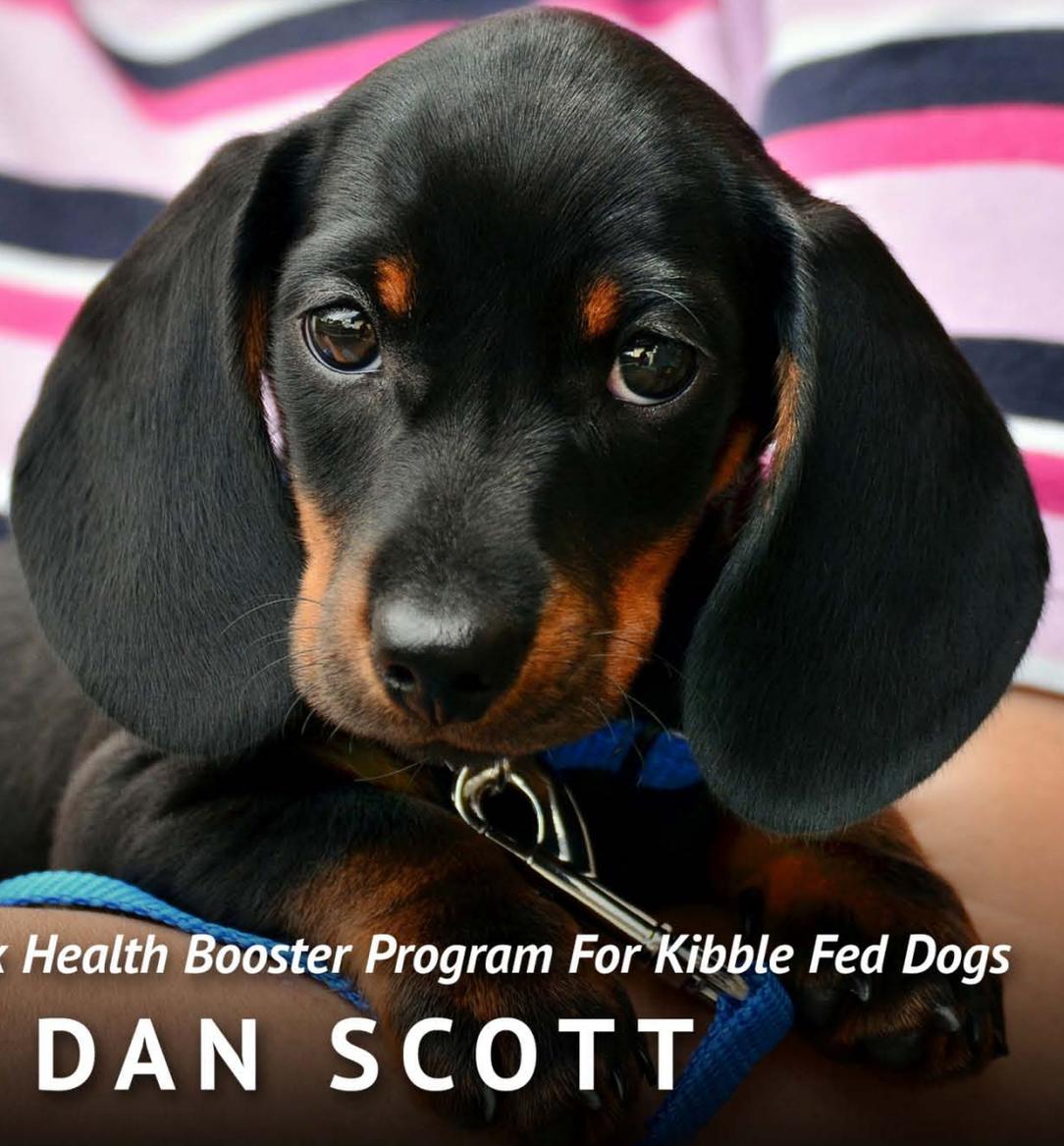


HOME REMEDIES for Dogs

THE KEY TO HEALING YOUR DOG WITH
ESSENTIAL OILS, HERBS, SUPPLEMENTS AND FOODS
WITH RECIPES & LINKS TO EVERYTHING YOU NEED

New For
2017



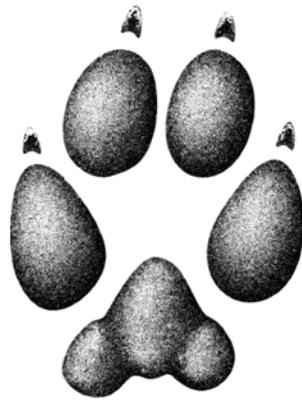
Includes 10x Health Booster Program For Kibble Fed Dogs

DAN SCOTT

Home Remedies for Dogs

The Key to Healing Your Dog With Essential Oils, Herbs, Supplements
and Foods With Recipes & Links to Everything You Need

Dan Scott



Healthy Dog Publishing

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Disclaimer: The information in this book is not to be used as veterinary medical advice and is not meant to treat or diagnose animal medical problems. The information presented should be used in combination with guidance from your veterinarian.

The information in this book is true and complete to the best of my knowledge. All recommendations are made without guarantee on the part of the author. It is the sole responsibility of the reader to educate and train in the use of all or any specialized equipment that may be used or referenced in this book that could cause harm or injury to the user or applicant. The author disclaims any liability in connection with the use of this information. References are provided for information purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

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INTRODUCTION

Herbs, Essential Oils and Food as Alternatives to Conventional Medicines

If you're new to using herbs, essential oils and food (yes, food is medicine too!) as your home remedy solution to treating your dog's health problems – welcome!

You made a wise choice and your dog will thank you.

People treated their dogs naturally at home long before there was a host of big-name prescriptions available. While I'm not disputing the benefits of professional veterinary care, I do believe that when possible, it's best to use natural remedies.

This book is aimed at enabling you to be mostly self sufficient with your dogs health. We generally rely on vets way too much for our dogs own good.

Way too many scenarios start like this...

Your dog comes down with some initial health problem, she'll seem restless, depressed, irritated, just not herself, and you'll rush her to the vet. The vet will diagnose a symptom, he thinks might be the cause, and most likely treat with antibiotics or steroids and send you on your way.

Meanwhile, what could simply have been a tummy upset with secondary inflammation that would have returned to normal a day or two later as the dogs immune system kicked in to heal the problem, is now suppressed by drugs that are also causing residual side effects and your dog has yet more drugs stuck in her system, polluting the liver, kidneys, circulation system and on and on it goes...

Yes, if you're not sure go to the vet, better safe than sorry, but if the vet is prescribing antibiotics or steroids, ask him what he thinks the problem is and then say no thanks to the drugs and be on your way, confident that you have the answer waiting at home in the form of a natural home remedy (as you'll find out with this book).

Doing this all through your dog's life will save you thousands in medication costs, help prevent the intoxication of your dog's body, allow many false alarms to diffuse, give you peace of mind and quite possibly extend your dog's life.

Natures Holistic Solutions Work in Synergy with Your Dog

Just like conventional over the counter or vet prescription drugs, nature's drugs work just as effectively but without the crazy side effects! Medical drugs have been isolated from plants or simply copied from plant chemicals and produced in synthetic form for maximum potency. However, this is at the cost of losing the benefits of the combined effect in using the whole plant that contains potentially thousands of interactive compounds, all working in synergy with each other and your dog's body – it's what makes them safe and largely side effect free!

Keep in mind that nature's remedies work slower than allopathic drugs, not always but most of the time. Ask yourself, does waiting an extra day or two for a successful natural remedy to kick in feel better to you and your dog over a rapid action shot of prednisolone or antibiotics with their chronic disease side effects well established?

What's the Underlying Cause of Your Dogs Health Problem?

It's important to understand also, that dog health problems have an underlying cause. Conventional vets only look at the symptom; throw drugs at it and your left wondering why the symptom keeps coming back, along with the side effects! (Maybe that's the idea behind conventional western medicine – repeat business!)

Generally, the underlying cause of so many dog health problems is diet. Commercial diets are convenient for sure but do come with chronic health problems attached a lot of the time. If your dog is in bad shape with multiple health problems, often the best action is to simply change diet to a more holistic home prepared whole food diet. This could be cooked food or a [raw food diet](#) and something for you to think seriously about. Get my fully detailed free report [3 Keys to Unlock Ultimate Dog Health](#) which goes into depth on dog health and the diet connection if that interests you.

If your dog is fed kibble or canned dog food, take a look at my 7 Perfect Value Food Supplement Program on page 113. In it you'll find seven supplementary foods that will skyrocket your dogs health overall and protect them ten-fold going forward. And it's literally seconds prep to add them to whatever you're feeding now – simple, easy, done!

Tried That, Didn't Work!

The remedies in this book work. They may not work for all dogs all the time, because as you probably already know, what works for one person may not work for another and it's also true of dogs. There is an alternative for just about every condition, so I have that covered. Try the first choice, give it time - 7 to 10 days, if it still does not work, raise the dose by 10% a day up to a maximum of 50% more than the stated starting dose and then if it's clearly not working, stop, wait a couple of days for it to clear your dogs system and then try the alternative.

If you find your dog is particularly sensitive to a remedy, they'll most likely throw up. In this case, wait 24 hours, reduce the dose by half and try again. Like all things, give your dog a break from remedies every two weeks for two days, so the body can clean out and reset, then carry on as before. During this time off, it's also a great idea to fast your dog for 24 hours to clean out their digestive system and liver of toxins. I'll talk more about fasting later.

I Like to Keep Things Simple, Simple Works!

I've worked with many herbal preparations, solvents, heating, grinding, and making poultices and so on and I love the process but honestly, who's got time! Today we have thousands of specialists doing this for us and creating tinctures, powders, salves or pills that are ready-made, follow high standards of manufacture and are effective... simple, easy, done!

Yes, many off the shelf remedies are just plain dubious, or come in too low a concentration, or badly mixed or missing a key ingredient. But I've got that covered, because I am a researcher by nature and you'll find the best recommended remedy for the condition linked in most cases. From the questions I get every day about 'which one is best?' I know this is a great help to you.

What Are Tinctures?

A tincture is a concentrated alcoholic extract of a particular plant or herb, and I rely mostly on these to treat my client's dogs and my dog. Tinctures are the best way to take herbs because they preserve the natural compounds.

In contrast, herbs that are in pill form have been dried and pounded, sometimes under intense heat (if they're turned into a pressed pill). This limits or destroys many of the compounds that make an herb beneficial. Tinctures can be a little more expensive than pills, but they're also much more powerful and effective.

Tinctures are also easier to administer to your dog. You can give them directly to your dog by mouth or add to food and drinking water.

About the Product Links

I've thoroughly researched all the products linked to in this book. It really helps to get the right option as not all products are created equal and I want to make sure you get the right product with the right ingredients and with no fillers or synthetic additives. [Links are highlighted in blue](#) (example).

There are so many products out there today, it can be confusing to choose which one is best, plus time and money wasted on bad choices is a pain. So I hope you find great time and cost saving value from this.

Also, for most of the links, I've set it up so there is a small commission made when you purchase through the product link and at no cost to you. I would really appreciate you buying from that link because 100% of all commissions go to my charity, helping babies, kids and dogs in remote third world villages to better health and sanitation.

Much of the charity work I perform personally each year using home remedies. I find it rewarding beyond sending donations, to actually travel out to remote villages in Africa carrying bags packed with remedies and first aid kit, ready to roll sleeves up and help improve health.

I want you to know that I truly appreciate your commission and see it as a contribution that helps many dogs, babies and kids to live healthier lives, who in many instances only have our personal contributions and my hands on work to rely on.

How to Get the Best Out of This Book

Let me explain a few things about this book so you can get the best from it. On the contents page, I've listed the remedies first on the left and then to the right, what those remedies can heal.

I want you to learn, understand and value nature's cures, which is why the solution is listed first, ailment to heal second. We live in a culture that all too easily, reaches out to professionals in white coats for solutions when, with some foreknowledge and practice, we can fix most health complaints ourselves... we just need a little faith and the knowhow.

If you think about this for a moment.

Nearly all western medicine is derived from these and many other plants and animals because nature works in a complete cycle of healing, meaning whatever the problem, nature also has a solution. What science can't do is patent natural medicine for profit, so they actually spend all their time, money and resources figuring out how they can synthesize a plant's chemical elements, make a synthetic version of it, patent it and sell the drug.

The real problem with this reductionist methodology, that few understand, is that isolating elements of a naturally occurring plant medicine takes away its multi-synergistic properties, whereby thousands of different interactions within the plant combine to effect a healing. This is what leads to side effects from pharmaceutical drugs, because they only contain part of the answer but introduce complications to your dog's immune system that it can't figure out, because the drug is synthetic and therefore unrecognised by the body.

I don't want to get too deep into this, the book is supposed to be more entry level, so you learn and benefit more easily. Let's just say that nature knows best and the more you trust it, the better off you and your dog are going to be.

Some of the remedies can heal multiple health problems. For example, the first listing, Neem Oil is an old Indian cure all, not because it helps generally with different ailments but because it's supremely amazing at healing many different health problems and I've chosen two of its major strengths, killing fleas & ticks and rejuvenating bad breath and unhealthy teeth and gums.

Some of the information for particular remedies may be brief but don't let that fool you, because all the remedies in this book are some of nature's most powerfully active remedies available. And some just don't need too much

introduction, vitamin E for example has decades of science behind it, so if your dog has need of it, then I can assure you it's good.

Most of the day to day chronic health problems your dog could face are covered by the remedies in this book. Read the whole book, I've kept it fairly simple, and get to know the remedies because if you do and you use them, you'll know enough to be your own dogs health expert and with that knowledge, you'll be able to be more independent of the vets which is a good thing.

Vets are general practitioners who only know what the veterinary school system taught them and the veterinary association is owned by big pharma. What I'm saying is, it's a system for profit first and foremost, which is why drugs and pet food are a large part of a vets income. This conflict of interest does not always benefit your dog, you have to be the one to change that and not rely on an unfair system.

Over many years involved with dog health from a nutrition and natural home remedy perspective, I've formed some strong conclusions which to me are now obvious but for you, if your new to all this, is that no amount of supplements or treatment of isolated ailments can take the place of the fundamentals of sound canine nutrition. I completely understand your wanting to keep things convenient, quick, simple, easy and low-cost. In fact, that's my focus and aim for dog health - discover the effective, natural, simple, and swift solutions to having a healthy, happy and low maintenance dog for life.

So I developed the 7 Perfect Value Food Supplement Program that I have been testing on dogs for many years. I think it's a great way to introduce whole food nutrition to your dogs current kibble or canned diet without having to change diets. It does not replace a home prepared raw food diet but what it does do, is boost your dogs whole food nutrition plus vitamin & mineral intake to effectively help balance their immune system and assist it to fight and prevent disease. It's the program I wish every dog in America was on. I've made it simple, relatively convenient (no more time in prep than making a cup of coffee) and low-cost. I'm talking around 50 cents a day to take your dogs health into a higher league and cut vet visits by half!

Follow the program, get used to it and make it your standard practice with your dogs meal prep. Yes, it's a bit extra on top of dolling out a few cups of kibble from the bag, but long term, it will save far more inconvenient health problems that sap your time, money and peace of mind.

You'll find that it covers most of your dogs current health complaints anyway and then you have some remedies in this book to deal with what's left.

For senior dogs, follow the 16 ways to effectively boost their health. They need some extra nutritional love now they're older and the 16 steps will do wonders for them.

If your dog is generally ok, i.e. does not have cancer, diabetes, liver disease or other major health problem that needs special attention but maybe suffers allergies, colds, digestive problems, diarrhea, stinky gas, bad breath, yeast problems, ear infections, hot spots, excessive paw licking etc, they'll greatly benefit from the 7 Perfect Value Food Supplement Program. Even if your dog is young and in good health, now is the time to introduce the program as a preventative... it will serve you and your dog well.

I also recommend you put a dog medicine cabinet together consisting of the following core basics:

- [100% pure neem oil](#) (For fleas & ticks)
- [Oregano oil](#) (Antibiotic)
- [Glucosamine](#) (For arthritis relief and preventative)
- [Lavender](#) (General antiseptic and faster healing)
- [Quercetin](#) (Anti histamine for hay fever season)
- [Echinacea](#) (Use before kennelling your dog or at the first sign of cold, flu or kennel cough)
- [Milk thistle](#) (Use to keep your dogs liver cleaner - important for kibble & canned fed dogs)
- [Black walnut, clove & wormwood](#) (Worm killer and preventative)

These are a good basic set to have to hand.

It feels good to heal your own dog

The natural home remedies in this book are easier on a dog's system and can help you reduce the cost of dog ownership. Take your time, read through the book and follow my suggestions.

It's time for you to become the expert on your dog's health and help raise awareness that it's ok to treat your dog at home; in fact it's slowly becoming the new normal, so feel good discovering a more natural way to treat ailments at home, it only makes you and your dog stronger.

Your Dog



"He is your friend, your partner, your defender, your dog. You are his life, his love, his leader. He will be yours, faithful and true, to the last beat of his heart. You owe it to him to be worthy of such devotion."

~Unknown

Neem Oil

Natures Supreme Bug Killer for Mange Mites, Fleas, Lice and Ticks



Neem oil is the best natural bug killer anywhere. Any contact of the oil with fleas, mites, lice or ticks on your dog and it's certain to die. I've tested neem oil for over 15 years on fleas, ticks and mites on dogs and with head lice in school children's hair and found it to be 100% effective in every case.

I've read hundreds of testimonials to neem oil's effectiveness with biting and sucking insects but also some very successful outcomes with the following health problems too:

- Staph infection
- Lyme's disease
- Pemphigus foliaceus
- Skin lesions
- Skin cancers

Neem oil is a safe alternative to all those chemical based insect killers that leech chemicals into your dog, into your kids, into you and into your environment, adding to chronic disease and a shortened lifespan.



Any chemical based insect repellent including the vet prescribed 'spot on treatments' or 'Frontline' and 'Advantage' chemical variety and all other major brands are toxic, regardless of what the vet states. If you look at the included paperwork that comes with the packet, you'll see that it states that you must not get

the product on your own skin while applying it to your dogs skin. This is a hidden warning that it cannot be good for your dog... do not be fooled by this highly toxic synthetic chemical poison!

I gotta drum this into you, your dog is too precious, so think about this...

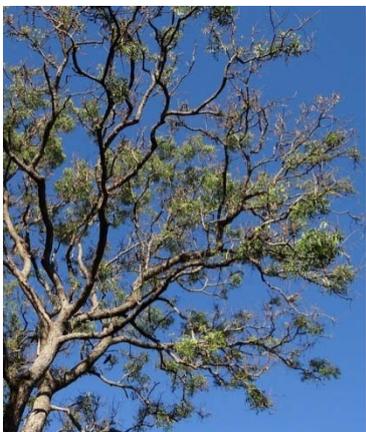
Think about this for a moment and let's say you had a garden weed problem, so you went out and bought some weed killer. Now, you wouldn't pour that weed killer onto your hands and apply it to the weeds directly to kill them, no of course not, it's toxic and poisonous, in fact you wouldn't even touch the plants you applied the weed killer to for the same reason. But, you happily touch, caress, play and let the kids roll around with the family dog now she's oozing strong toxic poison through the pores of her skin, strong enough to kill hardy fleas and ticks that come into contact with her skin!

Here's an example from one of my customers:

"I had a horrible experience buying a cheaper flea and tick oil from Wal-Mart a few years back, as well as a pill because the Vet meds I had been using just became out of my budget. Within a few days, one of my dogs had a seizure, and I panicked. She has been on seizure meds ever since."

Please don't let that be you or your dog!

Neem oil is nature's answer to the scourge of fleas, ticks, mites, lice, ringworm and more. It even conditions skin and hair and boosts the immune system at the same time. This is a miracle of nature for us to take advantage of and stop unknowingly intoxicating our dogs, ourselves, our family and our environment.



Neem oil is pressed from the bark, leaves, fruits and seeds of the *Azadirachta indica* tree, an evergreen tree native to India, where it has been used for thousands of years as a cure all for everything from skin problems to insect repellent.

The bark and leaves are usually ground into powder and used for internal healing while the more potent oil extract is used externally.

What's in it?

Neem oil has many complex active ingredients. Rather than being simple poisons, those ingredients are similar to the hormones that insects produce. Insects take up the neem oil ingredients just like natural hormones.

Neem enters the system and blocks the real hormones from working properly. Insects "forget" to eat, to mate, or they stop laying eggs. Some forget that they can fly. If eggs are produced they don't hatch, or the larvae don't moult.

Obviously insects that are too confused to eat or breed will not survive. The population eventually plummets, and they disappear. The cycle is broken.

How precisely it works is difficult for scientists to find out. There are too many different active substances in neem oil and every insect species reacts differently to neem insecticide.

What's the benefit of using it?

Neem has been heavily researched in India and scientists have so far identified 150 active substances that have proven its effectiveness with:

- Promoting a stronger immune system
- Healthier skin and hair
- Healthier teeth and gums
- Eradication of fleas, ticks, mites, lice, ringworm and other biting insects
- Elimination of intestinal parasites
- Supporting liver function
- Purifying the blood

Neem is just about anti-everything:

- Anti-bacterial
- Anti-viral
- Anti-septic
- Anti-diabetic
- Anti-fungal
- Anti-microbial
- Anti-feedant

- Anti-oxidant
- Anti-mutagenic
- Anti-ulcer
- Anti-hyperglycemic
- Anti-malarial

Neem only has to make contact with any flea, tick, lice or mite on your dog to be 100% effective. It can also heal ringworm and scabies if applied to the affected area.

How to Use It?

Neem oil does have a rather nutty garlicky smell to it which most dogs love and some don't. While the smell does dissipate after time, for the owner that does not like the smell, 2 or 3 drops of [pure tea tree oil](#) can be added to any of the preparations below.

For Demodectic or Sarcoptic Mange and Ringworm:

If your dog has generalised demodectic mange, or has patches of sarcoptic mange mites or ringworm, use pure neem oil. Don't use it undiluted though, especially if your dog has cracked, open skin, oozing sores etc. Neem oil is very concentrated and needs to be diluted with a carrier oil.

Dilute the neem oil at a light starting regimen of 1:10 (1 part neem oil to 10 parts carrier oil) in a light carrier oil (e.g. [grape seed oil](#) or [almond oil](#)). Mix well and then massage the oil mixture into the skin over the affected area. You can apply it daily on problem spots.

For hot spots like moist eczema, or to treat demodectic and sarcoptic mange and ringworm, you can increase the concentration to a 1:4 ratio. Some people do use up to 100% pure neem oil. Also monitor the skin, and if there is any reaction, or irritation over the next 48 hrs wash the oil off with a mild soap and water. Generally though, neem oil is found to be an amazing skin and hair conditioner, promoting healthier skin repair and a more lustrous shiny coat.

For Ticks, Fleas, Lice and Mosquitoes or Any Other Biting or Sucking Insect:



For lots of stationary ticks, particularly under arm pits, groin area, under the muzzle and belly area, simply use a piece of cotton wool dipped into a concentration of 1:1 neem to carrier oil and swab over the tick affected areas. This will kill all ticks within hours and they should fall off or be brushed out 24 hrs later.

For a few individual ticks, use a cotton ear bud dipped into the same oil mix ratio from above and apply directly to the ticks.

To Note: There have been some reports that the brown dog tick in the US is pretty tough and noted by some as being resistant to neem's use. If you come across this brown tick on your dog, still treat as above and see what happens after 24 hours. If there's no effect on the tick, you'll need to remove it with this [tick remover tool](#). Treat any mark left with lavender as instructed in this book on p.55.



