

VISIT THE MALL!



CLICK HERE!

BECOME A VIRTUAL FOSTER!

Click here to see how you can make a difference in a rescued Pap's life!

WANT TO ORDER A FIRST AID KIT?



DON'T FORGET - MAKE DONATIONS THRU PAYPAL

https://www.paypal.com/cgi-bin/webscr Remember - all donations are tax deductible!

GoodSearch You Search or Shop... We Give!

SAVE A DOG!

(iGive has over 560 stores to shop from. Enter the site as a Pap Haven supporter and PHR gets a percentage in return)

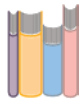
WWW.IGIVE.COM

NEWSLETTER SUBSCRIPTION

CONTACT PAP HAVEN

PHR LENDING LIBRARY:

http://butterflyboulevard.pbwiki.com/



HELP PAPHAVEN RESCUE EVERY TIME YOU SEARCH.

IT'S THAT EASY!

(Remember: you must be logged-in to iGive before you begin your search!)



iSearchiGive™

PHR DIRECTOR: Jan Jorolan, Donna Moore, & James Watson

PHR ADVISORY BOARD:

Rita Charvat Bob Foulk

Linda Fleisch JR Wythe

BOARD LIAISON: VACANCY



# THE WAY HOME

An outreach e-communication from Papillon Haven Rescue

AT LAST, THE WAIT IS OVER ...

## THE SPRING AUCTION IS UNDERWAY!



On April 18, PHR's Spring Auction began! Thousands of dollars worth of items have been graciously donated to our cause. We hope it will all bring large donations to help care for our rescues.

Bidding will end May 10th at midnight (central time). You will be notified via email of your prizes and their donation value.

You can make your payments thru PayPal (via the link on the PapHaven.org home page) or by check (payable to PapHaven Rescue) and mailed to: Jan Jorolan, PO Box 20306, Hot Springs, AR 71903.

Watch for emails promoting the auction, and tell all of your friends, family, and colleagues to "Shop 'til they drop!" Let's make this the best auction ever ... our rescues depend on it!



## HAVE YOU VOTED FOR PAPHAVEN TODAY???

VOTE TODAY Help Papillon Haven Rescue win!!

The Animal Rescue Site \$100,000 Shelter + Challenge - together with Petfinder.com



http://www.theanimalrescuesite.com/clickToGive/home.faces?siteId=3

1. Give free food and care to the animals that are covered by animalrescue.com
2. One the next screen, click on "Vote now" (at the top)
3. On the next screen, about 1/2 way down, type in "Papillon Haven Rescue" and use the state OH; click on search
4. PapHaven should come up at the bottom of the purple band ... you must hit VOTE; and then on the next screen answer the "Confirm Vote" question.

PLEASE REMEMBER TO VOTE DAILY! THANKS FOR ALL OF YOUR HELP!

Voting began on April 13th, and will end at midnight (PST) on July 26, 2009. The more supporters you can rally to vote for your favorite rescue organization, the better its chances of winning. Get people involved! Your favorite rescue organization is counting on you!

Weekly winners will be announced throughout the contest. Fifteen weekly prizes of \$1,000 will be awarded to eligible organizations.

Winners of the following will be announced on July 29, 2009. Prizes will go to eligible Petfinder.com organization with the highest accumulative votes for the duration of the Challenge as specified in the rules.

Grand prize: One \$20,000 grant!

2nd prize: One \$5,000 grant!

3rd prize: One \$3,000 grant!

Honorable mentions: Two \$1,500 grants!

State winners: Fifty-one \$1,000 state grants

(50 US states & Washington DC)

## PAP-OF-THE-MONTH: CAPPY & CHICEAUX

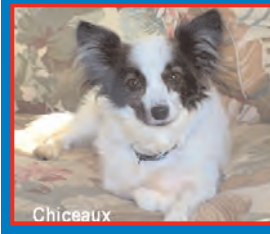


**C**aptain (age 4.5 yrs.), affectionately known as Cappy, is a very handsome 8 pound flashy

red and white Papillon. He is athletic and active, but still loves to cuddle, whether watching TV or in bed. He loves women, and will dance in delight and pat you with his paws. He is slower to warm up to new men; he gets along with his foster Dad, but is wary of teen-age boys. Cappy is submissive to people, but wants to be top doggie with other male dogs. He loves his toys, but doesn't like to share – and the toys better be indestructible. He is extraordinarily smart, and learns very quickly. He would do very well in obedience or even agility. He has learned to fetch and will bring the ball back. He sleeps well in his crate, but is ready to go as soon as it is morning. He would do best with someone who appreciates his intelligence and wants a sturdy pap to jog with or go hiking.

