not disruptive. My favorite is to set up a “digging pit” somewhere and then convince the dog that digging there is more rewarding than around the petunias. Dig a hole and fill it with sand. (Sand is a lot easier to clean up than soil.) it may be helpful to hide some toys in the sand and show your dog his new place to dig! Start out making the hidden goodies easy to find and then work your way up to making it more and more difficult. Make it a game, and be sure to spend some time with your dog. Which is a nice segway to the next point.....

## Idle Paws are the Devil’s Digger!

Are you leaving a “known offender” alone in your yard? Leaving your dog alone outside is not a good idea for a lot of reasons, but leaving a bonafide digger alone is just asking for it. Even when you are with your dog, his eyes may wander over to those petunias. This is a prime opportunity to train him to leave things alone on cue. That, along with some work on impulse control, will make it easier to redirect your dog’s attention to more productive pursuits.

Left to their own devices, dogs may not choose the recreation activities we would prefer. Trying playing with your dog instead of leaving him alone. Trying using toys and games to exercise his mind and redirect his desire to dig.

Digging can be a big nuisance, but it’s not an insurmountable problem. Try these steps and remember: enjoy your time with your dog. That why’s you got him!

**REMEMBER: YOU ARE RESPONSIBLE FOR TEACHING YOUR DOG THE DIFFERENCE BETWEEN THE DIGGINGPIT AND THE REST OF THE YARD.** That was in all caps not because I am yelling, but because it is essential.