For a full flea infestation all over your dog, buy some [SLS free organic pet shampoo](#) with conditioner. Pour out enough shampoo for a single use, add to it, pure neem oil at 1 part neem oil to 6 parts shampoo, mix well with a little added warm water in a bowl and wash in all over your dog and leave for 30 minutes, covering all areas except nose, eyes and inner ears.

Wash off and dry before combing out the dead or dying fleas. Repeat as necessary. This procedure will also enhance your dog's skin and hair at the same time because neem oil makes a great skin therapy treatment too!

For daily flea irritation on your dog from a few fleas in the fur, mix in some pure neem oil to an [organic leave-on hair conditioner](#) or [jojoba oil](#), or [pure Shea Butter](#) around 5 drops of neem oil to 1Tbsp of conditioner/jojoba oil/shear butter, then rub in all over the coat to stop the fleas biting. The fleas will then

begin to starve and die. Then begin combing out the fleas each day until they are all gone.

Then once a week, dab on a little 1:1 mixture of the neem/carrier oil at the base of your dogs neck between the shoulder blades and on the rear end above the tail between the hips, and a little under the armpits and groin to keep fleas away.



For ear mites, dilute the neem oil at a light starting regimen of 1:10 (1 part neem oil to 10 parts carrier oil) in a light carrier oil (e.g. grape seed oil or almond oil). Use a soft cloth or cotton wool, soak it in the oil, wring or squeeze out all excess oil and wipe out the ear as far in as possible.

If your adept and your dogs willing, use some cotton buds/Q-Tips dipped in the oil mix and squeezed of excess oil, then clean out as far as the downward turn of the ear canal.

Can I use neem oil on puppies?

If using neem oil on puppies, always mix the oil at 10:1 (10 parts carrier oil to 1 part neem oil). Simply rub in all over, avoiding face area, leave on for an hour, then comb through thoroughly and wash off with very mild puppy shampoo. For keeping fleas away, dab on a little 10:1 mixture as directed above for adult dogs.

A personal story: When my current dog was a six month old pup, we were returning from our morning walk when he was stung by a bee. I didn't see it happen, but as we entered the house, he went into shock and began to break out in hives to the point one eye closed completely as it swelled in seconds and his head began to look like the dog version of the elephant man, it was so disfigured with welts, bumps and lumps and his body hair stood up in big tufts all over. In his panic he'd race around frenzied and then collapse in a heap crying in agony.

I immediately went to my dog first aid cupboard that contains all his specific home remedies and [first aid kit](#) (you have one in your house right?), and grabbed the neem oil, mixed it with some grape seed oil, swept the dog up under my arm, carried him up to the bathroom and dumped him into the

empty bath tub. I then proceeded to massage in the neem oil mixture all over his body from head to toe for the next 60 minutes continuously. Then I washed him off with shampoo, towel dried him and he walked away calmly 100% back to normal as if nothing had happened.

In the time it takes to panic, call the emergency vet, wait for some chemical drug to take effect or watch as your dogs throat swells and he can no longer breath, further panic... and then possible tragedy, you can be calmly applying a neem oil mixture to sooth and dissipate an allergic reaction.

Neem Dog Spray Recipe Method: For active daily insect repellent on your dog and throughout their home environment

Always prepare this neem spray freshly, and use it immediately. Once neem oil is dissolved in water it starts breaking down. The solution will be effective for same day use only.

Amounts And Concentration:

A 1% solution is strong enough as a repellent spray to protect dogs from fleas, mosquitoes etc. However, if your dog already has a problem with fleas or ticks you can use a stronger solution or the methods as previously described above.

You can increase the concentration of this standard solution much higher, up to 10% (just remember that it will also take a lot more soap to dissolve the oil).

And instead of spraying you can also sponge it over and through the coat of your dog. Such a strong solution will keep even buffalo flies and sandflies away! But usually it's just not required to waste that much oil. A little neem oil goes a long way.

For 1 pint or 1/2 liter of a 1% solution of neem oil dog spray you need:

- 5ml of neem oil
- 2ml [mild liquid soap](#)
- 1 pint or 1/2 liter warm water

Method:

- Use a dedicated 2 pint/1 liter spray bottle
- Use warm water to dissolve the oil better

- Mix the warm water with the soap first
- Slowly add the oil while continuously stirring
- Pour contents into your spray bottle and use immediately
- Once done spraying your dog, add something like [lemongrass oil](#) to the bottle, shake and then use around the house for a nice fresh smell.

Use the neem dog spray method whenever you want to protect your dog from biting or sucking insects. You can also use it to spray your dogs bedding, cage, on rugs and carpet, around skirting boards, on sofa's and everywhere fleas congregate. Neem spray will also repel those pesky cockroaches!

After spraying your dog, add 10 drops of tea tree oil or [lavender oil](#) or lemongrass oil to the bottle for a more pleasant smell when spraying around the house. Regularly shake the bottle as you use it to keep the neem oil in suspension.

The neem spray may not kill insects immediately on contact but is effective and the insect will not survive long after. Remember, if your dog is already infested, use the wash method described above for complete effectiveness and then use the neem spray once every two weeks as a repellent to keep your dog and house protected.

Neem oil for fleas in the yard and under the house:

Start with the same 1% strength solution but make up a bigger volume for one of those [pump action sprayers](#) that have the long tube and spray bar with trigger. Now you have a robust system that can be used everywhere in the yard and under the house that fleas congregate to keep populations to an absolute minimum. Repeat every fortnight throughout the flea season to break the life cycle of fleas and ticks.

As a preventative measure, if your well aware of flea season approaching, it's a good idea to get out several weeks ahead of time and spray the areas you know become infested with a 0.5% solution of neem oil.

If using pure neem oil as your home made spray, it's totally safe for humans, so you don't have to worry about protective clothing. Neem makes a much better and safer insect repellent for humans than chemical based deet products. It's also safe on any vegetables, herbs and fruit.

It's best to spray in the yard in the early morning or late afternoon to avoid hurting beneficial insects like bees. Neem oil is not toxic to them but it can suffocate them when sprayed directly and while it's still wet.

Neem FAQ:

- Store your neem oil in a cool and dark place, and it will keep longer. It should keep for at least a couple of years.
- Neem oil can solidify at low temperatures. If it has gone lumpy you need to warm it up by placing the container in warm water. Warm, not hot! 85F (30°C) is plenty. Remember, too much heat degrades the effectiveness of Azadirachtin.
- Pure neem oil is colored, cloudy and smelly (a kind of sulphurous, nutty, garlic smell). Commercial neem sprays smell better and are ready to use convenient but they just don't work anywhere near as well and certainly not on fleas, ticks and mange. You must make your own from neem oil and it's really easy and much cheaper.
- When mixing for use, if you don't like the smell, add a couple drops of pure tea tree oil for a more pleasant smell. A little smell is a small price to pay for real, effective, non toxic health for your furry family member.
- **Cats:** If you have a cat in the same household, use neem leaf powder instead. It's a lot less concentrated and completely safe for cats, plus it avoids using any essential oils which cats are sensitive to. Add a 1/4 cup of the neem leaf powder to 1 cup of tepid water and leave to steep for 5 minutes as if making tea with a tea bag. Strain off the liquid and use as a spray over your cats fur and rub in for full flea protection. Repeat every fortnight through flea season. You don't need to wash it out after application and you don't need to worry about neem traces from your cat licking it's fur. And it means no washing which many cats hate! It will stop the itching and scratching now your cat is protected. [Neem leaf powder.](#)

- Neem oil does not mix with water. You have to add an emulsifier. (An emulsifier is any substance that makes oil and water mix, e.g. soap, detergent, shampoo.)
- If you find your dog loves the neem mixture you've applied somewhere on her coat and wants to lick it off, don't worry, it's safe in the amount she'll lick off and her breath, teeth, gums and internal system will benefit anyway - a win win!
- The brown dog tick has been the only dog pest that has proven hard to kill. If your dog gets this particular tick, use a 1:1 concentration directly on the ticks using the cotton wool swab method.
- Neem should not be used by pregnant or lactating dogs.
- Neem oil is for external use only to stop pests and for skin and coat care.

Where to get it?

While you can buy commercial ready-made neem products like sprays, I've found that these refined extracts of Azadirachtin, the ingredient we need to be effective are always in too small a concentration to be effective. It's easy and much cheaper to make your own up from pure neem oil and know that it will be 100% effective every time.

Not all neem oils are made equal. Some products for sale are actually neem oil extracts. They do not have a high concentration of the insecticidal ingredient Azadirachtin. Look for [100% pure neem oil](#), also called raw or crude neem oil.

Make sure it's cold pressed and preferably [organic neem oil](#). Heat destroys Azadirachtin. Buying organic neem oil ensures that it is not contaminated with solvents or petrochemicals that may have been used in the purification process.

Neem Leaf and Bark

Natures Teeth, Gums and Fresh Breath Rejuvenator



The bark and leaves of the neem tree are usually ground into powder and used for internal healing while the more potent oil extract is used externally.

I've researched the effects of using neem leaf and bark extracts and powder for rejuvenating dogs teeth that have become infected, suffering gum disease, gingivitis, covered in hard plaque and tartar or have bleeding gums and just plain rotten teeth. This includes the often foul 'doggy' breath that goes with these conditions.

It has been researched that 85% of dogs by age two have gum disease requiring immediate attention. The following are important questions I'd love you to answer:

- Are you feeding a commercial pet food product to your dog?
- Have you had regular vet checkups that included an assessment of your dogs teeth and gum condition?
- Have you been using some form of remedial action such as regular brushing of your dogs teeth?
- How does your dogs breath smell, neutral or foul?
- Have you even looked at your dogs teeth and gum condition lately?

Your dog, just like kids, needs oral care daily. This is something that very few dog owners either know about, care about or take seriously.

Gum disease in dogs has been researched to be one of the leading causes of chronic disease throughout the body. The simple reason for this is that as the

gum pockets open up from gingivitis, plaque and the daily effects of trapped kibble food particles (and no, kibble does not clean teeth, regardless of bogus claims from pet food manufacturers) the teeth begin to lose the battle to gum disease and bacteria can easily make its way down to the root of the tooth and into the blood stream that feeds the gums. From here that same bacteria is now free to roam the entire body and cause disease anywhere it likes.

If your dog is generally in poor health with a low immune system, not able to easily fight off bacteria, then chronic disease will develop sooner or later.

How do you know your dog has low immunity?

If your dog suffers any of the following external examples, their immunity to disease is low:

- Yeast infections
- Skin disorder like mange, excess ear infections, excess allergies, staph, worm outbreak, hot spots etc
- A bulging red flare line above the teeth along with foul breath.
- Dull, greasy or smelly coat
- Gets diarrhea often
- Has had antibiotics 3 times or more in the last 12 months

How to recover your dogs teeth and gum health, have fresh breath and boost their immune system at the same time

The first thing to do is check your dogs teeth and gum health. Healthy gums and teeth will look like the following:

- Teeth are white with minimal yellowing towards the gum line.
- The gum tooth interface forms a smooth unbroken line with no pockets, red flare line or bulging gums where the gums meet the teeth.
- The gums are a salmon pink color.

Un-healthy teeth and gums look like the following:

- Teeth are yellow and generally discolored.
- There's plaque and tartar along the base of the teeth that separates the teeth from the gums.

- There's a red flare or bulging line where the gum meets the teeth or even an open and inflamed oral cavity.
- The gums are red and swollen.
- The gums are bleeding.



The very first plan of action if any teeth are rotten, abscessed or loose is to book your dog in for a full scale and polish to get the teeth fully cleaned up. Your vet will advise if any extractions are needed for teeth that cannot be saved.

The second thing to do once you have booked your dog in to have their teeth cleaned is purchase a [dog tooth brush](#) and the [neem bark powder](#).

The third thing to do is set up a schedule of regular teeth cleaning three times each week right after your dogs teeth have been professionally cleaned... and stick to it religiously! You won't have to do it daily, but aim to brush your dogs teeth every second day ongoing.

The benefit of using neem to clean your dogs teeth is that you won't have to do it daily because the neem will clean up the bacterial build-up from the previous day. This is more convenient than the daily hassle of brushing with regular chemical based pastes containing controversial fluoride, SLS and other chemicals.

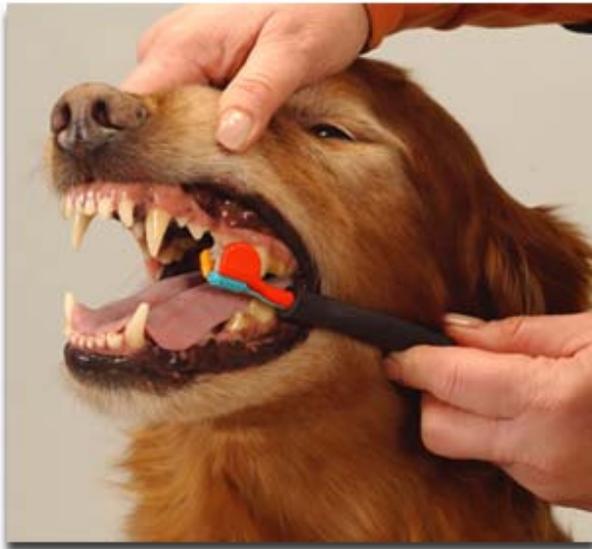
Studies and thousands of years of traditional use of neem for cleaning teeth have shown that neem:

- Prevents and heals gum disease
- Prevents cavities
- Eliminates bacteria that cause cavities and inflammation in gums
- Prevents bacteria from sticking to teeth
- Reduces plaque
- Freshens up the breath

- Prevents the cause of chronic disease through the body from gum disease

The studies used mainly neem leaf powders and extracts in their research. Interestingly the neem leaf is not even the most effective neem product for dental care purposes, it's the neem bark that is the most effective.

But product manufacturers don't want to use bark in a toothpaste because that would make it brown. And the public isn't educated enough to accept such a product. It needs to be white. However, your dog could care less, so that's good for you the dog owner, because it's the neem bark we want for our dogs to get the best benefits.



If your feeding a raw food diet with meaty bones, then you've probably got this covered. But if your feeding kibble or canned dog food, then cleaning your dogs teeth is a must. The good news is you won't have to do it daily, 3 times weekly is probably enough, so let's be thankful for neems ability to pick up on the days of no cleaning being done and fixing everything up in the mouth naturally and freshening up your dogs breath at the same time.

The added bonus too is that [neem bark powder](#) is amazing for:

- Protecting and detoxing the liver
- Antioxidants to combat ageing
- Promoting healing of gastrointestinal issues
- Helping with stomach issues
- Controlling intestinal worms
- Boosting the immune system

Sprinkle a pinch on your dogs food (small pinch for small dog, larger pinch for large dogs) for digestive and immune system support. For the teeth and gums, you can buy some dog specific toothpaste and a tooth brush or simply add some [neem bark powder](#) to a little smooth peanut butter and brush the teeth.

[Raw coconut oil](#) also acts as a wonderful canine toothpaste because it has antiviral, antibacterial, and antifungal properties – plus most dogs love the taste. You can use a brush or simply mix up a little coconut oil with neem powder and simply use your fingers and rub it over the teeth and gums - job done!

Get into the habit and you and your dog will be well rewarded for minimal effort now, to save a fortune in vet bills and health problems down the road.

Where to get it?

As in all things, be careful what you purchase, I've seen neem bark powder with added xylitol among other ingredients, and you definitely don't want unhealthy additives and cheap fillers. My recommendation is [neem bark powder from wondercide](#). It's eco-friendly and 100% natural.

For brushes, I recommend this one, [Dog Toothbrush](#).

For toothpaste I recommend this one, [Dog Toothpaste](#).

*UPDATE:

I know it's a pain in the butt to have to clean your dogs teeth, even every other day and I also know that many of you aren't doing it at all! So please, if that's you, here's a good second best.



Get your dog some Greenies. They are dog dental chews that have great feedback from thousands of dog owners. They are USA made and come in many sizes for all dogs. They do a good job of cleaning teeth and will replace the teeth brushing part, which leaves just the application of neem powder with your finger a couple times a week and please do this part, OK?, ok.

Please note:

If your dog is good with regular treats, great, but if your dog is a gulper and likes to swallow without chewing, then proceed with caution and manage your dogs chewing the first couple of times. I do recommend you get the next size up from the sizes recommended in the table below, so if your male Westie is 20lbs, get him the regular size and so on.

Don't feed more than is the minimum necessary to get your dogs teeth clean, (1 Greenie a day) as they are not treats, even though many dog owners use them as such. Although 94% of pet owners report that they dissolve easily and cause no tummy upset, if your dog gets any digestive upset from them, discontinue use.

Feeding Recommendations:

Greenies Size & Length of Treat	Dog Weight
Teenie - 2 3/4"	5-15lbs (2-7kg)
Petite - 3 1/2"	15-20lbs (7-11kg)
Regular - 4 1/4"	25-50lbs (11-22kg)
Large - 5 1/4"	50-100lbs (22-45kg)
Jumbo - 6"	Over 100lbs (over 45kg)

Where to get it?

You can get Greenies by - [Clicking Here](#)

But my dog won't let me anywhere near his mouth, let alone trying to clean his teeth or even get my fingers in there to rub something on them!

It's no surprise that many dog owners simply can't get near their dogs mouth. If not trained early on in life to allow you to open and check teeth or brush them, many dogs either complain, run off, grit their teeth or just get angry, even snappy! If this describes the situation with your dog, I've come up with a cunning plan.

Here's what to do:



Get some [PlaqueOff](#) for dogs and begin adding a little to your dogs meals each day as directed on the container. Within two to eight weeks what will happen is the plaque and tartar covering your dogs teeth will become porous and soft. Some will naturally fall off but the trick is for your dog to chew on something hard that naturally makes all the tartar fall off by contact to leave healthy shiny white teeth and no smelly dog breath.



So you'll need either something like a [deer antler chew](#) which are natural, clean, long lasting and most dogs love them, spending time chewing away at the antler and cleaning their teeth in the process. They are much safer than nylarbones (don't get these as they splinter fragments of plastic which are swallowed), or rawhide chews (potentially deadly with bleached and chemically treated leather hyde and toxic dyes used in their manufacture plus they make a gummy mess on carpets - unlike deer antler).

or



[Dentasticks](#) have proven cheap to buy and effective at removing the now, soft tartar and plaque. My advice would be to get the correct size [Dentasticks](#) for your dogs size and only feed one a day, specifically to get the tartar off. Once that's completed and with fresh breath to boot, I recommend stopping the Denta sticks and just continue with the [PlaqueOff](#) as a maintenance dose every second day to keep teeth clean and breath fresh.

Yes you can use this system of cleaning your dogs teeth even if they do let you open their mouth and stick things in there. But remember, neem bark powder does far more than clean your dogs teeth and purify the breath. It also has amazing health benefits for the entire digestive system and the liver, plus it helps to balance your dogs immune system which is a major health benefit.

It's your choice, which option you run with, but I wanted to cover all scenarios with an effective solution to cleaning your dogs teeth and having fresh breath.

I believe the trigger point of the vast majority of disease in dogs begins in the mouth as discussed earlier on. Cleaning your dogs teeth and keeping them clean is one of the best health practices you can perform for your dog at home and will do much to counter chronic disease down the line.

Please Note: Do not use PlaqueOff if your dog has a thyroid related condition.

Oregano oil

Natures Miracle Cure or Doctor in a Bottle and Super Antibiotic

Best for: Antibiotic, yeast, fungal, gut, colds, immune booster



Oregano is a perennial plant that grows in many parts of the world and best know in Italian cooking or as a pizza topping. It is an aromatic and medicinal plant with incredible healing properties known since ancient times.

What's in it?

There are many published scientific medical studies on the properties and effectiveness of Oregano oil's active ingredient, Carvacrol.

It contains vitamins A,C, E, B6, K, as well as iron, magnesium, calcium and potassium. It also contains rosmarinic acid, a powerful antioxidant and it's essential oils are anti inflammatory and anti microbial.

Carvacrol inhibits the growth of several bacteria strains such as Escherichia coli, Pseudomonas aeruginosa, Salmonella etc. It's also anti-pleomorphism, killing bacteria, fungi and viruses that have the ability to shape-shift and take on different forms within the body.

What's the benefit of using it?

The oil has many benefits and has been effective in the following:

- Allergies
- Anti fungal
- Antioxidant
- Arthritis
- Asthma

- Athlete's Foot
- Back Pain
- Bacterial infections and parasites
- Bug Bites
- Bee stings
- Bronchitis
- Digestive problems
- Candida
- Common Cold
- Flu
- Colitis
- Diarrhea
- Gum Disease
- Immune system booster
- Migraine headaches
- Muscle Pain
- Nail fungus
- Osteoarthritis
- Parasites
- Pain relief
- Rheumatism
- Contact dermatitis
- Mange
- Yeast infections
- Kennel cough
- Skin lesions
- Skin cancers

How to Use It?

You can [buy 30ml bottles of the pure oil](#) which is very potent and should never be applied directly or swallowed neat as it's very acrid and will burn. A 20% solution will still leave a slight warm tingling sensation that is fine for humans and dogs.

Mix the pure oregano oil with virgin olive oil at 1 part oregano oil to 4 parts olive oil, a 20% solution.

Oregano oil has excellent anti-fungal properties. For yeast infection, cancers, allergies, parasites, digestive problems, kennel cough or to boost the immune system, rub some oregano oil mixed with virgin olive oil on the pads of your dogs feet and between toes daily. It will soak in and do the job of an antibiotic for internal infections but without killing off your dogs gut flora like vet prescribed antibiotics do. It also has a host of other health benefits as you can see above.

Make Oregano Oil your go to choice for internal antibiotics (read the Antibiotics - Just Say No article on p.89 for more on this).

For skin lesions, skin cancers, sarcoptic and demodectic mange, bee stings and bug bites, ear infection, muscle pain, arthritis, contact dermatitis and any type of external yeast infection, rub the 20% solution onto the area daily until its gone.

Oregano oil is great for arthritis and painful joints

Oregano oil is an excellent pain killer for arthritis and painful joints on dogs. If your dog is in pain and stiff in the hips and joints, simply massage the 20% solution into the affected area daily for relief (you can also use it as described below for easier massaging, see Oregano Oil mixed with Coconut Oil Below).

Where to get it?

There's only one brand I trust 100% that have an excellent record, great customer care and the best quality oregano oil I use daily and it comes directly from Greece. [Click Here.](#)

Oregano oil mixed with coconut oil for the antibiotic treatment of hot spots



Hotspots are essentially an immune-mediated response of the skin. Hotspots are irritating, become painful and generally stress dogs out. Your dog gets them because they are stressed either by an environmental issue like being left home alone causing separation anxiety or the side effects of drugs including vaccines or from a diet lacking in nutritional adequacy.

They appear as red, moist, irritated, sometimes oozy skin lesions that can appear anywhere on your dog.

Hot spots also tend to appear suddenly, with no warning. If they're untreated, they can also spread very fast. So if you see one on your dog, it's important to get treating it right away.

But first, you need to know you can get through this without antibiotics or conventional drugs and disinfectants because they cause bacteria to mutate and become antibiotic-resistant. And you really need to try hard to do this. Why? Because there is always an underlying cause to hot spots and applying any form of antibiotics from the vet to treat the hot spots will only lead to further complications and more hot spots.

So please avoid conventional treatments because this remedy is far safer and should fix the hot spots, acting as a natural antibiotic while at the same time helping your dogs immune system.

