

dogs naturally

January - February 2021

THE END ...

THE RABIES
CONNECTION

CANCER:
ONE DISEASE
OR MANY

CANARY
IN THE
COALMINE

SUPPRESSION

FREE WILL

THE PURDUE
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**LIFE IS ABOUT THE
JOURNEY**

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cover



It's been a thrilling ten years ... and Dana Scott's family of home-bred, naturally-reared, Specialty-winning Labrador Retrievers were always a big part of the adventure!

editor's message

Well, this is it! The last print issue of DNM. As I think about where we started ten years ago, I'm so proud of what we've achieved.

I'll admit I do feel some relief! I'm freeing up three weeks of my time every other month to focus on new DNM projects. And I definitely won't miss having dozens of boxes of magazines cluttering up my hall and basement.

Before DNM, I had a 35-year international banking career. In those days my bank account was richer ... but my heart was so much poorer. So I leapt at the opportunity in the fall of 2010 when Dana invited me to join her on this glorious escapade. And off we went.

What a difference, to finally be doing a job where I had customers I cared passionately about ... yes, I mean dogs!

So in this final message I want to thank some of the people who helped us get where we are today.

First, our advertisers. Because we couldn't have published the magazine at all without them. I quickly found out it's not easy to sell ads when you have no circulation and no track record – and maybe even no future! But we got lucky. A few companies believed in what we were doing and supported our very first magazine. PetzLife, Nate's Naturals, My Pet Carnivore, Potty Park, Canine Massage Chicago, and The Honest Kitchen all trusted us enough to commit to that very first March 2011 issue.

In this final issue, you'll see a few exceptional companies who've stuck with DNM for years. Companies like Steve's Real Food, Carna4, BioStar, Colorado Hemp Honey, Sustenance Herbs, 4-Legger, The Blissful Dog, Amberstone Pets, Well Animal Institute ...

Next ... of course we'd be nowhere without our writers. The list is too long to name them all. But we've been privileged to have many of the world's very best holistic veterinarians, homeopaths,



herbalists and other practitioners contributing their wisdom to our pages. Their knowledge has helped countless dogs live healthier, longer lives. They tackled some big, important topics. And they courageously shared their honest advice, opinions and knowledge.

Because it does take courage to speak out against the "establishment." To tell the truth about the risks of conventional practices like over-vaccination, toxic drugs that don't cure disease, or harmful diets. And all the while, their less-enlightened colleagues still promote products from the huge companies that don't have our dogs' best interests at heart.

We also owe our gratitude to the hundreds of specialty pet stores who supported us by sharing DNM with their customers. I like to think we helped them a bit too. These boutique stores are deeply committed to educating their customers. Many of them told us it boosted their credibility to give customers a vet-written article that confirmed what they were saying.

And of course, we owe the world to our loyal and passionate readers. You and your dogs are the reason we do what we do. You're what makes it all worthwhile. Every time we learn we've helped a dog with information we published, we glow

with pride and pleasure, knowing we've made a difference in a dog's life

If we feel like we know a lot of you personally ... we do! Some of you might remember when "customer service" was Dana and Julia. Because the two of us did every job in the company. We got to know many of you by phone and email in those early days ... and over time, we met lots of you in person too.

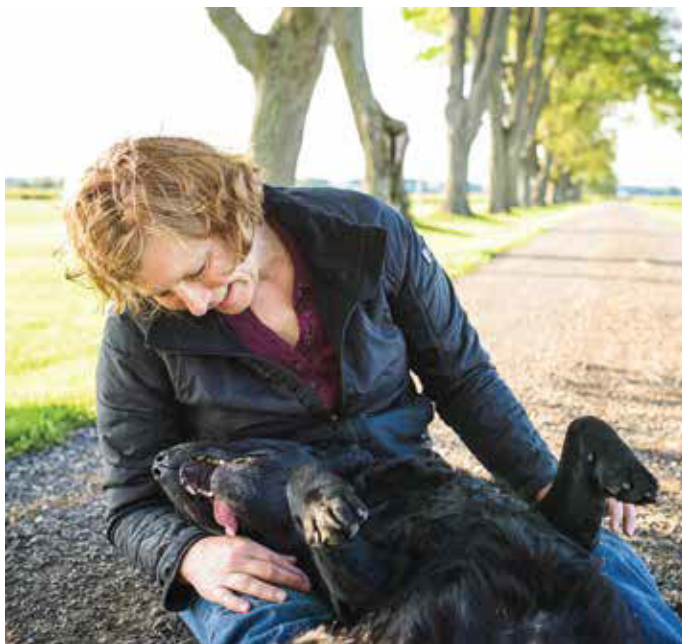
It's been a thrilling journey ... that will continue. We may be saying goodbye to the print publication that got us launched on this grand adventure. But in truth, we're just getting started. You'll still get the same expert help for your dog through our blog articles, social media, DNM Elite, Pro, University and Market. Nowadays we have many more ways to reach dog owners. And that means we get to save many more dogs from harmful healthcare practices.

Our vision today is *A Joyful and healthy world for dogs and their people, that's free of greed, ignorance and fear.* A million thanks to the entire DNM community for helping us make this vision a reality.

We'll see you online! With much love to you and your dog.

Julia

founder's message



This magazine is the 60th print issue of DNM ... and it's the last. After ten complete years of publishing, we're putting our final issue to bed.

You might be wondering why we would call it quits on a successful magazine that stood the test of time while others failed. Well, there are a few reasons:

One, we've become a paperless office here at DNM. We've grown more and more ecologically aware and it's time to stop putting information on paper.

Two, information is much more accessible and consumable digitally. Unless you live in a cave, you have the world at your fingertips, literally. So we're taking the same great articles written by the same great vets and publishing them free on the DNM site.

Three, we've become a grownup company with a vision, mission and core values. In case you're interested, here they are:

DNM Vision:

A joyful a healthy world for dogs and their people that's free of greed, ignorance and fear.

DNM Mission:

To protect dogs from harm by empowering and connecting their people through community.

Community has always been the heart of Dogs Naturally. Our goal was to bring holistic vets, products and people together to build a strong community. And we certainly accomplished that: today, Dogs Naturally is the busiest natural dog health website in the world with millions of visitors.

But we felt we needed to do more if we were to ever realize our vision and mission. How could we create an even bigger community that would help us protect more dogs from harm and educate even more of their owners?

Well, let's just say it's going to be a very different next ten years! But as DNM has grown from just two people to a team of over twenty, we realize we can dream bigger dreams.

So the end of the magazine isn't the end for DNM ... it's the start of something much bigger. It's a celebration of a tiny idea that grew into a company that's now positioned to make major changes in the world we share with our dogs.

But before we move forward, I would like to take a short moment to reflect back and thank all of the people who helped DNM grow.

We've made so many friends over the years, especially with our contributing writers. Many have given generously of their time and while I can't name them all, we are deeply indebted to Drs Patricia Jordan, Meg Smart, Richard Patton, Deva Khalsa, Dee Blanco and also Rita Hogan and Lonnie Olson. They have been a big part of the last decade and they are all extraordinary people.

We also recognize that much our success was due to the support of our advertisers. Many have been there for the entire decade, including Steve's Real Food, Carna4, Sustenance Herbs, Biostar, 4-Legger, The Blissful Dog, Amberstone Pets and Well Animal Institute. We humbly thank you for your continued support.

There are also hundreds of independent pet retailers, breeders and groomers who generously purchased and distributed DNM to their customers. There are just too many to mention, but we have something special planned to help them grow. In today's world, the small independent stores and purebred dog breeders need support and they are a key part of our mission and community.

Of course, DNM would also not be here without my business partner, Julia Henriques. While I dreamed of going to print, Julia got us there with hustle and grit. She's the best partner anyone could ask for but, more than anything, I've valued the friendship we've developed through the years. It's been a true honor to have shared this incredible journey with Julia.

The DNM team has grown through the years as well, from our first part time employee to a bona fide team. Today, we have an amazing team with wonderful people who share our vision. Many have become friends and while there's not enough space to name them all, I would like to say thank you to Steph Sant and Alex Seilis for treating DNM like it was their own. They are both exemplary professionals and human beings who have been instrumental in our growth and success.

And finally, I would like to thank YOU. I'm not much of a people person, but I knew that if we were to protect dogs, we would need the help of their people. The love and support you have shown for DNM - and especially your dog - has been overwhelming. I'm honored and humbled that DNM has played even a small role in your dog's life and in your personal journey. But like every good journey, the end is yet to be written. See you on the other side. :)

Dana



MAGAZINE MEMORIES



Stephanie Sant is Promotions Manager at Dogs Naturally. After almost six years with the company, Steph has been a part of building our Elite communities, creating emails and has never missed a Dogs Naturally event (even when she was on maternity leave!). Steph lives in the countryside in Ontario with her husband, two kids and of course, her German-Shepherd/Labrador Retriever mix Bauer.

It was more than six years ago now that I met Dana Scott. I had an interview with her in her rural Ontario home. I brought my mom with me because I was creeped out that Dana's house was in the middle of nowhere. (For the record, mom stayed in the car, she didn't come to my interview with me!)

I was excited for this interview because it was a social media and graphics position and I was already working in the field. Plus I had a five-month old puppy at the time, so I had a keen interest in dogs already.