**C**hiceaux (pronounced Chico) is a very smart, sweet little pap about 12 lbs. and 14 inches tall

(age 5). He really WANTS to be loved and petted. He is not yet fond of being picked up but loves to follow you around and go for walks. He has had a few mistakes with housetraining but mostly when we're not at home to let him out. However, he does very well with a belly band. Chiceaux would thrive in a home with a single person or retired couple looking for that furry-lovable companion. He would truly be your BEST FRIEND! He likes to cuddle up close! He will make a wonderful pet for someone who is willing to spend a little time with him and earn his trust. If you are at home with a lot of love to give and a little patience, this little guy could be the best friend you've always wanted!



## SEEKING!

**D**o you have a closet full of gifts that you received and can't or won't use??? Would you be willing to donate them to PapHaven? Good, NEW, unused gifts can be donated to auction / fundraising committee for the Fall Auction!

If you have something you thing would be a good donation, please take a picture of it and email the picture and the dimensions of the item to [jmrasch@charter.net](mailto:jmrasch@charter.net). Jan will be able to tell you if the committee can use your items and what you should do with them.

Don't delay! Prep for the Fall Auction will be here before you know it!

## INTRODUCING PAPHAVEN RESCUE –

[www.paphaven.org](http://www.paphaven.org)

This group came about through the love of a small deaf puppy that required transport halfway across the country to her new home. It took the effort and dedication of people from Texas to Washington DC, and onto Ohio. It took the cooperation of three other rescue groups. In the end, it took the hearts of every one. It is this good will and renewed faith in the goodness of people everywhere that has led us in forming **Papillon Haven Rescue** (PHR/Pap Haven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Papillons and Pap mixes and their rescue / rehabilitation.

Since then, PHR has grown dramatically and continues to grow and evolve to try to meet the changing needs of rescue and the on-going saga of Papillons in need... where ever they are.

We would like to invite you to join in our rescue efforts. With hands reaching out across the country, we can form a circle of love and caring that refuses to let even one Papillon in need fall though the cracks. We are not in competition with any other rescue groups. In fact, it is our goal to work hand in hand with every rescue group and shelter that will join us in this effort. We will not ask for perfect lineage, origins, or looks. We will coordinate with other groups for transporting each other's breed.

We welcome volunteers, sponsors, interested folk, contributors, and especially kind words.

Our eNewsletter, *The Way Home*, tries to bring informative articles, bulletins, feature stories, upcoming events, and urgent alerts about situations where the need for rescue is great.

## AN ODE TO THOSE WHO FOSTER

by Anita Carol Ward

You rescued me one sunny day  
And I could not believe;  
How such a thing that you call love,  
Could ever come to me.

The past I had could not be "life"  
As God would have described.  
'Cause when a human entered there  
I shook with fear and cried.

You held me close, you loved me soft  
When I was so alone.  
You wondered often if ever I'd find  
My sweet forever home.

But here's the day we've waited for  
An answer to our prayer;  
A mom and dad to take me home,  
And ever love me there.

So now my silent, little prayer,  
As much as I can pray;  
I ask the universal God  
To bless you day by day.

And even though my doggy self  
Has not the breath of God;  
With all my heart I ask Him still  
To light the paths you trod.

## DOES YOUR PAP HAVE HIS/HER AMBERSTONE PETS NECKLACE YET?



CHECK OUT THEIR WEBSITE AT:  
[WWW.AMBERSTONEPETS.COM](http://WWW.AMBERSTONEPETS.COM)

# PapCrafters Announce a New Project!

We are going to make a quilt to offer for auction and we'd like to ask everyone to participate

The guidelines are very simple: Any form of quilt, fiber or thread art in a butterfly motif will be accepted. Each block to be submitted in a 10 1/2" x 10 1/2" format with the design field not to exceed 8" x 8". Blocks must be of high quality 100% cotton fabric that is pre-shrunk, 100% colorfast and 100% washable.

Any kind of quilting, embroidery, fabric painting, weaving, collage representing butterflies - anything goes as long as the size and fiber requirements are as listed above. Let your imagination FLY!!!!!!!!!!!!!! Completed block(s) due October 1, 2009.

Anyone not interested in contributing a block to the quilt can become a 'Quilt Adopter' and offer financial assistance to defray cost of batting, backing and border fabric.

For further information contact [liddy-anneverett@earthlink.net](mailto:liddy-anneverett@earthlink.net)

## HELP WANTED!

WHAT DO YOU  
FEED YOUR DOG?



If the answer is Natural Balance, then we need your help!

Van Patten's Natural Balance Pet Foods has offered make a donation to a rescue group if they can save 50 bar code / purchase receipts from their foods (specific flavors don't matter). They do require 50 bar codes before they will accept a submission.

If you can help, please send bar codes and receipts to **Stephanie Sherwin** – she will collect and then mail in the necessary paperwork when we have enough for submission. This is a continuous program – so please save them!

