April 2012

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Natural Pet Health

Natural Remedies for Healthy Pets

What Dogs Eat: Is Pet Shop Food Safe?

Time For A Rescue Pet

Travel Safely With A Pet

GRANDMA'S CURE CORNER
RAW FOOD DIET FOR CATS

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While every attempt has been made to provide information that is both accurate and proven effective, the author(s) and, by extension, the publication, makes no guarantees that the remedies presented herein will help everyone in every situation. The symptoms and conditions for each person are unique to individual histories, physical conditioning, body type, and the specifics of the actual health and diet of the individual. Success will vary.

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Natural Remedies for Healthy Pets

Do you consider your pet a part of the family? I sure do. I am not only concerned with what I put in my children's body, but what goes in my dog's body, as well. Would you serve you kids the leftover parts from a butcher shop, give them pesticides or chemicals to ingest? Many times we don't even consider what we are actually feeding our pets. Just because it is labeled for pets, does not mean it is actually GOOD or healthy for them.

I know so much about holistic pet care because I am not only a naturopathic doctor, but our family breeds Weimaraners. The health of our dogs is of utmost importance to us, so we use only natural foods and therapies for our dog and puppies. Our dogs are healthy, vibrant and full of life. I strongly believe that your pet's health and lifespan are directly affected by what you put into their bodies.

It is important to be informed about your options in pet care in order to make the best decisions for your pet's health and well-being. I believe that "standard" care is causing more harm than good, so in this article I will cover natural remedy therapies and alternative pet care. Most animal diseases and problems can be both *avoided and treated* naturally.

Finding a Holistic Vet

A typical veterinary office is similar to a regular doctor's office, which essentially practices "Western Medicine" on animals. Drugs, antibiotics and pesticides are their "medicines" of choice to treat only the symptoms and do nothing to correct the underlying problem of your pet.

The first and most important thing to do for the health of your pet is to find a holistic vet in your area. Even if it is a bit of a drive, the natural treatments for your animals are well worth it, especially when it comes to more serious diseases like cancer. I was lucky enough to find a fantastic holistic vet nearby who has taught me much of what I know today about holistic pet care. She changed our dog's life after having a bad experience with a standard vet.

You can find a holistic vet in your area by going to the American Holistic Veterinary Medical Association website here:
http://www.holisticvetlist.com/#search

The Vaccination Myth

If you take your dog or cat to a standard vet, the first thing they are going to want to do is get them "up to date" on their vaccinations. However, holistic veterinarians and myself believe that these yearly vaccines can assault your pet's immune system, bombarding them with a whole host of potential problems and diseases. Holistic veterinarians state, and science has proven, that most vaccines are completely *unnecessary*.

Dr. Ronald Shultz, a Veterinary Immunologist and professor at the University of Wisconsin School of Veterinary Medicine, pioneered the vaccine schedule that most holistic vets follow today. He backs his recommendations with over 25 years worth of vaccine research. Dr. Shultz states that most vaccines given after a dog's first year have little or no value and don't offer adequate protection.. These unneeded vaccines can cause many adverse side-effects. Dr. Shultz's research shows, that if your puppy gets vaccinated at 12 weeks with a booster 4 to 6 weeks later, then he/she is likely immune for life!

The Holistic Vaccine Protocol

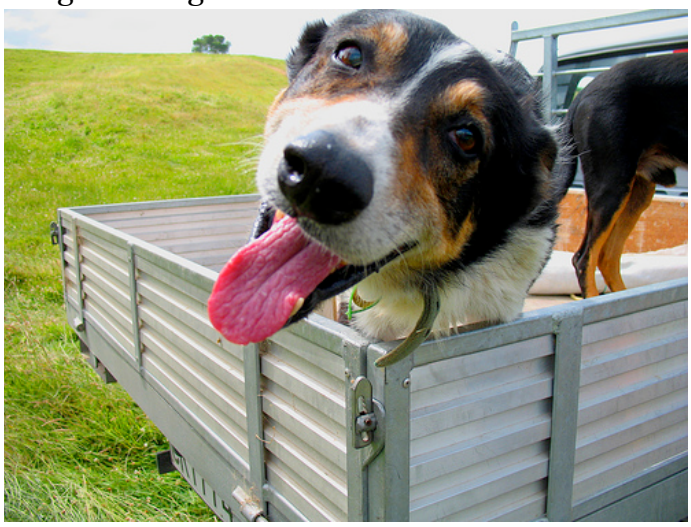
According to Dr. Shultz's Research, there are only 3 vaccines that are necessary for your dog.

Recommended Vaccines for Every Dog

- Distemper
- Hepatitis
- Parvovirus

The holistic vaccination schedule recommends your dogs first vaccinations of distemper, hepatitis and parvovirus be given between 12-14 weeks with a booster of each given 4 weeks later. Most likely no other vaccinations will be needed for the life of your dog. However, a titer can be used later to test your dog's antibodies to see if additional boosters are necessary.

I also recommend giving your dog the homeopathic, Thuja, to counteract the vaccines side-effects. Give them a 30C dose of two pellets 30 minutes before and after the vaccination. Follow that with 2 pellets twice a day for the following 3 days. This will help detoxify your dogs system from the potential dangerous ingredients and their side-effects.



Your Pet Is Already Vaccinated, Now What?

If you already have a pet that has been vaccinated several times, you are probably wondering what you should do now. Most likely, they have all the necessary antibodies for those diseases. If it makes you or your vet more comfortable, you can have your pet's blood titered to make sure. Most vaccines, including the rabies vaccine, will keep your pet immune for at least 8 years.

The Rabies Secret

Most holistic veterinarians believe the rabies vaccine is one of the most harmful vaccines to a dog's system. However, it is required by law. The rabies vaccine is available in both one and three year doses.

Here is a little helpful secret. The 3-year vaccine is not any stronger and is the exact same dosage as the one-year. Choosing the 3 year rabies vaccine will not only save you money, but will save your dog from the dangers of being overly vaccinated.

Treating Pet Problems Naturally

Even if you feed your dog or cat natural food and avoid over vaccinating, they can still develop health problems with age, or simply because of a genetic disposition. I have seen our dog overcome her genetic health predispositions with just a few supplements. If you are fed up with conventional pet care therapies not working, then this is for you. Just like our bodies, an animal's body is designed to heal itself. Natural supplements help facilitate that healing.

Immune System and Allergies

Our dog's breed, like many dogs and cats, is prone to allergies. When your pet has allergies, it is an immune issue. The best way to combat it is not with anti-histamines, but with a good immune booster. There are several amazing immune boosters for pets. My favorites include:

- **Colostrum**

Just 1 pill a day cured our dog's allergies. It is easy to sprinkle on their dog food and has no risk of overdose.

- **Probiotics**

Be sure and buy a pet specific probiotic. These are not only good for the immune system, but for upset tummies. They are also a must following an antibiotic to replenish their good bacteria.

- **Echinacea**

Purchased in herbal or homeopathic form, this is a great anti-viral and immune booster. Add 1-10 drops to your pet's food, depending on weight.

- **Vitamin C**

Buy the non-acidic calcium ascorbate form so it doesn't upset their stomach. Add 50-500 mg into their dog food, again depending on their weight.

Please visit our Home Cures That Work Amazon store for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our Amazon store.

Good natural pet food is essential for a compromised immune system, as well. Many dogs are sensitive to grains like corn and wheat, so avoid them. By-products and chemical ingredients in their food can also lower their immune system.

Also, make sure your dog is getting some sun. The make vitamin D from sun exposure too, which is essential therapy for the immune system. I give my big 80-pound dog a teaspoon of cod liver oil in the winter months to give her some extra vitamin D. Smaller dogs would need less, of course.