I anticipated a dog-loving lady who desperately needed social media help for her little magazine, and I knew I was the right gal for the job. What I found out quickly was that I knew diddly-squat about paid ads and social media marketing, I was weak in graphics, and this was no small business at all. In fact, it was a growing community that was in need of more content and more options, and Dana was well on her way there without me. Dana had invested a lot of her own time and money in digital marketing education, and she was light years ahead of me.

Somehow, she and Julia Henriques still hired me anyway!

Now, it wasn't all rainbows and lollipops to start. I had a lot to learn, and Dana and I didn't get along right away. Of course the first few times I was sick, Dana thought I was trying to pull a fast one. I was slow at work, and I didn't really know what I was doing. Really I was like a newborn calf trying to get on her feet.

But after long days of coaching – and bonding over Christmas movies – Dana and I realized we would make a great team. And

we do! Today we're friends, and I'm very grateful to be a part of the Dogs Naturally family.

I loved working on magazine production with Dana, Julia and the crew. Julia and I would spend hours over the phone fixing up typos and making sure every "i" was dotted and "t" was crossed. And when I thought my grammar couldn't get any worse, it did ... but she always had my back. (Thanks Julia).

Over the years we've had some pretty iconic covers. Some of the greatest dogs made the front page, including the (now) late Chili. Chili was one of Dana and Rob's chocolate Labs. She was the office boss for sure. She had the sort of swagger that said "I mean business," but she genuinely just wanted pats and love. The Dogs Naturally team loved picking cover dogs. In fact it was always a fun in-office discussion.

As we continue to shift and build towards Dogs Naturally's future, I will forever be thankful for where I started with this company. And even though the print magazine is coming to an end, the content from our talented and generous vets and experts will not! Some of our experts have been with Dogs Naturally since it began because they believe in a better life for all dogs. They'll still be here tomorrow, and for that I'm happy.

I'm also happy to report that my five-month old puppy Bauer is now six years old. He's happy, healthy and living it up in the country with my husband, our kids and me.

I can't wait to see where Dogs Naturally will go next! 🐾

*The whole team at
Dogs Naturally Magazine
thanks you for ten great years!*

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The information offered in Dogs Naturally is not intended to replace veterinary advice. When in doubt, always consult with your holistic vet.

Submissions

Dogs Naturally welcomes article submissions

for our blog. Please use the form at

dogsnaturallymagazine.com/contribute

to submit your proposal.

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"I am so grateful for all of the information provided by you, Dana and all the DNM contributors. When I read your intro in the last magazine it made me sad to see the end of a hardcopy era (although I completely understand why) since the magazine was such a big part of my turn towards a more natural approach with my dogs.

I was already on the journey before the magazine appeared, but it took me so much further than my stumbling along learning was able to do. I am always grateful and appreciate your tolerance for me asking different vets the same questions. What I have learned is there are so many different opinions and I just try to find the middle ground of where those well-respected opinions overlap.

My intent was to get a note off to the DNM staff because the impact of the magazine has been so great on my life and on the life of my pets. I smile as I think of that first Raw Roundup and what cutting technology it was to be in seminars online the way we were! Raw Roundup really changed everything for me because I had been cooking for the dogs for 10 years but then after that weekend, wondered why I was cooking for them! And the next day I began feeding raw! I'm amazed at the amount of content you have on the website and how many contributors there are on a regular basis. Thanks deeply for all of the work you do on our behalf and for your kindness and generosity. You and Dana are passionate geniuses and really changed the world! Thanks again." –Janet St Pierre

"Your magazine changed my life. When I owned a raw food company in Seattle we ordered your magazines and gave them to customers for free.

Your magazine (hi Dana) has saved so many lives!!!!!! You have the greatest vets and experts available. Thank you so much for all the DNM TEAM does!!!! My number one resource!" – Randi Astrom



SEND US YOUR LETTERS

Send emails to letters@dogsnaturallymagazine.com or mail to Dogs Naturally Magazine, PO Box 2061, Thornton, ON L0L 2N0

TRIBUTES

Some very special friends of Dogs Naturally Magazine have died in the past few years. We cherish their memories in these pages.

Catherine O'Driscoll's death In November 2020 was a huge shock and tragic loss to the dog world. She'd been diagnosed with Motor Neuron Disease last year. Catherine's husband, Rob Ellis, told me it was a blessing that "she was fully the person she always was, right up to the end, in her mind and personality."



Catherine's story is well known. After her two young Golden Retrievers Oliver and Prudence died, she set out to investigate why dogs die so young. She learned about the poor nutritional quality of commercial pet foods; and that vaccines are the biggest cause of ill health in pets today. In 1994 she formed Canine Health Concern to continue to research and educate dog owners about these risks. Her husband Rob Ellis intends to continue Catherine's work in CHC (canine-health-concern.org.uk).

Catherine was a passionate and unwavering campaigner for a better world of natural health for dogs. At DNM we were incredibly privileged to have her as a magazine contributor from the very beginning, starting with her *Across The Pond* column. You can read one of her best articles, about the Purdue vaccine study and autoimmune disease in dogs, in this issue.

Catherine's work leaves an enduring and important legacy in the natural dog world. As well as her zealous activism, she wrote several best-selling books: *What Vets Don't Tell You About Vaccines*, *Shock to the System*, *The Tip of The Needle* and *The Real Epidemic*. She also created an award-winning DVD, *In Search of the Truth About Dogs*. Visit catherineodriscoll.com to learn more about these titles.

Finally, there's no better way to remember Catherine's impact than by sharing these heartfelt tributes from two close friends.

"It is our extreme loss that Catherine is gone from the physical world. I am devastated, I LOVE Catherine. Her long-time activism about the unworthiness of vaccines and processed foods has never been equaled by anyone else.

"So many people are just waking up to the serious immune dys-regulation and damage from the vaccines, drugs and processed foods, Catherine's work will have significance for decades to come. She lost dogs all her life to conventional medicine. She knew first-hand the damage it caused.

"I actually had asked Catherine not to leave me behind. So much did I love her, I couldn't imagine life in this world without her in it."

-Dr Patrician Jordan

"There are no words to adequately express the emptiness and deep sorrow that fill Roslyn and myself following the loss of Catherine O'Driscoll... a truly beautiful human. To say that she played an enormous role in our lives and the lives of countless others – and their animals – hardly states the case.

Deeply spiritual, powerfully caring, a genuine seeker of truth and seemingly limitless in her efforts to improve the lives of the dogs that share our lives... goes somewhat towards describing Catherine. Our lives were forever changed from the time Catherine brought us to England in the late nineties to spread the raw message. This is a movement she supported from that point forward. Catherine became the catalyst that set us on the path that for us – continues today. There is so much more that could and should be said, but we will leave that to those who were fortunate enough to work with her over the years. Our thoughts go out to her family at this difficult time." – **Dr Ian Billinghurst**



The world of veterinary homeopathy suffered a great loss in 2013 when Dr Glen Dupree passed away at age 56 after a two year battle with cancer.

Dr Dupree started his career in conventional medicine after graduating from Louisiana State University in 1982; however, he began to question his training when he observed that he was treating the same individuals repeatedly for the same diseases. From there a number of events led him to study homeopathy, and he was certified by the Academy of Veterinary Homeopathy in 1996.

Dr Dupree was an occasional contributor to this magazine; he was a friend and teacher to many of our readers as well as their animals' vet. In addition to his veterinary homeopath practice treating animals from family pets to farm livestock, he maintained an active speaking and writing schedule; he also taught his own homeopathy courses and webinars.

He was passionate about broadening the practice of homeopathy and he was delighted when a student seemed to have "caught the homeopathy bug." Many of us (including Dana and I) benefited from his generous sharing of knowledge.

He was a wise, gentle, humorous mentor and we miss him deeply.



December 2020 saw the shocking and mysterious death of ex Merck sales rep turned anti-vaccine activist and whistleblower Brandy Vaughn. She was found at home by her nine-year old son. Some of you may remember Brandy's powerful keynote talk at our Raw & Natural Dog Summit in 2019.

Brandy was an outspoken advocate for safe vaccination. She formed the non-profit group *Learn The Risk* to fight mandatory vaccine laws.

The official cause of death was natural causes from gallbladder complications. But Brandy herself had posted on social media that she was completely healthy, was not on any medications, and didn't suffer from depression or suicidal thoughts. In 2015 Brandy posted a video describing how she'd been the victim of mysterious intimidation tactics at her home.

Police have investigated Brandy's death and state there's no evidence of foul play. However, the toxicology report hasn't yet been completed.

It's the stuff movies are made of. You can reach your own conclusions. Whatever the cause, we're deeply saddened and shocked by Brandy's loss. We're especially heartbroken for Brandy's young son, who traveled the world and went everywhere with his mom.



Gerald Wessner

Dogs Naturally friend and holistic veterinarian Dr Gerald Wessner passed away peacefully at home in 2019, age 77. He wrote articles for DNM and you may remember him answering readers' questions in the Ask The Vet column.

Originally an equine vet, Doc Wessner saw many injuries and illnesses that conventional medicine couldn't treat. Doc's approach was unique. He used a dowsing rod to energetically determine where animals were deficient, then treated them with homeopathy. His technique allowed him to heal many complicated health cases that conventional medicine had been unable to resolve.

Doc earned a reputation as a "think outside the box" vet and was always eager to explore new healing alternatives. He developed protocols for troublesome diseases like West Nile, Lyme and Cushing's. His abilities created a following of clients from all over the world.