**Please send to:** 4 Woodsong, Roland, AR 72135



**HAPPY MOTHER'S DAY!**

## BE A WELL-EDUCATED OWNER

### SEPARATION ANXIETY

The worst cases of separation anxiety present an unlivable disaster for the pet owner. The animal becomes destructive, soils the house, and vocalizes loudly and unabashedly. Since the behavior occurs almost exclusively when the pet is alone, there is nothing to stop him from creating a spectacular mess and annoying the neighbors every time the owner steps out. In milder cases the dog may show only panting, over-grooming, or pacing which is not overtly destructive but clearly represents an unpleasant mental state for the patient.

- Often the dog begins the anxiety display when he perceives cues that the owner is about to leave (i.e. the owner puts on cologne for work, gets the car keys, takes a shower, makes coffee etc.).
- Separation anxiety problems can be precipitated by moving to a new home or by prolonged separation from the owner. Prior to these events, the dog may have shown no separation anxiety whatsoever.

#### SEPARATION ANXIETY (SA) VS. BOREDOM

It seems intuitively obvious that boredom and anxiety are opposite mental states but

when one considers that dogs cannot talk, it becomes easier to see how one might misinterpret a dog's behavior. One may come home to find the front door scratched up beyond recognition or the sofa reduced to a pile of stuffing. Was he reacting to his fear of being alone? Was he bored and looking for fun? Was he frustrated because he did not know when to expect his owner to be home?

SA is about two things: separation and anxiety (or fear). Here are some clues that the problem is SA and not something else:

- Behavior occurs only when the pet is left alone or anticipates being left alone. (The dog who is destructive for fun may well be destructive when he is not left alone.)
- The pet is 'hyper-attached' to the owner. The hyper-attached pet follows the owner from room to room and/or constantly wants to be held. Many people enjoy being loved by a dog to this extent but it is important to realize when some independence must be learned.
- Destruction is oriented against barriers such as doors (especially the door where the owner was last seen by the pet).
- Vocalization during the episode tends to be high pitched and in repeated yips. (This is a regression to a young puppy's distress call in the time of separation from its mother.)
- The episode begins in the first 30 minutes from the time the owner leaves.

Not every one of these signs must be fulfilled for the diagnosis of SA to be made but the point is that an effort should be made to determine if the dog is actually showing separation anxiety or if there is some other motivation at work.

#### TREATMENT

Living with a destructive animal is an on-going nightmare. One never knows what disaster will be awaiting on the other side of the front door and the simple luxury of finding one's things where one left them becomes an impossible dream. It would be wonderful if one could simply give the dog a pill and solve the problem; unfortunately, training is the primary focus of solving SA and medication is an

adjunct. Often the owner needs as much training as the dog.

#### STEP 1: DISCOURAGE HYPER-ATTACHMENT

Dogs will often solicit attention from their owners. Resist the temptation of petting the dog with SA when approached for play or contact. Be aloof when greeted upon arriving home. Instead the human should be the initiator of contact with the dog.

Do not allow the dog to settle down in close proximity (within one yard) of where the owner is settling down. Arrange objects on the bed or sofa or on the floor so that the dog must settle at a greater distance. If possible, verbally reward the dog for settling at a distance (be aware as continued attention may be seen by the dog as an invitation to approach which is not what we want.) If the dog normally sleeps on the owner's bed, provide the dog with his own bed. One may need to start with the dog bed at the foot of the human bed before ultimately the dog bed is moved to the floor or even outside the room.

If there are other people in the home besides the primary dog caretaker, try to divide the caregiving among the different people so that the dog is not as dependent on one person.

Encourage independent play by using toys that do not require human participation (like a Kong toy containing a food reward).

#### STEP 2: RELAXATION DURING SEPARATION

It is also important to create a positive environment in the owner's absence. There are several ways this might be achieved.

The **Dog Appeasement Pheromone (D.A.P.) diffuser** is a plug-in scent-releasing device. The material released is a genetically engineered pheromone normally secreted by mother dogs to their puppies as a message telling them to relax and that everything is all right.

The pheromone is odorless to humans. A pump spray is also available but the diffuser continuously releases its message to hopefully keep the anxious dog calm.

**Leave the TV or radio on.** The dog will not be fooled into thinking that someone is home; the point is to recreate a sense of cozy relaxation. Most people at home relax while

*(continued on Pg. 5)*

ARE YOU A MEMBER OF ...



Join other PHR members on this exciting site! Network, chat, share ideas that are OT on the PapHaven group's email site.

Also, join the **Facebook – PapHaven Rescue** page. Or refer your friends and family to this page ... great way for them to get their 'feet wet' to the ideas and fundraising of PHR! Our e-news, fundraising, and general information are up-to-date for anyone who wants to get a better idea about what we do!

If you are already a member of *Facebook*, look us up!



(continued from Pg. 6)

listening to the radio or watching TV and the dog often sits in the room relaxed, too. The sound of the broadcast becomes a classically conditioned cue to the dog and may be helpful in creating a sense of comfort.