Anxiety

Many dogs suffer from anxiety. Sometimes it is from separation or maybe certain situations like a car ride make them anxious. There are some great natural remedies on the market for pet anxiety. Here are my two pet care favorites:

- **Rescue Remedy**

Squirt a couple drops in the mouth of a smaller dog, or use a full dropper for larger ones. Rescue Remedy is a blend of non-toxic flower essences that help calm and relax. It is great for humans, too!

- **Healthy Calm by Renew Life**

This flavored chew is a tasty treat packed with calming herbs like lemon balm and hops. It also has amino acids GABA and L-Theanine, which promote relaxing brain activity.

Flea Repellents and Heartworm Alternatives

Keeping your animal flea and tick free is extremely important. However, most collars, powders and even the longer lasting repellants like Frontline, are essentially chemical pesticides. These chemicals can soak through their skin and cause your pet health issues like seizures and respiratory distress. More importantly, you and your kids can also be exposed to those toxic chemicals by simply hugging or petting your pet! In my opinion, if it says it is dangerous to ingest, then it is dangerous to apply to their coat, as well.

I have been using natural repellants with great results. You can make your own using essential oils or purchase one already made. Here is the blend I make for my dog.

Natural Flea and Ticket Repellant Recipe

Mix equal parts water and white vinegar in a spray bottle. Add the following essential oils.

- 15 drop of citronella
- 10 drops of pennyroyal
- 10 drops of germanium (this is specifically for ticks)

Shake before using. Spray your pet down every 2-3 days or before they go into a wooded area. Neem is another fantastic natural repellant. I have used Ark Naturals Neem Protect Spray with great results.

Heartworm Prevention

You may have good intentions giving your dog heartworm meds, but these tablets are just another chemical pesticide. This "medicine" is packed full of potential side-effects, including death!

The cause of heartworms is mosquitoes; so using the repellant above can help tremendously. However, you can also prevent heartworms with a blend of herbs that is also designed to kill intestinal worms and parasites. I give my dog an herbal blend of garlic, clove, black walnut and wormwood. I put several drops in her dog food a few times a week during the warmer months. No need for wormer or heartworm meds with this powerful blend!

Natural Pet First Aid Kit

Lastly, I want to list some natural remedies I feel are important to have on hand for natural

pet care. This can be essentially your pet's "first aid" kit.

- **Colloidal Silver**

This natural antibiotic is good for bacterial infections, stomach problems (from eating bad pet food), cuts and scrapes and eye infections.

- **Purification Oil by Young Living**

Dab on your pets collar for bug repellant or use on skin irritations and bug bites. This oil dissolved a large cyst that was on my dog's ear in just 5 days. It is an amazing blend.

- **Activated Charcoal**

This is what vets use when a dog or cat eats something poisonous because it absorbs toxins. Also great in a smaller dosage for diarrhea and upset stomachs.

- **Hydrogen Peroxide**

I learned about this when one of our puppies ate mouse poison at a friend's house. Making them drink hydrogen peroxide is a natural way to cause them to vomit. Use only in extreme circumstances, of course! Having this on hand can save your pet's life!

Natural Health for Longer Life

I hope I inspired you to take a closer look at what you do for your pet's health. Knowing how to keep your pet naturally healthy can save you thousands of dollars in vet bills. It can also greatly *extend* the life of your pet. Not only that, better health equals better *quality* of life. As for myself, I want my dog healthy and around as long as possible.

Did this article open your eyes to something new? Did I inspire you to take charge of your pet's health in a more natural way?

I'd love to hear your feedback. If you already use natural remedy methods with your pet, I would also love to hear some of your tips and success stories. Please write your comments HERE.

Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at http://amandabox.blogspot.com/ for contact info.

What Dogs Eat - Pet Shop Food Kills

Vet: I'm afraid, there is nothing we can do...

You: But…I didn't know.

– Ignorance quickly turns to remorse, when the vet prepares to euthanize your best friend.

"Knowing is half the battle." ~ G.I. JOE

12 Reasons to Start Preparing Your Pet's Meals – Instead of Feeding Them Pre-Packaged, Processed Junk Food

It is not possible to know exactly what is in those big ole bags of industrial food you buy for your pets. But, the ingredients we *can* see reads like a laundry list of unhealthy junk-food we try to stay away from ourselves.

- Bone meal
- Animal fat
- Cereal by-product
- Meat by-products
- Ethoxyquin
- Xlitol
- Fishmeal
- Corn syrup
- Menadione
- Ammoniated glycyrrhizin
- Propylene glycol
- Food coloring

If You Wouldn't Eat It – Why Feed It To Your Pet?

As you'll soon see, some of these ingredients are not only unhealthy – but they are downright toxic. They attack your pet's liver, kidneys and other vital systems. If it goes uncorrected, then the unthinkable becomes reality.

The symptoms of liver toxicity, kidney failure and diabetes can happen slowly over weeks and months. You'll notice your pooch becoming lethargic and when you expect the usual spritely response to " Go get your leash," you may see a dim, unenthused, stare behind her glazed over eyes. You might find she's barely touched her breakfast and whatever she does take in comes right back out. These are the danger signs that you are slowly poisoning your pet.

If you were to Google the ingredients listed above, this is what you would find...

A laundry list of foods "unfit for human consumption"

1. *Bone meal*
   Pretty much just as the name implies, this is crushed up bones from whatever animal they can find: dead zoo animals, road kill or even other cats and dogs. Bone meal is used as an organic plant fertilizer and was once used as animal feed...until they realized it was full of lead and other toxic metals. It is enough to make you wretch, but let's keep reading...

2. *Animal fat*
   This non-specific term can mean the rendered fat of just about any animal. In fact, manufacturers are not required to disclose the origin of the fat. You may notice it says after the listing, "Used as a preservative." What does that mean? How does fat act as a preservative? That aside, this rendered animal fat can lead to diabetes, heart disease and obesity.

3. *Cereal by-products*
   What? Cereal is bad? Yes – if they use *inferior* cereal by-products in the manufacturing process. You can bet your ash that can pet food manufacturers aren't really concerned with the best quality ingredients. In fact, much of the grains used in dog food are agricultural waste that the FDA has deemed, "Unfit for human consumption." Yet, it is more than legal to put this nasty substance into pet food.

4. *Meat by-products*
   This stuff isn't even meat at all. It is the leftovers after the meat is stripped from the bones of animals. So, meat by-products are heads, entrails, feet, lungs, spleen, kidneys and stomach. Like the inferior grains, these by-products are, "unfit for human consumption."

5. *Ethoxyquin*
   Ethoxyquin is an insecticide, which doubles as a preservative in pet food. Even foods with such wholesome reputations as *Taste of the Wild* and *Chicken Soup for the Dog Lover's Soul* use ethoxyquin. Bottom line – it is used to kill bugs, so it's toxic. It has been linked to cancer in laboratory test subjects, too. So, why risk it? Your dog could be eating about 26 pounds of toxic preservatives each year if you give him food with this stuff in it!