To fix the underlying cause, use the 7 perfect value food supplement program on page 114. It's a great low cost solution to the underlying cause and no more hotspots, no vets, no bills and a happy dog!

If your dog is stressed by separation anxiety or other trainable problems, don't put it off any longer, check out a good friend of mine, [Doggy Dan's video dog](#)

[training](#), he's brilliant, one of the world's best and you'll be surprised how quickly you can turn things around with a dog of any age.

Mixing guidelines

The rule of thumb is usually one teaspoon of coconut oil to one drop of pure oil of oregano. Simply mix the two together well and apply directly to the hot spot daily until it's gone.

You can make up a small batch to last months at a time, and now you'll have it at the ready for hot spots, itches, stings, bites and bugs.

- Add 4 Tbsp gently melted [coconut oil](#) to an empty jam jar or other small glass container you can easily dip your fingers into.
- Add 12 drops oregano oil.
- Mix them both together well
- Use the cream as a topical antibiotic

Store in your kitchen cupboard and the mix will last for months and it's ok if your dog licks it because it will continue to promote good health internally.

Do not use Oregano oil on pregnant or lactating dogs or have any allergy to thyme, mint or sage.

Where to get it?

There's only one brand I trust 100% that have an excellent record, great customer care and the best quality oregano oil I use daily and it comes directly from Greece. [Click Here.](#)

Garlic

Natures Gut Flora Booster and Digestive Tract Cleaner



Garlic is safe and highly beneficial to dogs. It's even approved by the Food and Drug Administration (FDA) as a dog food ingredient.

Garlic has been in use as a medicinal herb for thousands of years. Hippocrates used garlic for infections, cancer and digestive disorders. The famous Roman naturalist, Pliny the Elder, also

advocated garlic for use in a variety of ailments from common colds and flu to epilepsy and cancer.

Modern science has studied garlic in depth and conclude that it boosts immunity, is anti-bacterial, anti-viral and anti-fungal.

What's in it?

Garlic is very nutrient rich and high in inulin, amino acids, sulphur, zinc, potassium and phosphorus. It also contains vitamins A, C, and B vitamins, thiamin, niacin, taurine, riboflavin along with calcium, magnesium, manganese, selenium, potassium, phosphorus, zinc and germanium.

What's the benefit of using it?

Garlic helps detoxify the body. It supports beneficial bacteria in the digestive tract and eliminates many types of harmful bacteria. It supports the liver and helps your dog eliminate wastes through the entire digestive tract.

It can help prevent blood clots and stimulate the lymph system. Garlic has antibiotic, antifungal and antiparasitic and anti-tumor properties. It's also been

shown that garlic suppresses bacteria that appear to be resistant to conventional antibiotics.

Garlic has shown to be a great multi-system booster for senior dogs, helping to clear, clean, disinfect and ward off dog flu.

Feeding garlic can also help drive out worms and repel fleas and ticks from your dog.

How to Use It?

Always use fresh organic garlic. Peel the cloves then finely chop it and let it sit for 15 minutes before feeding. This allows allicin, one of the beneficial substances in garlic, to build up. Add to your dogs food, giving 1/2 tsp per 20 lbs of your dog's lean body weight per day.

Even though garlic is safe for healthy adult dogs, don't give it to pregnant or nursing females or puppies under six months.

While using garlic may be of concern due to ignorant press on the subject, remember that it would take in excess of 6 to 8 cloves of garlic in every meal to have any adverse effect on a 10lb dog!

Also check with your vet before giving garlic if your dog's on immune suppressant drugs, heart medications, chemotherapy, blood thinners, insulin, antacids or high blood pressure drugs, as these can interact with garlic.

Where to get it?

Garlic can be readily bought at your local supermarket.

Turmeric Root

Natures Cancer Treatment and Preventative



Turmeric root - a member of the ginger family and well known for its culinary uses, is a powerful medicinal herb that has been heavily researched for many years and found to provide powerful anti cancer properties with literally hundreds of simultaneous medicinal side benefits!

What's in it?

The primary and beneficial bio-active ingredient of turmeric is curcumin. So while it acts as a spice in cooking, it's also a pain reliever, making it a great food additive for dogs in pain from an illness.

What's the benefit of using it?

The use of turmeric will aid in the following:

- Proven to fight multi-drug resistant cancers
- Protects from radiation damage
- Reduces inflammation and relieves joint pain by neutralizing free radicals
- Reduces heavy metal toxicity
- Lowers bad cholesterol
- Anti-parasitic
- Anti-allergy
- Anti-depressive

- Anti-epilepsy
- Anti-oxidant
- Anti-septic
- Anti-tumor
- Prevents and reverses Alzheimer's disease
- Soothes gas and bloating
- Treats diarrhea
- It's rich in vitamins and minerals

There have been some very promising studies conducted in the last few years in the area of cancer and the effects of curcumin on cancer cells. Unlike chemotherapy treatment that kills all cells indiscriminately, curcumin has been found to target just the cancer stem cells. Curcumin has shown to reduce metastasis, decrease cancer cell growth and even induce what's known as apoptosis whereby the cancer cell destroys itself which is great news.

Turmeric has proven to be one of the most potent natural anti-inflammatories available. Clinical studies have revealed that curcumin in turmeric is a powerful antioxidant. Antioxidants neutralize free radicals which cause the painful inflammation and damage to joints affected by arthritis. This also makes turmeric a reliable option for arthritis and reducing the painful condition in your dog.

How to Use It?

Turmeric is not so easily mixed in water or well absorbed by the body and quickly filtered out by the liver, so the best way of giving this fat soluble herb to your dog is by mixing it with some coconut oil. (See Also Turmeric Paste below).

You can feed the powder alone, the most commonly available or the fresh root, finely grated. If you feed twice daily, divide the daily amount between the two meals for better absorption.

Add between one eighth to a quarter of a teaspoon per 10lbs of your dogs weight to their daily food and make sure there is plenty of fresh drinking water available as it may make your dog a little more thirsty than usual.

How To Make Turmeric Golden Paste For Dogs

Australian veterinarian Dr Doug English gets great results with a turmeric recipe he developed called Golden Paste. By combining the turmeric powder with black pepper and coconut or olive oil, it's overall effectiveness is increased. Here is his recipe:

Golden Paste Ingredients:

- ½ cup [organic turmeric powder](#) (Organic turmeric powder is best as it contains lots of curcumin)
- 1 cup filtered water
- 1 ½ teaspoons freshly ground black pepper (Grind [organic black peppercorns](#) in a coffee grinder, magic bullet or hand grind with a pestle and mortar) You can also buy pre-ground peppercorns but fresh ground is best.
- ¼ cup organic cold pressed virgin olive or [coconut oil](#) (Coconut oil is a great choice with many health benefits - see listing for coconut oil)

Golden Paste Directions:

1. Mix the turmeric with the water in a pan
2. Start with 1 cup water and add more only if needed
3. Stir the liquid on medium/low heat and in about 7 to 10 minutes, it should form a thick paste.
4. If your paste looks watery, just add a bit more turmeric and heat it for another couple of minutes
5. Once you've got a paste, add the pepper and oil, then stir it very well.
6. Allow the mixture to cool, then place it in a jar with a lid and store it in your fridge. Ideally, you should store the paste for no more than two weeks ... after that, you'll want to make a fresh batch. You'll know from making up the first batch, how much of each ingredient is needed for your dogs size, for a second batch to last two weeks.

Giving Turmeric Golden Paste To Your Dog

You can add the Golden Paste directly to your dog's meals by mixing it with some water. Most dogs seem to like the taste.

How much to give:

- 1/4 tsp to small dogs
- 1/2 tsp to medium dogs
- 1 tsp to large dogs

It's also best fed in smaller amounts over several meals each day for better absorption. So if you feed two meals a day and you have a small dog, just use 1/8th of a teaspoonful in each meal each day.

Turmeric is safe, however, if your dog has a pre-existing condition with medication, seek your vets advice. Also seek advice before giving to a pregnant or lactating dog.

Where to get it?

[Organic black peppercorns](#)

[Organic extra virgin coconut oil](#)

[Organic turmeric powder](#)

Vitamin E

Natures Cancer Scavenger



Vitamin E has decades of science behind it and is very deficient in dogs diets. It's a basic antioxidant that is essential for normal growth and development in dogs and people alike.

What's in it?

Vitamin E occurs in four natural forms, alpha, beta, gamma and delta tocopherols. There is a synthetic form with dl-alpha only tocopherol in it which is to be avoided as it's ineffective.

What's the benefit of using it?

There have been countless published clinical studies around the world. These prove beyond any doubt that vitamin E supplements have numerous health benefits - especially for the heart, arteries and circulatory system in general.

Now we are finding through the latest medical research that vitamin E is important in the prevention and cure of various cancers, especially ones like breast and prostate.

How to Use It?

15IU per 10lbs of lean body weight. You'll need to take a softgel and pierce it with a pin and simply guess how much your dog needs. Not very scientific I know, but there's 400iu in each softgel. So if your dog is 50lb in weight, one softgel will last around 5 days. Keep refrigerated for freshness.

Where to get it?

Here is a high quality choice of [natural vitamin E](#) with mixed tocopherols.

Beta Glucan

Natures Most Powerful Immunity Enhancer



Nothing does more to boost your dogs immune system than this extract of oats, barley, yeast, or mushrooms.

It's a must have aid to restoring, boosting and protecting your dogs immune system to disease.

What's in it?

Beta Glucan is a natural complex carbohydrate (polysaccharide) found in cereal grains such as oats and barley. However, it is found in its greatest concentration primarily in the cell walls of yeast and in medicinal mushrooms.

Beta Glucan as a supplement is a proven anti-tumor and anti-microbial, binding to receptors on macrophages and other cells in the body's tissues. These are the bodies white blood cells that devour bacteria, foreign cells, dead and dying cells, mutated cells and other negative invaders in the bloodstream.

When you give a beta glucan supplement these immune cells are more active, more powerful and effective in attacking and consuming what doesn't belong in your dogs system.

What's the benefit of using it?

Blood sugar metabolism and insulin are just one area of benefit here. You will especially want to give your dog beta glucan if they suffer from any type of cancer, a weak immune system, or diabetes.

Beta glucan has been proven effective on dogs as an anti cancer and anti tumor treatment.

This nutrient will benefit any dog, making them healthier, less allergenic, less stressed, faster healing and more resistant to infection from microbes, bacteria and viruses. It's doing this because its boosting the dogs immune system.

How to Use It?

You can buy it in capsule form or as a cream. Use the capsules for everything stated above and the cream for skin conditions such as burns, wounds and any eczema or skin cancer condition.

Be careful to buy a quality brand as many claims are made. Make sure the cream is stated to have at least 1% real beta glucan in it! If you buy 100mg capsules, then open up the capsule and pour out half onto dog food at 50mg for small dogs and the whole 100mg for larger dogs, do this daily. There are no side effects, it's very safe and very powerful.

Where to get it?

[Beta glucan caps](#)

[Beta glucan cream](#) (this is a high quality 5% cream)

Astragalus

Natures Immune System Enhancer and Cancer Fighter



The astragalus herb, a member of the pea family has been used for thousands of years by the Chinese in herbal healing and as part of Ayurvedic medicine.

What's in it?

While there are multiple species of astragalus, most astragalus supplements contain *Astragalus membranaceus*.

What's the benefit of using it?

Astragalus is called an adaptogen, meaning it helps protect the body from physical, mental, or emotional stress. This herb will enhance your dogs immune system to more powerfully defend from diseases such as cancer while at the same time helping to strengthen the digestive tract, the thyroid, heart, lungs, kidneys and the all important liver.

Astragalus works in similar fashion to echinacea by increasing the levels of certain immune cells to fight pathogens. Now on high alert, these immune defence cells will consume or kill microbial enemies, viruses and cancer cells.

Astragalus has been used successfully for years in the treatment of kennel cough, diarrhea, inflammation and viral infections.

For prevention and to enhance your dogs immune system, astragalus will:

- Stimulate killer cell activity
- Raise white blood cell counts
- Strengthen the liver to boost its toxin filtering capacity
- Stimulates the spleen, liver, lungs, circulatory, and urinary system

How to Use It?

Astragalus comes in capsules and tincture form. You can use up to 10 drops of the tincture per 10lbs of your dogs lean body weight twice daily.

Where to get it?

[Astragalus tincture](#)

Red Clover

Natures Immune System Enhancer and Cancer Fighter



I'm sure you've seen those little red clover blossoms covering patches of your local park or in your garden. It's another of nature's anti cancer, blood purifier and immune system enhancers.

What's in it?

Red clover contains beneficial isoflavones and including its phytoestrogens, red clover is a valuable source of calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C.

What's the benefit of using it?

Red clover has the following benefits:

- Helps with blood cleansing and purifying
- Acts as a tonic
- Acts as a diuretic
- Anti-spasmodic
- Estrogenic
- Anti-tumor
- Boosts the immune system
- Latest research suggests an ability to prevent and fight cancer cells

How to Use It?

Red clover can be used internally and externally as a preventative measure. It comes either as dried herbs, as a tea or as a tincture. Give a small pinch to a small dog and a larger pinch to a big dog if using dried herbs. Follow the guidelines on the bottle if using as a tincture using your dogs body weight.

Red clover is safe to use. Do not use if your dog has a blood clotting problem and or any internal or external bleeding.

Where to get it?

[Red Clover Tincture](#)

Green Lipped Mussel

Natures Anti-Inflammatory for Joint and Arthritis Relief



The green lipped mussel or GLM comes from the waters around New Zealand and has been in use as a remedy by the Maoris for hundreds of years. GLM has only recently become popular in the west due to its highly beneficial anti-inflammatory properties from tests on dogs.

Half of all dogs over the age of eight start to develop arthritis in their joints, particularly the elbows, knees and hips. Traditional drugs are expensive and lead to distressing side effects, creating new problems in other parts of the body. GLM as a natural food source brings welcome relief.

What's in it?

The powdered extract of GLM contains a very high concentration of minerals, omega-3's and a unique combination of fatty acids unique to this marine crustacean.

What's the benefit of using it?

Studies have revealed GLM's use in order to reduce pain and as a feeding stimulant but their primary power as a natural anti-inflammatory is because they contain an excellent source of glucosamine and chondroitin - two key components of bone and cartilage that reduce inflammation and pain in the joints.

GLM also contains many nutritional properties. They contain a good variety of vitamins, minerals, amino acids, omega-3 fats, antioxidants, enzymes, and many other nutrients.

When combined with glucosamine and fish oil you'll have a powerful combination of inflammation control.

How to Use It?

GLM can be obtained as an extract in powdered form. The best brand will have been processed without heat extraction for better quality nutrients.

A general rule of thumb is 150mg of powdered extract per 10lbs of your dogs lean body weight.

If you don't see improvement after one month of use, you'll need to up the amount by 25%. As your dogs condition improves, you can lower the dose to the starting amount.

Where to get it?

[Freeze Dried Green Lipped Mussel](#)

Glucosamine

Natures Anti-Inflammatory for Joint and Arthritis Relief



Glucosamine is a cornerstone of any arthritis or inflammation supplement program. It's a natural nutritional supplement made from ground shellfish or

microbial grain fermentation.

Glucosamine occurs naturally in our dogs bodies and is a combination of glucose and the amino acid glutamine. It produces what's called glycosaminoglycan which is used as a lubricant to repair cartilage and joint tissues.

Glucosamine has been very well established as an anti-inflammatory for dogs.

What's in it?

Glucosamine is an amino acid that plays a vital role in the production of cartilage and other joint tissues. Glucosamine must be used in conjunction with a vitamins and minerals program for maximum benefits (see more on vitamins and minerals).

What's the benefit of using it?

Glucosamine supplementation increases the body's capacity to manufacture collagen and proteoglycans, which are vital for rebuilding joints and supporting synovial fluid which lubricates the joints.

If you're not feeding your dog a raw food diet then glucosamine is a very important supplement for joint support. When combined with GLM and fish oil you'll have a powerful combination of inflammation control.

How to Use It?

Glucosamine generally comes in powdered capsule form or as coated tablets. Make sure it's glucosamine sulphate from a quality brand as many inferior brands use other binding agents as fillers so you don't really get the correct amounts of glucosamine. Your dog needs about 200mg per 10lbs of lean body weight. Add to your dogs daily food. Glucosamine is safe and if your dog is badly arthritic, you can safely double the dose. Continue supplementation for life. Has proven very effective for arthritic dogs.

Where to get it?

[Glucosamine capsules](#)

Devil's Claw Root

Natures Painkiller and Aid for Arthritis Mobility



Devil's claw is a plant that comes from Africa and has proven effective as an anti-inflammatory, analgesic and body tonic.

What's in it?

Devil's claw contains the main ingredient harpagoside, which can reduce pain quickly and lessen inflammation.

What's the benefit of using it?

Devil's claw is a good option for arthritis and muscle pain. A number of human clinical studies have shown it to be effective in the treatment of low back pain, arthritis and rheumatism.

I've had great feedback on senior dogs at the point of not being able to lift their rear ends because of acute pain and arthritic joints. After just 2-3 days of taking devil's claw, they have become fully active again with full mobility and much reduced pain.

How to Use It?

Devil's Claw is usually sold as a human product, so assume the dose on the container is for a 150 lb person and adjust for your dog's weight. It's best to get the tincture for easier dosing.

Don't use for diabetic, pregnant or lactating dogs. Devil's Claw may act together with some pharmaceutical drugs (especially cardiac and hyper/ hypotensive drugs) so consult your vet if your dog's taking any other medications.

Feverfew as an alternative:



Like us, every dog reacts differently to treatment. If you're not getting the results you want from Devil's Claw, try feverfew extract as an alternative for pain reduction. It's also effective in managing pain, reducing inflammation, and treating arthritis. It comes in tincture form and should be mixed by weight and can be administered by mouth.

It usually takes two or three doses (given over two days) until the pain completely dissipates and for your dog to be back to his old self. There are no side effects from this occasional treatment.

Where to get it?

[Devil's Claw Root Extract](#)

[Feverfew Leaf Extract](#)

Lavender

Natures Super Healer For Cuts, Grazes and Bites



Lavender is an herbal plant that produces flowers from lilac to deep purple which are fragrant when dry or fresh. The plant is known for its many healing benefits including as an itch-soother, nature's sedative and antibacterial.

Dogs who are sometimes prone to minor physical accidents which result in cuts and grazes are usually able to lick their wounds and this has remarkable healing effects. However, if your dog is bitten in an unintentional scrap with another dog or perhaps attacked by a cat or you feel the cuts require further assistance to tend to their wounds, an effective home remedy is lavender.

What's in it?

Lavender has analgesic, antihistamine, antibacterial, anti-fungal, antiseptic and anti-inflammatory properties.

Lavender can be distilled into a tincture form known as an essential oil. It is generally used as a sedative and has relaxing, calming properties.

What's the benefit of using it?

Lavender will shorten the healing time dramatically while cleansing and soothing at the same time.

You will find the cuts, grazes and gashes will heal the skin quicker than usual as growing scar tissue will be much smoother which means a scar will become faint or completely unnoticeable. And because lavender is a sedative, you'll find it great for soothing and calming an excited dog.

Lavender is also great on bug bites to help sooth irritated skin and itch. And it's great for soothing, cleansing and healing burns.

You can also use lavender to massage your dog if they are anxious, fearful or generally sensitive to their environment such as car rides or trips to the vet.

Lavender is also very wonderful for massaging the hips and legs of your arthritic dog to soothe, calm and reinvigorate the muscles and joints for greater mobility.

How to Use It?

Get a 4fl. Oz bottle of pure essential lavender oil. Mix ten drops of lavender in a cereal sized bowl of tepid water, soak a hand towel or small cotton cloth in the water and wring out the water, but not bone dry. Apply the dampened cloth to cuts, grazes and gashes daily until wound heals.

Lavender applied as above is also great for cleaning out infected ears of grease, oil, particles and mites. After cleansing as far as you can go with a dampened cloth, use large cotton buds dipped in the bowl to clean further into the ear up to the point the ear canal turns downwards.

Where to get it?

[Pure Lavender Oil](#)

Lavender and coconut oil for anti-itch and soothing arthritic joints and sore muscles

Lavender and coconut oil make a powerful combination for massaging sore muscles, de-stressing your dog, treating itches and bites, soothing arthritic joints for greater blood flow and movement.

- Add 6oz melted coconut oil to an old jam jar or other small glass container.
- Add 8 drops pure lavender essential oil.
- Mix well.
- Massage into your dogs skin several times a week when you are relaxed and have time to focus on your dog.
- Store in the cupboard and should last for months.

For massaging your dogs arthritic joints, mix the pure lavender oil at 1 drop added to 1 tablespoon of coconut oil, mix well and massage the mixture onto your dogs shoulders, hips and legs.

Where to get it?

[Pure Lavender Oil](#)

[Extra Virgin Organic Coconut Oil](#)

Quercetin

**Natures Seasonal Allergy Buster
(Use just before hay fever season starts)**



Before we begin, it's important to know which type of allergy your dog is suffering from?

There are two types of allergies: food and environmental.

Your dog could have a food allergy which frequently breaks out as itchiness, breathing problems, and possibly gastrointestinal issues like upset stomach resulting in vomiting, diarrhea, and foul gas. Common food allergens contain wheat, corn, and soy.



The trouble could also be a large amount of yeast. Many times, dogs are diagnosed with allergies when in fact, they are suffering from a systemic yeast infection which lives in the gut. And your dogs gut, which is where 80 to 90% of the immune system lives.

Environmental allergies come from the following:

- Grasses
- Various flowers pollens
- Trees
- Weed pollens
- Mold spores
- Dust
- Dust mites
- Lawn care products

- Household cleaners
- Insect repellents
- Prescription drugs

Dogs and environmental allergies are a match made in frustration hell, particularly in the summer when the symptoms are at their worst.

There's not much worse than watching your dog scratch like there's no tomorrow, it simply makes you feel bad for them and frustrated because you've been to the vet how many times for antibiotics, steroid cream and a few weeks later the allergies keep coming.

An allergy is an unusual response from the immune system. Allergens in the environment cause the body to react when inhaled, eaten or they settle on the skin.

Your dogs body is having a reaction to the environment as it tries to resolve these unwanted allergens.

Does your dog have any of the following:

- Runny nose and sneezing
- Yeasty, gunky ears that may be inflamed, wet, red, eczema covered skin, and smell
- Runny eyes, redness, produce excess goo
- Excess scratching and general itchiness
- Excess chewing and licking
- Breathing problems

Your dogs body will release what's call histamines as a response to the allergens and that's what's causing the problems.

What's in it

The solution and one that's a natural plant based compound is Quercetin which is a flavonoid extracted from the peelings of different fruits and vegetables. They have a powerful anti-inflammatory and anti-histamine effect as well as being great as an antioxidant.

What's the benefit of using it?

Quercetin can turn off the histamine effect that cause the inflammation, redness and irritation. It will help to reduce itching and the breathing problems.

How to use it?

Quercetin supplements are available in pill and capsule form. Often it comes combined with Bromelain which helps the bioavailability of the Quercetin. Bromelain is an enzyme that also helps inhibit histamine.

A good minimal starting dose is 50mg per 10lbs of lean dog weight. It's best to get the veggie caps (capsule form) and break them open to dose your dog the correct amount each day. The capsules generally come in 500mg size. You'll get best benefit by splitting the dose in half and giving twice daily for round the clock protection.

Dog Weight	Dose Per Day
10lb	50mg
20lb	100mg
30lb	150mg
40lb	200mg
50lb	250mg
100lb	500mg

Quercetin is very safe as these doses (you could go much higher and still be ok). If your dog doesn't get the expected relief within a week, up the dose by 50%. Don't use it ongoing, just when you need it during allergy season or when symptoms flare up.