### STEP 3: DESENSITIZATION TO SEPARATION

Dogs readily learn the cues that indicate that the owner will be leaving the house soon. It is helpful to 'uncouple' these cues from the actual leaving. At random times, the owner can go through some of the rituals of leaving: put on cologne, shower, wear work clothes, taking the car keys, even going outside and locking the door (but then coming in again). This helps the dog to remain relaxed when he hears or sees the cues at the times when the owner is actually leaving. It's important to repeat these cues so many times daily that they become meaningless to the dog.

### DO NOT PUNISH THE DOG FOR BEHAVIOR DEMONSTRATED IN FEAR

This usually only leads to more fear or more anxiety. Second, unless the animal is actually in the process of performing the behavior one wishes to discourage, the dog will not understand what behavior is being punished.

### DRUGS

Currently clomipramine and fluoxetine are the only FDA approved drugs for the treatment of SA in the dog; however, other human anti-anxiety medications have a long history of use for this purpose.

Clomipramine, a 'tricyclic anti-anxiety drug' so named because of its chemical structure, works by increasing levels of serotonin in the brain. Serotonin is a neurotransmitter associated with pleasant, relaxed sensations. When serotonin levels are very high, we fall happily and cozily asleep. Serotonin is also involved with the pleasant sensations associated with eating chocolate, sun-bathing, and falling in love. Problems with reduced serotonin function can lead to anxiety, mood disorders, and obsession.

Clomipramine may be used once or twice a day. Often a lower dose is started, gradually working up to a higher dose. Some owners report good effect right away but it more commonly takes several weeks (4-6) for a steady blood level to be achieved.

## WHO'S WHO?

What began after a discussion with a few members, has helped us to better know our colleagues. Not to say that we all need 'intimate details' about each other's lives, but even a little knowledge helps us know each other a better!



The Fleisch Family

### WHO'S NEXT ...

Hello, my name is Linda Fleisch and I am the new PHR Advisory Board member.

I've been a member of Papillon Haven Rescue since November 2003 when my husband and I fostered a pap for PHR that was pulled from a shelter in New York City. We had Charlie for a year almost to the day before he found his forever home with Leslie Barnett and her husband, John.

In the past (my younger days) I was active with the local Humane Association,



This drug or any other used is meant as a supplement to training and cannot be expected to work without proper behavior management.

Fluoxetine, more commonly known by its brand name 'Prozac,' more recently entered the veterinary market for canine SA. It also acts by increasing serotonin levels in the brain. It is usually given once or twice daily in combination with behavior management as described above. Eli Lilly, the company that manufactures veterinary fluoxetine under the brand name Reconcile®, has trademarked a training program they call B.O.N.D. As with Clomipramine, it takes several weeks to expect to see a meaningful change, though some dogs respond more quickly.

If actual panic is occurring and simply must be stopped, the benzodiazepine class of tranquilizers is appropriate. Sometimes these



SPCA, and Guardians of Animals. Guardians of Animals is an organization that raises funds for the Friends of Animals spay/neuter program.

Over the years I've taken on a few volunteer jobs for PHR and I enjoy working with the other volunteers and the membership in general.

My husband, Helmut, and I are retired and lead a very quiet life in Syracuse, NY. We have 5 canine kids: 2 Papillons: DeeDee age 17, Winnie age 10, and 3 Chihuahuas: Belle almost 14, Rudy 8, and Binky 5.

### THE END

Linda and her husband, Helmut (*shown left*), do a lot of the embroidery that you see on the items in the shopping mall and at auction. *Blue Ribbon Printwear*, their business, donates a percentage to PHR!

medications are initially combined with one of the above anti-anxiety medications to help control the situation in the short term. Diazepam, more commonly known as Valium®, might be useful in such a situation but the problem is that it will not last long enough to cover several hours of owner-pet separation. Alprazolam, a similar drug with more lasting effects may be more appropriate in this situation. Both drugs are 'controlled' – meaning special paper work must be filed in order to prescribe them. There may be a limit on the number of pills that can be obtained depending on one's local laws.

In extreme cases, a behavior specialist consultation may be necessary. Discuss this sort of referral with your veterinarian or to find a veterinary behavior specialist in your area.

# MINDING FIDO'S MANNERS

by Kristine Spitzer, *Bark Magazine.com*  
Saturday, 01 Nov. 2008

Whether you're at a quaint little street-side café replete with diners and yummy snacks, at the local canine watering hole-slash-dog park where the dogs are full of pomp and bravado, or walking down the busy suburban sidewalk in the see-and-be-seen neighborhood districts alongside joggers and business professionals, pet etiquette is important.

Just ask anyone – pooch owner or not – and they will happily open up regarding what peeves them about unruly canine pets and their owners. But when they vent about pet etiquette, are they referring to the dog or the dog's keeper?