6. *Xylitol*
   Xylitol is a sugar substitute found in many types of candy, chewable vitamins, sugarless baked goods and in sugarless gums like Trident™ and Orbit™. As little as three grams (e.g. about five pieces of gum) can kill a 65 pound dog. Smaller dogs succumb with amounts from just one or two sticks. Within 15-30 minutes of ingesting xylitol, a dog's insulin levels will surge and blood sugar levels will drop, resulting in lethargy and loss of balance. Permanent brain damage can occur and without treatment, xylitol consumption can lead to liver failure, even known to cause death within 24 hours. [i]

7. *Fishmeal*
   It is nutrient-rich, high in protein… seemingly all your pet needs for healthy living. But, not really. See, fishmeal is also used as a high-quality organic fertilizer – like many of the unsavory ingredients in pet food. What else is fertilizer used for? If you said making explosives, then you are right. Unmodified fishmeal has been known to spontaneously combust – the resulting fire has even sunk ships transporting this stuff. [ii]

8. *Corn Syrup*
   We all know the buzz around the use of corn syrup in our own foods. The danger of it in your pet's food is just as bad – if not worse. Corn syrup – the king of processed sugars – has absolutely no purpose for your pet. Processed sugar is completely foreign to your furry friend. It leads to tooth decay, diabetes and obesity – just like for us.

9. *Menadione*
   A source of vitamin K, menadione is far from nutritional. Nutritional value is its façade…it

is really just a complex synthetic chemical used in chemotherapy. Doses of it have been linked to anemia, brain damage and liver failure.[iii]

10. *Ammoniated glycyrrhizin*
    Huh? If it is difficult to pronounce, then it is probably a bad idea to eat it! A potent sweetener, this is actually derived from licorice root. It is often added to pet food in order to make it taste more appealing to your dog or cat. But just like any other sweetener, it leads to the same ugly health problems like diabetes tooth decay and unruly weight gain.

11. *Propylene Glycol (PG)*
    AKA, antifreeze. This stuff finds its way into the darndest things…creams and lotions, make-up, engine degreasers and now – Fido's food bowl. Supposedly, PG is a non-threatening version of antifreeze and is added to make food soft and moist. It helps retain water, but also kills red blood cells and is a prime suspect in the cause of cancer. [iv]

12. *Red dye # whatever*
    Do you really think your pet cares what color her food is? All she needs to know is that it smells good and tastes good. Fact is, the same dyes used in food production – ours *and* theirs – can also be found in textiles, cosmetics and Big Pharma drugs. Make no mistake – it is a non-food item. It is completely unnecessary where your pet is concerned. Some dyes have been banned by the FDA because they were found to cause behavioral problems, as well as a higher risk of cancer development. [v]

So Now That You Know, What Do You Do?

The day you realize you have been slowly poisoning your pet hurts and can make you feel guilty. But, the good news is you can make up for it — starting today!

See, your four-legged friend is your #1 fan, your advocate and full of unconditional love. So trust me – he forgives you…just make the right choice for his excellent future health.

Let's Start With Kitty…

The amount of kilocalories a cat needs depends on how active they are. Young cats are high energy and a lean, mean, 15 Lb playing machine needs about 360 kilocalories a day. As your cat ages and settles down, you must make caloric adjustments. Give Fluffy about 30% less calories each day when she stops chasing string or when her playing days are numbered. Over feeding a cat just 10 extra calories per day can add a pound of fat to her little body each year. Not to mention the increased risk of diabetes, kidney disease and osteoarthritis.

Supplement A Carnivore's Diet

Cats are carnivorous. Meat is muscle and muscle stores water – this is where cats get a large portion of their water intake.

Do carnivores need vegetables and grains? Yes. By feeding them a balanced diet, we are effectively giving them everything their ancestors would have gotten through their herbivorous prey.

So, if you want to prepare a special meal for Tiger, serve up a chicken breast stuffed with spinach and wild rice. There you have it: the

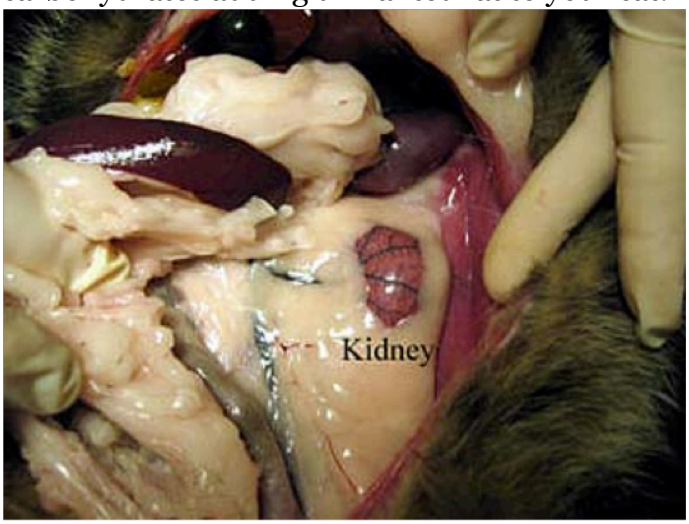
Big-6 —*proteins, fats, carbohydrates, vitamins, minerals and water* – all well represented. With the right ratio of meat to veggies and wholesome grains, your cat (and your dog for that matter) can safely meet their daily needs for energy, growth and overall well-being.

Dry Foods Are Not The Answer

It is real simple. Eliminate dry food for 3 reasons:

1. Your feline friend can finally join the ranks of his ancestors – lean active and ready to pounce.
2. The wet food will hydrate rather than dehydrate.
3. The animal protein will deliver all the essential amino acids that nature intended.

Dry foods are high in calories and high in carbohydrates adding unwanted fat to your cat.



Kidneys Choked By Fat – Not What Nature Intended

Your pet depends on YOU to serve up their needs. Look for signs that show you are off the mark for targeting the long healthy life of your pet.

Ever hear anyone tell you to drink plenty of water to lose weight? Same thing's true for your pets.

Cat from a dry food diet high in calories and carbs.

This cheshire cat needs to stick to wet food..
If he wants to walk again...
Let alone chase birds...
He will need plenty of water...
While he gets off the dry food!

Here is a quick breakdown of a cat's nutritional RDA in terms of protein, fat, and carbs...

Dry food just doesn't cut it. Cats in the wild have lived long and full healthy lives by enjoying a fresh kill for its nutritional needs. Now, I'm not saying you should go out on a hunt for little Tabby's dinner of course...but you can try a very simple, all natural recipe to give her the balanced meals she needs.

Try this fresh, natural, simple and wholesome recipe that packs on the nutrition – not the pounds.

Dinner For One…Feline*

What you'll need:

- 3 pound of chicken thighs (bones/skin)
- OR 2.25 pounds of whole ground rabbit mixed with .75 pounds of boneless chicken or turkey (meat/skin/fat)
- At least 1 C water
- 2 Eggs – you can put the yolk in raw but lightly sauté the whites
- 2000 – 5000 mg fish oil – kitty needs essential fatty acids too!
- 400 IU (268 mg) vitamin E – the powder from the capsules is easiest to use
- 50 mg vitamin B-complex
- ¾ tsp Morton Lite salt with iodine if you use chicken but NOT with rabbit
- 4 ounces liver only if using chicken mixture – rabbit will have liver in it

What to do:

This is a raw or semi-cooked meal. You decide how to serve it. In either case, thoroughly rinse all meat to remove any surface bacteria. If you wish to serve this semi-cooked, bake the meats just enough to kill off any remaining surface bacteria but leave it "rare." Incorporate all ingredients into a grinder and grind until desired consistency is achieved.

Scoop it into a bowl, ring the bell and bon appetite!

Stay Out of The Dog House

Give Fido only what he needs and nothing he doesn't

Research Based, Peer Reviewed,
Published Clinical Trials….
The proof's in the pudding.
Our nation's chronic health conditions are directly related to life style.

YOU are what YOU eat, and so is your pet.

When Silent Ingredients Become Silent Killers

According to the Journal of the American Animal Hospital Association, ingredients in commercial dog food are the primary culprit for a deadly condition known as *Dialated Cardiomyopathy* (DCM).