In Doc's own words: *"I have finally achieved my veterinary oath of never doing any harm and am able to cure many diseases and also control other diseases without drugs in patients where a cure is not possible."* He will be missed. –By Ellen Kohn



Celeste Yarnall

Celeste Yarnall died in October 2018, age 74. In the early days of DNM, we welcomed Celeste as an occasional contributor of nutrition articles.

Celeste was a model, actress, author, speaker, and tireless animal advocate. She started her animal career raising Collies, but became much better known for the 11 generations of Tonkinese cats she bred and reared on a raw diet and holistic care. She wrote the books *Cat Care, Naturally* and *Natural Dog Care*; and with veterinarian Dr Jean Hofve wrote the award-winning *Complete Guide to Holistic Cat Care* and *Paleo Dog*.

Her passion for animals led her to earn a PhD in Nutrition from Pacific Western University, where she served as an adjunct professor of nutrition. Her holistic consulting practice, specializing in feline and canine nutrition, reached clients all over the world.

Celeste was also an accomplished actress. She appeared in many TV shows (including the original *Star Trek*, *Bonanza*, *Bewitched*) and movies. Her film credits include a memorable scene opposite Elvis Presley in *Live a Little, Love a Little*, when Elvis tries to seduce her with the song *A Little Less Conversation*. (You can find it on YouTube).



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Cancer: One Disease Or



Ian Billinghurst BV Sc Hons BSc Agr Dip Ed, received his veterinary science degree from Sydney University, Australia, in 1976. Dr Billinghurst is a pioneer in evolutionary nutrition for pets and published his first of many books "Give Your Dog a Bone" in 1993, later coining the term "Biologically Appropriate Raw [or Real] Food." Since retiring from his busy small animal practice, Dr Billinghurst has continued with his tireless efforts to promote and consult on evolutionary nutrition. In 2016 he published a groundbreaking new book about cancer, "Pointing The Bone At Cancer." Visit drianbillinghurst.com for more information.

In this article I will describe the background information you'll need to understand cancer. Then, I will address the scientific evidence establishing the mitochondrial connection – and simple lifestyle changes that can fight this disease.

The current and (almost) universally accepted understanding of cancer, the hypothesis on which all current cancer treatments are based, says that when we are dealing with cancer, we are dealing with more than 200 separate diseases.

There appear to be ironclad reasons for this belief with evidence for the genetic origin of cancer seemingly overwhelming. However, a careful examination of this evidence in the light of what we now know about the metabolic or mitochondrial origin of cancer reveals the deep flaws in the genetic, multi-disease model.

MUTATIONS: CURRENTLY ACCEPTED AS THE BASIC CAUSE

Our current genetic and multi-disease view pictures cancer's origins as a series of mutations to a number of growth controlling genes in the cell's nucleus. Based on this particular model, oncologists have developed a multiplicity of treatments; each one is designed to deal with cancer as one of more than 200 (or even more!) different diseases.

Has this approach produced the cures, the improved quality of life, the longevity with health that we want for cancer patients?

NO – is the honest, monosyllabic answer. The vast majority of our past and present treatment regimes are failing to make any genuine impact. They are not achieving much in the way of cures or improved quality of life. In fact, in too many cases, exactly the opposite is the case. Clearly,

the requirement to re-evaluate our approach to cancer research and therapy is very much, long overdue.

We desperately need a drastic re-think to our whole approach to the cancer question.

SWITCHING OUR VIEW: METABOLIC ORIGIN

When we understand that cancer is not a multiplicity of diseases – based on genetic mutational mayhem – but is, in fact, just one disease where mitochondrial energy production is fundamentally altered or compromised (by all the usual carcinogens), we discover that we have just one enemy to attack – an enemy with an Achilles' heel: a sensitivity to specific nutritional and metabolic treatments.

Once we accept that cancer is a metabolic disease, 200 or more diseases disappear.

Many Diseases?

The Answer To This Question Holds THE KEY TO CANCER'S ULTIMATE DEFEAT



We are no longer besieged with literally tens, maybe hundreds of thousands of genetic targets.

Instead, we find ourselves faced with just one target and a powerful and workable metabolic solution, one that is applicable to the vast majority of cancers – both malignant and benign. We find ourselves armed with a set of powerful nutritional strategies and therapies with the ability to adjust the cancer patient's metabolism and lead him or her (no matter what the species) on the pathway to health.

Properly applied nutrition is able to do this – for the vast majority of cancer patients – in a way our current genetic approach is simply powerless to achieve.

This is the underlying theme of my up and coming book on cancer.

Despite the hundreds of billions of dollars spent on cancer research since the 1970s, the percentage of Americans, Australians and Europeans dying from metastatic cancer has not changed since the 1970s. And for our furry family members the situation is exactly the same.

CANCER: A WAR WE ARE LOSING

When former President Richard Nixon began his war on cancer in the early 1970s, it was predicted that cancer would be beaten by the end of the decade. However, that belief slowly evaporated as decades passed and not a single target was met.

METASTATIC CANCER: THE KILLER

None of this research has produced any major benefit for cancer patients, most particularly those patients suffering from metastatic cancer. This is true whether those patients are dogs, cats or humans.

And what is most important to understand is that it is the metastatic cancers that have always been and remain the major killers. And today they continue to kill, just as they have always done. Despite the hundreds of billions of dollars spent on cancer research since the 1970s,

the percentage of Americans, Australians and Europeans dying from metastatic cancer has not changed since the 1970s. And for our furry family members the situation is exactly the same.

THE BENEFITS OF CYTOTOXIC DRUGS

In 2004, a paper reporting the five-year survival benefit attributed solely to the use of cytotoxic (cell toxic) drugs in humans found that the use of chemo-therapeutic drugs made a contribution to the five-year survival rate (of Australian adults) of just 2.3 percent. In the USA, the five-year survival was even less – 2.1 percent.

The authors concluded that there is an urgent need for a rigorous evaluation of chemotherapy in terms of its cost-effectiveness and its impact on the patient's quality of life.

Of course, no such evaluation has ever been undertaken.

Even when they appear successful, cytotoxic treatments result – almost inevitably – in cancer's return. And the "new" cancer is always more malignant, more aggressive and more resistant to current conventional therapies than the horror it replaced. Meanwhile, the patient's quality of life is at an all-time appalling low.

THE BENEFITS OF RADIOTHERAPY

And radiotherapy is not much better. It cannot treat metastatic cancer. And while it does have value in palliative care and for treating benign tumors, patients treated with radiotherapy have a much greater chance of developing further and far more aggressive malignancies some time in the not too distant future.

THE BENEFITS OF SURGERY

And while surgery is one of the most successful methods of removing non-metastatic, non-invasive cancer; it has no value in dealing with metastatic cancers. Additionally, surgery itself is highly inflammatory and stressful, with both stress and inflammation being potent initiators and drivers of cancer.

TARGETED THERAPY

Many of today's oncologists enthuse over the up and coming individualized targeted therapies, which are now the focus of so much of today's cancer research. These therapies target the protein products of mutated genes.

Unfortunately, solid tumors such as breast and prostate cancers contain thousands of genetic changes. These are different in every patient with most cells within these tumors having their own unique set of protein targets. To develop individualized treatments requires literally hundreds of thousands of new drugs!

Worse yet, these treatments take decades to develop and any apparent successes usually last for just a few months. In addition, these treatments often produce the most horrendous side effects and they all have a cost that is criminally prohibitive!

**We now have enough
evidence to confirm that
the vast majority of adult
cancers are formed when
mitochondrial energy
supply malfunctions.**

THE QUESTIONS THAT ARE NOT BEING ASKED

Why are we facing such momentous failure? Why is the current approach only producing a handful of (apparent) success stories? Why is it failing to produce the large scale and lifetime cures we so deeply and desperately need?

Even worse, why is it that these expensive therapies result – more often than not – in a life that is hardly worth living?

We are not looking in the right area for answers. Today, the evidence for the metabolic or mitochondrial origin of cancer is overwhelming and reveals deep flaws in the genetic model.

It is becoming clear that the genetic mayhem we find in cancer cells is actually the result of an entirely understandable metabolic process occurring deep in our

mitochondria; a process originated in our ancestral cells over three billion years ago.

Are genes involved in cancer's formation? Yes, but not exactly as currently understood. The genetic changes that cause and promote cancer are due to changes in the way normal genes function as opposed to a change in gene function due to mutation.

Each gene is influenced in its behavior by a range of factors external to the gene. The external factors are called "epigenetic factors."

The changes in the genetic behavior resulting from these epigenetic factors have been shown to be the actual cause of cancer.

This is quite different to the idea that genes have to be mutated to cause cancer.

ENTER THE MITOCHONDRION!

And as it turns out, the principal epigenetic factor that influences genetic behavior to cause cancer is an organelle called the mitochondrion.

We now know that it is the mitochondrion that tells the nucleus whether it should remain normal or whether it should become a cell that continually reproduces itself – a process we call neoplasia (new growth) or cancer.

THE ROLE OF CARCINOGENS

It turns out that all the known factors responsible for causing cancer (the so-called carcinogens) work mainly via their influence on mitochondrial structure, function and health (which in turn impacts the genes in the cell's nucleus). This happens without any sort of mutation to nuclear genes. This knowledge has enormous implications for how we view cancer's origins and how best to treat it.

CANCER BASICS

To begin our understanding of this and ensure we are all on the same page, we need to run through some cancer basics. Cancer – or neoplasia – comes in two basic forms: inherited cancer and non-inherited or sporadic cancer.