**ANSWER: YES.**

**BOTH. DEFINITELY!!**

Our pets are furry mirrors of ourselves, and a good mirror never lies. As responsible dog owners in the current pet-friendly culture it is our duty – no, our privilege – to be accompanied by a well-mannered, socially-dependable canine cohort. So before you and your pooch take that over-stimulating stroll down town, or go visiting relatives and friends unannounced, the polite thing to do is brush up on your pet (and human) etiquette skills.

There are different types of canine-etiquette that everyone should be aware of, some of which are: dog-to-people etiquette, human-keepers-of-dog's etiquette, and doggie-dining etiquette. Luckily, here is a quick-reference guide to the do's and don'ts of doggy manners.

## DOG-TO-PEOPLE ETIQUETTE

- **Don't let your pet jump on people.** In general, jumping is considered rude and out-of-control. Imagine how annoyed your neighbor might be if he said hello on their way to work and your well-meaning dog leaps up for a hug, ruining his new suit. Embarrassing and expensive!
- **Don't allow your pet to bark at strangers.** Some people are uncomfortable or fearful of dogs, and this only escalates that apprehension and makes dogs in general look bad.



Children especially are uninhibited when approaching pets but could be traumatized by the cute-but-crazy dog that made them cry and drop their ice cream. If your dog has a tendency to bark, when possible, avoid oncoming strangers while walking by going to the other side of the street.

- **Do train your dog to 'settle down' or 'sit' for attention rewards or a treat.**

A dog who is sitting politely is much more likely to receive physical praise and tasty morsels. In most situations, if your pet is responsive to the 'settle down' command, you can regain control if it is momentarily lost or forgotten. Bring treats with you if necessary.

## HUMAN-KEEPERS-OF-DOG'S ETIQUETTE – DO'S

- **Pick up after your pooch.** There is no excuse for not cleaning up after your dog and disposing of it properly. According to a recent survey conducted for the American Kennel Club (AKC), 47 percent of non-dog-owning Americans site pooper-scooper violations as their number one complaint against people who keep dogs.
- **Keep your pet on a leash when in public.** *It's the law* – and safer for your pooch. Unless your pet is in a designated off-leash area, he should not be allowed to run around uncontrolled.
- **Train your companion in at least the fundamental guidelines of obedience: sit, down, stay, and come.** Dogs behave better when the expectations are clearly defined. Dogs don't conduct themselves properly out of the kindness of their heart, but they will carry out instructions because there is a treat in it for them whether its food or praise. These basic commands are the building blocks of good manners.
- **Heed house rules.** Even if your canine is the epitome of manners and poise, grocery stores, shopping malls, and restaurants (though some have outdoor areas just for dogs – check ahead of time) have a 'No Pets' policy (the exception being working dogs). Not only does this behavior make you look as if you're above the system, its hygienically inappropriate.
- **Extol the virtues of a personal relationship with Dog.** Let visitors to your home know you have a pet. Some people might be allergic or simply not want 'dog hair' on their clothes. If you are expecting a large group of people, the minimum deco-

rum is to sequester your pet safely outside or in a separate room.

## AND DO NOTS:

- **Don't self-invite your dog.** Whether you're attending a family fandango, a holiday bash, or your son's soccer game, unless your canine companion was specifically invited, bring him only in spirit. Your host or hostess will tell you if the circumstances can accommodate your 'best friend', however, they probably won't tell you when you've crossed the line; but don't count on another invitation. Equally unfair is taking your pet to an event in which he is restrained on lead while his human playmates run around chasing the ball.

- **Don't take liberties with four-footed dining establishments.**

The trend to allow well-behaved pets to accompany diners in outdoor eateries is sweeping the nation. Florida, Illinois, and Texas were the first states to adopt 'Doggie Dining Laws' that permit food establishments to allow patrons to keep Fido in tow as long as they are in check.



**This is not the time to 'train' your new puppy in socialization, nor is it appropriate to allow your pet to mingle or beg.** Quite the opposite; your dog is expected to remain very close to your feet or under the table. Under no circumstances should you allow Fido to eat or drink from the facility's plates or sit on the tables or chairs. Remember that not all restaurants allow non-working animals, so be polite and call ahead. As long as we are on the subject of pet-friendly dining, some places such as *The Tin Shed Café* in Portland, OR and *Out of Denmark Restaurant* in Delray Beach, FL have taken to offering doggie oriented menus to make it a family affair. Spurred by our compassion and desire to embrace our pets in our daily activities comes the need to establish and reinforce the behavioral obligation of societal rules.

**Good etiquette reflects communal respect, social responsibility, and confidence** in the bond that continues to grow between 'man's best friend' and our culture. Our pets are reflections of our own personal and shared conduct, of how we want to be seen by others, and how we see others in relation to ourselves. A well-mannered pooch is a pleasure to be around, a privilege to own, and an inspiration to everyone.