See, the ingredients that are "unfit for human consumption" interfere with a dog's production of taurine, an essential amino acid needed to build his cardiac muscle. Without tuarine, the muscle can no longer effectively pump blood to the body. So, this means the end of the dog run gets a little closer with each bite.

The findings of a clinical trial, where each dog was fed a diet of commercial dry food containing lamb meal, rice, or both as the primary ingredients, revealed that each 1 of 12

dogs had low levels of taurine and varying stages of disease related to DCM.

Here we find the mystery protein sources, their enzymes and engineered amino acids. Digested chemical preservatives and pesticides contain molecules that are unrecognizable. They start to clutter and block pathways for the amino acids that are made by Fido's system and crucial for cellular survival. Although we can't see it at first, his organ function is going haywire.

Because malfunction can go undetected, pet owners rarely catch it in time to reverse the damage: heart muscle death is permanent. In fact, you may not know until Rover has a heart attack and dies. *All his life you carefully chose food you thought was nourishing to your dog, when in reality it may have caused his premature death.*
Which do you think will take more time? Planning your pet's menu or spending your time researching and watching for all the dangerous symptoms that go along with these:

- Digestive disorders
- Diabetes
- Autoimmune Disease
- Hyperadrenocorticism
- Pancreatitis
- Gastric dilatation volvulus
- IMHA (hepatic failure}
- IBS
- Dialated Cardiomyopathy

I am sure you agree...smart menu planning trumps wasted time, money or worse – loss of life!

Fluffy…Party of One – Your Table Is Ready

When making dog food, keep in mind that the ratio of digestible carbohydrates is 10 times higher than in cat food. Yet, the RDA of protein is less than half. Here is a quick canine RDA chart:

Chicken Veggie Chow**

What you need:

- Fresh minced chicken meat
- Two and a half cups of fresh or frozen veggies of your choice - NO Onions or Garlic
- Four cups of rice
- Six and a half cups of water

What to do:
You will need either a large saucepan or a Dutch oven. Either one will work fine. There are no other real necessities for preparing or cooking this dog food recipe, except a knife and a stirring utensil. To prepare your food, follow the directions below.

1. Mince chicken
2. Cut fresh vegetables into tiny pieces (if using fresh)
3. Add chicken, vegetables, and rice into pot or Dutch oven
4. Stir in water
5. Keep stirring until mixture is smooth
6. Turn heat to medium
7. Bring to a boil
8. Reduce heat to medium-low
9. Simmer until rice is tender and water is absorbed
10. Cool completely
11. Serve or store

When it comes time to store the chow, you will have two options. You can put each serving into either a baggie or air-tight container. If you have four days worth of servings, then simply refrigerate until you are ready to use. If you have more than four days worth of servings, then you will need to freeze in freezer safe containers or bags each one to keep them fresh, for up to 6 months. The night before you run out of refrigerated servings, take out four more days of frozen servings to thaw the fridge.

Thank You, Sir. May I Have Another?

And here is another great meal your dog will lick his chops over…

Just your Basic Dog Food - Meat, Rice and Vegetables***

What you need:

- 1 pound ground meat – antibiotic and hormone free (beef, chicken, lamb, turkey, etc.)
- 2 cups cooked brown rice
- 1 pound bag or equivalent pound of mixed vegetables (I favor carrots, celery, potatoes, sweet potatoes - I know people who use kale, broccoli, cauliflower)
- 1-2 pound of plain yogurt

What to do:

1. Brown the ground beef in a skillet if you desire, drain fat. Set that aside.
2. Steam vegetables in a vegetable steamer or steam in pan with a veggie steamer device until tender. Remove from steamer and allow to cool a bit.
3. Chop the vegetables to desired size by hand or add vegetables to a food processor and pulse until the vegetables are coarsely chopped.
4. Mix the chopped vegetables with the rice and ground meat.
5. Store refrigerated in a tightly sealed container.

Your Pets Are Totally Dependent On You – Don't Let 'em Down

Our pets depend on us to serve up their needs. Watch for signs that you might be off the mark for targeting the long healthy life of your pet. If you are – fix it!

For the love of all things good, don't fall for pet food manufacturers' lies. They are just trying to make a buck – billions of them with no regard for the lives they are risking.

Remember: wherever animals die – the circus, zoos, pet stores, shelters and even scooped up road kill, they are all united in places like Baltimore, home to 1 out of 286 rendering plants in the US. Here, their carcasses are all married together in massive vats and then sent through the grinder, then into the cauldron to make a nasty "stew" known by many different names: meat meal, poultry meal, poultry by-products, yellow grease, tallow, beef product or fatty acids (remarkably deceptive as this gruel is not the fatty acids we've come to know and love at all).

The Proof Is In The Bag

Now chances are if you feed your pet store bought food – he is eating this garbage. To drive the point home – if you eat processed foods, so are you and your family.

It is even in the soap you wash with and the candles you light for a romantic dinner. It is in the tires on your car and the GUMMY BEAR vitamins you give your kids, and you might think twice before applying lipstick or smooching with someone wearing it – bone meal is routinely put into lipsticks.

The choice is yours. Save yourself and your family – including your innocent, reliant, trusting, little furry friends. They count on you to make the right choice when it comes to mealtime.

You now have the knowledge. You have won half the battle between the good and evil of moral and ethical judgment. You have only to win the other half with an action plan.

Do this by keeping it simple – less is more. Feed your pet fewer ingredients with fewer syllables – foods you can prepare cheaply and quickly...without toxins and unhealthy by-products. You wouldn't choose to eat that stuff yourself – don't choose it for your pet, either.

Have you seen your pet improve in health with homemade food? How do you feed your dog or cat with natural ingredients?

[i] http://bichonworld.com/The-Dangers-Of-Xylitol-And-Dogs.html
[ii] http://reefmunchies.com/truth-about-fish-meal
[iii] http://www.mdguidelines.com/poisoning-vitamin-k
[iv] http://www.healthy-communications.com/5cancercausingchemicals.html
[v] http://www.organicconsumers.org/articles/article_23004.cfm

**Courtesy Catinfo.org/MakingCatFood*
***Courtesy GoodDogFoodRecipes.com*
***Courtesy akirchner.hubpages.com/hub/Dog-Food-Recipes-You-Can-Make-Yourself*

Time For A Pet Rescue

Health Benefits that Pets Provide

Welcome, dear reader! Once again I will attempt to distract your attention away from the "white noise" of such current topics as solar flares, global warming, politics and hate crimes to something that can melt even the coldest heart — pets!

That's right, friends! This month's topic is "Natural Pet Health." If you have read my previous articles, then it will not surprise you that I lean toward a variation on a theme, and this one will be no different. Instead of giving you tips on grooming or how to keep your pet healthy (I will leave that to our experts!), I want to share the many ways God's amazing animals keep us happier and healthier.

Need for Puppy Channel

You would be hard pressed to find a single person in America unfamiliar with football, let alone The Super Bowl. Friends and family

gather around the big screen for food, fun and fellowship.

Not to be outdone, Animal Planet took a gamble and launched "The Puppy Bowl," a mock football game comprised of adorable canine "athletes" playing with a toy football tugging, rolling and peeing on a field in a "puppy" stadium. It became a smash hit!

Each year they "up the ante" and this season, kittens took to the field at halftime. They even had potbelly pigs as cheerleaders! People lit up Facebook and Tweeted with abandon as the announcer asked the question, "America, who do you think should be this years MVP (Most Valuable Puppy)?"