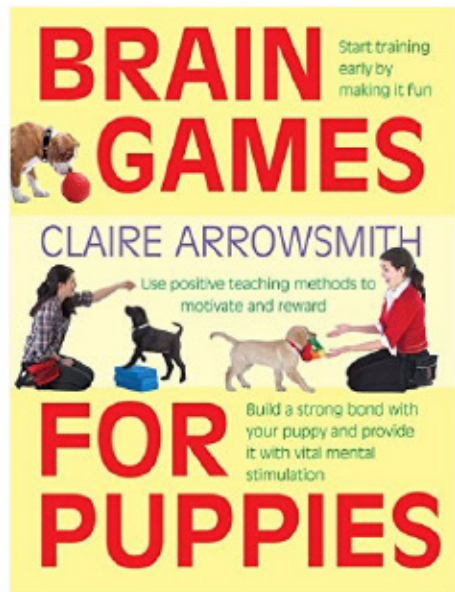
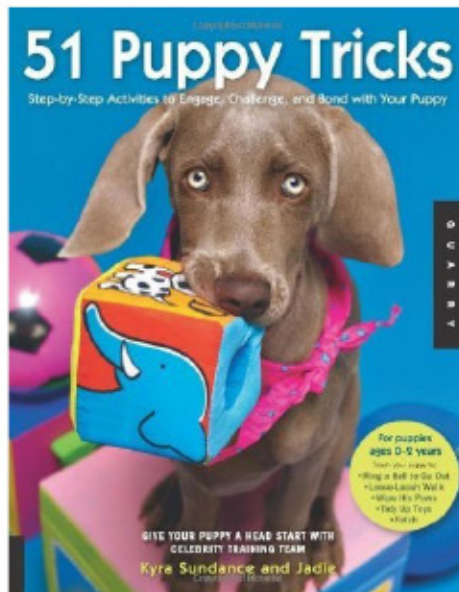
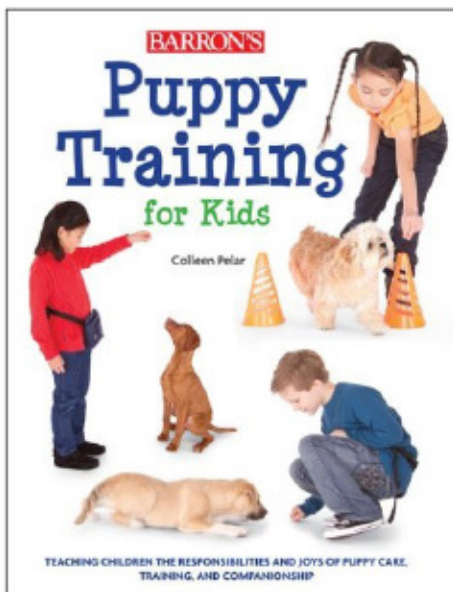
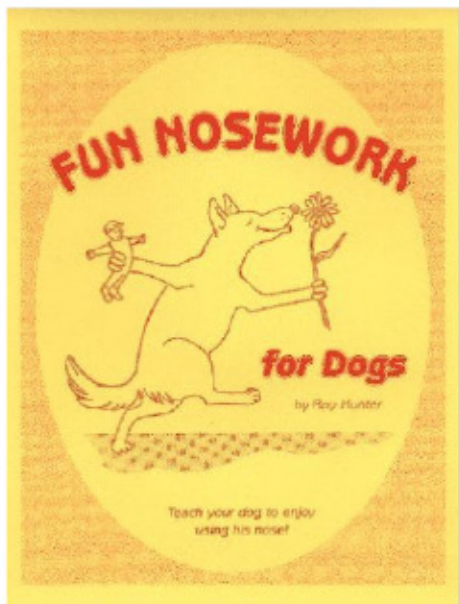
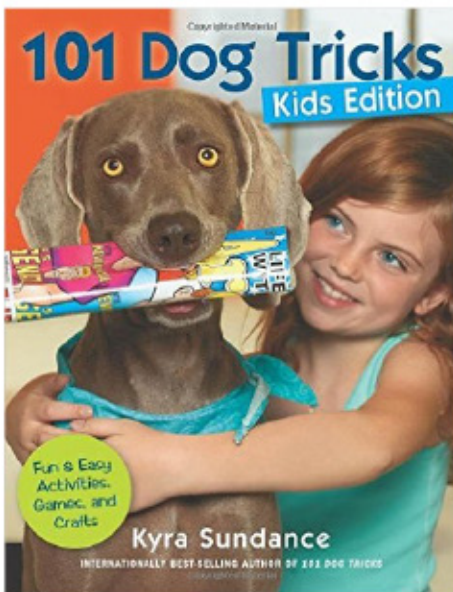
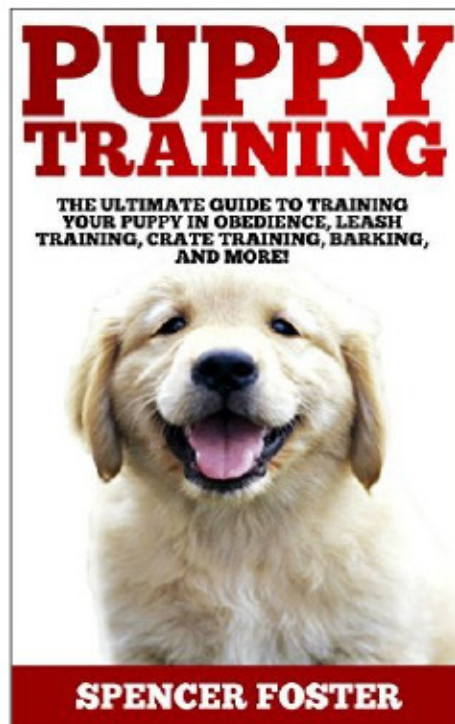