**PLEASE!** Feel free to cross-post our news!

# TOP 5 UNWANTED THINGS YOU CAN BRING HOME FROM THE BARK PARK

By Dr. Amna Plummer, DVM, Critter Care Animal Hospital

With spring in full swing and summer fast approaching, the dog park is bound to be a hot spot for our furry family members. Not only can they bring home memories of fun and excitement, they can also leave with some very undesirable things as well.

I've compiled a list of the top five things that, as a vet, I commonly see from a dog park experience:

- 5. Snake bites** – This time of year is breeding season for snakes. Be mindful around bodies of water. Although snake bites in dogs are not commonly fatal, you still need to seek veterinary care as soon as possible.
- 4. Dog fights** – Dogs are naturally pack animals but some times playtime can make a turn for the worst. If you own a dog that exhibits dominance, keep a close eye on him/her. If you see a dog exhibiting dominance, remove him/her from the situation.



- 3. Heatstroke** – Breeds such as Boston Terriers, Bulldogs, Pugs, and Shih Tzus are more prone to heat stroke, although any dog exposed to elevated temperatures can develop heatstroke. Heatstroke is very dangerous and can be deadly if untreated. Use cool running water on your dog's body, then see your vet as soon as possible. To avoid heatstroke, make sure your dog always has plenty of fresh cold water and shade, and don't exercise them during the heat of the day.
- 2. External & Internal Parasites** – Fleas and ticks can commonly come home with your pet. Make sure your pet is currently

on a vet-approved product for these unwanted tag-a-longs. Intestinal parasites such as coccidia, giardia, hookworms, roundworms, and whipworms, can be picked up through the feces of infected animals, but also from stagnant bodies of water. If you notice diarrhea or vomiting, see your vet.

- 1. Kennel Cough** – *Don't let the name fool you.* Kennel cough is a highly contagious canine illness characterized by inflammation of the upper respiratory system. It's similar to what we consider the 'common cold.' Both viral and bacterial causes of kennel cough are spread through the air by infected dogs sneezing and coughing. It can also spread through contact with contaminated surfaces and through direct contact. General symptoms can include a clear to color nasal discharge; gagging; harsh, dry, hacking coughing; retching; sneezing; snorting; and sometimes lethargy and listlessness. If any of these symptoms are noted, see your vet immediately. If left untreated, kennel cough can lead to pneumonia. Prevention is by vaccination every six months.

## BOOK REVIEWS –

Wendy Volhard and Kerry Brown, D.V.M.

### Holistic Guide for a Healthy Dog



Up-to-date information on:  
• Feeding your dog the most healthful food for each stage of life  
• Understanding vaccines and other veterinary practices  
• Keeping your dog healthy through alternative therapies

All New Edition of a Best-Selling Classic

### 'WE'RE ALL EARS!'

by Wendy Volhard & Kerry Brown, DVM

Finding nutritional data for dogs can be a difficult business – and while much of the information in *Holistic Guide for a Healthy Dog* is presented by anecdote, there's still plenty of worthwhile reading here. Aimed at dog owners that are already fairly committed to non-allopathic forms of health care for their pets, much of the book is based around author Wendy Volhard's Natural Diet. The Natural Diet is fairly labor intensive, as

Volhard is the first to admit, but she provides pages of testimonials that credit the diet with improved temperaments, better activity levels, and exemplary physical health. Each ingredient in this diet is discussed in depth, so owners not ready to take the step of providing a complete diet from scratch can learn about potentially valuable supplements, as well as what ingredients to look for in a commercial diet.

Beyond the dietary information provided, there are several chapters that give solid explanations of different types of health care available, including homeopathy, kinesiology, and the five-element theory. For those who still prefer allopathic care for their dogs, the chapters that cover standard lab tests are extremely useful, finally

giving a layman's guide for urinalysis, blood serum, liver function, and thyroid testing. A glossary defines various terms such as acidosis and hepatic, and each description is easily understandable, even by those with no medical background whatsoever. For puppy owners, a chapter discussing vaccinations is informative – Volhard questions the necessity of many we take for granted, and suggests several methods for lowering the required number for your pup.

Ultimately, the majority of this book is geared toward folks who are already committed to providing their pooches with alternative health care and homemade food. No matter how interesting the dietary concepts presented here, if you aren't already a true believer it's not likely that Volhard's anecdotes will provide you with enough statistical proof to completely overhaul your dog's way of life.

### A REVISION OF A GROUND-BREAKING REFERENCE

Designed to provide updated information found in the original book, as well as lots of new topics, and a new organization – this second edition is more user-friendly than ever!