INHERITED FORM OF CANCER

This arises as a result of specific genetic instructions present – at birth – in an individual's genome.

Good news: Inherited cancer represents only five to ten percent of all cancers.

NON-INHERITED, ACQUIRED OR SPORADIC FORMS OF CANCER

These account for 90 to 95 percent of all cancers. They result from cancer-causing changes in cellular function that occur during an individual's lifetime.

These changes can occur in any cell, tissue or organ in a body.

CARCINOGENS

These neoplastic changes in a cell's behavior result from the presence in an individual's life of factors such as chemicals, radiation, viruses and what we call lifestyle factors.

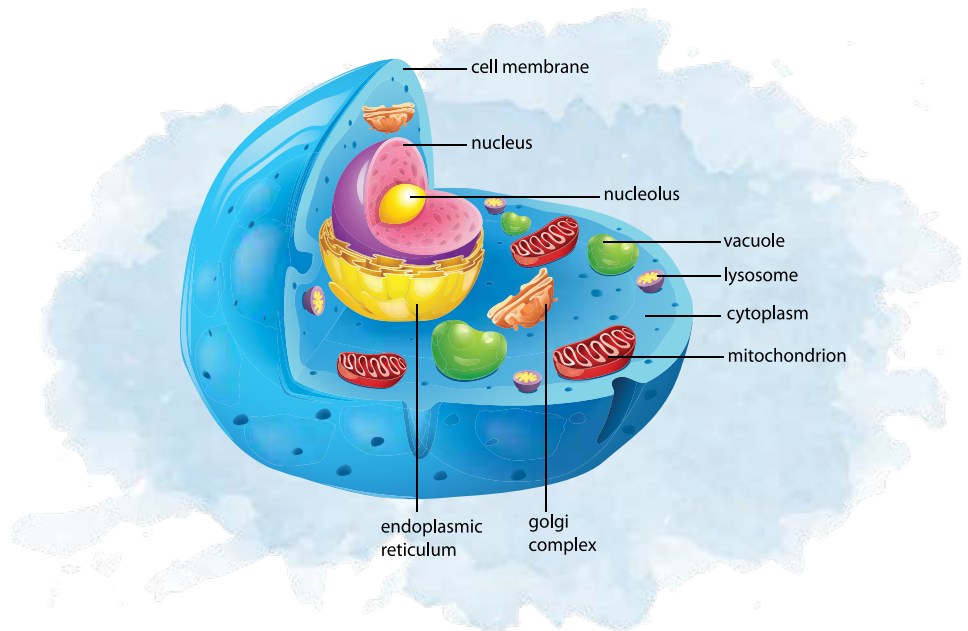
Genetic predisposition (as distinct from any specific inherited form of cancer (as described previously) may also be involved. The more of these factors an individual is exposed to and the longer those factors are operating, the more likely it is that the individual in question will develop cancer – in one form or another.

CHEMICALS

The chemicals that cause neoplastic changes in cells are well known and include pesticides, dyes, cigarette smoke and preservatives (in food) and, of course, the toxic drugs used to treat cancer. And there are literally hundreds of thousands of other chemicals that contaminate our modern environment and cause cancer.

RADIATION

Radiation is another significant cause of cancer. Anybody or any animal exposed to large doses of radiation is highly likely to develop cancer. For example, of the Japanese who survived Hiroshima and Nagasaki in 1945, virtually all eventually died of some form of cancer.



VIRUSES

Viruses are responsible for around 10 to 15 percent of all the known forms of sporadic cancers.

LIFESTYLE

It turns out that lifestyle is the most important contributing factor in the development of cancer.

Lifestyle factors for humans include such things as alcohol, smoking, lack of exercise and, of course, food. For animals, the two lifestyle factors are exercise and food.

HOW DO CARCINOGENS CAUSE CANCER?

This brings us back to the fundamental question. How exactly do factors such as inherited genetic instructions, viruses, radiation, chemicals and lifestyle factors cause cancer to form?

To answer this question, we need to look at the different types of genes that are involved in producing cancer.

Firstly – Oncogenes. These must be activated. Oncogenes were the first group of genes discovered to be involved in the formation of cancer. These genes are normally inactive, however, once activated, these genes produce proteins, which promote cell growth and cell division. By themselves, these genes are not able to produce cancer. Cancer requires the involvement of at least three other types of genes, as you'll see below.

Secondly – Tumor Suppressor Genes.

These must be turned off. These make proteins that suppress tumor growth. When these genes are turned off, all brakes on cell growth and division have been removed. When teamed up with activated oncogenes, turning off tumor suppressor genes cannot produce cancer; this too requires the protein products of further genes.

Thirdly – Genes that make a cell immortal. These must be activated. Cellular immortality is vital because in multicellular animals, cells cannot divide indefinitely; after 40 or 50 cell divisions they stop dividing and they die. For cancer to form, it is vital that the cell is programmed to become immortal. Once these immortality proteins are produced, the cell can now continue dividing (reproducing itself) indefinitely. However, even with this third change in cellular functioning, cancer will still not form.

Fourthly – Suicide Genes. These must be turned off. When normal healthy cells show signs of becoming cancerous they commit suicide (a process known technically as apoptosis). This means that for a cancer to form, the suicide genes (and their protein products) must be turned off.

Now A Cancer Can Form. Once these first four changes to a cell's functioning are made, that cell is now able to form tiny micro-tumors. However, these micro-tumors are only able to grow to about two millimeters in diameter. At this point they stop growing. Just as importantly, these



Because cancer cells are completely reliant on sugar for their energy, if we completely remove all sugar from the diet, this will place enormous stress on the cancer cell, with further stress being caused by limiting total calories in the diet.

THE ROAD TO MALIGNANCY

What modern science is now revealing is that for a cancer to become malignant does not require masses of random (and highly unlikely) mutations. What it does require is the help of certain cells that are part of the immune system.

These cells are called macrophages.

In every solid tumor we find the so-called TAMs – tumor associated macrophages. These macrophages, once thought to be benign helpers associated with cancerous growths, have been shown to be part of the malignant process.

They have all those abilities possessed by malignant cells. In their normal life, macrophages invade the blood stream and lymphatics; they are not killed by natural killer cells and they can then re-enter distant tissue sites.

What we now know is that these TAMs actually fuse with cancer cells and then assist them with their malignant activities.

Now that I have provided you with the background information to understanding cancer, I would like to talk about the scientific evidence establishing the mitochondrial connection and simple lifestyle changes that can fight this deadly disease.

MITROCHONDRIA

Mitochondria are a major player in the cancer story and can lead to possible solutions in the battle against cancer. Cutting edge science tells us that cancer is a mitochondrial disease, a disease of disturbed metabolism caused principally by damage or changes to mitochondrial function.

micro-tumors are both benign and non-life-threatening. And they will remain this way – small and harmless – unless and until they manage to form their own blood supply.

Fifthly – Blood Vessel Formation Genes. These must be turned on! The ability for a tumor to grow its own blood supply is vitally important for its survival, growth and ultimate ability to metastasize. Once a tumor is able to turn on the genes that allow it to form its own blood supply (a process called angiogenesis), it can grow – virtually – without limits.

We now have a primary but benign tumor. This tumor is not a killer. So the question is: What functioning changes do tumors require in order to become malignant?

If we answer that question in terms of the current understanding, we would say that malignancy is the result of further mutations. For this to happen, the cancer

cell must mutate in very specific ways. These mutations must produce a range of skills not possessed by most normal cells.

These skills include the ability to invade the surrounding tissues, the ability to enter the bloodstream or the lymphatics where it must evade the natural killer cells and other bodily defenses.

Once in the bloodstream or lymphatics, it must develop the ability to attach to and invade target tissues and then grow in those tissues.

All of this will involve the acquisition of a range of new abilities that require specific mutations, but only to those genes involved in that fixed set of activities involved in malignancy.

There is now every indication – and modern research is telling us – that this belief is just plain wrong.

So what exactly are mitochondria? The mitochondria are tiny organelles that supply our cells with energy. This is important. Without sufficient energy, a cell will die.

Mitochondria do many other things as well, all of which are vital for normal cellular functioning. And today, we are only just beginning to appreciate the fundamental role that mitochondria play in cellular life. For example, we are uncovering more and more mitochondrial diseases that are caused by damage to the mitochondrial DNA.

Yes, I did say mitochondrial DNA. Mitochondria have their own DNA, quite separate from the DNA in the cell's nucleus. They have their own genome.

This is because almost three billion years ago, an intracellular bacterial parasite invaded an ancient organism called an archaea. Instead of doing parasitic things, IT began to supply that cell with energy. It's a long story...

This is the origin of today's organelle – the mitochondrion.

MITOCHONDRIAL FUNCTION

The next important thing to know about mitochondria is that the mitochondria themselves – and their genome (their DNA) – are both prone to being damaged.

What this means in relation to cancer is that when a cell is stressed by chemicals or radiation or poor diet, or viruses, rather than this stress affecting the cell's nucleus, which has an enormous array of defenses, these cancer-causing factors attack and damage the cell's mitochondria! This is how the cell's energy supply is compromised!

We now have enough evidence to confirm

that the vast majority of adult cancers are formed when mitochondrial energy supply malfunctions.

MITOCHONDRIAL DAMAGE

The question now becomes: Why would the disruption to a cell's energy supply cause cancer?