In a world of uncertainty, these precious creatures offer a well needed escape. With all of our technology, nothing goes "viral" quicker on YouTube than a talking dog or a "clairvoyant" cat! Around the globe, people are obsessed with animals… and for good reason! Their unconditional love and faithfulness produce health benefits for humans that are nothing short of miraculous.

Furry Friends Can Aid Your Health

According to the American Veterinary Medical Association, 57% of American households own at least one pet. Compared to non-pet owners, the 57% of pet owners enjoy far better health and well-being.

Karen Allen, PhD, a researcher from the University of Buffalo, conducted a controlled study of 48 stockbrokers who were all taking hypertension medication. Half (24) were given their choice of a dog or cat to take home and care for. After a couple of weeks with the pets, blood pressure and heart rates were administered to all of the participants. Those with a pet had lower heart rates and drops in their blood pressure, but the participants without pets showed no change. Once those without pets saw the results, many went out and got a pet!

A recent article from Healthstatus.com listed the following health benefits pet owners enjoy:

- Reduced stress and blood pressure
- Pets provide unconditional love and are always happy to greet you when you arrive home
- Criminals hate dogs - a dog is good personal security when you are out walking and good security for your home when you are away
- Walking a dog will help keep you fit and active
- Boosts your self-worth because they are depending on you for their care
- Need a date? Walking a dog breaks all kinds of social communication barriers

Try the local dog park because there is no telling who you may meet…maybe your future spouse!

- Dogs can help clean your house. Drop a little popcorn on the floor and you don't have to worry about it because your dog will clean it up in no time.
- Studies have shown that heart attack patients who have pets survive longer than those without
- An Australian and German study found that people who own pets have fewer doctor visits (Australian Social Monitor 2002; 4: 93 – 99)
- Pets prevent you from being lonely because they are great to talk to even though they don't talk back

- Alzheimer's patients have fewer anxious outbursts if there is a pet in the house

Pet Therapy for Learning Disabilities

Pets also have an amazing effect on children with autism or learning difficulties. Studies show that children with autism are usually better able to interact with friendly pets than people. Like pets, autistic children sometimes depend on nonverbal cues to communicate. So, connecting with a dog or cat may become a bridge that helps an autistic child connect with people.

Pets help children with learning disabilities manage stress and become less frustrated with their condition. Children sense the innocent nature of their pets and are not threatened by them. Children's Hospital of Orange County (CHOC) was one of the first in the nation to implement a pet therapy program. In the 1990's, CHOC was one of only 50 hospitals in the nation to bring in Caring K9s as a therapy program sponsored by the Animal Health Foundation. The Caring K9s and their owners aid children in oncology, medical and surgical wards as well as physical, occupational and speech therapy departments.

Since the mid nineties, the unconditional love of these furry little volunteers has raised the spirits of countless children, providing them with a much-needed escape from their treatment routines. Today, you can find therapy dogs in retirement homes, hospice care centers, doctor offices and wellness centers.

Pets to the Rescue

There is a lot we can learn from our pets: faithfulness, sacrifice, devotion, unconditional love and heroism.

Heroism? Yes!

I challenge you to Google "true stories of hero pets." You will be amazed and deeply moved by the real life stories:

- People being pulled out of burning buildings
- Persons rescued after falling through the ice
- A family being saved from a gas leak
- An elderly woman saved from venomous snake
- Sleepwalking girl saved in -16F degrees weather

Who performed all of these heroic actions? The faithful family dog, that's who!!

Firedogs, police K9 officers, bomb sniffing dogs and seeing eye dogs risk their lives every day to save others. If more of us shouldered this selfless resolve, the world would be a better place indeed.

Remembering Rescue Dogs

I will never forget 9/11. All of those images are permanently engraved in my mind: buildings reduced to rubble, people walking aimlessly, covered in dust, their tears turning to mud while frantically searching for loved ones. I was so numb by the horror that I couldn't cry for three days. Then on day three, as I watched a man pinning angels on strangers while handing them a picture of his missing wife, I fell apart!

Suddenly, as my tears began to flow, I felt a weight pressing in on me. You guessed it! It was my dog Selah! This wonderful dog sensed my pain and acted accordingly, resting her head on my leg, licking my tears and applying just enough of her weight against me as if she was saying, "I am here and I love you!" When I looked back at the television screen, I was amazed to see a dog licking the face of an exhausted survivor! So many dogs were brought in to help at ground zero and some of them died trying.

Improve Your Health With Any Pet

I know I have highlighted dogs thus far and there is a good explanation... there are so many great unconditional love stories about them!

Please, no hate mail! I am an equal opportunity pet lover!

Cats, guinea pigs, mice, ferrets and rabbits obviously make excellent house pets and offer health benefits galore.

In fact, you would be surprised to know that snakes, lizards, turtles and goldfish are also great additions (sorry, Mom) - not just dogs or cats!

Much higher in the "maintenance" column, yet far worth the investment is the horse. Horses are amazing creatures that require a full time commitment and give their owners a lifetime of faithfulness and friendship.

Why Birds Make Good Pets

Now, I will close with a topic that is for the birds... literally!

Have you ever heard the expression, "Free as a bird?" Wings - what a marvelous upgrade birds are graced with one of the most amazing abilities of all, flight. Birds do naturally what man and machine can only emulate. They can sing beautifully without a lesson and talk without vocal cords! In fact, these winged wonders "talk" by blowing air over the top of their bifurcated trachea much like we get sound from blowing over the top of a pop bottle.

Though many feel it cruel to cage an animal with wings, birds offer amazing health benefits and live long lives in captivity. Lets talk about a few of the benefits of owning a bird.

- Most species of birds are extremely intelligent and will mimic your behavior (good or bad!)
- Birds are easy to care for and require minimal grooming (great for the elderly or handicapped)
- Birds are extremely social and they quickly bond with their owners
- Birds are inexpensive to feed
- They take up little space in your dwelling
- You can take them anywhere most hotels do not consider them pets
- They are beautiful to look at
- They thrive in captivity — some species live over 100 years!
- Many species "sing"

There are few things in nature as peaceful as the song of a bird.

One California mayor believed this so strongly that he installed loud speakers in his town to pipe in recorded birdsongs 24/7! Many skeptics lampooned Rex Parris, mayor of Lancaster, California, as a "birdbrain." Today, many of those skeptics are changing their tune. Since the bird songs began transmitting in Lancaster, crime rates have fallen dramatically.

According to the Los Angeles County Sherriff's Department, minor crimes have dropped 15% and major crimes by 6%. Mayor Parris' gamble is restoring peace to Lancaster, California by the oldest therapy on earth, the song of a bird!

Top 3 Things to Consider About Pets

So this month, I am leaving you with some homework! Please take the time to answer the following questions HERE.

- ***How has your pet improved your life?***
- ***What Godly characteristics can you identify in your pet?***
- ***What is your all-time favorite T.V. pet? (Here are a few examples, Lassie, Flipper, Mr. Ed, Arnold Ziffel from Green Acres and Rin Tin Tin.)***

Today, Americans are willing to pay anything to live longer. Let me offer some advice. The facts speak for themselves! If you want to be happier and healthier, then you need a pet rescue!

Gods little wonders are still the best life extension therapy on earth! Remember, a little "mewsic" can smooth out your "ruff" day and never let your Karma run over your Dogma.

'Tweet Dreams!

Michael

Michael Tyrrell, www.michaeltyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. http://michaeltyrrell.wordpress.com

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Travel Safely With A Pet

Pet Travel Tips - How to best travel with a dog or cat.