### Readers will get the latest on:

- Healthful diets for dogs of every age and activity level
- How to modify your dog's diet to best meet seasonal needs
- Natural ways to keep your dog healthy throughout all stages of life
- How to care for a dog in poor health
- The vaccine controversy – the pros, cons, and how to sort them out
- Homeopathic remedies
- Alternative therapies, such as acupuncture, aromatherapy, chiropractics, and use of medicinal herbs



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**M**aggie was just shy of her 13th birthday when she walked into our home and straight into our hearts. She was a much loved dog, but her person had to give her up because of her own significant health issues. We noticed that a few of Maggie's teeth were caked with tartar, but a visit to a veterinary dentist would have been very difficult for this "old lady." So we began feeding her an organic whole foods cooked diet, special treats, and a few supplements including coenzyme Q10. Within one month, we saw a dramatic change. Maggie's teeth looked so good! She was obviously feeling better and would happily trot around our pond carrying her own pink purse filled with her special "dental delights."

Strong teeth reflect a robust immune system and a well nourished body. As we did with Maggie, start by feeding your dog a high quality diet made from whole meats and other natural ingredients. Then try adding these other foods, supplements and herbs to further enhance his dental health. *(It's always best to talk to your vet before giving your dog a new supplement or herb.)*

1. **Bee propolis** has significant antimicrobial and anti-inflammatory benefits. It's excellent for infected gums and mouth ulcers. Use one drop per pound of body weight.
2. **Bones (raw, not cooked)** provide the calcium necessary for strong teeth and bones. Chewing on raw meaty bones does a great job of cleaning a dog's teeth and helping to prevent the tartar formation that leads to gum inflammation. Raw bones also contain probiotic bacteria and enzymes that help maintain healthy

bacterial flora in the dog's mouth. These healthy bacteria act like soldiers, fighting and killing the harmful bacteria such as Streptococci Asctinomycetes before they take hold and multiply, causing gingivitis and other infections. Supervised chewing sessions are like a visit to the dentist without the

anxiety. Choose big organic marrow and knuckle bones for dogs.

3. **Co-enzyme Q10 (CoQ10)** is a powerful antioxidant that not only supports cardiovascular health but also helps keep gums healthy. Consider adding it to your dog's diet for long-term dental support. CoQ10 is best absorbed in oil – first pressed olive oil makes a great partner. The suggested dosage is 0.25 to 1.0 mg per pound of body weight every day.
4. **Cranberries** contain numerous biologically active compounds, including flavonoids, phenolic acids, anthocyanins and condensed tannins. Research has shown that pure cranberry juice may be just as powerful for fighting cavities as it is for bladder infections. A team of researchers from the *University of Rochester School of Medicine and Dentistry*, and *New York's Rutgers University*, found that many of the special substances found in cranberries may not only inhibit the enzymes associated with the formation of dental plaque, but can also stop the bacteria sticking to surfaces. These compounds also prevent acid formation and reduce the acid tolerance of the bacteria that cause decay.
 

A study published in the *Journal of the American Dental Association* reported that a unique component in cranberry juice – a high molecular weight nondialysable material (NDM) – has the ability to reverse and inhibit the coaggregation of certain oral bacteria responsible for dental plaque and periodon-

tal disease. NDM has also been isolated in blueberries, mangos, peaches, plums, and raspberries.

5. **Dill** has long been recognized for both its culinary and medicinal properties. *Hippocrates*, the Father of Medicine, used dill seeds and leaves in a recipe for cleaning the mouth and freshening the breath. Along with being a carminative healing herb, dill also has potent antimicrobial properties and helps to fight infections. Dill is a delicate herb, so always store it in the refrigerator, wrapped in a damp paper towel; better yet, keep it in a glass of filtered water, ready to be snipped and added to your dog's daily diet.
6. **Fennel** is a close relative of parsley, carrots, dill and coriander, all of which have beneficial dental properties. Fennel's phytonutrients include flavonoids like rutin, quercetin and kaempferol glycosides. It's packed with vitamin C, has anti-inflammatory effects, and will also help freshen breath and fight gingivitis as well as protect the liver.
7. **Grapefruit seed extract (GSE)** is one of nature's antiseptics. It can be used both topically and internally. GSE came on the scene back in the 1970s, when immunologist Dr. Jacob Harich was looking for a natural non-toxic alternative to antibiotics that would help the body resist bacteria, viruses, parasites, and

*(continued on pg. 9)*

## HOMEOPATHIC APPROACH

FRAGERIA VESCA 6C IS A HOMEOPATHIC REMEDY THAT CAN HELP PREVENT TARTAR BUILDUP ON YOUR DOG'S TEETH. IT SEEMS TO WORK BY SOFTENING TARTAR, AND CAN BE WHISKED AWAY WITH A SOFT TOOTHBRUSH. THE TINCTURE IS VERY EASY TO USE. THE DOSAGE IS 1/2 TO 1 DROPPERFUL ONCE A WEEK, OR SIMPLY ADD 20 DROPS TO A WATER DISH ONCE EACH WEEK, IF YOU HAVE MULTIPLE DOGS. YOU SHOULD SEE RESULTS IN ABOUT A MONTH. BE SURE TO CHECK WITH YOUR VET OR ANIMAL HOMEOPATH BEFORE TRYING ANY REMEDY.