Cells have two methods of extracting energy from their food. One method, as carried out by the mitochondria, is highly efficient. We call that method oxidative phosphorylation or OXPHOS for short. This method is around 16 to 18 times more efficient than the second method, which is called glycolysis.

Both of these methods have vital roles to play in the life of our cells and both methods have been around for billions of years. In relation to cancer, the mode of energy production a cell chooses depends on whether the cell is in reproductive mode or not. And if we go back to the time when we were single celled creatures, our only function in life was to reproduce and then reproduce again.

However, reproduction was not always possible. Reproduction was only an option when these organisms had an abundance of food. When food was in abundance, our ancient single celled ancestors reproduced themselves.

To do this, they used the inefficient method of ATP (adenosine triphosphate) production. When times were tough and food was in short supply, our ancestral cells ceased reproduction. Now they use the highly efficient method of OXPHOS to produce (and conserve) their energy.

OXPHOS: FOR WHEN NUTRIENTS

WERE IN SHORT SUPPLY

OXPHOS used just about every bit of food our ancestors could get hold of to produce the energy they required to stay alive. This meant there was virtually nothing left to make the proteins that are required as building blocks when cells reproduce.

LYCOLYSIS: FOR WHEN NUTRIENTS WERE IN ABUNDANCE

When nutrients were in abundance, our ancestral single-celled organisms went straight into reproductive mode.

And because reproduction requires both energy and lots of building blocks (fats and proteins), they now produced their energy by the highly inefficient method of glycolysis. This meant that after the energy had been extracted from the food, there were lots of building blocks available to produce the necessary proteins and fats for growth and reproduction. Moving forward to the present day ...

OXPHOS IS USED BY HEALTHY NON-REPRODUCING CELLS

Now, all mammals (including dogs, cats, and humans), carry out energy production using the highly efficient process of OXPHOS. Non-reproducing cells use this method because they are programmed to act as if they only have limited food resources.

The mitochondria carry out this process by burning sugar, protein and fat to produce the energy they need. It is as if all the non-reproducing cells in a mammalian body are constantly under threat of starvation. This milieu, this method of functioning or way of behaving dates back to the time when cells were under threat of starvation.



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This is why today, the large majority of cells throughout the mammalian body (none of which are reproducing themselves) use mitochondrial OXPHOS to produce their energy.

GLYCOLYSIS: USED BY MULTIPLYING CELLS TODAY

In contrast, rapidly growing and dividing cells in modern mammals such as adult and embryonic stem cells, continue the tradition started by their ancestors over two billion years ago by producing their energy by the inefficient method: glycolysis. This is a process that occurs outside the mitochondria in the cell's cytoplasm. In these rapidly dividing cells, the mitochondria produce very little energy. And because glycolysis uses only sugar for energy production, the fats and proteins are freed up to be used as building materials in the reproductive process.

CANCER CELLS USE GLYCOLYSIS

Are you getting a glimpse of why this whole question of energy production is so important? Glycolysis is the way that cancer cells – which are also rapidly dividing cells – produce their energy. Cancer cells function metabolically just like embryonic and adult (or tissue) stem cells.

Cancer cells behave in exactly the same manner as those single celled organisms did several billion years ago. Cancer cells behave as if the food they require is present in abundance.

THE ORIGINS OF CANCER

When carcinogens such as poor lifestyle or chemicals damage the mitochondria in a normal healthy cell, mitochondrial ability to produce energy by OXPHOS dissipates, forcing that cell to use glycolysis to produce the energy it requires.

This is the beginning of the cancerous process. For a cell to become cancerous, it must first adopt the process of glycolysis for energy production. This then forces cancer to occur. This is exactly opposite to the current but erroneous belief.

This current belief is that cancer comes first and forces the process of glycolysis. There is no actual evidence for this. Modern science is challenging this belief and telling us that it is damage to the mitochondrial process of OXPHOS that forces cells to adopt glycolysis as their way to produce energy (ATP).

Here is the heart of the matter. Once a normal cell switches from OXPHOS and adopts glycolysis as its mode of energy production, this prompts it to begin reproducing. In other words, turning on glycolysis is the signal for the cancerous process to begin.

Cancer is, in fact, just one disease originating from poor diet leading to damaged mitochondria and a single solution.

DAMAGE TO CELLULAR ENERGY PRODUCTION

Are you starting to get the picture? Are you beginning to see that it is not mutations to growth controlling genes in the cell's nucleus that cause cancer?

Rather, when a cell suffers damage to mitochondrial energy producing function (by carcinogens), it is this damage that drives a cell to begin producing energy by the inefficient process of glycolysis. Once a cell adopts glycolysis as its principal method of energy production, this begins a process of cellular reproduction. This is the beginning of the process of neoplasia or cancer formation.

There is now an abundance of evidence that it is signals from damaged mitochondria that turn on the inefficient method of energy production – glycolysis.

These signals activate the oncogenes and tumor suppressor genes, they turn off the suicide genes and turn on the immortality genes. They turn on the process of angiogenesis or blood vessel production in tumors.

ANCIENT PROGRAM SET IN MOTION

Damage to the mitochondria and the subsequent initiation of glycolysis as the principal mode of energy production opens the way for an ancient set of instructions to begin functioning. These are the same instructions that are used in stem cells.

This is evidently how most cancers begin. They start with normal signals from the mitochondria, not from aberrant signals due to mutations to growth controlling genes in the nucleus.

HEALTHY MITOCHONDRIA PROTECT AGAINST CANCER

There is now the strongest of scientific evidence that when the mitochondria are healthy, they suppress the initiation and formation of cancer. However, when the mitochondria are stressed and damaged by a range of carcinogens including most particularly lifestyle issues, they become unable to supply the cell with





enough energy, and the cell switches to its alternative and highly inefficient form of energy production – glycolysis. This switch becomes the trigger for cancer to form.

NOW COMES THE GOOD NEWS

The inefficient method of energy production is cancer's Achilles' heel. Because cancer cells are completely reliant on sugar for their energy, if we completely remove all sugar from the diet, this will place enormous stress on the cancer cell, with further stress being caused by limiting total calories in the diet.

These two simple dietary changes deprive the cancer cell of energy, reduce inflammation and turn on cell suicide – which kills that cancerous cell!

Here's more good news: when we limit nutrients and glucose in the cancer patient's diet, the mammalian body goes into a state called ketosis: it produces chemicals called ketones.

As it happens, normal healthy cells, with healthy mitochondria are able to use ketones for energy. However, the cancer cells, with their sick mitochondria cannot use ketones for energy. Meaning the process of ketosis effectively starves the cancer cell to death.

LIFESTYLE AND CANCER

Modern high carbohydrate diets, excessive in energy, are primary drivers of most adult malignancies. This means that cancer is NOT a multitude of diseases, each one with a different genetic cause and therefore requiring a different set of drugs to deal with it. Cancer is in fact just one disease, originating from poor diet and damaged mitochondria.

This understanding provides the opportunity to attack all cancers in a more logical, more humane, more life supporting and far more effective way than the current standard of care, which is basically damaging and, in the long-term, virtually useless.

By adopting a low calorie, and absolutely minimal glucose diet, a diet rich in non-starchy vegetable materials (which have their own anti-cancer properties), we starve cancer cells but we do not starve, but rather support normal healthy body cells.

FINAL WORDS

Let me conclude by saying that I trust what you have just read will allow you to understand that we do have a solution to this terrible disease. All we need is an understanding of the real causes of cancer and the courage to implement the metabolic processes that have the power to genuinely defeat this terrible disease.

And secondly, I am aware this article leaves many questions unanswered. These are addressed in my book on cancer in humans and domestic animals, called *Pointing The Bone At Cancer*. 🐾

Originally published in the September-October 2016 issue.

BONES FOR BEHA

If you're having difficulty training your dog,
CONSIDER WHETHER DIET MIGHT BE THE REASON.



Julia Langlands ACFBA is a Holistic Canine Behaviour Consultant. She's been working with dogs for over 20 years and teaching for many of them. She is an associate of the Canine & Feline Behaviour Association, a raw food advisor, a welfare consultant and working behaviorist. Julia is passionate about the impact of diet on hormones, mood, health and behavior, and she shares her work and her home with many canine assistants. Visit Julia online at balancebehaviour.org

Raw meat and bones offer more than physical health and longevity for our dogs; they offer amazing mental health and behavioral benefits too!

The answer to why lies in the gut, your dog's most underrated organ. The gut plays host to so many beneficial bacteria and chemicals that are essential for self-control, energy, balance of mood, happiness, motivation, trainability and contentment. This can affect a dog's mood via the link between gut and brain rather than exclusively via the bloodstream.

Knowing that gut influences mood brings diet into the spotlight when it comes to behavior therapy, highlighting the need for holistic behavior practitioners. Gastroenterology describes this fabulous organ as the second brain. If you ever get that gut feeling, butterflies in your tummy or unease that begins in the pit of your stomach, then this has more basis in science than you may realize.

The phrase, You are what you eat has never been more relevant to our dogs than it is right now. The rise of commercial processed kibble has brought with it a surge of behavior problems.

The form your dog's food takes dramatically influences mood, feelings and actions – behavior itself!

THE BEHAVIOR CYCLE

Behavior is a result of both internal and external factors, working together in harmony.

Hormones and neurotransmitters are chemical messengers that do all sorts of fabulous things inside your dog's body. One of these things is creating feelings.