For pregnant and lactating dogs, dogs on current medications, it's advisable to check with your vet before supplementing.

Where to get it?

[Quercetin Capsules](#)

Echinacea

Natures Cold and Flu Protection (Use before kennelling your dog)



Echinacea is a great immune system booster for your dog. It contains all the properties needed to head off colds and flu before they set in.

What's in it?

Echinacea contains a natural antibiotic called echinacoside that works in a similar way to penicillin. This means it can kill a broad range of viruses, bacteria, protozoa and fungi. Echinacea also contains echinacein, that protects the body from germ attacks by neutralizing the tissue-dissolving enzyme hyaluronidase, which germs produce.

What's the benefit of using it?

Echinacea is an important remedy to have in your dogs medicine cupboard for wound healing and healing your dog from flu and cold symptoms. Particularly when your dog is exposed to kennel cough or another viral infection.

A few days before any stay at a kennel is the time to begin giving your dog echinacea. It will power up your dogs immune system to its presence in the body and set it on high alert. Because the echinacea is not seen as a threat, the immune system stays on high alert to those bacteria that will be. This means your dog is protected during its stay at the kennels.

Echinacea cannot keep the immune system on high alert continuously but should be good for up to a week, then it's best to stop for a few days and then you can begin again for the same level of protection for up to another week. And you can keep doing this as needed.

How to use it?

It's important to treat your dog in the early stages of any cold, flu or sickness symptoms before it really takes hold. So always be aware of any signs of sickness in your dog and at the first awareness of any cold, flu like symptoms, immediately begin dosing echinacea.

Echinacea is best used with an already healthy dog, as it needs a healthy immune system to work off and act as an effective early warning system to bacterial invaders. This way, the combination of echinacea putting the immune system on high alert, means the incoming germs are killed before they have a chance to take over.

If your dog suffers any type of immune mediated diseases, it's best to consult a holistic type of vet as the problem is already beyond echinacea's ability to help and it can even hinder progress in this situation.

There are two main types of echinacea; purpurea and angustifolia and they both have complementary properties. You can get a tincture that uses both with the benefit of being more effective.

For small dogs give 10 drops three times daily.

For medium dogs give 18 drops three times daily.

For large dogs give 26 drops three times daily.

Where to get it?

[Echinacea Tincture](#)

St John's Wort

Natures Prozac and the Herb of Happiness for Stressed Dogs



First used in ancient Greece, St John's wort or hypericum perforatum, has long been nature's alternative to lift spirits and gently switch states from depressed to happy. The herb derives from a yellow-flowered plant, which blooms around St John's Day – June 24th.

In what is billed as the most thorough independent study of the plant, German scientists have found it is just as effective as Prozac at treating depression. Researchers compared the effects of the plant to the new generation of SSRI drugs, such as Prozac and Seroxat.

The trial revealed that overall; the St John's Wort extracts tested were similarly effective as standard antidepressants and without the side effects.

What's in it?

St John's wort contains compounds which include hypericin, essential oils, flavonoids, and tannins.

In addition, St John's wort is antiviral and antibacterial. Used topically and in oral tinctures, this herb has wound-healing functions.

It has also been found that this herb can prevent tumor cell growth and induce tumor cell death.

What's the benefit of using it?

The plant has antidepressant and anti-inflammatory properties and is what you need for your dog if they have the following issues:

- Dogs that are feeling low from post surgery

- Dogs that get separation anxiety
- Dogs that are stressed from sudden changes and upheaval, maybe a house move or a mate dying
- Dogs with obsessive-compulsive disorder
- Acral lick dermatitis (lick granulomas)
- Dog aggression
- Mild anxiety, nervousness and/or panic attacks
- Dogs with phobic conditions
- Dogs that are depressed
- Ease the pain of arthritis and speed the healing of damaged nerves

How to use it?

St John's Wort can be found in liquid tincture form.

Do not administer to dogs due to have surgery involving anaesthesia.

Where to get it?

[St John's Wort Tincture](#)

Honey

Natures Burn and Scold Repair



Honey produced by honey bees from the nectar of flowers, can be used for a variety of ailments when applied externally as it kills bacteria on the skin. Honey is very effective for burn and scold repair.

What's in it?

Honey has great anti-bacterial, antiseptic and anti-microbial properties.

It's important to use either raw honey or Manuka honey. The more common varieties we see on the supermarket shelves have been pasteurized, which means much of the nutritional and healing properties have been removed. Raw honey and manuka honey have all the therapeutic qualities we want with the highest concentration of anti-bacterial activity.

What's the benefit of using it?

Honey will enhance the natural healing processes taking place allowing the body to do its job, accelerating the healing process of the minor burns or scalds especially if the honey is warm as this improves circulation.

An added benefit is that your dog will enjoy licking the honey where it can continue its healing effects on improving digestion issues and allergies.

How to Use It?

Apply directly to cuts and burns and the honey will get to work healing the wound quickly.

Manuka honey has also been effective in the post treatment of kennel cough. If your dog gets this hacking cough or catches a cold with streaming nose and or cough, treat with 1/2 teaspoon for a small dog up to 1 teaspoon for a large dog per day until symptoms subside.

Where to get it?

[Raw Honey](#)

Milk Thistle

Natures Liver Rejuvenator and Allergy Buster



Milk thistle is a proven liver rejuvenator, but is exogenous (not found in common food). Your dogs liver is its largest internal organ and works around the clock filtering toxins from the blood. Because the liver works so hard at filtering and eliminating all of these toxic substances, it is highly susceptible to serious damage.

Toxins from additives in your dogs diet, from medications, vaccines, free radicals, bacteria and viruses are all passed through the liver for cleansing, it's a tough job!

Your dogs liver will always need some help and mother nature has just the thing - Milk Thistle!

What's in it?

Milk thistle is a flower and it's seeds and roots have been used in medicine for 2000 years. The active mixed ingredient needed, silymarin has been promoted for dogs as highly beneficial for liver and kidney damage.

What's the benefit of using it?

Liver damage is very common in dogs, especially if subsisting on a commercial processed diet, taking in regular medications and vaccines. Milk thistle will prove a powerful antioxidant to the free radical damage caused by various chemicals floating around your dogs body.

If the liver is damaged or weakened, it will be less able to break down toxins and will begin to store them and release what's called histamines to protect itself. To combat allergens, the brain sends signals for the liver to release histamines and a weakened liver is far less able to remove these histamines as they continue to build up in the body. What then begins to take place is an allergic response such as sneezing, asthma, hives, ear infections, streaming eyes etc.

Milk thistle will help repair the liver damage so it can continue effectively flushing out toxins. Milk thistle will also work as a preventative.

Milk thistle will also help in the repair of a damaged kidney, decrease the effects of cancer and has proven effective in the lessening of the amount of insulin needed in the treatment of diabetes.

Milk thistle will help flush out the following from your dogs body:

- Vaccine chemicals
- Pesticide residues
- Antibiotics
- Steroids
- All medications
- Household and yard chemicals
- Pet food chemicals

How to Use It?

Milk thistle is best used as a liver cleanser to aid in liver recovery by stimulating new liver cell growth and protect against further toxin damage. It's not intended for long term use as it loses its effectiveness and can only be used for about four months, and then it must be stopped for one months before reapplication.

The recommended tincture extract of milk thistle contains 70 to 80% silymarin and should be labelled. Give the tincture starting dose of 1/4 tsp. per 20lbs of your dogs lean body weight per day divided by two daily doses. You can also get it in powdered capsule form. Give 50mg per 20lbs of your dogs lean body weight twice per day AM and PM for six months. For example, 100mg or

200mg capsules can be opened and divided as needed by bodyweight and added to daily meals.

Not to be used on pregnant and lactating dogs.

Where to get it?

[Milk Thistle Tincture](#)

[Milk Thistle Capsules](#)

Black Walnut, Clove & Wormwood

Natures Worm Killer!



Worms are a common ailment in dogs and all dogs have them to some degree. It's when the dogs gut gets out of balance that worms can proliferate and become an infestation.

There are generally six types of internal parasites dogs can become infected with and these are:

- Roundworms
- Hookworms
- Tapeworms
- Whipworms
- Lungworms
- Heartworms

If you're not sure your dog has a worm infestation, these are the following signs:

- Check your dogs stools daily for signs of very small wriggly white worms that look like vermicelli noodles or small rice grains which are eggs.
- If your dog throws up or coughs up, check for white round worms an inch or more long that look like thin white spaghetti

- If your dog scoots their behind across the floor, it may indicate tapeworm eggs which look like sesame seeds stuck around the anal ring (scooting can also indicate anal gland issues).
- Your dog may have a fever
- If your dog is off their food, lethargic or has a dull coat
- Your dog eats well but looks scrawny with distended belly

Even though you do not suspect worms, I highly recommend you de-worm your dog as a preventative and repeat bi-annually.

WARNING: DO NOT USE VET or OVER THE COUNTER DRUGS!

These vet prescribed drugs are highly toxic to dogs and people. If you have an old packet lying around, go read the label about the possible side effects, very scary!

This stuff is pure poison and should never go anywhere near your dog.

This includes: but not restricted to - ALL POISONS!

- Pancur
- Drontal Plus
- Safe-Guard
- PRO-Wormer 2
- Nemex-2
- Droncit
- Heartguard
- Tri-Heart
- Iverheart Max

The real key to worm prevention is a healthy immune system which comes from a healthy lifestyle. A dog with a strong immune system will still have a few worms, it's natural, but the worms are kept in check by a healthy system and the dog does not get sick as worms are routinely expelled from a clean gut.

Your dogs gut is 80% or more of your dogs immune system and a dog fed a whole food diet of raw based meats is far less likely to get an out of balance worm population.

You can help your dog by cutting back as much as you can on medications, vaccines, antibiotics and all pesticides such as flea and tick treatments, heartworm medications etc.

I'll discuss later about foods in the 7 Perfect Value Food Supplement Program on page 113 to help strengthen your dogs system which in turn helps to control worms.

What's in it?

Black walnut, clove and wormwood is nature's answer to de-populating worms in your dog. The combination of these three natural ingredients will kill the adult worms and their eggs, as a result breaking the worm life cycle.

- **Black Walnut Hulls** (from the black walnut tree)
- **Wormwood** (from the Artemisia shrub)
- **Common Cloves** (from the clove tree)

What's the benefit of using it?

For example, the roundworm parasite's eggs are ingested by your dog, generally from public places where other dogs congregate and live in the gastrointestinal tract, then get into the blood stream where they end up in the lungs, are coughed up, usually swallowed and the cycle is repeated.

By combining the three herbs as a single treatment, you'll kill the adults, the developmental stages and the eggs of at least 100 different parasites in your dog.

It's 100% natural, made from wild herbs and effective on liver flukes, amoebas, giardia, coccidia and all the worms mentioned above.

How to Use It?

You can obtain this combination treatment as a readymade bottled tincture. The treatment plan involves putting drops into your dogs food daily over a two week period, stopping for a week then another two week application. The included instructions will give you the correct amount to give according to human weight, on average 150lb. So for example, a 50lb dog would take 1/3rd of the dose, a 25lb dog 1/6th of the dose and so on.

It's also very effective against yeast infections and UTI's (Urinary Tract Infection).

Do not use with pregnant or lactating dogs.

Where to get it?

[Fresh Green Black Walnut Wormwood Complex](#)

Important, Please Note: As a dog owner, I recommend you go through a cleanse too. If you've ever rubbed your face against your dogs mussel or let them lick you... I know I have, then you most likely have worms too!

Don't even think twice about it if you have several dogs, cats or involved with multiple dogs in any way. All dog owners have worms! Don't worry, 90% of all humans carry worms to some degree, sounds gross but it's true and not too big of a deal. However, if you suffer any of the following symptoms, I highly advise you go through the cleanse with your dog... that's what I did and it works out fine, plus very reassuring.

- Feeling fatigued, lacking in energy
- Itchy anus
- Bloating
- Leaky gut syndrome
- Excessive diarrhea
- Excess gas
- Excessive coughing - not cold related, more of a dry unproductive cough with possible wheezing
- Abdominal pain
- Nauseated with little appetite but with extended abdomen
- Craving for sugar and carbs all the time
- Jaundiced skin color with possible sunken eyes
- Intestinal troubles you can't explain!
- Candida you can't seem to shift

Remember: Doctors won't have a clue about this, they'll be testing for Irritable Bowel Syndrome , Chronic Fatigue Syndrome, Crone's Disease, Asthma or even Cancer. They say worms are a rare condition in the US and testing is unreliable.

The bad news is the tincture tastes awful, mainly because of the clove ingredient - kind of bitter and strong. You can take it two ways I know of which is, take a dropper full and get it as far to the back of your throat as possible and squeeze, then drink something like orange juice to chase it down. The other way is to mix it with the juice first, then swallow it down. You quickly get used to it.

The good news is, it will get rid of sugar cravings, obviously the worms and eggs and make your gut feel a million dollars, plus give you your energy back and stop the gas, abdominal pain and bloating... and who knows what else!

Depending on how heavily affected you are by a worm infestation, you'll feel the equivalent level of detoxification during the cleanse, generally headaches and sick stomach feeling but it's minor compared to the symptoms listed above and will pass. Drink lots of water to help flush.

Your welcome to check your stools once you commence treatment... and see what worms are being eliminated and if you see sesame seeds, broken open corn, sunflower seeds and or rice on your stool those are eggs. If you see any small black hairballs, spaghetti, bean sprouts or mucous like white globs, those are worms. But it's not necessary as all worms and eggs are being expelled anyway and you'll go through a full cleanse nonetheless and get the all clear when finished.

If you do feel GREAT after a treatment cycle, I highly recommend a bi-annual re-application to counter any re-infection.

I do recommend you take a good probiotic when you've finished the cleanse to help replenish your guts flora levels and to continue feeling great.

Do not use while pregnant or nursing.

[Fresh Green Black Walnut Wormwood Complex](#) (Full directions with the bottle)

[Probiotic](#)

Oregon Grape Root

Natures Healer for Conjunctivitis or Pink Eye



Oregon Grape Root is my go-to herb for the cold and flu season. It's anti-bacterial, anti-viral, and alterative properties make it a perfect combination to kill off infections and enable a healthy recovery.

What's in it?

Oregon Grape Root (*Berberis spp.*) has been used for a thousand years as a healing aid. More recently, many thousands of scientific studies have been conducted on its healing constituent, berberine.

A specific inhibitor derived from Berberine has been found to help decrease bacterial resistance to antibiotics for MRSA infections and drug companies are racing to patent this as a pharmaceutical drug.

What's the benefit of using it?



Conjunctivitis or Pink Eye is simply the inflammation of the conjunctiva (a transparent membrane covering the eyeball) caused by, most commonly a bacteria or virus.

Symptoms of Pink Eye may include;

- Redness in the whites of your dogs eyes in both or either eyes
- Crusty discharge that builds during the night while sleeping
- Itchiness

How to Use It?

I have found Oregon Grape Root to be effective against Conjunctivitis when symptoms first appear and even when the infection has become full blown. It is best to start using it when symptoms first begin as the time line of the infection will be shortened significantly.

What I like to do is use the tincture of the root internally and externally.

Internal: Oregon Grape Root can help fight the infection from the inside and at the same time help your dogs body recover quicker and more efficiently.

External: You can use the tincture externally as an eyewash on your dog, however it is very important to do it correctly since most tinctures are made with alcohol.

Directions: Externally

Use previously boiled water for every wash (let cool to room temperature)

Ratio: **10 drops** of Oregon Grape Root tincture (important this is **drop dosage** – *not* dropperfuls) to **1 ounce** of water

Using a cotton swab, dip into the solution and without squeezing, wash the eyes. It should not sting or cause discomfort, other than your dog not liking the whole affair. Wash the eyes several times a day while the symptoms persist.

Directions: Internally

Give 5 drops per 20lbs of your dogs weight, 2 or 3 times per day.

Conventionally a bacterial Conjunctivitis is treated with antibiotic eye-drops while viral ones have no treatment and may take 2-3 weeks to run its course! Oregon Grape Root can be used for both types and in many cases can take care of the problem without the use of antibiotics.

Where to get it?

[Oregon Grape Root Extract](#) (Alcohol FREE!)

Valerian

Natures Answer for Separation Anxiety, Tension, Travel Stress and Hyperactivity

Separation Anxiety



Separation anxiety is caused by a dog's fear of being alone. It is the second leading cause of owners surrendering dogs to dog pounds or being euthanized. Dogs are naturally inclined to group behavior and do not like being alone unless specifically trained to do so. You may have adopted a new shelter dog and find that

they cannot settle when you leave the house, possibly causing damage to furniture and themselves while your away.

While the behaviors caused by separation anxiety are challenging, they are also treatable with the right natural approach.

Managing Separation Anxiety:

- The absolute best thing you can ever do for your dog is intense exercise. Simply walking your dog for 20 minutes before shooting off to work in the morning won't cut it. Your dog needs a good physical run off and to be visibly tired and drained of energy when they arrive home. Nothing drains tension from a dog more than regular and thorough exercise. If you don't have time in the morning, give your dog all the exercise it can take in the evening and a 'top up' run off in the morning for 20 minutes.

- Leave some music playing, not rock and roll but some soothing classical or ambient music. For my favorite canine calming music, and one that has worked brilliantly for many thousands of dog owners who's dogs have shown every type of anxious behavior can be found here; [Click Here](#). It's great for calming my own fireworks and thunderstorm fearing dog and will work in other stressful situations for dogs, like car travel, moving home and visitors.
- Grab a piece of your dirty laundry and leave it near your dogs bed for familial comfort.
- Ultimately, you may need to train your dog to be ok with you leaving the house. It can be done with any dog at any age. The best trainer I know for this is [Doggy Dan](#) who can show you by video exactly what to do.
- Valerian is a wonderful herbal medicine for the symptomatic relief of anxiety and nervousness. It's invaluable to calm and relax a dog suffering from the symptoms associated with separation anxiety.

Valerian root is a popular sedative and anti-anxiety herb for dogs. It's soothing for dogs that are:

- Nervous
- Have nervous stomachs
- Hyperactive
- Tense
- Travel stressed

How to Use It?

If you're travelling or having guests over that make your dog nervous or visiting the vet with an anxious dog, give 2-3 drops of Valerian tincture per 10lbs of dog weight three times a day, two or three days before the event.

If your dog is hyperactive, exercise is key but if that's just not possible on occasion, give 2-3 drops of valerian per 10lbs of dog weight which should noticeably calm your dog.

Valerian won't work for every dog; since valerian is considered a hot, warming herb, it is not recommended for dogs that run hot (for instance, itchy dogs hot

to the touch with bright-red tongues). In this case, see the entry for St John's Wort as an alternative.

Where to Get It?

[Valerian Root Tincture](#)

Lavender and Chamomile Essential Oils to Spray On Your Dogs Bed or Blanket

As an alternative, if your dog tends to run hot as described above, you can use essential oils to treat your dog's separation anxiety, tension, or hyperactivity.

Mix 2 drops of lavender and 2 drops of chamomile oil in a cereal sized bowl of tepid water, add to a spray bottle and spray it on your dogs bed or blanket. This can help them relax when you're gone, or ease tension associated with travel.

Where to Get It?

[Pure Lavender Oil](#)

[Chamomile Flower Oil](#)

Senna

Natures Laxative When Your Dog Has Occasional Constipation



Senna is another ancient herb, long used as a laxative for constipation. Sennas are generally shrubs but can also be small trees or herbs. Senna Alexandria pods are used in modern medicine as a laxative. It alleviates constipation by acting on the large intestine or colon. It irritates the mucosa in the colon to increase the peristaltic movements or

contractions of the colon.

Constipation is defined as infrequent or absent defecation with retention of feces in the rectum and colon. Older and less active dogs are most prone. Signs that your dog may have constipation include straining to defecate, with or without dry feces.

Causes of constipation include the following:

- Indiscriminate eating, for example garbage and diapers
- A lack of dietary fiber
- Dehydration
- Obesity
- Chronic diseases

If your dogs constipation is infrequent, senna is a great idea to get things going again, but if your dog has constipation all too often, you'll need to look at the underlying problem.

What You Can Do

- Increase the fiber in your dog's diet. Add fresh vegetables ¼ cup of grated raw vegetables per 10 lbs of dog weight.
- For long-term prevention increase dietary fiber to 10%.
- Also add 1 tsp of wheat bran per 10lbs of dog weight.
- Raw meat acts as a natural laxative. For example, liver tastes good and is a source of B Vitamins and Iron. 1 tsp full of raw liver per 10lbs of dog weight.
- Increasing your dog's fluid intake is also very beneficial; try offering honey water or chicken broth.
- Exercise increases blood flow to the intestines and promotes mobility which helps prevent constipation.
- Give the 7 Perfect Value Food Supplements Program - see page 112.

(NOTE: Constipation can affect older, less active dogs that are dehydrated. See the 7 Perfect Value Food Supplements Program)

What's in it?

Senna contains natural plant compounds known as Sennosides that have proven stimulant laxative activity.

What's the benefit of using it?

Natural Senna laxative provides gentle relief from occasional constipation.

How to Use It?

I like the liquid version which is easy to administer. Just pour onto a teaspoon, open your dogs mouth and pour in.

- 1/2 tsp for small dogs twice a day
- 1 tsp for medium dogs twice a day
- 2 tsp for large dogs twice a day

Where to get it?

I recommend the liquid used for children. It tastes good and dogs like it, plus it's mild, effective, does not cramp and has great feedback - [Click Here](#).

Slippery Elm

Natures Wonder Herb for Leaky Gut, Stomach Problems, IBD, Pancreatitis, Diarrhea, Respiratory Ailments, Kennel Cough and Urinary Problems



Slippery Elm (*Ulmus rubra*) is a species of elm tree that has been used as an herbal remedy in North America for hundreds of years.

Native Americans used Slippery Elm to create balms or salves to heal wounds, burns, ulcers, psoriasis and other skin conditions. They also used it

orally to soothe sore throats, relieve coughs, and help with diarrhea and stomach issues.

If you have a dog with an unhappy gut, slippery elm has proven to be very effective, quickly making them feel better.

What's in it?

Slippery Elm contains a substance called mucilage, which is a polysaccharide that becomes a gel when mixed with water. The mucilage comes from the inner bark of the tree and is a bit slippery and slimy, hence the name “Slippery Elm”.

Slippery elm bark powder has been used in certain cultures as part of their normal diets due to its nutritious content. It is rich in nutrients and antioxidants that promote recovery. Its antioxidants and vitamin A, B complex, C, K and minerals, calcium, magnesium and sodium help support skin health by eliminating free radicals that cause aging.

What's the benefit of using it?

The mucilage does a good job of soothing and coating the mouth, throat, stomach, and intestines, while at the same time absorbing toxins, causing much relief from things like:

- Respiratory ailments such as Kennel Cough
- Leaky gut
- Constipation
- Gastritis
- Irritable Bowel Syndrome (IBS)
- Acute Diarrhea (see: how to stop diarrhea)
- Colitis
- Vomiting
- Pancreatitis
- Stomach and intestinal inflammation
- Cuts, abrasions and burns - pulls out toxins, relieves itching and promotes fast healing

How to Use It?

Use the powder form, it's more economical and easier to sprinkle on food as dogs seem to like it and it's completely safe. Wonderful for cats too.

1/8 tsp for small dogs, twice daily

1/4 tsp for medium dogs, twice daily

1/2 tsp for large dogs, twice daily

Where to get it?