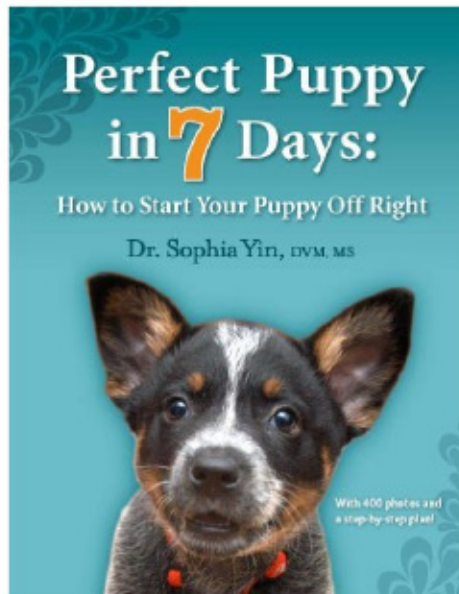
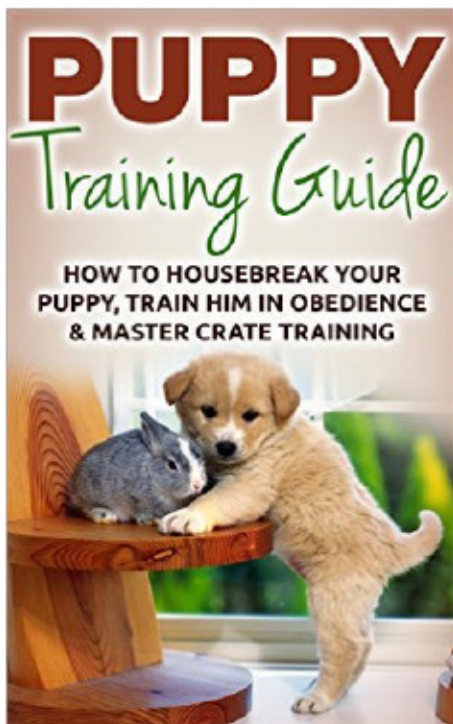
*Pictured Above: Our Digging Pit, constructed with landscape timbers and filled with sand. Large enough and with no bottom. They love to dig deep.*