The travel season is approaching and most of us wish Fido or Fluffy could come along on our vacation. Besides, kennels can get expensive! Traveling with your pet can be safe, if you take the proper precautions, says Robert L. Ridgway, DVM.

Remember these three rules to traveling with a pet: Prepare, start without treatment, treat as needed along the way.

1. Prepare your pet for travel by starting with short trips in the car so the animal gets used to the movement.

Many pets will tolerate trips in a car or a plane just fine. Help your pet prepare for your travel well ahead of time by letting him in the car with you (properly restrained for your safety and his) on short trips around the neighborhood or to the drive-thru bank teller or ATM.

Just remember: never leave a pet unattended in a vehicle. Temperatures can rise to dangerous levels much more quickly than you realize.

2. Once it is time to leave for your vacation, start your trip without any treatment and use it along the way only if you need it.

If properly prepared (see step 1), your pet could be just fine. Bring along some water and be conscious of how long your pet is cooped up; if you need to stop, then he probably does, too. Most animals won't need any sort of sedation or anti-nausea medicine.If, however, your animal is getting motion sickness, then over-the-counter Benadryl will work just fine, given in the proper dose. Give 1-2 mg per pound of body weight.

If your trip is a long one – a flight to Hawaii or overseas – no sedative or medication on the planet will treat the animal for the duration of travel or vacation, so just don't do it.

"I was assigned to one duty station when dogs were sedated for a flight," Dr. Ridgway says. "While they were on the tarmac waiting to be loaded onto the aircraft, the dogs died from the heat and depressed central nervous systems due to drugs."

3. It is impossible to overdose a pet with over-the-counter medicine. WRONG.

This is a common misconception, Dr. Ridgway says. Overdosing with OTC medicine has resulted in many trips to the animal ER for toxicity – or the death of a beloved pet. If you don't know the proper dose for your animal's size, then don't give the drug, even if it's available over the counter.

With a little care and a lot of love, you can take care of many of your pet's ailments at home. But always err on the side of caution and safety. If you are really not sure what to do, then take your pet to a vet for a second opinion.

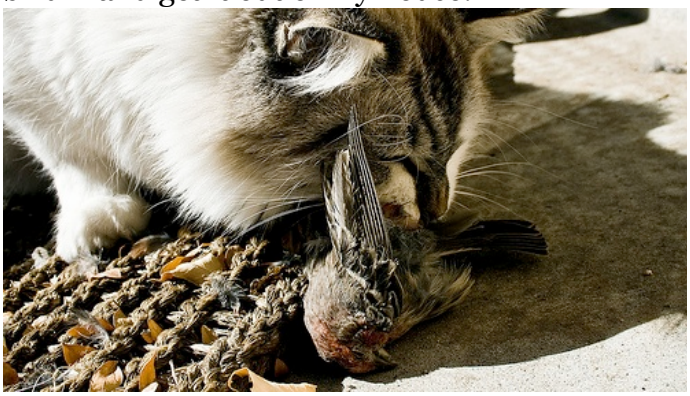
Robert L. Ridgway, DVM, is the veterinarian at the Orange County Animal Services in Orlando and author of the just-released "How to Treat Your Pets with Over-the-Counter Drugs." He earned his bachelor's and DVM degrees at Kansas State University, then attended the University of Maryland University College Masters of Internal Management; he did his residency in internal medicine at the University of California UC Davis College of Veterinary Medicine. Dr. Ridgway enjoys flying his Cessna 182 and Tampico, as well as collecting coins and new stamps. He is married and has one daughter and one cat.

Diet for Cats: Raw Food

Feeding Cats a Diet of Whole Raw Foods Based on Nature's Model

A Cat is a Cat is a Cat

Hunting is natural behavior in cats. I have a cat that brings birds, chipmunks and mice to my front door to show how much she "loves" me. In fact, last summer somehow I let my cat in and she had a live bird. It was my turn to "hunt" the bird – and get it out of my house!



In nature, cats eat their prey whole. When a mother cat is teaching her kittens to hunt she will bring home dead prey for the kittens to eat. Once they are older she will bring home injured prey for the kittens and make the final kill in front of the kittens. It is perfectly natural for these carnivorous animals to eat whole raw foods.

However, many of us that love to cuddle up to our cats in the warmth of our own homes, hate to think of these adorable creatures as carnivores. But by God's design, cats are naturally equipped with:

- Strong predatory instincts – stalking, chasing and pouncing
- Jaws that open and close in a vertical plane only, rather than moving horizontally, to break apart bones and tear meat
- Strong stomach acids for neutralizing potentially harmful bacteria from raw meat and short digestive tracks to digest bones

Because of the cat's particular anatomical and physiological design, the most ideal and natural way for them to consume nutrition is meat, organs and bones of raw meat, which is why you should consider a raw food diet for your cat.

How Safe Is Your Pet Food?

I spend a good amount of time thinking about what to feed myself. I want to eat naturally, healthy nutrient-dense food so my body can heal itself. I also want my cat to have healthy hip joints, strong teeth and shiny teeth – don't you want the same for your pet?

I have realized that pet food, like people food, is full of ridiculous gimmicks and needs investigation into their ingredients and a skeptical look at their claims.

Cooked commercial cat food is sometimes made from animals that died of illness or reject animal parts of animals that were fed steroids.
As for safety, there are plenty of pet food recalls because dogs and cats have died after eating food containing ingredients from China that were found to contain melamine. Other recalls happen on a smaller scale, so watch-out for repeat offenders. Not all pet foods are created equal.

The Many Health Advantages of Raw Whole Foods

The benefit of raw foods for pets is much the same as humans; they get most, if not all, of the

nutrients that they need to be as healthy as possible. Many animals who suffer from skin allergies, chronic ear infections, and problems with their digestive tract may eventually be free of these symptoms when they get on a raw foods regime.

Feeding a raw diet provides a broad range of benefits that include:

- **Healthy skin and coat**
  Many cats are allergic to grains, which can lead to pathologic skin conditions.
- **Naturally clean teeth**
  Many dry foods leave a starchy coating on teeth, which promotes plaque. Feeding a raw diet can lead to healthier teeth and gums.
- **Decreased litter box odor**
  Many pet foods include protein that is indigestible, which leads to an undesirable odor at the litter box.

- **Natural weight control**
  Cats are healthiest on a high protein, low carbohydrate diet.
- **Increased energy and vitality**
  Cat's digestive systems are designed to ingest raw meat and are healthiest eating what nature intended.
- **Mental, psychological and physical stimulation** that increases vitality, while positively influencing your pet's overall quality of life.

The raw diet for pets is also known as the BARF diet. Sounds a little on the "gross" side, but BARF is actually an acronym for Biologically Appropriate Raw Food. It is much the same as the raw food diet that is being embraced by humans in that everything that the animals are consuming are whole foods in their most natural and safe to consume forms.

Putting Raw Food Cat Diet It Into Practice

Next on my to-do list is making my own cat food, so I really have control over the ingredients and know exactly where everything came from. A raw food diet, however, can be a huge commitment on the part of the pet owner, especially if your car or pet has been raised on commercial food.

Preparing certain homemade raw cat food recipes can be time consuming and labor intensive in comparison to what is typically done. You can view our official Home Cures That Work raw cat food recipe in our Healthy Recipes and Eating section HERE.