This one has excellent reviews, is 100% pure powder and a great price, [Click Here.](#)

Seacure-BioAvailable Pre-Digested Protein Concentrate

Natures answer to Dog Gas, IBS, Colic, Indigestion and to Firm up Stools

Dog Gas - How to stop your dogs bad gas fast and improve the entire digestive system



Proper Nutrition Seacure is an easy-to-absorb protein concentrate of nearly 100% assimilated nutrients naturally derived from deep-ocean white fish.

What's in it?

Seacure fish protein concentrate provides a pre-digested source of bioactive peptides and biogenic amines, along with essential minerals and omega-3 fatty acids. These protein elements, essential to proper hormonal, immune, and neurological functions, are provided by Seacure in their simplest forms and therefore are readily absorbed by the body.

What's the benefit of using it?

Long term studies indicate and practical application by pet owners verify over the last 10 years that by allowing the body to easily assimilate these essential proteins, Seacure helps to support the cells in your dogs gastrointestinal tract and regulate bowel functions - ideal to help with digestive system problems

like weight loss, diarrhea, gas and Inflammatory Bowel Disease, as well as to promote general healing after an injury, illness, or surgery.

The benefits reported with Seacure in a wide spectrum of applications:

- Bad gas
- Chronic Diarrhea
- Skin allergies
- Ulcerative Colitis
- Inflammatory Bowel Disease - IBD
- Malabsorption (Leaky Gut) Syndrome - IBS
- Protein Intolerance
- Wound Healing
- Chemotherapy Support

How to Use It?

- To help prevent toxemia in pregnancy, give at least the maintenance dose from breeding to whelping.
- For underweight or malnourished puppies, or to supplement a mother dog's milk, mix Seacure with enough pure or filtered water to make a milk-like liquid and feed by dropper or nursing bottle.
- To prevent adverse symptoms of detoxification on fast days, when switching from commercial to home-prepared food, or when using herbs and supplements that support detoxification, give at least the maintenance dose.
- To help dogs recover from surgery, cuts, wounds, trauma injuries, or broken bones, give at least twice the maintenance dose.
- To treat digestive disorders, such as diarrhea, gas, colitis, or irritable bowel disease, give at least 1/4 teaspoon per 10 pounds of body weight twice or three times per day between or just before meals.
- After symptoms subside, use the maintenance dose.

Available in either 100 grams of powder in a wide mouth jar (Contains 200 1/4 tsp. doses) or 120 chewable tablets. The 100g jar comes with a 1/4 teaspoon scoop.

Note: 1/4 tsp. of powder = one chewable tablet.

Give a 1/4 tsp. per 10lbs of lean body weight.

Administer to your dog by weight as directed on the container and store in your freezer for great long term freshness.

Seacure is safe and you cannot overdose.

*I do advise to use secure along with a quality probiotic. The combination of both will work wonders for your dogs gastrointestinal tract, right from the stomach all the way through to the bowel.

They will clear gas and diarrhea fast, then move onto fixing up the entire digestive system and clearing up allergies!

If your dog has any of the following:

- Gas
- Digestive problems
- Diarrhea
- Skin allergies
- IBD
- IBS
- Yeast overgrowth
- Inflamed skin
- Ear infections
- Paw licking
- Itchy anus
- Dry nose
- Eye problems

Use the combination of Secure and Probiotics until you see the problems subside, then move onto the Perfect Value Food Supplements Program on page 113, discontinue the probiotics but keep the secure going as maintenance dose. Secure, combined with the 7 Perfect Value Food Supplements Program will give your dog amazing long term health, save a fortune in vet fees and meds and make your dog feel vital with wellbeing again.

Where to get it?

Start with the powder version which can easily be added to meals and a little goes along way. [Secure For Pets](#).

For probiotics look no further than [Pet Ultimates Probiotics](#), simply the best!

Your Dog

What To Do And What Not To Do!

Antibiotics

Just Say No! Here's Why?

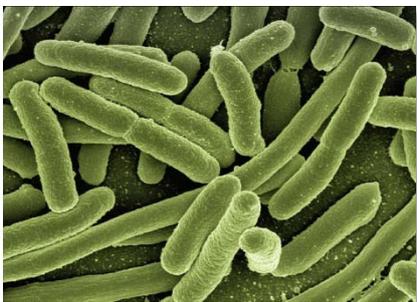


Just about every time you visit the vet with your dogs current health concern, you come away with a packet of antibiotics! Many times, the vet isn't really sure what it is, so what does she do, prescribe antibiotics.

Dog got kennel cough? out come the antibiotics (even though they won't work for viral infections). Hot spots? out come the antibiotics, allergy problem? out come the antibiotics, having surgery? out come the antibiotics, skin infection? out come the antibiotics, ear infection? out come the antibiotics, gut problems, diarrhea, UTI's, dog bites, colds...? yes, you guessed it, out come the antibiotics!

It would seem that if the vet doesn't know, then they throw antibiotics at the problem and see what happens. So the vet gets paid, what do you and your dog get?

Antibiotics, overused and under-delivering



Antibiotics are overused and according to research by probably 100%. And if research tells us half of all antibiotic use is either unnecessary or inappropriate, you can be sure that it's a big problem, not just because of the waste of money but because your dog suffers, here's why?

Back in 1942 when Dr Alexander Fleming discovered antibiotic penicillin, he could not foresee the problems that would come with it. And three years later, he began to notice that blanket prescription of the drug would quickly lead to resistant bacteria.

Within just three years of this new wonder antibiotics introduction, as many as 15% of the bacterial strains isolated in patients had become resistant.

The race was on to develop new antibiotics to keep up with the ever increasing resistant strains. Over the next three decades, along came amoxicillin, tetracycline and streptomycin. By 1975 there were over 100 human antibiotics on the pharmacy counter.



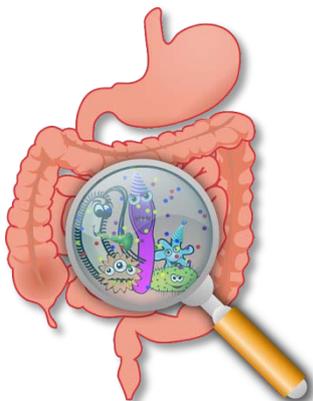
Drug resistance starts when drugs kill susceptible infections, leaving hardier, resilient strains behind. Today we simply have a chemical race going on between science with drug development and bugs with new forms of resistance like MRSA.

Right now you can be pretty sure that antibiotics are simply not very effective. They are just not keeping up with the bugs and the more antibiotics are overused, the less effective they become.

Unfortunately, it gets worse...

Your dogs gut is the key to a life of wellbeing or a life of misery

Although antibiotics kill bacteria, they're indiscriminate killers. Good bacteria, bad bacteria, all bacteria that aren't resistant to the antibiotic will be killed. And because of this your dogs system is being chemically intoxicated.



As much as 80 to 90% of your dogs immune system (it's defence system) resides in its gut, the lower end of a 12 foot long digestive tract that starts at the stomach and ends at the anus.

In the lower intestinal tract are housed billions of precious bacteria that do the following:

- Produce vitamins
- Assist in hormone production
- Manufacture nutrients vital to cellular health

- Out compete harmful bacteria that cause yeast overgrowth

Antibiotics will kill these friendly bacteria and lead to the growth of yeast in the body, most frequently the Candida species.

In the time it's taken for the short term benefits of antibiotics, your dogs immune system has taken a massive hit to its good bacteria population. The numbers drop dramatically and your dog is now left ever more susceptible to other diseases while at the same time host to chronic skin, bowel and urinary tract infections from yeast overgrowth.

Because the good bacteria in your dogs gut that help produce vitamins and create nutrients vital to cellular health has been destroyed, your dogs gut is now depleted of vitamins such as B1, B2, B6, C, E and K.

This can lead to health problems like:

- Reduced immunity
- Diarrhea
- Anemia
- Nerve damage
- Oxidative stress
- Behavioral concerns
- Reduced wound healing
- Urinary tract infections
- Ear infections
- Outbreaks of skin problems such as demodectic mange

What Can You Do To Home Remedy The Situation?



In today's world of processed pet foods fortified with synthetic vitamins and minerals, it's essential to keep vitamin and mineral supplies unbroken because they're not likely to be replaced by most diets.

Use the natural antibiotics (see Oregano oil p.31), the immune system boosters (Beta glucan p. 43), the 7 Perfect Food Value Supplements Program on page 113 recommended in this book and your dog will have a boosted level of immune support that will mean, less visits to the

vet in the first place and next time your vet suggests antibiotics as a precaution, you can just say no - I've got it covered!



Anal Glands

How to Stop Your Dogs Blocked Anal Glands



There is no doubt you as a pet owner would rather have your dog's anal glands functioning properly than not.

Yet, many dog owners spend a good amount of time and money dealing with this problem more than they'd like. Impacted dog anal glands is one of the most

unpleasant canine health issues to deal with and it has the ability to lead to serious bacterial infections and dog anal gland cancer if left unchecked.

Dog Scooting and Licking, The Role of Diet in Dog Anal Glands

Impacted anal glands are largely a diet related issue as 70% of dogs with this problem subsist from a diet of canned or kibble pet food.

A dogs anal glands are located on both sides of its anal opening. The two sacs release secretions when a stool of proper size and hardness is passed. Each dog has its own distinct scent and it is how they mark their territory. It is also what dogs sniff at when they greet each other.

However, consistently soft stools do not allow the anal glands to do their job. When a dog faces the discomfort of blocked anal glands, they will often scoot around on their rear ends to get relief. They may also lick their anal area excessively, have trouble defecating or even bite or snap when petted on the hindquarters.

Expressing Dog Glands – Only a Short Term Fix

Most commonly, dog owners must go to a vet or groomer to have their dog's anal glands expressed. In some cases, a pet owner will find this must be done almost every two weeks which can lead to soft tissue trauma. Such an unpleasant and costly cycle would seem a more than obvious sign a diet change is in order.

Switching your dog over to a diet of raw meaty bones has proven very effective but may not be an option for you.



I'm getting a LOT of great feedback on a natural product with many dog owners reporting the fiber in this USA made dried apple and pumpkin digestive is getting their dogs anal glands working again normally by firming up stools and stopping diarrhea. You simply add it to your dogs meals and dog owners report that their dogs love the flavor.

My advice is to pre-mix it with water if your adding to kibble so your dog gets more moisture. The more moisture you get into your kibble fed dog the better

Where to get it?

This product is grown, made and packaged in the USA

[Firm Up Pumpkin 4oz](#) (for small dogs)

[Firm Up Pumpkin 16 oz](#) (for medium and large dogs)

Occasional Diarrhea

How to Stop Your Dogs Occasional Diarrhea (for frequent diarrhea - see p.97)



Diarrhea can be distressing and will happen at some point in a dog's life. For the occasional home accidents, here is the most natural solution.

For the most part, diarrhea and vomiting are nature's way of allowing the body to cleanse and remove a toxin.

Fasting to help your dog clean out

The very first thing and the most powerful healing method known is fasting. The digestive system has what's known as a gastrocolic reflex, which empties the colon as the stomach fills.

So avoid giving food and fast your dog for 24 hours on water only. This will give the digestive tract a well deserved rest which in itself is a very healthy thing to do, especially now the liver has a chance to detoxify and reset.

If you have a very small dog that may be prone to hypoglycemia, give her a few licks of some raw honey every hour or as needed if she's a little trembly and feeling weak.



Always have filtered or spring water available to drink. If you have some fresh mint, add a few leaves to the water and encourage your dog to drink.

I also recommend giving your dog this homeopathic blend [Dr Goodpet Diar-Relief](#) or try [Lambert Kay Pet Pectillin for Diarrhea](#). Both come as liquids and a good idea to have in the pet first aid cupboard for the first signs of upset.

Introducing food again

After a 24 hour fast and the diarrhea has stopped, you can begin to introduce your dog to some meat or vegetable broth with a pinch of Himalayan rock salt in it. This will quickly bring your dog back up and lift their spirits.

If your dog now seems fine having sipped on the broth several times over the next 6 hours, you can begin to introduce food again.



Before reintroducing your dogs regular diet, make up your own pumpkin mash or buy in some Firm Up, add some of the broth you previously made to it along with some of your dogs regular food and serve.

- 1/2 regular dog food
- 1/4 [Firm Up Pumpkin 4oz](#) Add amount as directed on the packet but mix with water
- 1/4 broth

A meal or two of this should see your dog return to normal.

Frequent Diarrhea

How to Stop Your Dogs Frequent Diarrhea



For dogs that suffer diarrhea all too often, I highly recommend [Firm Up](#). It's a dried apple and pumpkin fiber digestive that's proven very effective with dogs and cats and they generally love the taste. It's simple to add dry to your dogs food, but I

recommend you premix it with water if your adding it to kibble to get more moisture into your dog - important!

In combination with the firm up, I highly recommend you help line your dogs entire digestive tract with slippery elm bark to help protect your dogs digestive system.

Acute Diarrhea - Directions for treatment

Follow the directions for occasional diarrhea, fast your dog for 24hrs and then for large dogs, mix a 1 rounded Tbsp. of [Slippery Elm](#) with eight oz of cold water and bring to a boil on medium high heat. You then reduce heat to low and simmer for 3 minutes. Remove from heat and add 1 Tbsp. of raw honey. Give from 2 to 4 tsp. every 4 hrs. It works like a charm.

For medium dogs, half the amount and for small dogs a quarter of the amounts given.

Please Note:

If your dog gets diarrhea all too often with complications like lethargy, fever, bloat or blood in the stool and you want to stop it, my best advice is to see a

holistic practitioner to remedy the underlying cause, or [switch your dog to a raw food diet.](#)

Where to get it?

Grown, made and packaged in the USA

[Firm Up Pumpkin 4oz](#) (for small dogs)

[Firm Up Pumpkin 16 oz](#) (for medium and large dogs)

[Slippery Elm Bark powder](#) 100% pure bark powder

[Raw Honey](#) 100% certified organic raw honey

Water

Why Your Dogs Drinking Water is So Important



What kind of water do you give your dog to drink?

Tap?

Bottled?

Filtered?

Rain water?

Does the kind of water you give to your dog even matter?

We and our pets are made up of 80% water. It's more important to us than food for survival, as without food a dog can live for many months, while without water your dog won't last four weeks.

So water's important.

But while we care more about what we feed our dogs, how we can improve our dogs health with remedies we learn about at home and generally making sure they have a good life, there's one thing we just don't really think about and that's the importance of the source our dogs drinking water.

Not all water is created equal



The type of water your dog or cat drinks will have a key impact on their health and wellbeing; clearly, because all water is not created equal!

We have choices, whether it is municipal city water, bottled water, well water,

spring water, distilled water, RO water, or filtered water from your tap.

So what's the best source of water to give my dog?

Everywhere you go in the world, the water composition is different, different mineral content, different potential for bacterial or environmental contamination. So you have to consider your local water supply and how healthy it actually is to drink long term. You must also consider bottled water and if that's a viable alternative if your local tap water is found to be less than healthy. Then there's filtering water to clean out impurities and make it safer to drink. And what about collecting rain water, how healthy is that?

Municipal tap water:

Water treatment does serve a very important public health purpose but when you break down the chemical composition of tap water a different picture comes into view.

Here's what's in tap water:

- Chlorine - added to water and used as a bacteria retardant and pathogen deterrent. This chemical can actually react with healthy nutrients to form cancer-causing agents in your dogs body.
- Fluoride - added to water, and believed by some to strengthen tooth enamel, preventing cavities. Recent studies have shown, however, that fluoride can adversely affect organs and be carcinogenic. A 2014 study in the Lancet, classified fluoride as a neurotoxin, alongside, arsenic, lead and mercury!

Note about Fluoride:



Natural fluoride exists in nature and it's harmless. What we are talking about here is the synthesized fluoride by-product of fluorine gas created by the aluminium and nuclear industry. They produce a lot of waste fluoride and it's expensive to neutralise or dispose of, hence the wielding of industrial power to have this waste marketed as useful and sold to local municipal

water companies to add to the local public water supply.

According to the British Fluoridation Society, there are more people drinking artificially fluoridated water in the United States than all other countries combined.



Finally America is starting to wake up to the fact that the high levels of fluoride added to municipal water supplies is causing disease such as ADHD, dyslexia and other cognitive disorders, which affect millions of children. It would seem that this industrial waste product from the aluminium and nuclear industry is being added to water to dumb the nation down - but that's another story.

What we know is that fluoride is not safe to consume for dogs and over time causes fluorosis which leads to arthritis, bone cancer, kidney disease and hypothyroidism... all of it irreversible!

It's estimated that 3 out of 4 Americans drink tap water, which means their dogs drink tap water too.

- Lead - Many cities' plumbing structures are nearly 100 years old! Is it any wonder that lead may be leaking from old pipes and fixtures?
- Arsenic and Radon - These contaminants enter the water a number of ways, including industrial pollution and run off from fields and farms using pesticides and herbicides.
- Jet Fuel (perchlorate) - It's a very hazardous chemical known to cause thyroid cancer and many other physical problems.
- Bacteria and Parasites - Generally enter through the ground water supply, especially if there is heavy run-off, sewage pollution, landfill, or animal waste. This might include the potentially deadly strains of coliform or e. coli.

- Chemical residues from the pharmaceutical industry have been studied and found to exist in high levels in the water supply, simply from the urination of prescription pharmaceuticals.

Bottled water:



Drinking bottled water is not a real alternative as it is often sourced from municipal water or unregulated springs. There is even less regulations than tap water plus the whole problem of toxins from the plastic bottles such as BPA. Also, there's no real management of groundwater resources, waterway protection from farm runoff with its increasing use of advanced pesticides or from the contamination of water sources by fracking and mining.

According to a NRDC report, nearly 40% of bottled water is simply bottled tap water that may or may not have been further treated. In general, generic and grocery store brands should be avoided; many of them tested positive for bacteria and chemical contaminants.

Some bottled water may also contain fluoride, but the FDA doesn't require it to be disclosed on the label, so the only way to find out is to contact the manufacturer.

The best water is uncontaminated water from a source with moderate mineral content. This is a theoretical perfect scenario... but does that actually exist anymore?

Rain Water:



Our rain water falls through polluted skies, our ground water is sometimes contaminated from all sorts of sources. I've collected rain water, I've then smelt it, drank it and every time, I still think it's not as fresh and clean smelling or tasting as it should be, probably because it's

filtered in a whole assortment of air pollution contaminants from aviation fuel to factory smog.

Basically rainwater still needs to be filtered to be safe to drink.

Filtered water:

Perhaps the only real choice left us, is filtering our water so that we can get as clean water to drink for us and our pets as we can. How then, do we know a good filter when we see it? For example, Brita, one of the world's most popular household water filters does not filter out fluoride or many of the impurities in tap water.



Generally the bigger the filter the better the resulting quality of water will be. The best investment would be a home filtration system to benefit the entire household. That would be expensive, so an under sink system would be a good compromise with decent filtration. The next and most used choice is a large counter top filter. These drip filters have larger filtering elements inside that can filter out fluoride, chlorine, lead, arsenic, bacteria, and many chemicals depending on the individual brand used.

A Closer Look At The Filter Types

There are a few types of filtration systems:

- Bone char or Brimac carbon filters - can remove up to 90% of fluoride and work similarly to RO filters under pressure from the mains water household supply.
- Distillers - remove fluoride and everything else but need electricity to work and leaves lifeless water that needs re-mineralising, otherwise over time your dog will suffer mineral deficiencies.
- Reverse Osmosis - is a pressure based system that removes everything from the water using a fine membrane and several filters for other contaminants. Again, like distillers, the water is flat and empty and must be re-mineralised before consumption or it will draw minerals from the body.

- Drip filter system - is the most common form of domestic filtration system, using table top water containers where you pour in tap water at the top and it's filtered through the various inserted filter cartridges. The system filters out fluoride, chloride, heavy metals, bacteria and so on. It will depend on the system used as how effective the individual filter will be at removing all the nasties.

The smaller fridge door drip filters do not filter out fluoride. The filter cartridges are just too small to be really effective on all the various contaminants including fluoride.

The larger counter top filters use larger filtering systems, and because the water is in contact with the filtering element for so much longer, it's filtered far more efficiently.



According to nearly all the tests I could find, independent or otherwise, the Berkey filter system (made in the USA) comes out as the top performer in filtering out contaminants.

As stated by Berkey; Berkey filters are world leaders in water filtering and water purification today in USA and Europe, and are so powerful that they are classed as water purifiers.

Each set of Black Berkey filters will last for up to 23,000 litres which is more than 11 years of pure and clean drinking water!

Berkey water filters are much more powerful than other water filters available today because of the Black Berkey revolutionary filters inside and the high standard stainless 304 steel.

Berkey Filters removes Chlorine, Viruses, Heavy Metals, Harmful pathogenic Bacteria, Cysts, Parasites and hazardous chemical contaminants and impurities while leaving undisturbed the essential minerals your body needs.

Berkey waterfilter systems are recommended all over the world as No.1 waterfilters on the marked by health bloggers, magazines and millions of happy customers.

These elegant stainless steel filters have been tested and backed by the Health Ranger Mike Adams and by Alex Jones and come in various sizes with different filter options.

[Click Here](#) to see the Berkey BK4X2 water filter system with the correct 2x black Berkey filters and the 2x Fluoride Elements needed to filter out fluoride. There's also tons of customer product feedback at the link above too.

It has 2.25 gallon storage, enough for the family and all pets. And I've found that once kids and dogs taste the filtered result, they won't drink anything else!

In the past I have used RO water with re-mineralisation which is a pain. I've used small counter top filter jugs which are simply not effective at all with fluoride and many other contaminants. After that it was bottled water for a few years, but that's no guarantee of water purity, plus the possible BPA leeching from the plastic bottles and the constant plastic waste.

Now I've moved onto the Big Berkey with its 11 year life filters, which is great and the fluoride filters which need replacing every 6 to 12 months. All in all, it works out to about 2cents per liter of clean drinking water over the lifetime of the filters. After 18 months the Berkey should pay for itself and no more plastic bottles, plus the water is much sweeter... my dog loves it too!

Conclusion:

Water is one of the least thought of but the most important nutrient in our lives and our pets lives. Our pets, whether furry, scaly or feathered must step up to filtered water, it's as important for them to drink healthy clean water as it is for us.

I highly recommend that if you currently give your dog tap water to drink, that you stop and think about a good filtering system such as the one above. Long term it will mean less health problems, not just for your dog but for everyone in the household, and that's what counts at the end of the day.

Allergies

Why Your Dog has Them and How To Stop Them



Your dogs got allergies, their worrisome for you and your dog can't stop that incessant itching and scratching... in fact it's driving the dog nuts at times!

Does that seem familiar to you? Maybe your clever vet's got your dog on Apoquel[®], told you it's fast acting

and safe and while you don't know what it is, it seems to be working.

But first - How to stop those acute allergies with home remedies

Remember when you were told not to scratch that insect bite, it will only make it worse? And what did you do, you scratched it even more, because it got more and more itchy!

It all comes down to the body's histamine reaction. It's a vicious cycle as scratching irritates mast cells, which produce histamine throughout inflammatory and allergic reactions; scratching compounds the problem by further intensifying the itch.

Dogs have ten times the mast cells we do and so experience the sensation of itching as an allergic response far more than we do. And on top of that, the histamine-producing mast cells are spread all over your dog's body.

Now you know why your dog can be driven nuts by itching all over its body.

What's best, is to apply an effective home remedy that will stop the itch quickly and prevent the escalation of histamine in the tissues.