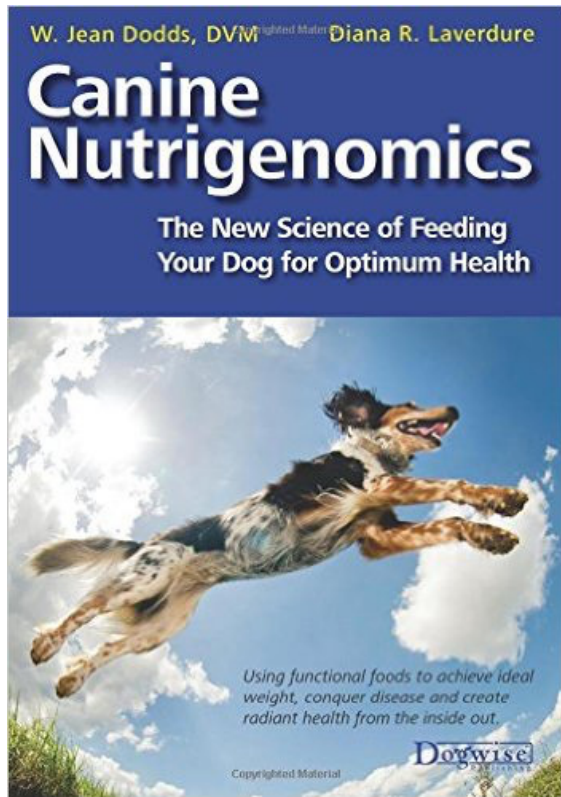
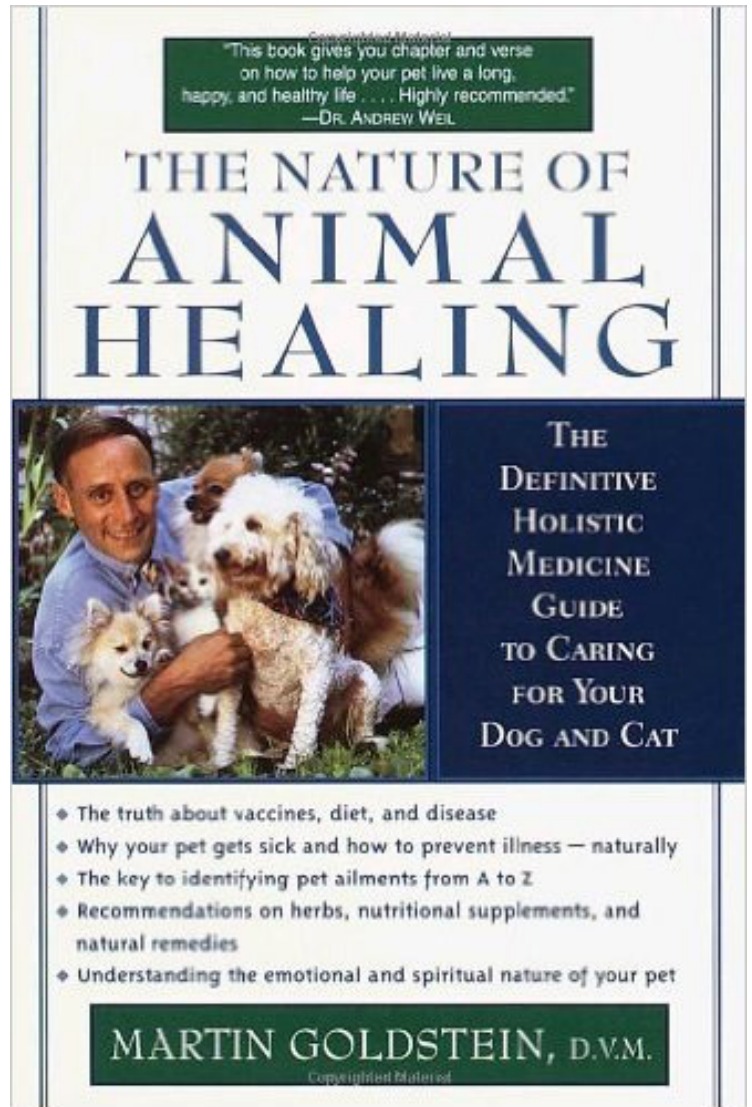
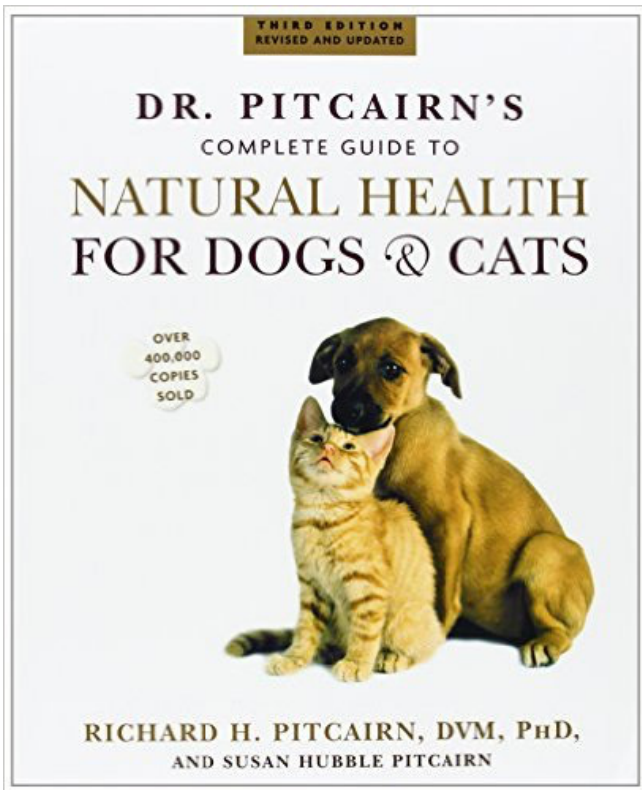




# Books we Like

All on Amazon.com





**DID YOU KNOW:** What you feed your dog can contribute to behavior issues and how often they need to go to the vet? Does your dog tend to have chronic ear infections, skin problems, or, are you dealing with Allergies such as Diabetes, Cushing disease, Kidney or Urinary problems? Does your dog eat lots of grass, rocks, or their own poo? All these have to do with what you are feeding your dog. **Nutrition is the foundation of health.** The folks who refuse to use nutritional supplements or give homeopathic remedies but are willing to feed a raw, species-appropriate diet will still have pets that are healthier than those who are willing to do everything BUT feed raw. — Jessica Levy, DVM

## Our Favorite Dog Magazines



**Dogs Naturally**  
the magazine for dogs without boundaries