Feelings result in mood, and mood results in behavior, which feeds back information based on outcome and creates more chemical messengers. These chemicals create feelings and mood,

VIORAL BALANCE



which feed further information to the brain. That causes further chemical release, which creates feelings, and mood and behavior ... well, you get the idea.

Physical behaviors and emotions are part of a cycle that drive each other. They're inextricably linked.






This process is known as biofeedback. It's a natural way of creating balance, regulating stress and excitement. It allows your dog to respond appropriately to threats, promoting behavior that offers a reward – internally or externally.

Biofeedback promotes survival based on environmental information on conflict, famine, threats, availability of prey or presence of predators through altering the inner state.

When you're working on your dog's behavior, focusing on the result is just one small way of changing behavior patterns. But focusing on the physical action doesn't directly address the emotion beneath.

THE CHEMICALS THAT INFLUENCE MOOD.

Let's examine the gut and what occurs beneath the fur – beyond the visible signs of aggression, restlessness, fear or phobia. Diet plays a huge part here, and raw feeding is the gold standard. This natural diet promotes gut health and offers plenty of storage space for the following chemicals, each with their own associated benefits:

-  **Opiates** – responsible for happiness
-  **Dopamine** – motivates
-  **Acetyl chloride** – for memory and concentration
-  **Endogenous benzodiazepines** – tranquilizing
-  **GABA** – counters activity and relaxes

One superstar opiate-like substance found amply within the gut is serotonin. Somewhere in the region of 90 percent of a dog's serotonin is hanging out in the epithelium of the gut. Among other things, serotonin is responsible for balance of mood.

Looking at this list of attributes, it's clear why a dog lacking these chemicals struggles with balance of mood, excitability, inability to settle, stress, depression, memory problems and focus. These chemicals and others work together to create an adaptable, trainable, calm, focused, happy, relaxed and eager-to-please dog at his best.

These important chemicals can only work efficiently, however, if the epithelium is healthy. Epithelial health relies largely on beneficial bacteria and some cool little finger-like projections called villi. The secret to supporting these friendly bacteria and villi is acidic conditions.

Low digestive pH (meaning acidic) is the best way to wipe out harmful bacteria and set the friendly bacteria up for success. If the pH of the gut is at the optimum low level, then healthy bacteria can flourish whilst villi regenerate and thrive.

This is bad news for damaging bacteria because their optimal pH is much higher. Acidic conditions are inhospitable to them, and the now extensive colony of super-heroes can crowd them out.

Meat and bone in their natural state promote optimal conditions.

The rise of commercial processed kibble has brought with it a surge of behavior problems.

YOUR DOG NEEDS MEAT

The domestic dog is of the order Carnivora, and your dog's dentition and jaw as well as musculature are designed to tear, crunch and swallow. The gut is short and perfectly geared towards digesting meat at a low pH. The saliva in the mouth contains no amylase, which is essential for breaking down carbohydrate.

Your dog's body is perfectly geared towards tearing off huge pieces of meat and swallowing them whole ... without much mechanical action or breaking down of the food via enzymes in the mouth. This then leaves his stomach and gut to do the majority of the hard work, playing a major active role in the digestive process.

This is a great design of nature. The action of digesting appropriate food has all sorts of benefits beyond accessing nutrients.

The stomach stretches with large quantities of high moisture meat and bone. It's forced to work hard to break down the food through grinding it up, releasing acid as-needed in the process. This acid release happens thanks to the wrinkly gastric folds that line the stomach. These folds are known as rugae and allow the stomach to expand, grind, produce acid and digest raw foods.

This is how the magic happens!

HOW DOES KIBBLE COMPARE?

Kibble tends to include carbohydrates in large quantities. It's processed at high temperatures and comes in the form of cooked, dry, compact pieces – the exact opposite of what your dog is designed to digest.

Although adaptation towards scavenging has allowed dogs to tolerate carbohydrate in times of deficit (think starvation and digging for roots), it isn't a great way to nourish the body. It's a short-term emergency survival strategy at best. The biggest problems this food replacement poses are to the digestive system ... and the second brain your dog relies on so heavily.

When you feed kibble, the gut becomes flaccid and lazy, and presents as sensitive. Not only is kibble already cooked and simple to process; it's also comparatively smaller in volume due to a lack of moisture. As a result, the stomach doesn't fill and stretch as it's designed to do, and the rugae don't get a chance to do their thing! Thanks to the pre-processed food, your dog's stomach acid is now released inadequately. Then the pH of the body rises and the gut becomes weak; the epithelium is damaged, may become leaky, and harmful bacteria runs amok.

You might say, "But I feed a super-expensive high protein kibble. That's OK, right?"

Nope! Certainly not from a behavior perspective (or from an overall health perspective either – but that's a separate topic).

WHY NOT HIGH PROTEIN KIBBLE?

High protein processed diets can often exacerbate nervousness, fear, aggression and hyperactivity. This may in part be due to the mechanism of the essential amino acid tryptophan.

Forget gut serotonin for a minute and let's look to brain serotonin. You know the best place to promote serotonin is in the gut, right?

But if the gut is unhealthy due to processed foods, what then?

Tryptophan is essential for making brain serotonin, so in times of deficit, when a dog is forced to scavenge lower protein foods the brain steps up. If you offer high protein foods in the form of emergency rations however, tryptophan is forced to compete for access to the brain, as other large amino acids shove it aside to gain priority access. In a high protein diet, tryptophan is crowded out in the struggle for entry. This can make brain serotonin scarce.

You now have a dog with a confused digestive system.

Is he digging for roots or is prey plentiful? The composition of kibble is that of an animal – high protein – but the mechanism to break it down is akin to emergency scavenging rations.

High protein processed diets are thought to exacerbate aggression, restlessness, territorial behavior and general nervousness in dogs.

Interestingly, dogs with poor serotonin availability tend to be more of a challenge during nighttime hours. The body just can't cope when its tiny reserve of serotonin is sacrificed to make melatonin. Melatonin is produced from serotonin to promote sleep when the sun goes down; so if your dog's mood is unbalanced at this time, the promotion of natural serotonin should be a major player in any program to improve your dog's behavior.

It's no small coincidence that dominance aggression and idiopathic (from unknown causes) aggression are described as being more problematic at night.

BODY AND MIND: TWO SIDES OF THE SAME COIN

There's no question that the body and mind are a double act, and the star of the show has to be your dog's amazing gut.

It's easy to focus on visible behaviors and forget to address the emotional precursors that guide them. When you do that, you're missing the larger picture.

In focusing only on the symptom, you can inadvertently work against your goals. You might do this by discouraging behaviors your dog has little control over, stamping out the coping strategies that balance mood. Or you might be rewarding a preferred physical behavior, while inadvertently generalizing and encouraging the very feelings that drive the unwanted actions.

The solution to behavior problems begins with raw nutrition.

High protein processed diets can often exacerbate nervousness, fear, aggression and hyperactivity.

THE NATURAL DIET

Feeding a natural diet ensures that the gut is actively involved, and that the body is healthy. You can achieve amazing success by implementing raw feeding into a behavior modification program.

If the body is healthy, nourished properly and free of pain and disease, then you can reassure yourself that no pain, discomfort or inflammation can affect mood and hamper training.

Frustration and stress cannot develop as readily, and you can be certain that the chemicals required for positive change are present and ready for action.

Your dog not only needs to understand what you want, but he needs to be capable of doing it!

As with all holistic intervention, raw feeding targets the root cause rather than the standalone symptoms. It offers so much more than the sum of the parts.

- Lower inflammation lessens pain. Pain and discomfort cause production of stress hormones that make a dog ready for conflict, which can factor into aggression problems. Other dogs can also pick this up, and your dog's relationships suffer as a result.
- Increased energy is balanced by better focus, concentration, memory and self-control – leading to better trainability.
- The mechanical action of chewing bones boosts endorphins (stress and fear relieving chemicals). Bones also contain the minerals to support a stressed dog, of which bioavailable magnesium is a key player.
- Better organ health causes less endocrine imbalance throughout the body, and lower instance of behavioral issues as a result.
- Higher muscle mass increases confidence hormones, often vital to stabilize mood for neutered dogs.
- Improved immune function, with no atopy, stress or illness, means a happy relaxed dog.
- Healthier scent glands, which are essential for social communication.



So, if your dog's behavior is getting you down, consider this:

Is his gut healthy enough for him to do what you're asking of him; or are you working against your goals by feeding a diet that sets him up to fail before he's even begun? 🐾

ADDITIONAL READING

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Originally published in the July-August 2020 issue.



Follow up to the Purdue Study Analysis



In the early 1990s, when most of the dog world believed we should vaccinate our friends every year, Catherine O'Driscoll knew this wasn't true. She told the truth about canine vaccines and the damage they cause, and in forming Canine Health Concern she was one of the first to promote real food and natural healthcare alternatives and to seek to change the outdated vaccine paradigm. Tragically, Catherine died in November 2020. Read Tributes to Catherine on page ten.

VACCINE MANUFACTURERS COULD CREATE SAFER

Some years ago, I researched the implications of what might happen to vaccinated dogs who developed autoantibodies to their own biochemicals during a Purdue University study. Specifically, the Purdue team found autoantibodies to fibronectin, laminin, DNA, albumin, cytochrome C, cardiolipin and collagen. Autoantibodies are essentially biochemicals that attack the body's own tissue.