What to use If it's an acute cause of itching such as an insect bite, healing wound or external irritation? Use the following remedies.

- Neem oil for any kind of bug still on the skin like mange mites
- Oregano oil for bite irritation
- Oregano oil combined with coconut oil for hot spots
- Lavender for general antiseptic cleaning of ear infection, cuts, bites, grazes and soothing irritation

But if your dogs distress comes from scratching at itchy allergies that come from within the body, then it isn't always from just allergies alone ... in fact the vast majority of the time it's the sign of a bigger problem in your dog's immune system.

Your dogs immune system, the chronic allergy connection and why conventional veterinary drugs make it worse

An allergy is an exaggerated and badly chosen response of your dogs immune system.



Drugs are used to suppress the symptoms of this inappropriate response from the immune system. First there was prednisolone, prednisone and other steroids that basically suppressed the immune system functions so that the dog could not feel the itching.

Simple, just use drugs to literally switch off the immune system!

But the immune system is clever. After some time, it can work out how to stop responding to these drugs. So veterinarians started using Atopica (cyclosporine).

Cyclosporine was first used in human organ transplant cases, where the drug suppressed the immune system so that it did not reject the replacement organ. Then it was used on dogs to stop allergies. The only problem being that Atopica was found to be destructive to the immune system over time and caused multiple side effects including death!

In fact, the FDA list 17 pages of adverse effects from taking Atopica... really, 17 pages!

Simply stated, because this drug is pure long term misery for people and pets, Atopica should be banned!

An important aside to keep in mind: the drug makers testing tricks



A pharmaceutical drug is tested for side effects along a timeline of say 30 days, 60 days and 90 days to see what the reactions are and how long it takes for the drug to cause cancer or liver failure for example. The scientists in the lab determine that after 90 days, 35% of rats get cancer and 18% get liver failure.

From the data, it can be confirmed that at the 40 day stage no cancers or liver failure were so far reported, just a minor percentage of side effects that were not serious. So now, a new testing protocol is set up going forward that all tests are 40 days in duration and it can be confidently stated publicly that only minor side effects can be seen in the drug.

Depending on your perspective, is this smart marketing for profit or a sick and disgusting way to get people and their pets hooked on legal drugs?

Moving on...

And today, the bright new shiny drug of choice is Apoquel[®] or Oclacitinib maleate. This drug uses a different approach to suppressing your dogs immune system by switching off certain signalling compounds that cells in the body use to communicate with each other.

It's important to know what these signalling compounds do:

- Patrol the body for any tumor formation
- Regulate inflammatory reaction
- Provide immunity via your dogs antibody-producing cells
- Form white and red blood cells
- Control the bodies growth and development

Now drug companies have a way of shutting down those signalling compounds fast with their new brand, Apoquel.

It may or may not seem obvious to you, but hitting the light switch to turn off your dogs immune system in this new way, involves the following:

- No longer any surveillance for tumors
- No longer destroying invading parasites, bacteria or viruses
- No longer producing stem cells that then become red and white blood cells
- No longer creating antibodies
- No communication between the cells, therefore nothing gets done!

To create drugs that switch off an allergy symptom but eventually destroy the host is somewhere beyond insane but with pharmaceutical companies being some of the richest, most powerful organisations on the planet, you can begin to understand who we are dealing with.

But hey, at least the itching has stopped, right?

Remember the aside above and the testing protocol to find a good cut off point for the test duration? That's how it works, that's how the drug manufacturers say Apoquel is safe.

NO ONE has tested Apoquel beyond 30 days! (NOW you know why)

Imagine your dog on this stuff for years!!!

There was a 'margin of safety' study done on 6 to 12 month old dogs, but that had to be discontinued for the 6 month old dogs because they became infected with bacterial pneumonia and demodectic mange infections.

Here's how Apoquel's safety information reads:

- Don't use on dogs less than 12 months old or those with serious infections.
- May increase chance of serious infection and cause existing parasitic infections or pre-existing cancers to get worse.
- Apoquel has not been tested on dogs receiving some medications for skin conditions such as corticosteroids or cyclosporines.

- Do not use on breeding, pregnant or lactating dogs.
- Most common side effects are diarrhea and vomiting.

On the 12 month old dogs, the study found the following side effects:

- Warts
- Cysts
- Alopecia, abrasions, scabbing crusts and edema of feet
- Abnormal or swollen lymph nodes

So Apoquel can cause the very side effects of skin disease in dogs who are being treated for allergies!

So this new anti-allergy drug works by switching off your dogs immune system which then leads to an open invitation to cancer... which then, of course, needs chemo and more drugs!

You just couldn't make this stuff up!

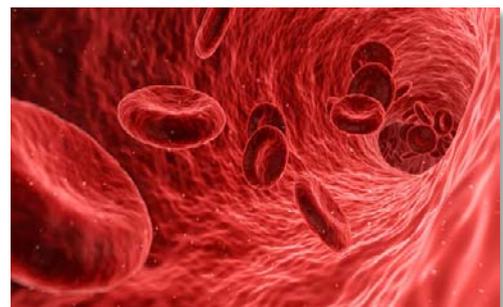
How to stop this drug madness and heal your dog of allergies naturally?



Your dogs gut is at the center of the equation because it's where 80 to 90% of your dogs immune system lives and operates from. And by far the biggest issue of disease is from diet. Commercial pet foods, whilst adequate, are not great quality nutrition and because of this, they can lead to chronic allergies.

A dogs gut that is stressed at having to cope with low quality or inappropriate nutrients from food, does eventually lead to allergies from what is known as 'leaky gut syndrome' and then at some point, breaks down altogether, inviting cancer cell creation.

Leaky gut is simply a situation whereby toxins, undigested food particles and other particles leak through the damaged gut wall into the blood stream and cause the body's immune system to attack them, creating



allergic reactions all over the body, internally and externally.

And the bigger the leak, the bigger the problem.

The foremost method of cleansing the body of allergies and stabilizing the immune system is to switch your dogs diet to fresh whole food. This one main step has the effect of resetting the body. Now the body is receiving better quality nutrients that aid in recovery of the immune system and boosting prevention going forward.

If switching diet is an option for you, [Click Here](#) to get a free report that discusses the whole story.

How To Make Kibble More Nutritious On A Budget



I know that for many dog owners and perhaps for you reading this right now, that switching diet is not an option and that's fine. Because I developed the 7 Perfect Value Food Supplement Program that is simple, inexpensive and quick to carry out.

If your dog has chronic allergies and or taking drugs for them, now's the time to get started on the program.

I wanted the program to be super simple to act on, by being cheap to buy and fast to carry out, but with maximum results in as little time as possible.

Everything you need to know is laid out in the 7 Perfect Value Food Supplement Program on p.113.

It's an amazing program for how simple I've made it and it works in 9 out of 10 cases! (it will only not work when there is already an unknown and serious health issue).

I urge you to begin the program straight away while at the same time, rapidly downscaling your dogs allergy meds. For many it's the miracle their dog needs now!

It will work well with the following:

- Leaky gut
- Allergies including mange, ear infection, hot spots, yeast infections, dull coat, excess shedding
- Arthritis
- Autoimmune disorders
- Liver problems
- Bad gas
- Bad breath

Even if your dog is 18 months old, eats a kibble or canned dog food diet and seems in perfect health, now is the time to get them on the program and take a deep sigh of relief knowing that you'll prevent many health problems ahead.

Also, if your dog is a senior, let's say over 7 years of age, I highly recommend you follow the senior dogs guide in this book, it really is what your dog is crying out for.

Please note: In all cases, please follow my advice on the following:

- Vaccinations (see point 16 in senior dogs p.166.)
- Vet prescribed antibiotics p.89.
- Natural flea and tick treatment p.14.
- Keeping your dogs teeth clean p.24.

It will help greatly to cut down on toxic drugs and further boost the effectiveness of these programs and healing your dog of allergies and many other health complaints.

Remember: The 7 Perfect Value Food Supplement Program does what it says on the tin... just don't tell your vet because you won't be needing them so much and it will seriously cut into their profits, which is your gain and they won't like that!

7 Perfect Value Food Supplements Program - Simple and Quick to Add to Your Dogs Meals for a Massive Boost to Health and Disease Prevention

Here's How To Make Kibble More Nutritious On A Budget



There's no easy way to get a massive return on a very small investment, generally what you put in, you get out. However, from years of research and practice, I've put together a shortlist of 7, what I call 'perfect value food supplements' to get the biggest health gains from

the smallest time and money investment.

An important thing to understand if you feed kibbles to your dog

The kibble or canned pet food you feed your dog is not the ideal diet for their physical makeup, it just isn't. It's the perfect convenience diet, that's for sure, but it isn't a whole food diet.



And you know this to be true if you think of the comparison between cooking yourself a homemade meal with fresh ingredients consisting of vegetables, meat and rice with a few spices for flavor as opposed to just pulling into MacDonald's for a big Mac, soda and fries. The former is a whole food meal, the latter a

convenience or fast food meal. One is healthier for you than the other and we accept that as the price we pay for convenience.



With kibbles and canned pet food, what nutrients such as vitamins and minerals that are destroyed in its manufacturing process are replaced by synthetic alternatives, that while meeting minimum nutritional standards set out by AAFCO, is still fast food with limited nutritional adequacy for your

dog.

If you want to know why, [read my in-depth free report](#), it will tell you everything.

However, kibble or canned dog food is what you feed your dog and for now your fine with it.

So how can you make it better?

How can you still feed your usual canned or kibble brand but with a few simple additions tossed into the food bowl to really change your dogs health for the better?

Imagine this?

So now imagine you have 7 simple supplements in your kitchen that take maybe a minute or two to prepare and serve, and by adding these food supplements to each meal will boost your dogs health 10 fold!



For your dogs sake, please follow this section of the book and add the food supplements to your dogs kibble or canned meals. Think of it as a great dog health insurance deal that's cheap to buy, quick to set up and easy to carry out. And the payout is very generous when you quickly see improvements in energy, attitude and coat quality plus all those pesky allergies that cause you and your dog anxiety, up and disappear.

Adding these 7 supplemental foods to your dogs meal as directed can mean the following benefits:

- Reduced allergies - you'll notice many skin allergies simply disappear!
- Reduced skin problems like ear infections, mange and hotspots.
- Reduced arthritis - You'll notice greater freedom of movement, especially in the hips and back legs.
- Reduced chance of diabetes now your dog has greater protection.
- Reduced Urinary Tract Infections with greater protection.
- Reduced gas and reduced smell.
- Better eye health with less infections.
- Better coat health with decreased shedding and more luxuriant coat.
- Better organ health overall.
- Better digestive system health.
- Better gut health.
- Improved mental health with improved mood and clarity.
- Stronger immune system - better able to protect from diseases.
- More energy and aliveness now your dog is feeling happier inside.
- Chance of developing cancer reduced from 1 in 2 to 1 in 10
- Much reduced reliance on medications like steroids, corticosteroids, antibiotics and NSAID's
- Boosting live enzyme intake - a powerful health aid, especially for older dogs as kibble fed dogs get NONE, which contributes to long term health decline, diabetes and pancreatitis.

These 7 perfect value food supplements between them, create an amazing home remedy solution to most of the chronic health problems your dog could face or maybe facing right now.

Added to your dogs daily kibble or canned meals, they can provide a health boost that means your dogs health skyrockets!

Not only will you notice the benefits of adding some or all of these foods to your dogs meals, they will continue to help protect and prevent chronic health problems going forward. What this means is a happier more healthy dog, a

longer lived dog and less problems for you, especially with veterinary costs and confusion figuring out how to help your sick dog.

For pennies and a couple extra minutes each day, you'll save thousands and have a happier, healthier dog.

Here are the 7 perfect value food supplements:

Food Type	How Much How Often	Directions
Sardines	10lb dog 1/3 can 2x per week 25lb dog 5/8 can 2x per week 50lb dog 1 can 2x per week 100lb dog 1 3/4 cans 2x per week	(canned in water only) Peel open and serve twice per week. Store remainder in fridge/freezer.
Eggs	Small dog - 1 egg a week Medium dog - 2 eggs a week Large dog - 3 eggs a week	Hard boil, cut into correct serving size. Store remainder in the fridge.
Himalayan Rock Salt	Small dog - Small pinch Medium dog - Medium pinch Large dog - Large pinch	Just a pinch added to food every second day.
Super Greens	25lb dog 1/6th scoop 50lb dog 1/3 scoop 100lb dog 2/3 scoop	Just a part scoop added to your dogs daily food. Store tub in freezer to keep fresh.
Kefir (can also use natural yoghurt)	Small dog 1tsp to 1Tbsp daily Medium dog 1 to 2 Tbsp daily Large dog 2 to 3 Tbsp daily	Just 1-3 tsp/Tbsp dropped into your dogs food daily. Store remainder in fridge.
Vegetables	Add vegetables at the rate of 25% of your dogs regular daily meal size.	Use some of your dinner vegetables or steam up a few veggies, stock in the fridge for several days ahead and add to your dogs daily food.
Coconut oil	1/2 tsp per 10lbs of your dogs weight daily.	Combined with the fats from sardines and eggs makes for a potent health protection system and boosts brain function, especially important in senior dogs.

All seven pack a powerful health punch with the least amount of prep, as there really is very little to do, but so much to gain.

These 7 perfect value food supplements aren't some random choice, they were put together to complement each other to give your dog maximum benefit but with minimum expense and effort.



You don't have to add all 7 from day one and some of them you only add once or twice per week. Start with vegetables and work up from there. And the more you add the better it gets. You'll soon realise that because it's so little time, money and effort, you'll want to add more as you can already see improvements in your dog.

Then it just becomes something you do daily, adding a few extras to your dogs kibble - easy!

Health Tip: The more moisture added to your dog's kibble dinner the healthier your dog will be long term - sardines, eggs, Kefir and especially vegetables add more moisture.

Remember this: The more of the 7 supplements you feed, the greater your dogs healing of current chronic health problems will be and the better prevention to future disease your dog will have.

What's best first, if stepping up to the full 7 supplement program in stages:

1. Vegetables
2. Vegetables/Sardines/Super Greens
3. Vegetables/Sardines/Super Greens/Salt/Eggs
4. Vegetables/Sardines/Super Greens/Salt/Eggs/Kefir/Coconut oil

How much will it cost?



I've worked it all out to be around 45 to 60 cents a day for the medium sized dog. That's around fifty cents a day for amazing health protection!

The average yearly spend at the vets for a dog owner in America is now \$750.

Some years it's obviously a lot less but in the senior years it

can get very expensive when ill health comes into the equation, but the overall average each year over the average lifespan is \$750.

By implementing this food supplement plan with your dog, visits to the vet should drop by around 50%. So now you're saving \$375 a year on average and spending \$219 a year on the 7 supplements at 60 cents a day, which means you still save \$156 dollars a year AND get a far healthier, happier, more content dog.

There are other cost savings too, because you'll use less kibble, less antibiotics, use home flea & tick remedies that are cheaper, plus the savings from using other home remedies in this book.

This all equates to a win win for you, your pocket and your dog... just don't tell the vet lol.

Let's get started .

1- Sardines

Natures Super Anti-Inflammatory and Kibble Diet Health Enhancer



If you feed your dog a kibble based diet it's important to give them extra support from quality fats, but those fats need to be balanced for better absorption.

Many dog owners give their dog a fish oil supplement, not realising that they could be doing more harm than good. Fish oils are not all created equally, degrade quickly once opened, can contain high toxicity levels of PCB's, mercury, lead and Dioxins and most importantly, the EPA and DHA in fish oil does not get absorbed by your dogs body very well because it's missing the balance of fats needed for absorption. And your dogs kibble doesn't provide them either because that rancid smell from an opened bag of kibble is the added fats already gone off, simply by being exposed to air!

Studies have shown that consuming whole fish with its various fats has up to 9 times greater EPA and DHA absorption. Not only that but fish contains selenium, which acts as a binder of mercury, preventing mercury poisoning and oxidative brain damage.



Enter the humble sardine, a whole food with one of the richest sources of omega-3 fatty acids, vitamin D and vitamin B-12 among other beneficial nutrients. Feeding your dog sardines twice a week is a much better idea than popping fish oil pills daily because now your dog can absorb the nutrients better.

What's in it?

Sardines are a high quality protein rich food. They contain essential amino acids your dogs body cannot produce but needs plus trace minerals and iodine.

Sardines are not only one of the most concentrated sources of the omega-3 fatty acids EPA and DHA for joint health, but they are also packed with a rich source of bone-building and bone strengthening vitamin D.

What's the benefit of using it?

- Excellent source of B-12 which promotes cardiovascular health
- The omega-3's found in sardines have been shown to inhibit and prevent tumor growth causing the cancer cell to self destruct, known as apoptosis.
- EPA and DHA found in sardines has been found to improve mood, cognitive ability, memory, eye function and motor skills in older dogs.
- Research has validated the anti-inflammatory abilities of sardines. The rich supply of omega 3's has been shown to combat certain allergies such as pollens and molds, helping to reduce red and inflamed skin.
- Sardines have also shown to improve kidney health, mood, and weight loss.

How to Use It?

Get the canned sardines packed in water only. Use the whole can within two days and refrigerate while open as the fats will go rancid if left out. You can simply freeze the spare sardines if not using them, remember to divide the can by how much you'll use each week. So if you have a 10lb Chihuahua, you only need to add 1/3 of a can to their meal twice each week. Just store the remaining 1/3 in the freezer for next week.

Dogs Weight	4.26oz Can of Sardines
5lbs	1/4 Can twice per week
15lbs	1/2 Can twice per week
25lbs	5/8 Can twice per week
50lbs	1 Can twice per week
100lbs	1 3/4 Cans twice per week

Remember to take out roughly 25% of kibble or canned food from the daily meal volume on the days you feed the sardines to compensate for the extra calories from the fish.

This is a great way to raise your dogs overall health and dogs generally love sardines. Puppies up to six months and pregnant or lactating females need double the serving size.

Where to get it?

[4.375oz \(12 pack\) Sardines](#) (packed in water with skin and bone intact, which is good and the best deal on Amazon. May even beat your local stores on price)

2- Eggs

Natures Super Protein and Kibble Diet Health Enhancer



Eggs are one of the best sources of animal protein for your dog with an excellent nutritional value.

What's in it?

Eggs contain Vitamin A, Riboflavin, Selenium and they contain almost every essential

vitamin and mineral for your dog.

What's the benefit of using it?

Eggs will add a nutritional boost to your dogs kibble or canned diet. Eggs will improve the following for your dog:

- Add more shine to the coat
- Reduce the amount of shedding
- Reduce the incidence of ear infection
- Help improve skin health
- Help improve eye health
- Help improve mood

How to Use It?

You most likely have them in your fridge, so go ahead and start adding them into your dogs current diet as a delicious highly beneficial nutritional boost to your dogs meal.

Eggs can be given raw, hard or soft boiled, cut up and added to your dogs meal each week.

- 1 egg per week for a small dog - divide between several meals
- 2 eggs per week for a medium sized dog - divide between several meals
- 3 eggs per week for a large dog - divide between several meals

Where to get it?

Eggs are easily obtained at your local supermarket and free range organic eggs will always be the healthier option.

3- Himalayan Pink Mountain Salt

Natures Ultimate Mineral Support



We are all mineral deficient and so are our dogs! Your dogs bones and joints **MUST** get the minerals they need in the biological amounts required to be strong and healthy. Bone and joint health depends on minerals.

The minerals added to pet food are synthetic i.e. not naturally occurring which means that your dog can absorb very little mineral content from the food, with the vast majority of these minerals eliminated from the body as urine.

Along with the added synthetic vitamins also being of little use, your dog is expelling very concentrated urine. Over time this can result in chronic diseases from a weakened immune system with everything from cancer, heart and liver disease to UTI or urinary tract infections and early onset of bone and joint health problems such as arthritis.

What's in it?



Nature has the answer with Himalayan mountain salt. This rock salt mined from the western Himalayan mountains in Pakistan is pure, having been locked up in the mountains for millions of years. It includes the highest concentration of minerals found anywhere in nature with up to 84 trace minerals.

The salt gets its pink color from an algae in the prehistoric waters at the time. Because it's pure with little in the way of processing, the rock salt has low sodium content unlike regular sea derived table salt which is highly processed and what has given salt a bad name.

What's the benefit of using it?

Himalayan rock salt will put the naturally occurring minerals your dog needs into their body. All minerals work together as a team in concert, and your dog needs all of them together to get the real benefits.

Now your dog will get the benefits from natural minerals that are cheap to buy and make a real difference to your dog's system right down to the cellular level to boost your dog's immune system.

How to Use It?

- Add a small pinch to a small dog's meal every second day
- Add a medium pinch to a medium sized dog's meals every second day
- Add a large pinch to the large dog's meal every second day

This salt is safe for your dog at much higher doses so you are way under the limit at these levels but with fantastic benefits to your dog's overall health for pennies.

Where to get it?

Be careful here as there are so many options and not all good ones.

[Himalayan Pink Mountain Salt](#) (This one is pure, fine ground, very cheap surprisingly for how much you get, has thousands of happy reviews and will last years)

4- Super Greens

Natures Power House Vitamin, Antioxidant, Immune, Skeletal, Liver, Enzyme and Prebiotic Plus Probiotic Support



As stated above about minerals added to pet foods, the vitamins added to pet food are also synthetic and of little health value.

There's three ways you give naturally occurring vitamins to your dog, one is via a vitamin pill. Be careful here, as most vitamins in pill

form can be synthetic and not well absorbed by your dogs body and can even be harmful.

The second way is by adding whole foods to your dogs meal such as various vegetables and herbs. This is a great way to add those extra nutrients and fiber your dog needs but will you be bothered to buy, chop, cook and mash a selection of vegetables and herbs every day?

There is a third way that is super simple, quick and easy, and your dogs overall health gets to greatly benefit. Introducing super greens, a freeze dried nutritionally valuable food supplement that contains a huge variety of beneficial plant based ingredients.

There are many choices of super greens on the market, not all created equal, especially the ones specific to dogs which from my research over the last 11 years means, over priced for a small ingredients list.

The one I use and the best for many reasons is called Green Vibrance from Vibrant health. They began in 1992 and have continued to update and refine its ingredient list ever since. They use full disclosure labelling and pack in the best, most diverse ingredients available anywhere.

What's in it?



Green Vibrance contains 74 ingredients in all. Your dog will get the health benefits of Spirulina, Wheat grass juice powder, Barley grass juice powder, Oat grass juice powder, Alfalfa sprouts powder, Beet juice powder, Chlorella powder, Parsley leaf & stem powder, Zucchini fruit powder, Carrot root

powder, Green bean powder, Broccoli sprouts, Spinach leaf powder plus enzymes, fiber, tonics, antioxidants, adaptogens, immune support, skeletal support, liver support, probiotics and other plant based micro-nutrition.

More importantly than reeling off beneficial plant names known to aid dog health, these super greens and the rest of the 74 ingredients will provide the trace nutrients missing from your dogs current diet. They do this by providing all known nutrients with greens, vitamins, minerals, plant proteins and enzymes plus 25 billion CFU of probiotics from 12 strains that help feed the good flora in your dogs digestive system.

What's the benefit of using it?