A whole raw foods diet for cats can be comprised of essential basics:

- Raw muscle meat, along with organ meat from the same source, i.e., chicken, beef, lamb
- Raw bones (neck and back bones in poultry), either ground or whole

Others add:

- Fresh raw vegetables (broccoli, carrots, squash and potatoes)
- Raw fruits (apples, cranberries and bananas)
- Grains (barley oats, brown rice)

Tip: offering your cat as much meat variety in a raw diet as possible is important in order to provide adequate nutrition:

- Small game hens, duck or quail
- Rabbits, mice, rat and/or fish
- Parts of turkey, lamb, goat, pork, ostrich, emu, elk or venison

I recently bought fresh chicken breast and thighs to make tacos for guests. I cut off the meat and put the scraps in the fridge. Come dinner time, raw chicken meat for my cat. So easy and Kiska loves it!

Cat's Transition Time

If your cat has been eating a steady diet of commercial junk food his entire life, it's important to realize up front that transitioning him to a raw diet might take some time as well as some persistence, perseverance, and above all, a good bit of patience on your part.

You can use whatever favorite food you know your cat likes as a bribe food to encourage him to take the raw plunge. Some possible suggestions for bribe foods are:

- A drizzling of juice from a can of water packed tuna
- Small portion of canned cat food
- Bit of grated Parmesan cheese
- Crumbled dried liver
- Some smashed canned sardines, anchovies or herring
- Sprinkling of crushed kibble
- Portion of plain, homemade meat, bone and/or giblet broth, used as a marinade
- Whatever other favorite treat you know your kitty loves

One of the most important things to keep in mind when transitioning your cat to a raw diet, and one of the reasons it can take time to do so, is that *you must never starve a cat* into eating raw food.

Recipe for a Long Healthy Life

Astonishingly, cats who have been fed an unnatural conglomeration of cooked, canned, dried and over-processed pet foods, continue to fill the waiting rooms of countless veterinarians' offices the world over, waiting to be treated for a variety of health conditions.

A diet of raw nourishing foods and minimal exposure to toxins, combined with a lack of undue stress, along with plenty of playtime, exercise, and access to fresh air, water and sunshine, topped off with loads and loads of love, is one of the best recipes for ensuring the good health and long lives of our feline friends.

What do you feed your best friend? Do you have any pet food recipes to share?

Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.

CELEBRITY HEALTH WATCH

Ellen Degeneres Puts Pets First

For more than 20 years, HALO has been known for their holistic pet products of uncompromising quality. With nutrition being the #1 important factor in the quality of a pet's life, HALO offers quality food, treats, supplements, and grooming supplies to help maintain animal health.

"The only leading brand to exclusively use fresh meats, poultry and fish – no chicken meal or other rendered animals parts. "

Now, entertainer and HALO co-owner Ellen DeGeneres shows you how to have a happier and healthier pet inside and out with this innovative line of natural care items for furry friends.

Ellen DeGeneres established the HALO Pet Foundation to educate people on responsible pet ownership, eliminating animal abuse and reducing the overpopulation of uncared for pets. Ellen believes in treating your pets as well as you treat yourself.

If you read the label on any of the HALO pet food, you will be able to easily recognize all of the ingredients – and pronounce them! In fact, it is practically good enough for you to eat with ingredients you might even consider making something for yourself! The holistic pet care approach has driven Ellen and Halo to develop all-natural products that are wholesome and of unparalleled quality.

"If you love your pets, you only want the very best for them, and this food is the highest quality. And if you forget to go to the grocery store, you can actually split a can with your dog. If you're going with the lamb, I'd recommend a nice Pinot." ~ Ellen DeGeneres

In April 20102, Ellen helped the Postal Service launch a pet adoption awareness stamp featuring adopted animals. The campaign was a huge success in efforts to help shelter friendly

animals and donate millions of meals that are holistic and natural.

In addition, Ellen loves "The Gentle Barn," an organization dedicated to rescuing and rehabilitating abused animals of all kinds. She and her partner even adopted cows "Holy" and "Madonna" to help rehabilitate after being abused and neglected. Visit www.GentleBarn.org for more information about the passion behind rehabilitated animals that serve as ambassadors helping to heal abused children.

You can find HALO pure pet food at Whole Foods or Petco.

Energy Tonic for Pets

Energy Tonic is natural herbal remedy to support healthy energy levels in dogs and cats.

Increase Vitality in Your Dogs and Cats

As is the case in humans, the energy levels of our pets can fluctuate from day to day based on a variety of factors, including fitness, health levels, diet — and even boredom.

Energy levels - in pets and humans alike - can also decrease as a result of the natural aging process. Thankfully, we can help restore our pet's vigor and vitality to act and feel like a puppy or kitten again with Energy Tonic.
Considering adopting a rescue pet? They might be lethargic, gloomy or depressed from trauma. With the double blessing of your love and Energy Tonic, the rescued pet will be well on their road to recovery! You won't be surprised to see the rescued pet perk up with each daily dose! You will be happy pet owner with new happy pet!

Natural Remedies for Energy

Energy Tonic combines a perfect blend of therapeutic herbs to support energy, blood circulation and oxygen flow throughout your pet's body. For the weary, listless, bored and disinterested pet in your life, Energy Tonic will increase their health, demeanor and vitality with a natural herbal remedy.

Please take proper care for your pet and ensure they are getting the right diet of quality raw and unprocessed foods without food additives and toxins. Furthermore, with regular exercise you can keep your pet optimally healthy and fit.
Add Energy Tonic to your pet's food or treat with the following guidelines:

- Cats: 1/2 capsule twice daily
- Dogs under 20 lbs: 1/2 capsule twice daily
- Dogs 20-50 lbs: 1 capsule twice daily
- Dogs over 50 lbs: 1-2 capsules twice daily

Optimal Results with Energy Tonic

The natural ingredients in Energy Tonic are herbal remedies that create a holistic balance of systemic health for your pet. Used on a consistent basis, it will relieve ailments and help

prevent future disease as a part of a preventative measure for their well-being. Natural remedies should be your preferred choice to treat any of your pet's conditions.

Natural Herbal Remedy Energy Tonic is your answer for a happy and playful pet!

Fight fatigue and increase energy for your dog or cat by ordering Energy Tonic Securely Online HERE.

Pet Joint Supplement Review

Supplements containing glucosamine and chondroitin are often used in cats and dogs, and appear to work very well in support of joint health. Joint supplements help promote better mobility for pets with hip & joint problems.

Glucosamine provides the building block of cartilage. Chondroitin also is one of the products necessary for a production of cartilage. Glucosamine plus chondroitin work better together than either ingredient alone.

Glucosamine and chondroitin supplements are used to slow the progression of osteoarthritis (degenerative joint disease), which is the deterioration of cartilage between joint bones common in older dogs and cats. Many animals taking a joint supplement no longer require a pain reliever.

Twelve products were tested by independent lab company for quality standards. Unfortunately, 4 pet products failed to meet requirements for safety consumption. The four glucosamine and chondroitin pet products to AVOID for joint problems are the following:

- Dogswell Happy Hips Chicken Breast with Glucosamine and Chondroitin
- Joint Complete for Dogs and Cats
- Joint Max Regular Strength
- K-9 Liquid Health Glucosamine with Chondroitin and MSM

Most dogs and cats can safely stay on a joint supplement for the rest of their lives. Once the product has provided pain and joint support for 6-8 weeks, the dose can often be reduced, with very few side-effects. The safety of the following nine joint health supplements are approved for quality standards and the long-term treatment of joint problems.

- Nutramax Cosequin DS
- Nutramax Cosequin Joint Health Supplements for Cats
- Travco Curaflex 2 Bonelets
- IVX Syovi G3 Soft Chews
- Travco Curaflex XS Bonelets
- 21st Century Glucosamin and Chondroitin, Liver Flavored
- Nutri-Vet Hip and Joint Plus
- Genesis Resources GCM Plus Hip and Joint Formula

Please visit our Home Cures That Work Amazon store for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our Amazon store.