Unfortunately, the study dogs were disposed of and no follow-up was conducted by the Purdue team. So I searched the internet for scientific references to autoantibodies in relation to each of these biochemicals. I found many references to illustrate that autoantibodies lead to autoimmune diseases and cancer, and complete derangement of the immune system.

DR GLICKMAN'S RESPONSE

When I originally published my findings, I sent them via email to Larry Glickman, who led the Purdue team that found these autoantibodies, and asked him to comment. His response was disappointing. Although he didn't address the science of my findings, he did appear to be disapproving of dog owners who choose not to vaccinate their dogs.

More recently, Dr Glickman responded to a request for his comments from someone who had read my previous article. He said: "I think this is how some individuals deal with death or illness of a pet or child. They try to rationalize what happened by placing the blame on physicians or veterinarians rather than on the genetics or environmental factors. Many of Catherine O'Driscoll's conclusions make no sense to me, whether they relate to autoantibody production following vaccination of dogs or the need for Leptospirosis vaccination which she often challenges."

AUTOANTIBODY RESEARCH

It would be good to speak directly to Dr Glickman about the actual science relating to autoantibody production. In the absence of this, I would draw readers' attention to the following excerpts from a scholarly scientific book called *Autoantibodies* by Y Schoenfeld, ME Gershwin, and PL Meroni.

"Autoimmune diseases are characterized by the presence of auto-reactive lymphocytes in affected tissues and circulating autoantibodies, immunoglobulins reacting against self-antigens." Translated, this means that autoantibodies are associated with autoimmune disease.

"The mere detection of autoantibodies in an asymptomatic person or in an apparently healthy subject should not be neglected. It is now appreciated that autoantibodies may predict the eventual development of a full-blown autoimmunity, such as specific HLA, IgA and complement components deficiencies." Translated, this means that



PET VACCINES, BUT NOBODY IS MAKING THEM DO IT.

we should take note of the presence of autoantibodies, since they indicate that full-blown autoimmune disease may follow.

“Involvement of autoantibodies in disease progression and complications, especially in the form of immunocomplexes, is widely accepted.” Translated, this probably means that Catherine O’Driscoll wasn’t making it up!

“Although thyroid autoantibodies are uncommon in children, we noticed that the siblings of our juvenile thyroid disease patients had high prevalence of thyroid autoantibodies. Following six initially euthyroid [normal thyroid function] brothers and sisters for a decade we found that a high proportion who were antibody positive later developed biochemical evidence of impaired thyroid function ... the presence of autoantibodies even in clinically normal individuals may sometimes represent an early warning signal of impending disease.” Translated, this means that research on children with

If you’re going to do the research, and you find changes that suggest animals are developing autoantibodies after they are vaccinated, don’t you think you’d better take the research to its conclusion and find out what this means?

thyroid autoantibodies continued for at least another ten years. The research found that the presence of autoantibodies could lead to thyroid disease, even years later.

A separate piece of research which cites Dr Glickman (J Catharine Scott-Moncrieff, Vet MB, MS, DACVIM et al. *Evaluation of*

antithyroglobulin antibodies after routine vaccination in pet and research dogs. J Am Vet Med Assoc 2002;221:515–521), states:

“In the research Beagles, there was a significant increase in anti-bovine thyroglobulin antibodies in all vaccinated dogs, compared with control dogs. There was a significant increase in anti-canine thyroglobulin antibodies in the two groups of dogs that received the rabies vaccine but not in the group that received the multivalent vaccine alone. In the pet dogs, there was a significant increase in anti-canine thyroglobulin antibodies after vaccination but no significant change in anti-bovine thyroglobulin antibodies.

“Conclusions and Clinical Relevance: Recent vaccination may result in increased anti-canine thyroglobulin antibodies. Whether these antibodies have a deleterious effect on canine thyroid function is unknown.”

Here’s my take on this which, as a non-scientist, I appreciate may stray from the

established norm: if you're going to do the research, and you find changes that suggest animals are developing autoantibodies after they are vaccinated, don't you think you'd better take the research to its conclusion and find out what this means?

To be fair, it only took me one rainy afternoon to find that scientists have asked the questions and found some answers relating to the presence of autoantibodies. Why did the Purdue team not take the research to its important conclusion, or at least look up the many existing references to the presence of autoantibodies? Why were they still unaware of the fact that anti-thyroid antibodies can lead to thyroid disease?

DR GLICKMAN FINISHED HIS CRITIQUE OF MY WORK WITH:

"My take is that there are impurities in animal vaccines that result in autoantibody production and allergic reactions following vaccination. Dog and cat vaccines are admittedly less pure than most human vaccines but the trade-off is a significantly lower cost. I suppose if pet owners were willing to pay \$50 or more per dose of vaccine the situation might be improved, but on the other hand many less dogs and cats would ever be immunized. [...] I think animal vaccine companies are doing a good job as are veterinarians in providing preventive health care. Are dog and cat vaccines safe? Yes, but we could do better."

COST OVER SAFETY

This is a preposterous proposition. The veterinary vaccine industry needs to understand that pet owners pay to vaccinate their dogs because they really, really love them. We want to protect them, and to honor their lives with our care. We don't want to put them at risk of disease at the same time, even if that does save us some money. Were we to understand that vets are using sub-standard, impure products that can cause autoantibodies and allergies, we probably wouldn't permit it.

I would also point out that the veterinary vaccine industry is a multi-billion, international, highly profitable,

blossoming, business. Is it too much to ask that the products they sell us might be free from contaminants? They can afford it. Would we buy food knowing that it's full of salmonella, excusing the manufacturer because at least the food was cheap?

Rather than being an embittered grieving dog lover, I am simply asking that we honor the lives of the animals in our care and become knowledgeable about what we do to them in the name of love.

In fact, vaccine contamination is a real problem if you want to be able to take your dog to the vet for a jab in the sure knowledge that he isn't going to die as a result of it. Last year (2010), for example, researchers in Scotland and Japan isolated a feline retrovirus in both dog and cat vaccines. (Takayuki Miyazawa et al. *Isolation of an Infectious Endogenous Retrovirus in a Proportion of Live Attenuated Vaccines for Pets*, Journal of Virology, April 2010, p. 3690-3694, Vol. 84, No. 7.)

The authors stated: "the current methods used for screening human vaccines for retroviral contaminants include extremely sensitive PCR-based RT assays (not required for veterinary vaccines) that are much more sensitive than conventional RT assays".

THE AUTHORS ADDED:

"In this study, we isolated a feline infectious ERV (RD-114) in a proportion of live attenuated vaccines for pets. Overall, it is possible that our data under-represent the number of vaccines from which RD-114 can be isolated.]

"Collectively, our data show unequivocally that RD-114 is present in live attenuated vaccines commonly used in dogs and cats from different continents and produced by three different manufacturers. [...]

the large-scale exposure to RD-114, particularly of the dog population, may have effects that are impossible to predict even if successful RD-114 transmission was an extremely rare event.

"Millions of puppies are vaccinated annually worldwide, and they may be more susceptible to RD-114 infection than cats as the dog genome does not harbor RD-114. [...] it is impossible to rule out chronic effects, especially as we were able to grow RD-114 very efficiently in dog cell lines, confirming older published studies."

THE STUDY CONCLUDED THAT:



Future studies will be necessary to determine whether RD-114 has any negative impact in cats or dogs.



A recently identified novel human retrovirus (xenotropic murine leukemia virus-related retrovirus [XMRV]) has been found in some forms of prostate cancers and chronic fatigue syndrome in humans.



Sensitive PCR-based RT assays (as used in this study) are not required for veterinary vaccines.

RETROVIRUSES IN VACCINES

Writing in *US Dog World* in March 1995, Dr Jean W Dodds offers some clarification on the implication of retrovirus contamination in dog vaccines:

"Immune-suppressant viruses of the retrovirus and parvovirus classes have recently been implicated as causes of bone marrow failure, immune-mediated blood diseases, hematologic malignancies (lymphoma and leukemia), dysregulation of humoral and cell-mediated immunity, organ failure (liver, kidney) and autoimmune endocrine disorders – especially of the thyroid gland (thyroiditis), adrenal gland (Addison's disease) and pancreas (diabetes). Viral disease and recent vaccination with single or combination modified live virus vaccines, especially those containing distemper, adenovirus 1 or 2 and parvovirus, are increasingly recognized contributors to immune-mediated blood diseases, bone marrow failure and organ dysfunction."

So a feline retrovirus in their vaccines could cause serious problems for our dogs. According to UK Kennel Club research, one in four dogs in the UK can be expected to die of cancer. Retroviruses are implicated in this scenario.

Retroviruses were first associated with malignant disease in animals more than ninety years ago. In 1908 the Danish veterinarians Ellerman and Bang observed that erythroleukemia was infectiously transmissible in chickens. Then in 1911, Rous in USA and in 1914, Fujinami in Japan showed that some avian sarcomas could be transmitted by inoculation of cell-free filtrates.

“On many occasions during vertebrate evolution, retroviruses have infected cells of the host’s germ-line, destined to become the eggs and sperm. In this way the integrated DNA provirus can be passed on to the next generation without undergoing further viral replication. Such genetically transmitted retroviral genomes are called endogenous retroviruses (ERV) to distinguish them from exogenous, infectiously transmitted retroviruses.”

When we vaccinate our dogs, can we be sure we’re not injecting inheritable cancer? And what are the authorities doing about it? I can tell you this: they’re allowing the vaccine manufacturers to take their time – years – before screening it out. Why? Not because it’s impossible to screen retroviruses out relatively quickly, but because it would take years to re-license the clean products.