Modern pet food provides fewer nutrients despite the labelling. The micro nutrients in the super greens fill in the gaps in four main areas:

1. Digestion
2. Immunity
3. Nutrition
4. Circulation

Essentially your dog gets a one stop solution. Instead of buying half a dozen individual products plus probiotics, you get one product with them all for a fraction of the overall cost, with the result that can lead to the following;

- Increased energy
- Increased endurance
- Greater clarity of mind
- Stronger immune system

- Stronger heart
- Stronger blood vessels and circulation
- Reduced blood pressure
- Better skin health
- Better kidney function
- Better blood cleansing
- Greater wellbeing
- Better focus
- Decreased joint ache
- Decreased joint and muscle pain
- Better sleep
- Decreased arthritis pain
- Better digestion
- Greater elimination of excess waste from the body and urinary tract

How to Use It?

The tub comes with a scoop that you fill to level for an average human adult of 150lb, so adjust by your dogs weight. For example:

- 25lb dog weight equals 1 sixth of a scoop
- 50lb dog weight equals 1/3 of a scoop
- 100lbs dog weight equals 2/3 of a scoop

If you have a 10lb Chihuahua for example, simply add a large pinch by hand.



You can experiment with different ways to add the greens to your dogs meal. If you feed kibbles, try adding the greens to a little yoghurt or kefir, stir in and add to the meal as dogs generally love yoghurt/Kefir which is also very healthy for them.

Another way is to add the greens to a little milk in a container with a lid. Give it a good shake and pour over the kibble, again dogs generally love milk.

Another way is to add the greens to some sardines (Perfect Value Food Supplement No. 1) which you then mash up, mix in and add to your dogs meal.

Or simply add to water, shake well to mix and add to your dogs meal. This also helps to get extra moisture into your dog if they eat kibbles as dogs on kibble never drink enough water to compensate the dry food.

Feed the Super greens daily, they are safe with no known side effects.

Where to get it?

[Green Vibrance](#) This one is the best option for long term economy. It's quality is reflected in the price but will last a 50lb dog 6 months and a Chihuahua probably about 2 1/2 years! - keep in the freezer for long term freshness. This really is a power house convenience super-food addition to your dogs current diet that will benefit them greatly.

5- Kefir

Natures Whole food Probiotic

Stop Gas, Yeast Infections and Itchiness when your dog is Scratching or Biting at the Ears, Paws, Skin (with no reports of infection by your vet)



Commercial dog food, canned or kibble, consists mainly of carbohydrates which are quickly broken down into sugars once eaten. And it's the high quantity of sugar in your dogs body that fuels yeast, and too much yeast in your dog means health problems.

You can switch your dogs diet to a home cooked or raw whole food diet to remedy the situation, but if that's not an option for you, then Kefir makes a great option to help break down the yeast.

What's in it?

Kefir is a water based grain that's full of vitamins and minerals. It also provides a wide variety of whole food probiotic organisms with essential healing properties.

Whilst similar in nature to yoghurt, being a cultured milk product, Kefir has a far greater home remedy profile in that it can actually resolve problems in the intestinal tract.

Kefir contains several major strains of friendly bacteria not commonly found in yogurt such as Lactobacillus Caucasus, Leuconostoc, Acetobacter species, and Streptococcus species. It also contains beneficial yeasts, such as Saccharomyces kefir and Torula kefir, which control and remove destructive pathogenic yeasts in your dogs body.

The grains are made up of mostly a combination of insoluble protein, amino acids, lipids and complex sugars. Kefir is rich in vitamin B1, B12, as well as Vitamin A, Vitamin D, Vitamin K and biotin. The major minerals present in kefir are calcium, phosphorus and magnesium.

What's the benefit of using it?

Kefir has a long list of health benefits due to the 30 different strains of good bacteria and yeast present in its edible grains.

Here's a list of the benefits:

- Anti-fungal and anti-biotic
- Promotes a healthier digestive system
- Works on candida symptoms
- Vitamin B regulates kidney function, liver function and the nervous system
- Promotes better skin condition
- Boosts energy and longevity
- Alleviates gas, bloating and heartburn
- Help to prevent colon cancer
- It's probiotics can help with IBD, eczema and bad breath
- Aids in helping to stop leaky gut, diabetes, allergies, colitis and diarrhea
- Aids in reducing gastritis, pancreatitis, peptic ulcers, arthritis and anemia

So your dog will benefit greatly from Kefir in their diet. It's also recommended to add a small amount to a puppies diet to help mature their digestive tract for greater intestinal balance.

How to Use It?



Today, Kefir can be found at your local supermarket and it has a tangy, refreshing taste. Simply add some to your dogs meal and if it's not to their liking, just add a little raw honey to it, mix in and serve.

Kefir is very safe to consume for

dogs, just start slowly with a small amount to allow your dogs system to adjust and build up gut flora levels from there.

Recommended Minimum Daily Intake of Kefir	
Small dog	1tsp. to 1Tbsp
Medium dog	1 to 2Tbsp
Large dog	2 to 3Tbsp.

If your dog has had vet prescribed antibiotics recently or needs an increased amount of probiotics, you can increase in small amounts over a week long period up to double the amounts shown in the table above.

Kefir will do wonders for your dog and it's easy to add to their existing diet along with the other perfect value food supplements above.

If you really can't find it, then use a plain natural style yoghurt instead.

Where to get it?



Kefir can be found at your local supermarket or for a more organic, hormone and GMO free version, try your local whole food store. Here's an example photo to give you a guide for what to look for.

[Kefir Starter Kit](#) If your keen on this for your dog each day, you can easily make your own Kefir at home with this starter kit.

6- Vegetables

Natures Whole Food Support for Kibble and Canned Meals



Adding vegetables to your dogs food at mealtime is one of the best things you can do to help your dog and an excellent practice to get into the habit of - here's why?

Canned and kibble pet food does not supply enough of the nutrients your dog needs and NONE of the digestive enzymes they need. Whole foods or live foods have enzymes in them that combine with the enzymes your dog produces when eating. This helps spread the enzyme load, but dogs eating canned and kibble have to produce 100% of the enzymes necessary to digest food which causes long term stress and disease to the pancreas.



Yes the pet food manufacturers and the marketing message tells you it's 100% complete and balanced (because they added a quota of synthetic vitamins and minerals to the finished product so it looks complete on paper) but common sense tells you that only a whole food with zero processing could be

nutritionally complete. It simply cannot make the grade as a standalone diet, and give your dog all the nourishment it needs without you adding some 'live' nutrition to the bowl.



In fact it's impossible for a highly processed 12 to 24 month shelf stable food with zero live enzymes that's then mechanically extruded as fast food in dry pellet form to be anywhere near complete nutrition!

Let's just say that kibble and canned pet food needs help from whole un-processed foods to be better nutrition for your dog. And adding some veggies to your dogs dinner adds a massive health boost as you'll see.

What's in it?

Vegetables provide the following range of nutrients:

- Proteins
- Lipids
- Fats
- Carbohydrates
- Phytonutrients
- Fiber
- Vitamins
- Minerals
- Water
- Antioxidants
- Enzymes

That's an amazing range of nutrients, simply from tossing a few veggies into your dogs dinner.

What's the benefit of using it?

Vegetables also provide the following health benefits:

- Vegetables help alkalize your dogs body so organs like the pancreas, liver, gallbladder, heart and kidneys function better with less inflammation.
- Vegetables provide more water, which is great for kibble fed dogs who tend to be more dehydrated (they simply don't drink enough water to compensate for the lack of moisture in kibbles).
- Vegetables provide B vitamins, vitamin C, A, E and K in natural usable form.
- Vegetables provide calcium, potassium and magnesium in natural usable form.

- Phytonutrients only come from vegetables and provide your dog with protective enzymes, antioxidants and anti-inflammatories to help with digestion, anti-aging and promote health. These phytonutrients are also antiviral, antifungal, antibacterial, antihelminthic (anti-worms), anti-aging, anti-degeneration and, most importantly, anti-cancer. A kibble fed dog gets NONE of these nutrients... now you can change that!
- Vegetables provide fiber and this is great for your dog. Fiber will help a lot with overall digestion and better stools plus older dogs benefit from fibers ability to treat and prevent degenerative disease.
- Vegetables help fight disease, especially cancer! They also fight IBD, arthritis, allergies, diabetes, constipation, anal gland problems, pancreatitis and renal disease.
- Vegetables will help reduce obesity by raising your dogs metabolism.
- Taking out 25% of the kibble and replacing with 25% vegetables will allow your dogs body to take advantage of critical whole food minerals and vitamins and the enzymes your dog is currently missing, a double boost!

How to Use It?

I prefer vegetables that are non GMO. GMO foods have no long term testing and no label laws, and so remain in the 'to be avoided' category for me. Wash all non organic vegetables with apple cider vinegar. Mix one part apple cider vinegar to four parts water, soak the vegetables for a minute or two, then gently scrub the surface with a clean soft brush while in the water.



To get the best benefit from adding some vegetables to your dogs meal, it's best to crush, pulverize or blend them. Dogs can't digest vegetables like we can because they don't have the right digestive juices to break them down. So we must do it for them manually.

Just use whatever vegetables you have in the house that your using for yourself, such as:

- Broccoli
- Peas
- Mange tout

- Carrots
- Green beans
- Zucchini
- Cucumber
- Cabbage
- Kale
- Lettuce
- Sweet peppers
- Squash
- Greens - lettuce, spinach, bok choy, bean sprouts, alfalfa etc
- Edible herbs
- Garlic (see p.36 for correct amounts to give)

Don't feed the following vegetables that don't work for dogs:

- Onions
- Potatoes
- Avocadoes
- Aubergine
- Grains (unless sprouted)

The vegetables can be left raw which gets the best nutrition from them, just throw some in the blender or juicer and pour over your dogs meal, done.

If you don't want to do that, then cook a little extra as you do normally for your own meals and then separate your dogs portion and mash it up with the back of a fork and add to your dogs meal, done.



your dogs health!

If you're not eating any vegetables, don't want to cook any for your dog either, then simply grab a carrot or the chunky stem of broccoli that will go in the trash anyway (it's the most nutritious part!) from the fridge and fine grate some of it into your dogs meal, easy, quick, done... **and makes all the difference in the world to**

If your dog is a little hesitant about eating this new addition to her meal, then combine the mashed veg with a little Kefir, yoghurt, sardines or egg and mix into the kibble or canned food.

Add vegetables at the rate of 25% of your dogs regular daily meal size. So if you feed your dog 2 cups of kibble each day, 1 in the morning and 1 at night, take out 1/2 a cup from one of the meals and replace with the mashed/blended veggies, done.

Adding vegetables to your dogs meal on a daily basis is a wonder tonic for their health putting back some of the missing nutrients in the diet and with dogs today having a 1 in 2 chance of getting cancer, you'll now cut that figure down to 1 in 10, plus all the other benefits vegetables bring to the table. This is a massive win for you and your dog with just a minute or two of preparation.

By the way, if you find your dog is loving the vegetables and can't get enough of them, don't hold back, give them as much as they can eat! Just reduce the amount of kibble/canned portion to compensate.

Where to get it?

Just use the vegetables you normally get as part of your weekly shopping.

7 - Coconut Oil

Natures Antibiotic



Coconut oil is nature's antibiotic and has been used in the practice of healing for thousands of years.

What's in it?

Coconut oil is one of the very best super-food medicines you can give to your dog. Coconut oil has been extensively researched and found to

contain the following:

- Coconut oil is a medium chain triglyceride oil which contains monolaurin, lauric, capric and caprylic acids.
- 50% of coconut oil is in the form of MCFAs (medium chain fatty acids) which are lauric acids, saturated fatty acids that our body converts into monolaurin, an antiviral, antifungal and antibacterial property with no side effects to a dog's body.

What's the benefit of using it?

Coconut oil's health benefits derive from its special MCFAs (medium-chain fatty acids). These fatty acids have the benefit of being powerfully antibiotic with no side effects.

Because of its bacteria and fungus killing properties, coconut oil is being used holistically to help prevent and kill off yeast problems affecting your dog.

Yeast is a fungus that's always present in dogs as part of the natural flora of the body, internally and externally. When the immune system becomes overloaded, or when a dog is fed starch rich foods such as kibbles, the yeast will multiply in the hair follicles and throughout the body. This causes an outbreak of itching and scratching with red-hot looking skin.

By adding the acids found in coconut oil to your dogs diet (lauric, capric & caprylic), the acids attack the cell wall of the yeast fungus causing the cell wall to disintegrate and killing off the yeast.

Using coconut oil also has the following health benefits for dogs:

- Coconut oil is also moderately anti-inflammatory, has moderate pain killing abilities, is antithrombotic, antibacterial and is fever-reducing.
- Improves digestion and nutrient absorption
- Aids healing of digestive disorders like inflammatory bowel syndrome and colitis
- Protects the liver from antibiotic drugs
- Reduces or eliminates bad breath in dogs
- Aids in elimination of hairballs and coughing
- Regulates and balances insulin and promotes normal thyroid function
- Helps prevent or control diabetes
- Reduces cancer risks
- Helps reduce weight and increases energy
- Aids in arthritis or ligament problems
- Speed up the healing of yeast and fungal infections when consumed and used externally at the same time - think skin conditions like eczema, flea allergies and itchy skin
- Coconut oil combined with an Omega 3 supplement increases the cognitive abilities of older dogs and helps to slow the aging process and boost your dogs brain function to be sharper, more aware with greater perception, reasoning and judgement

How to Use It?



The two great ways to using this wonder food as medicine are:

- On the skin of your dog
- To be eaten by your dog

The recommended dosage for feeding coconut oil to your dog is:

- ½ teaspoon for every 10lbs of body weight every day - simply add to your dogs food.
- Topically, just rub the oil on your hands and apply to your dog's skin and coat each alternate day to the above - so one day you feed it to your dog and the next day, you rub it into your dogs skin.

Because coconut oil kills bacteria, viruses, parasites, yeasts, and fungi, it's performing a powerful detoxification. With this in mind it's best to start slowly with a quarter serving of the above recommended amounts and work up to the full serving size over a two week period to allow your dogs system to adjust. If you feed twice daily, add half the above amount to each meal.

Where to get it?

Only buy 100% organic virgin coconut oil. This ensures you get a coconut oil that has been naturally extracted using clean methods. You should be able to find it in your local grocery store's organic section, your local whole foods store or via the internet - [Extra Virgin Coconut Oil](#).

Senior Dogs

How to effectively boost your senior dogs health

16 easy ways to effectively boost your senior dogs health on their current kibble or canned diet and have them acting and feeling like a dog half their age



For the purposes of what is termed a senior dog, any dog over the age of 7 is considered a senior citizen by the veterinary profession.

Young dogs can appear to be full of life and the picture of health but what is going on inside their bodies as they grow, mature and reach their senior years?

As dogs age, their owners may find they just don't have the same vitality they once did. It's often attributed to getting older but from my decades of involvement with dogs, a very clear picture emerges; dogs suffer nutritional deficiencies in their diet that are not yet fully understood by vets and dogs are given too many drugs.

Dogs are simply over vaccinated, over medicated and under nourished.

Apart from exercise and mental health, diet is the biggest contributor to wellbeing. The eating habits we set up can mean the difference between a long and healthy life and programming our furry kids for failure.

My aim is to inspire you to boost the nutritional quality of your own senior dog's meals, easily, cheaply and with very little effort but with exciting health boosting results.

If you're happy with the current food you're feeding, then incorporating even some of these suggestions will benefit your dog. Remember, it doesn't have to be all or nothing. Do what you can, when you can. Some change is better than no change.

Here are my top 16 ways to improve your senior dog's health today...

1: Enzymes

The vital missing nutrients the older kibble and canned fed dog needs now



You may believe your dog is completely healthy on a kibble or canned dog food diet, but there are some important nutrients that are not yet deemed essential under the official nutritional guidelines for pet foods.

Live Enzymes:

Enzymes are biological molecules responsible for thousands of chemical processes in nature. They help sustain and support life.

Most enzymes are proteins that act as catalysts for thousands of metabolic reactions in the canine body and help maintain homeostasis. If there's a mutation, change or termination in production, disease can occur.

When mammals are born, their cells are programmed to produce a fixed amount of enzymes within their lifetime.

The rest must be obtained from food.

When the body is burdened by the job of producing every enzyme, it becomes deficient and vulnerable to disease and dysfunction. Glands and major organs suffer from enzyme deficiency.

This often becomes more apparent as the dog ages and loses vitality.

If a dog has spent most of its own enzymes and isn't getting any in the diet, their cellular function and health will rapidly decline.

Kibble and canned dog food does not contain any live enzymes, why?

Cooking food denatures live enzymes and can cause enzyme deficiency in your dog.

Unfortunately, there's no easy way to diagnose enzyme deficiency since it affects each animal differently and can show up as any number of metabolic diseases.

Vets can also test certain enzyme levels in the blood but this is usually only done in severe cases. A low-grade enzyme deficiency may go unnoticed for many years.



A raw diet naturally provides enzymes that dogs have obtained during millions of years of evolutionary growth. Access to live enzymes allows the DNA of the cells to maintain its integrity.

If your pet can't eat a raw diet, it's a good idea to add a good quality digestive enzyme support supplement. Adding supplemental enzymes to the diet can improve:

- Digestion
- Metabolism
- Organ function
- Skin health
- Allergy symptoms and much more.

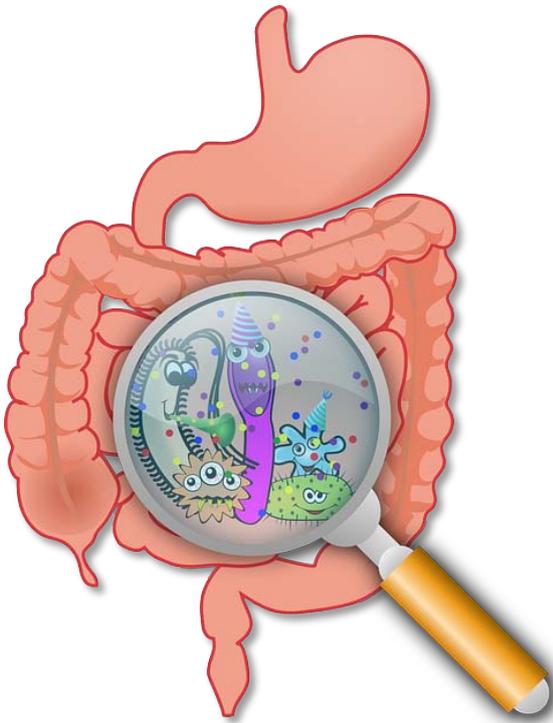
Dogs who are getting enough digestive enzymes have the following:

- Better immune health
- Better skin health
- Better more luxuriant coat with less shedding
- Stronger more free moving joints
- Healthier teeth and gums
- Do a better job of getting all of the nutrients out of their food

But remember, when they're gone, they're gone – so now is a great time to make sure your senior dog is getting enough enzymes in her diet!

[Digestive Enzyme Supplement](#) This one is the best of the best and USA made. I don't skimp on enzymes, very, very important! Get it and watch the difference it makes to your dogs health. It will last a whole year too with 364 servings for dogs under 50lbs.

2: Probiotics and Prebiotics



One of the problems with kibble is that the heating and processing destroys bacteria, both good and the bad.

This can lead to inflammatory health problems because a balanced gastrointestinal flora is fundamental to effective digestion and immune system balance.

If your dog has any skin, liver, gas or diarrhea problems, these are examples related to bad gut health and a suppressed immune system. Since kibble and canned dog food is lacking in good bacteria, you need to look for probiotics for your dog.

Probiotics are an excellent way to balance your dog's stomach bacteria levels. Balanced gut bacteria leads to healthy digestion and a strong immune system. Gut health has a direct correlation to overall well-being.

It's also important to feed those new incoming probiotics that do colonise your dogs gut to keep them healthy and growing.

By adding in pre-biotics alongside the pro-biotics, your essentially adding some extra food to feed the gut flora created from the probiotics plus the existing gut flora gets fed too, helping it to maintain numbers and stay healthy.

Prebiotics are a type of soluble fiber or resistant starch that feed only the good bacteria in the gut, allowing desirable bacteria to colonize the gut.

Adding prebiotics and probiotics alongside enzymes will do wonders for your senior dogs digestive system, transforming their health for the better.

There's no prep, no fuss, you simply add a small amount of each to your dogs meals and watch what happens over the following weeks.

[Probiotics](#) - Best selling on Amazon for good reason, USA made, 2 billion CFU's per scoop with 22 species cannot be beaten! 90 day guarantee and great

customer service. Will make a huge and positive difference to the whole of your dogs gastrointestinal system.

[Prebiotics](#) - This is a little 1oz tincture, just add a few drops to food or straight into your dogs mouth. Directions on packet. Gets to the parts of the gut Probiotics can't reach, whilst feeding and boosting the probiotics your supplementing. I'd get 1 bottle, use it with the probiotics, then discontinue prebiotics once the bottle is finished.

(Please remember: don't get vet prescribed antibiotics or your back as square one and will have to start over. Use the natural antibiotics in this book - Oregano oil p.31)

3: Synthetic vs Naturally Occurring Vitamins and Minerals



Synthetic vitamins and minerals are “isolated” in a laboratory. These artificial man made copies of naturally occurring vitamins and minerals lack the cofactors and transporters found in naturally occurring vitamins.

The Organic Consumers Organization recognizes this and emphasizes that synthetic vitamins are not recognized

and utilized by cells in the same manner as their naturally occurring counterparts.

Each natural-source vitamin has its own unique profile within the food that’s eaten; the enzymes and minerals that accompany it help the body absorb it.

Vitamins and minerals are not used or recognized properly without enzymes. All the pieces of the diet must be present to maintain your dog’s health and vitality.

Most dry dog foods rely on synthetic vitamins and minerals for nutrition, so if you’re feeding kibble, your dog may not be getting the sustenance she needs for health.

Ideally, your dog’s nutrition should come from whole, fresh foods, but when supplementation is needed, always look for natural supplements derived from food, rather than synthetic products.

Catalyn is a whole food multi-vitamin and one of the world's most highly rated source of vitamins and something of a trade secret by many health care professionals and highly recommended for pets.

Catalyn is produced by starting with a wide variety of carefully chosen organically grown vegetables, taking the water and fiber out using a vacuum, low heat process, without heating or cooking the vegetables, and then utilizing the concentrated food to make Standard Process Catalyn tablets.

The key to this whole procedure is the way it is done, using the "Standard Process" method:

Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides - no chemicals are ever used. Ph.D.'s check the soil before the seeds are sown, to make sure of the fertility of the soil - and even the weeding is done by hand.

The machinery involved in the processing of these products is made exclusively of glass and stainless steel.

The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit, so that the active ingredients are not cooked; they remain active and alive and have a very long shelf life.

Please remember that to get the best from these vitamins, it's important to give enzymes at the same time as they work synergistically.

The suggested use is 3 tablets per day for the average 150lb adult, so for a 50lb dog, they'll only need 1 tablet per day, making Catalyn and/or Trace Minerals an economical choice for your dog. They can be easily crushed to give the right amount for all dog sizes.

Catalyn vitamins - [Click Here.](#)

Trace Minerals & B12 - [Click Here.](#)

You can also get the Canine Whole Body Support 100g multisystem vitamin and mineral support to cover both of the above. All you have to do is measure it out with the provided measure and sprinkle it over your dogs food.

Canine Whole Body Support - [Click Here.](#)

Below is the enzyme supplement support I talked about in No. 1 above, important to give to your dog at the same time.

[Digestive Enzyme Supplement](#)

4: Unaltered High Quality Protein



Your dog's health will be reflected in the quality of proteins he eats.

Proteins found in meat by-products (not approved for human consumption) are not the same quality as fresh, unaltered, lean, human grade meats.