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fungi. He found what he was looking for in the connecting tissue and seeds of the grapefruit. GSE exhibits significant anti-microbial activity at low concentration. Always dilute GSE before use. Place one to six drops in five ounces of water, then use a Q-tip or a gauze-covered finger to gently clean your dog's teeth and gums.

**8. Green tea** is a rich source of flavonols. It's made from tea leaves that have been dried in a special way to avoid oxidation of the phenolic compounds. The principal flavanol compounds in green tea are called catechins and include epigallocatechin gallate (EGCG), which is thought to be the tea's primary anti-cancer agent. Green tea is recognized as being beneficial to oral health. In humans, it has been shown to help prevent cavities. Check out decaffeinated freeze-dried green tea solids, commonly called green tea extract.

**9. Oats** are a strength-giving cereal. They are low in starch and high in minerals, especially calcium, magnesium, phosphorus, and potassium. Oats are rich in vitamins B, E, and G. They are a nutritive food and support strong teeth while also serving as a nerve, blood, and hair tonic.

**10. Parsley** is one of the world's most concentrated food sources. It has potent antimicrobial properties that make it the perfect breath freshener. Parsley can be fed as a whole food or as a tincture or cool tea, as described in *All You Ever Wanted to Know About Herbs for Pets*. When mixed into your dog's food, an herbal tea provides most of what a dried or fresh herb offers. It can be added to his regular diet, where it is quickly and easily absorbed.

**11. Wild strawberry (*Fragaria vesca*)** has a colorful history and has long been revered for its healing properties. The fruit acid cleans the teeth while the seeds act as an abrasive. Native Americans mashed wild strawberries into a paste and used it to remove tartar, clean the teeth, and alleviate toothaches.

## DENTAL DELIGHTS

It does not seem over a decade since I first created this recipe and entered it in a magazine contest," writes Audi Donamor "It then went on to appear in Dr. John Heineman's *Natural Pet Cures* with the following comments: 'It is possible, believe it or not, to prevent, or at least, slow down gum erosion with a hard type of biscuit that contains anti-bacterial herbs known to prevent the occurrence of infection.'

These biscuits contain parsley and cranberry for dental health and are also crunchy enough to give your dog's teeth a good workout! Choose organic ingredients whenever possible.

### INGREDIENTS:

- 2 garlic cloves
- 1 whole egg
- 1 tablespoon dried oregano
- 1 tablespoon fresh parsley
- 2 cups cooked chicken giblets (hearts, liver, gizzards)
- 1 tablespoon cold pressed oil (e.g. olive, hemp, cranberry, blueberry)
- 1.5 cups stone ground whole grain flour
- (e.g. oat and spelt, or choose alternative flours like hemp or quinoa, an ancient gluten-free grain that contains more calcium than milk)
- 1/4 cup cranberry essence or finely-minced sun-dried unsulphured cranberries
- 1 egg white
- Parmesan cheese

### INSTRUCTIONS:

Place chicken giblets in a pot and cover with filtered water. Bring water to a boil, then turn down to simmer for 20 minutes. Preheat oven to 350°F. Cover two cookie sheets with parchment paper for easy clean-up.

In a food processor or blender, combine all ingredients except flour. Blend until you have a thick paste. Add the flour slowly, so it's well incorporated into the "paste." Add a bit more oil or filtered water if your dough is too dry, or add a bit more flour if you find it's too wet.

Dust your hands with flour and sprinkle it on a board or counter top. You can use oat-meal in place of flour. Knead the dough well, and then roll it out to about 1/4" thickness. This part is particularly easy if you roll out the dough on a piece of floured wax paper or parchment paper. Cut the dough into desired shapes and sizes, or take small pieces of dough, roll out to the thickness of a pencil, and cut into small treats, like biscotti that make a great training treat.

Place cookie sheets in preheated oven and bake for 30 minutes. Turn the oven down to 200°F and remove the cookie sheets from the oven. Beat or whisk the egg white until soft peaks begin to form. Baste the biscuits with the egg white, then liberally sprinkle with Parmesan cheese. Return biscuits to the oven and bake for another 45 minutes. Turn the oven off and leave biscuits until they are completely cooled.

This recipe yields more than 50 medium-sized biscuits. It can easily be doubled. The biscuits store well in the refrigerator and also freeze well.

THE MOST FAMOUS PAPILLON IN THE WORLD (AND PHR DONOR), GENEVIENE HIGHPOINT LAREINE, HAS A NEW BOOK COMING OUT ON MAY 5, 2009!



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