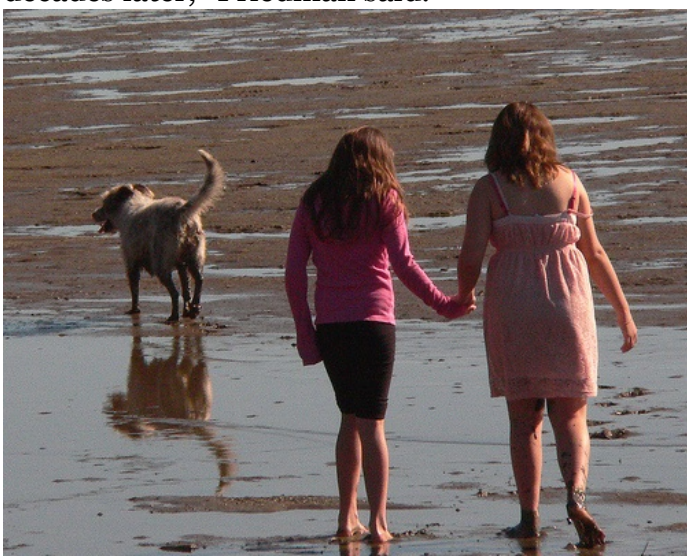
Before starting your pet on any supplement for joint pain, consult a veterinarian to be sure of the diagnosis. Conditions caused by rheumatoid arthritis, infection, damaged blood supply, gout or other diseases for which treatment with glucosamine or chondroitin would be inappropriate.

Happy-Go-Lucky Types Die Younger

Cheer up. Stop worrying. Don't work so hard. That may be some of the worst advice you could give someone who intends to live a long life, a new study suggests.

"It's surprising just how often common assumptions - by both scientists and the media - are wrong," said psychologist Howard S. Friedman of the University of California, who led the 20-year study. He and co-researchers published the findings in a book entitled *The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study* (Hudson Street Press, March 2011).

"Probably our most amazing finding was that personality characteristics and social relations from childhood can predict one's risk of dying decades later," Friedman said.



The team analyzed data gathered by the late psychologist Louis Terman of Stanford University in California and subsequent researchers on more than 1,500 bright children who were about 10 years old when they were first studied in 1921. The Longevity Project, as the study became known, followed the children through their lives, collecting information that included family histories and relationships, teacher and parent ratings of personality, hobbies, pet ownership, job success, education levels, military service and more.

"We came to a new understanding about happiness and health," said psychologist Leslie R. Martin, a study collaborator who is now at La Sierra University in Riverside, Calif. "One of the findings that really astounds people, including us, is that the Longevity Project participants who were the most cheerful and had the best sense of humor as kids lived shorter lives, on average, than those who were less cheerful and joking. It was the most prudent and persistent individuals who stayed healthiest and lived the longest."

The cheerful, happy-go-lucky kids tended to take more risks with their health across the years, Friedman noted. While an optimistic approach can be helpful in a crisis, "we found that as a general life-orientation, too much of a sense that 'everything will be just fine' can be dangerous because it can lead one to be careless about things that are important to health and long life. Prudence and persistence, however, led to a lot of important benefits for many years. It turns out that happiness is not a root cause of good health. Instead, happiness and health go together because they have common roots."

Other surprising findings:

- Marriage may be good for men's health, but has little if any effect on women's lifespans.
- Being divorced is much less harmful to women's health. Women who divorced and did not remarry lived nearly as long as those who were steadily married.
- Study subjects who were the most involved and committed to their jobs did the best. Continually productive men and women lived much longer than their more laid-back comrades.

- Starting formal schooling too early - being in first grade before age 6 - is a risk factor for earlier mortality. Having sufficient playtime and being able to relate to classmates is very important for children.
- Playing with pets is not associated with longer life. Pets may sometimes improve well-being, but they are not a substitute for friends.
- Combat veterans are less likely to live long lives, but surprisingly the psychological stress of war itself is not necessarily a major health threat. Rather, it is a cascade of unhealthy patterns that sometimes follows. Those who find meaning in a traumatic experience and are able to reestablish a sense of security about the world are usually the ones who return to a healthy pathway.
- People who feel loved and cared for report a better sense of well-being, but it doesn't help them live longer. The clearest health benefit of social relationships comes from being involved with and helping others. The groups you associate with often determine the type of person you become - healthy or unhealthy.

It's never too late to choose a healthier path, Friedman and Martin said. The key is not to stop worrying, they added, but to stop worrying about the minutiae.

"Some of the minutiae of what people think will help us lead long, healthy lives, such as worrying about the ratio of omega-6 to omega-3 fatty acids in the foods we eat, actually are red herrings, distracting us from the major pathways," Friedman said. "When we recognize the long-term healthy and unhealthy patterns in ourselves, we can begin to maximize the healthy patterns."

"Thinking of making changes as taking 'steps' is a great strategy," Martin advised. "You can't change major things about yourself overnight. But making small changes, and repeating those steps, can eventually create that path to longer life."

David Kekich (Living Healthy to 120: Anti-Aging Breakthroughs) is President/CEO of Maximum Life Foundation that focuses on aging research, a 501(c)(3) corporation dedicated to curing aging-related diseases. For more information, visit: www.MaxLife.org. David contributes to our column Living Healthy to 120: Anti-Aging Breakthroughs. MaxLife is helping to make the anti-aging dream a reality with cutting edge Bio-Engineering research and products.

Weight LOSS Corner

Resistance to Change

We humans are intrinsically resistant to change and fearful of the unknown. The anxiety we feel when we begin to change or venture into the unknown is actually our protective mechanism, and it can cause us—at least initially—to misinterpret or fail to recognize what is, in fact, a true core desire.

To see how this works, imagine that a stranger is ringing your doorbell. The family dog becomes instantly alert and is ready to jump on whoever is about to come into your home. The stranger represents change, and the dog is your protective mechanism. Consciously, you may think that the stranger is there for a good purpose, but subconsciously, your instinct is still to be afraid. The key, then, is to calm your dog down so that the person can safely come in.

After a while, if the person is truly well intentioned, the dog will get used to him and will no longer try to attack him. But if, on the other hand, you were wrong in your initial assessment, the dog will know it and will continue to try to protect you. If that happens, your original plan of action may need adjusting.

So, being aware of how your protective dog works will enable you to venture into change smoothly and safely.

Nordine Zouareg is a former Mr. Universe, an International Fitness Coach, Speaker and Author of the book Mind Over Body: The Key to Lasting Weight Loss is All in Your Head! He offers world-class advice on health and fitness, inner balance and stress management, and achieving one's full potential the inner keys to extraordinary performance. An inspiring message of hope and achievement, based on his own extraordinary story. For more information, visit: www.NordineZ.com

Free Remedy Report: Lyme Disease

If you are outside for any reason, especially if you are gardening or hiking, then you are at risk for contracting Lyme Disease. If bitten by a tick while outside, don't worry. Our Lyme Disease Remedy Report will guide you through each stage:

1. Learn what exactly is Lyme Disease and the certain affects it has on the body.
2. Identify and recognize the warning signs.
3. Includes a 52 symptoms chart to measure yourself against Lyme Disease.
4. Lists the 4 items you'll need from the grocery store to treat the disease.
5. Relief begins with the 72-hour rapid release remedy.
6. Provides 10 proven homeopathic remedies for symptoms of Lyme Disease.
7. Suggests herbal supplements to help manage the damage.
8. Bonus: Will help even if you think your pet has Lyme Disease!

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