Also, cooked meats in kibble and canned dog food lack live enzymes

that allow your dog to absorb the nutrients in his food. Dry dog food ingredients are usually processed at very high temperatures.

Here is a great protein rich source of nutrition for the older dog:

Proper Nutrition Seacure is an easy-to-absorb protein concentrate of nearly 100% assimilated nutrients naturally derived from deep-ocean white fish.

Seacure fish protein concentrate provides a pre-digested source of bioactive peptides and biogenic amines kind to kidneys, along with essential minerals and omega-3 fatty acids. These protein elements, essential to proper hormonal, immune, and neurological functions, are provided by Seacure in their simplest forms and therefore are readily absorbed by the body.

These essential proteins, Seacure helps to support the cells in your dogs gastrointestinal tract and regulate bowel functions - ideal to help with digestive system problems like weight loss, diarrhea, gas and Inflammatory Bowel Disease, EPI, skin problems as well as to promote general healing after an injury, illness, or surgery.

Simply add to your current dog food. Dogs love the smell and taste and it will do your older dogs gastrointestinal tract the world of good and something you'll visibly notice in weeks!

Seacure-BioAvailable Pre-digested Protein Concentrate: [Secure For Pets](#).

Use together with the Probiotics.

5: A quality source of drinking water



A kibble fed dog is a dehydrated dog. Because dogs don't know that kibble is dehydrated food, they do not take on enough extra moisture to re-balance the bodies hydration levels.

Long term systemic dehydration can cause devastating health problems including metabolic kidney and liver diseases.

Dry foods naturally contain higher protein levels than wet foods, as you'll find if you compare nutritional analyses of dry, dehydrated, canned and raw diets.

The kidneys have the task of breaking down most of the dietary protein, which creates urea and nitrogen that circulate in the blood. The kidneys also filter these waste products which are excreted in urine but when the kidneys are not functioning correctly, these levels can become elevated in the blood.

After eating dry food, a dog becomes dehydrated and thirsty, and then needs to drink water to replenish fluid in and around the cells.

It requires energy and time for the cells to rebalance.

This puts unnecessary stress on the entire body system.

Fresh foods have a moisture content of 70 to 80 percent, which protects homeostasis from the stress of dehydration. This allows the animal to keep water evenly distributed throughout the body at all times, not just sometimes.



Don't forget that water is actually the most important nutrient of all. If it occurs naturally in food, there's a reason!

The source of your dogs drinking water is more important than you think. You'll find that if your dog is drinking tap water, they will in most instances drink it because they are so thirsty after eating kibble and there's no other choice. However, if you filtered your dogs water so that its

now clean, fresh, healthy and tastes great, your dog will drink more, more often, lots more!

This is a very effective health boost for senior dogs and so simple to implement.

Read the article on water p.99 and get yourself a good water filter for all the family, [Click Here](#)

6: Coconut oil is a healthy addition to your dogs diet



Coconut oil is a welcome addition to your senior dogs diet. Because of its bacteria, fungus and virus killing properties, coconut oil helps maintain a healthy skin and coat and digestive system.

There are a lot of different fats you can feed your dog, but coconut oil specifically contains a lot of medium chain fatty acids (MCFAs). Those

MCFAs carry a variety of health benefits and here are just a few:

- Helps to clean bacteria in the mouth and promote fresh breath
- Helps to prevent diabetes but also controls insulin by regulating it
- It's antifungal, antibacterial and antibiotic
- It's great for skin and coat health
- It helps to balance the thyroid gland
- Reduces allergies
- Improves digestion
- Helps to regulate weight by providing more energy

You can feed coconut oil daily but it does not replace a good Omega-3 oil or sardines as they are different sources of fats. Just add coconut oil into the mix.

Start small: the general serving size is a 1/2 tsp per 10lbs of your dogs weight per day. But start with half that amount and work up to the recommended amount over a week or two to avoid loose stools.

To know more about coconut oil, see the 7 perfect food value supplements program section p.113.

7: Omega-3 oil to balance the fats in your dogs diet



Omega-3 oils like fish oils can minimize inflammation and help protect against conditions like arthritis, heart disease or even cancer.

Feeding properly balanced fats can improve not only your dog's health and longevity but even her mental abilities and her behavior.

The problem with fats added to kibble is that they very quickly go rancid once the bag is opened and oxygen gets into it, hence that stinky smell coming from those large one month's use kibble bags.

Symptoms of omega-3 deficiency include:

- Fatigues easily
- Dry coat
- Dry/flaky/itchy skin
- Brittle nails
- Joint pain

Fats need to be high quality and absolutely fresh. Fats turn rancid quickly and reduce the nutritional value of the food, can cause diarrhea, liver and heart problems, macular degeneration, as well as cell damage, cancer, arthritis and even death.

That's why you don't want to buy a kibble with added fats. The fats will spoil quickly once the bag is opened and the food is exposed to oxygen.

What to give your dog if they eat a kibble or canned dog food.

Feed a combination of fish and a high quality fish oil can ensure your dog gets the benefits of whole fish, plus the extra EPA and DHA.

Fish oil contains mostly EPA and DHA, although fish liver oils will also contain vitamin D. On the other hand, whole fish contains not just EPA and DHA, but vitamin D, selenium, protein, cofactors and a more complete fatty acid profile than fish oil.

My recommendation is to feed your dog canned sardines (packed in water only) once per week:

- A 30lb dog should eat 1 whole 4.35oz can per week and can be spread between several meals over the week. Just half a can for a 15lb dog and two cans for a 60lb dog.
- Choose a high quality fish oil in the natural triglyceride form. Not only is this better absorbed, but there will be less oxidative damage. (normal dose as per instructions on bottle)
- Supplement with natural vitamin E (see p.42 for amounts to give)

If your dog is suffering from age related health problems and generally lacks vitality, then by using a combination of whole fish, a quality fish oil and supplementing with vitamin E is going to be the best option.

Many people supplement with fish oil alone and don't realise the potential damage they are doing to their dog. Fish oil is simply not well absorbed because it does not have the cofactors, like other fats for assimilation and long term it depletes your dogs body of vitamin E. It's the combination that makes the difference.

To know more about sardines, see the 7 perfect food value supplements on p.113.

[4.375oz \(12 pack\) Sardines](#) (packed in water with skin and bone intact, which is good and the best deal on Amazon. May even beat your local stores on price)

[Fish oil](#) The best wild Alaskan Salmon Oil available at the best price.

[Natural Vitamin E](#) with mixed tocopherols.

8: Glucosamine to free up stiff arthritic joints or prevention



Glucosamine is one of the main building blocks used in the body's synthesis of the lubricants and shock absorbing mechanisms needed to maintain and repair healthy joint performance.

Glucosamine supplementation increases the body's ability to manufacture collagen and

proteoglycans, which are essential for rebuilding joints and supporting synovial fluid which lubricates your dogs joints.

If your feeding kibble, then your dog may well be deficient in glucosamine. Kibble and other prepared foods may have bone and cartilage added in – or glucosamine added – but just because it goes into the food does not mean that it is bio available to your dog. Cooking and extruding can do much to destroy the health benefits.

If you are considering supplementing your dog with glucosamine, dosage is important. Dosing is determined by body:

- 500 mg per 25 lbs. of dogs weight.

Because glucosamine is generally considered safe, there should be little concern of overdose if you're trying to get close to the dose for your dog's weight by splitting pills.

For acute injuries, glucosamine can be given at a triple dose for one week. For dogs who have been diagnosed with arthritis, many vets advocate a double dose for life.

Dogs generally need to be on glucosamine for the rest of their lives, because cartilage degeneration can recur within months of stopping the supplement.

For more on glucosamine, see p.51.

[Glucosamine Capsules](#)

9: Beta Glucan - the world's best immune system support



Nothing does more to boost your dogs immune system than this extract of oats, barley, yeast, or mushrooms. It's a must have aid to restoring, boosting and protecting your dogs immune system to disease.

Beta Glucan as a supplement is a proven anti-tumor and anti-microbial, binding to receptors on macrophages and other cells in the body's tissues. These are the bodies white blood cells that devour bacteria, foreign cells, dead and dying cells, mutated cells and other negative invaders in the bloodstream. When you give a beta glucan supplement these immune cells are more active, more powerful and effective in attacking and consuming what doesn't belong in your dogs system.



Blood sugar metabolism and insulin are just one area of benefit here. You will especially want to give your dog beta glucan if they suffer from any type of cancer, a weak immune system, or diabetes.

Beta glucan has been proven effective on dogs as an anti cancer and anti tumor treatment.

This nutrient will benefit any dog, making them healthier, less allergenic, less stressed, faster healing and more resistant to infection from microbes, bacteria and viruses. It's doing this because its boosting the dogs immune system.

You can buy it in capsule form or as a cream. Use the capsules for everything stated above and the cream for skin conditions such as burns, wounds and any eczema or skin cancer condition.

Be careful to buy a quality brand as many claims are made. Make sure the cream is stated to have at least 1% real beta glucan in it! If you buy 100mg capsules, then open up the capsule and pour out half onto dog food at 50mg

for small dogs and the whole 100mg for larger dogs, do this daily. There are no side effects, it's very safe and very powerful.

For more on Beta Glucan, read p.43.

[Beta glucan caps](#)

[Beta glucan cream](#) (this is a high quality 5% cream)

10: Vegetables

Natures Whole Food Support for Kibble and Canned Meals



Adding vegetables to your dogs food now that they are older is one of the best things you can do to help your dog and an excellent practice to get into the habit of - here's why?

Canned and kibble pet food does not supply enough of the nutrients your dog needs and NONE of the

digestive enzymes they need.

No matter the argument from pet food manufacturers or vets, kibble's nutritional profile simply cannot make the grade as a standalone diet, and give your dog all the nourishment it needs without you adding some 'live' nutrition to the bowl. And vegetable are a great choice, being unprocessed whole foods that will boost your dogs health.

Vegetables provide the following range of nutrients:

- Proteins
- Lipids
- Fats
- Carbohydrates
- Phytonutrients
- Fiber
- Vitamins
- Minerals
- Water
- Antioxidants
- Enzymes

What's the benefit of using it?

Vegetables also provide the following health benefits:

- Vegetables help alkalize your dogs body so organs like the pancreas, liver, gallbladder, heart and kidneys function better with less inflammation.
- Vegetables provide more water, which is great for kibble fed dogs who tend to be more dehydrated (they simply don't drink enough water to compensate for the lack of moisture in kibbles).
- Vegetables provide B vitamins, vitamin C, A, E and K in natural usable form.
- Vegetables provide calcium, potassium and magnesium in natural usable form.
- Phytonutrients only come from vegetables and provide your dog with protective enzymes, antioxidants and anti-inflammatorys to help with digestion, anti-aging and promote health. These phytonutrients are also antiviral, antifungal, antibacterial, antihelminthic (anti-worms), anti-aging, anti-degeneration and, most importantly, anti-cancer. A kibble fed dog gets NONE of these nutrients... now you can change that!
- Vegetables provide fiber and this is great for your dog. Fiber will help a lot with overall digestion and better stools plus older dogs benefit from fibers ability to treat and prevent degenerative disease.
- Vegetables help fight disease, especially cancer! They also fight IBD, arthritis, allergies, diabetes, constipation, anal gland problems, pancreatitis and renal disease.
- Vegetables will help reduce obesity by raising your dogs metabolism.
- Taking out 25% of the kibble and replacing with 25% vegetables will allow your dogs body to take advantage of critical whole food minerals and vitamins and the enzymes your dog is currently missing, a double boost!

Just use whatever vegetables you have in the house that your using for yourself, such as:

- Broccoli
- Peas
- Carrots
- Green beans
- Cabbage

- Kale
- Lettuce
- Sweet peppers
- Squash
- Greens - lettuce, spinnage, bok choy, alfalfa etc

Don't feed the following vegetables that don't work for dogs:

- Onions
- Potatoes
- Avocadoes
- Aubergine
- Grains (unless sprouted)

The vegetables can be left raw which gets the best nutrition from them, just throw some in the blender or juicer and pour over your dogs meal, done.

If you don't want to do that, then cook a little extra as you do normally for your own meals and then separate your dogs portion and mash it up with the back of a fork and add to your dogs meal, done.

If your dog is a little hesitant about eating this new addition to her meal, then combine the mashed veg with a little Kefir, yoghurt, sardines or egg and mix into the kibble or canned food.

Add vegetables at the rate of 25% of your dogs regular daily meal size. So if you feed your dog 2 cups of kibble each day, 1 in the morning and 1 at night, take out 1/2 a cup from one of the meals and replace with the mashed or blended veggies, done.

Adding vegetables to your dogs meal on a daily basis is a wonder tonic for their health putting back some of the missing nutrients in the diet and with dogs today having a 1 in 2 chance of getting cancer, you'll now cut that figure down to 1 in 10, plus all the other benefits vegetables bring to the table. This is a massive win for you and your dog with just a minute or two of preparation.

By the way, if you find your dog is loving the vegetables and can't get enough of them, don't hold back, give them as much as they can eat! Just reduce the amount of kibble or canned portion to compensate.

11: Keep your dogs teeth and gums clean at all times to avoid disease



It's really important to keep your aging dogs teeth and gums healthy. As dogs age and unless you keep a good habit of brushing your dogs teeth, their teeth will accumulate tartar, plaque and yellow staining.

It only takes a few years on kibble for a dog to get gingivitis, bleeding gums and abscesses. Many older dogs are having continual tooth

extractions as they rot, while at the same time being treated for diseases caused by the ingesting of bacteria through the base of the rotten teeth into the dogs bloodstream.

You want to avoid this vicious circle (read more on teeth and gums on p.24).

What practical ways can you keep your dogs teeth clean and healthy:

- Brushing with dog specific toothpaste and brush.
- Gnawing on raw bones will help keep your dog's teeth sparkling white.
- Give your dog whole foods like carrots, zucchini or the stump of broccoli to chomp on. You see, it's all about the rubbing and sloughing action on the teeth.
- Raw coconut oil also acts as a wonderful canine toothpaste because it has antiviral, antibacterial, and antifungal properties – plus most dogs love the taste! Allow your dog to lick hardened coconut oil off a bowl after each meal is a great way to help with bad breath. (1tsp per 20lb dog weight).

For an in depth plan of action on how to get your dogs teeth the picture of health again, read the article on neem leaf and bark on p.24.

12: Don't over feed your dog and limit treats



Feed your dog according to whether she needs to gain or lose weight. If she's overweight, feed her earlier in the day so she has more time to work it off.

As your dog gets older she'll naturally gain more weight but be careful not to let this get out of hand. A heavy dog with excess

weight put's a burden on the joints, muscles, heart and connective tissues which will aggravate arthritis and wear the joints down faster.

Commercial dog treats are loaded with fattening ingredients and you may be feeding too many and this alone could be reason enough to gain excess weight. Also without realizing it, you maybe slowly poisoning your dog with too many treats that have questionable ingredients from places like China.

It can be easy to spot the dog who gets far too many treats – usually it's the obese one. If you'd like to feed treats, consider making fresh and healthy treats at home. This healthy dog treat book has many [healthy homemade treat ideas](#).

It's fun to give dogs treats, but use them sparingly. Lean dogs are healthier dogs.

Please Note: Following the 16 steps will help bring your dogs weight back into a healthier range.

13: Keep up a regular exercise program



Diet and exercise go hand in hand. Walking your dog every morning and 20 to 30 minutes after feeding in the evening helps to improve bowel movements and regularity.

It's important as your dog ages to keep up regular exercise. Yes, they begin to slow down as they age and you might think your senior dogs needs less exercise. However, it's not less exercise they need, it's just less strain from overactive high impact charging about twisting and turning. A more gentle but long enough walk to tire out your older dog is better.

Constancy is key. It's best to keep to a regular timetable of exercise daily than to leave things until the weekend when your dog will be straining joints from all that bottled up enthusiasm.

The bottom line is to keep your older dog regularly exercised in a controlled fashion.

Please Note: By incorporating the 16 steps, your dog will gain much more energy and enthusiasm, so yes, you'll need to increase their exercise level by as much as 50%.

14: Avoid antibiotics - use the natural home remedies version as outlined in this book.



Antibiotics are overused and according to research by probably 100%. And if research tells us half of all antibiotic use is either unnecessary or inappropriate, you can be sure that it's a big problem, not just because of the waste of money but because your dog suffers.

For more, please see the article on Antibiotics p.89 and the natural alternatives, Oregano oil on p.31, and Oregano oil with Coconut oil on p.34.

15: Avoid commercial flea and tick products and use natural flea and tick remedies



Flea and tick treatments like Frontline and Advantix are dangerous and in my opinion, should be avoided. The chemicals found in these medications get into your dog's blood stream and can cause adverse reactions like allergies, skin issues, seizures, and may even lead to death.

These poisons also elevate your dog's toxic load by making the liver work overtime metabolizing all of the incoming foreign chemicals.

Flea and tick collars have to also be avoided. Not only are these collars unsafe for your dog but they can be hazardous to you and your family if you touch them and forget to wash your hands.

There are natural preventative methods for keeping your dog and your environment pest free. I encourage you to explore the natural options in this book. Please see, **Neem Oil: Natures Supreme Bug Killer for Mange Mites, Fleas, Lice and Ticks** on p.14.

Learning about what you can naturally do to keep your senior dog safe and avoiding these treatments can go a long way in lowering your dog's toxic load and raising their vitality.

16: Avoid annual vaccinations and titer test your dog first!



Minimising drugs, medications, vaccines and toxic flea & tick applications will simply lower your dogs toxic load. And at a time when your dog is getting older, more toxic drugs loaded into your dogs system is the very last thing they need.

Just because your vet says so, doesn't mean it's true or healthy!

Vets don't know everything, they don't know about nutrition, never having learnt about it in any meaningful way and they don't know about drugs, never having studied them. They do sell both and often that's where the motivation comes from, it's 14% of their total business income... nothing personal.

Use this book or find a good holistic or homeopathic vet who can get your dog off the toxic flea meds and drugs. They all damage your dog's gut, the center of your dogs immune system.

Never give an unnecessary vaccine: Once an adult dog has responded to a vaccine, research shows she doesn't need any more. Instead of revaccinating, ask your vet to run a titer test first to see if she even needs that vaccine (chances are, she's already protected and doesn't need it).

Pioneering work done by veterinary immunologist Dr Ronald Shultz studied every major vaccine in over a thousand dogs and every study he did delivered the same conclusion, every time:

“Vaccines for diseases like distemper and canine parvovirus, once administered to adult animals, provide lifetime immunity.” *“Are we vaccinating too much?” JAVMA, No. 4, August 15, 1995, pg. 421.*

Dr Shultz revealed that vets were vaccinating dogs and cats every year – not because they needed annual boosters, but because the makers of those vaccines only tested them for a few months.

But thanks to Dr Schultz's work, the major veterinary associations now knew that the core vaccines were extremely likely to protect dogs and cats for life. So in 2003, they changed their revaccination guidelines.

The AAHA and AVMA only changed their recommendations from annual to every three years. And this is still based on pure speculation NOT science!

How do we protect our dogs and cats from infectious disease while limiting their risk of vaccine damage?

Titer testing is the scientific way to know whether and how much vaccine is needed in the first place.

But what most pet owners don't know is that vets have always been able to tell whether a vaccine was required or not. A simple blood test, called a titer, shows whether your dog is protected and whether she needs a follow up vaccine.

Vets and pet owners can finally put an end to dangerous and unscientific vaccine schedules.

What to do next time your dog is up for vaccination?

There are two in-house titer tests now available to vets.

This means the test is done right in your vet's clinic and you get quick results. TiterCHEK and Vaccicheck are the two simple tests your vet can do right in his clinic, for about the same amount of money as a vaccine.



Many vets would rather just give the vaccine ... and that one shot could be the one to cause severe and irreversible harm to your dog!

But you have a choice remember, it's your dog, you're the one paying after all. You can choose to allow your vet to over-vaccinate your dog or you can choose to protect your dog and ask

your vet for a titer test instead.

Today, in-clinic titer tests can be done for the following:

- Canine distemper
- Canine parvovirus
- Canine adenovirus and feline parvovirus

The rabies antibody titers is still only conducted at specialist labs. To date, a rabies virus antibody titer cannot be taken as an indication of immunity in lieu of revaccination.

So when these in-clinic tests are performed correctly, it means that a positive test result reveals that your dog does have protective levels of antibody against the virus.

Also, it's good to remember that a negative test result does not necessarily define susceptibility to a virus ... the dog's history and age would have to be taken into account.

Titer testing is vital to protecting your dogs health from over vaccination. It's also an important way to find out the vaccine history of dogs coming from shelters and to know the antibody status for what they truly need.

As Dr Shultz states:

"You should avoid vaccinating animals that are already protected, and titer testing can determine if adequate, effective immunity is present, It is often said that the antibody level detected is 'only a snapshot in time.' That's simply not true; it is more a 'motion picture that plays for years."

16 Ways to Boost Health in Senior Dogs	For all senior kibble/canned fed dogs integrate the following:	If you prefer to follow the 7 Perfect Value Food Supplements Program, still integrate the following:
1 Live enzymes	●	
2 Pro and Pre-biotics	●	
3 Vitamins and Minerals	●	
4 Protein	●	●
5 Water	●	●
6 Coconut oil	●	
7 Omega-3 oil's	●	
8 Glucosamine	●	●
9 Beta glucan	●	
10 Vegetables	●	
11 Check & keep teeth and gums clean	●	●
12 Don't overfeed, limit treats	●	●
13 Keep up regular exercise	●	●
14 Avoid antibiotics	●	●
15 Avoid commercial flea & tick products	●	●
16 Avoid annual vaccination	●	●

There are 10 ways to support your dog with supplements and 6 ways to avoid making your dogs health worse. If you can follow as many of them as possible, your dogs health will be transformed in weeks!

Remember this: Although supplements cost money, you'll save money by not going to the vet so often and not buying expensive drugs. And your dogs new found enthusiasm for life and wellbeing will bring tears of joy to your face.

The list above is priceless, get started, employ as many as you can and watch what happens!

About Dan Scott



Dan with his dog Rocco

Dan was born on an outback Australian sheep farm handed down for five generations. His earliest memories of dog life were working sheep dogs and his first pet dog at the age of three, a black Labrador retriever named 'Topsy' who shared many adventures while roaming on the farmland.

Dan is now an experienced dog nutrition and natural home remedy specialist, helping dog owners discover the effective, natural, simple, and swift solutions to having a healthy, happy and low maintenance dog for life.

Dan is recognised as a leader in promoting how to have a low maintenance dog with exceptional long lasting health. He is also a devoted researcher, writer and advocate of natural health care for dogs and seeks to educate and inspire pet owners around the world to be knowledgeable, self reliant and confident with the health care of their dogs.

Dan is a popular speaker encouraging dog owners to be more independent of the establishment mass market approach to pets that is based on economics, not true holistic health care. His talks are based on his in depth knowledge and research. His work is published around the world and he regularly travels globally to study the life and habits of wild dogs.

Dan set up a personal charity, helping third world children and dogs in remote villages. He personally gets involved with helping out, using natural home remedies to solve the health problems of local people and their dogs.

"It feels great to help those who have no help. As one example, I've de-wormed many village dogs (with the home remedy in this book) who pass on worms to children, causing malnutrition and infection, which means I can then de-worm the kids and create better health, saving lives in the process."

- Dan Scott

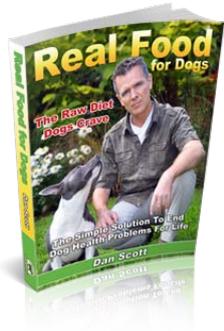
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