As to the Purdue study, and my article concerning the implications of autoantibodies generated by veterinary vaccines, I received an email from Andrew Maniotis, PhD, Visiting Associate Professor of Bioengineering, Program of tumor mechanics and tissue regeneration, University of Illinois at Chicago:

“I don’t think it is coincidental that two of the molecules that the vets find (especially the tissue-controlling two molecules laminin and fibronectin) that are deregulated in vaccine-induced, cancer-harboring animals, are the same ones we have found reverse, kill, or promote tumors [in humans].

“It is logical that these two tissue-constructing molecules, in the correct or incorrect amounts, induce tumor dormancy or killing as we have found, and at different amounts (as when a vaccine disturbs a tissue and fibronectin is produced in abundance while laminin is suppressed) they can, when not in proper amounts, induce tumor growth and metastasis.

**Were we to understand that
vets are using sub-standard,
impure products that can
cause autoantibodies and
allergies, we probably
wouldn’t permit it.**

“I estimate that, if thousands of cats per year develop tumors at the site(s) of their vaccinations as these vet societies now claim, and nobody knows how many dogs do, although other studies show they also develop a variety of cancers, accompanied by the production of anti-fibronectin, anti-laminin, anti-collagen, anti-cardiolipin, and anti-DNA antibodies associated with immediate onset arthritis, autoimmune diseases of all kinds, demyelination syndromes, hematological pathologies, etc, that perhaps The Church of Modern Human Medicine someday will become concerned regarding the 1:160 autism rate, rates of diabetes, asthma, and also, just maybe, the escalating cancer rates in our children and other humans following the mass vaccine crusades of the past 40 years.”

DOG OWNERS DESERVE TO KNOW

My own thoughts are that if scientists are going to conduct studies which find anomalies in our dogs’ biochemicals, they should feel honor-bound to ascertain what these anomalies actually mean to the lives – or deaths – of our dogs. For, rather than being an embittered grieving dog lover, I am simply asking that we honor the lives of the animals in our care and become knowledgeable about what we do to them in the name of love.

The unwanted effects of vaccines are seen in the field, after humans and animals have been vaccinated; after they are forced to live with vaccine-induced illness, and after vaccines have killed the people and animals they were purported to help. Is that good enough?

And so, I make no apology for researching and publishing the known science in relation to the implication of autoantibodies generated by the vaccine process. Someone needs to!

There is far more to vaccination than a trip to the vets and the insertion of a needle would imply. There is far too much we do not know about vaccine effects – but we vaccinate anyway. Animal owners have the right to informed consent. At the very least, if we are going to vaccinate, we have a right to truthful duration of immunity information from our veterinarians and the pharmaceutical industry so that we vaccinate no more often than is necessary. 🐾

Originally published in the November-December 2011 issue, in Catherine O’Driscoll’s “Across The Pond” column.



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DRAWBACKS OF TPLO SURGERY

TPLO, or tibial plateau leveling osteotomy, is a very common surgical procedure in dogs with cranial cruciate ligament injuries; but is it right for your dog?



Deb Gross DPT, MSPT, Diplomate ABPTS, CCRP has been involved in the rehabilitation and conditioning of small animals for more than 20 years. Her company, Wizard of Paws Physical Rehabilitation for Animals (wizardofpaws.net) has worked with thousands of dogs. She and her staff believe every dog deserves to live the best quality of life for the longest time possible. TotoFit (toto-fit.com), is dedicated to bringing affordable and safe canine conditioning equipment to everyone.

Cruciate injury is a way of life in the dog world. Anyone who has anything to do with dogs has undoubtedly experienced a cruciate injury with a dog of their own or a dog they know.

There are two cruciate ligaments in each knee, or stifle. The cranial cruciate ligament is the one most often damaged. It may be referred to as the cranial cruciate ligament, the cruciate or CCL. It's equivalent to the ACL (anterior cruciate ligament) in humans. The other cruciate ligament is called the caudal cruciate ligament.

Cruciate comes from the Latin word *crux*, meaning cross, and these ligaments create stability in the knee or stifle. The cranial cruciate ligament prevents the tibia (lower leg) from moving forward on the femur (thighbone). When the ligament is damaged, there's excessive movement of the tibia on the femur while the dog is walking, playing or running. The instability leads to pain, inflammation, weakness and arthritis.

MAKING A TREATMENT DECISION

There are a variety of methods to treat cranial cruciate injuries. I always stress the importance of gathering a variety of opinions

on the right option for your dog, which depends on the dog's age, condition, and potential reaction to post-surgical restrictions and recovery process. Each individual surgeon will plan rehabilitation expectations and protocols. So if you do opt for surgery, it's always important to follow the surgeon's advice.

The choice of a conservative versus a surgical approach is an individual one. The course of treatment you select must also be dependent upon your dog's lifestyle, age and expected outcome.

I wrote in *Dogs Naturally Magazine's* January-February 2012 issue about physical therapy exercises that can help your dog avoid surgery. Today's article will focus on the TPLO, to help you understand the potential drawbacks of the procedure in case you're considering this surgical option.

WHAT IS A TPLO?

A TPLO, or a tibia plateau leveling osteotomy, is one of the primary techniques used to repair canine cruciate injuries. It is, in fact, one of the most widely performed procedures in dogs. The portion of the tibia adjoining the stifle is cut and rotated so



that its slope changes to approximately five degrees from the horizontal plane; this prevents the femur from sliding down the slope of the tibial plateau when the dog puts weight on his knee.

The surgery was first described in 1993 and a number of studies have been published on its pros and cons.

Each stifle recovers differently and there may always be complicating factors that affect the rehab process. I always caution owners not to compare their dog's recovery to others.

POTENTIAL COMPLICATIONS

Understanding the intricacies of potential, immediate and post complications is very important. Like any surgery, the TPLO has the potential to produce complications, at rates varying from ten to 35 percent.

Complications can vary from swelling and bruising to more serious fractures and osteomyelitis. Swelling and bruising is fairly common in any surgical procedure.

In a 2012 article by Bergh et al studying complications in 3,370 TPLO procedures, the following complications were reported:

- | | |
|-----------------------------|-------------------|
| ✖ Soft tissue complications | ✖ Fracture |
| ✖ Infection | ✖ Meniscal tear |
| ✖ Patellar tendonitis | ✖ Osteomyelitis |
| ✖ Bandage complications | ✖ Hardware issues |

SOFT TISSUE COMPLICATIONS

Soft tissue complications are common in most surgeries, and may include swelling, pain, edema, seroma and bruising. The immediate goals after surgery are to reduce pain and inflammation and improve function. Prolonged inflammation and pain postoperatively will cause continued lameness. Good postoperative care will help facilitate the healing process. A 2011 study by KA Drygaset al showed that cold compression, or cryotherapy, reduces pain and inflammation and increases the patient's function and range of motion after TPLO.

INFECTION

Infection is another common complication after any surgery. It's dependent upon many factors, including operative environment, sterilization, condition of the animal prior to surgery and postoperative care.

In ten facilities, infection rates varied from 14.3 to 0.8 percent among the 3,370 cases. The clinic with the 14.3 percent infection rate only performed 21 TPLOs, compared to the clinic that performed 1,146 TPLOs, with an infection rate of only 5.8 percent.

PATELLAR TENDONITIS

Of the clinics noted, patellar tendonitis complications ranged from 25.5 to 0.3 percent in the 3,370 cases. Patellar tendonitis may be caused by trauma during surgery, increased stress on the patellar tendon secondary to the alterations in the biomechanics of the hind limb, or too much activity in the postoperative period.

FRACTURE

Fracture as a complication may occur in the tibia, tibial tuberosity, fibula or patella. Incidence of tibia fractures varied in the 3,370 cases from 8.6 percent to none. The high percentage was in a clinic that did a low number of TPLOs and might be attributed to the surgeon's lack of experience. Tibial tuberosity fractures range from 4.8 percent to none. Tibial tuberosity fracture may be secondary to the strong pull of the quadriceps or the patellar tendon on the tibial tuberosity.

Like any surgery, TPLO has the potential to produce complications, at rates varying from ten to 35 percent.

MENISCAL TEARS

Meniscal tears are always a concern with cranial cruciate surgeries. It's never an owner's wish for a second surgery to repair a torn meniscus. Of course, a thorough view of the meniscus will be important during the initial surgery. Complication rates range from 4.3 percent to zero.

OSTEOMYELITIS

Osteomyelitis is inflammation of the bone or bone marrow caused by infection. It can occur when the surgical team is less experienced. Soft tissue infections that are not treated appropriately (or at all) may lead to osteomyelitis.

BANDAGE COMPLICATIONS

Again, bandage complications can occur with a less experienced facility where the staff hasn't developed efficiency with proper bandaging and dressing techniques, learned through repeated surgeries.

POST SURGERY

Right after surgery, the immediate goals are to reduce pain and inflammation while improving the weight-bearing status and range of motion to alleviate post-operative complications. Compliance with the surgeon's home exercise program and postoperative restrictions will also assist in decreasing surgical complications.

Many complications are caused by too much activity too soon. Running or jumping too soon may cause a tibial tuberosity fracture. Falls, slips and slides may place the dog at an increased risk for problems.

RISK OF DAMAGE TO OTHER CRUCIATE

Damage to one cranial cruciate ligament places the other knee, at higher risk for an injury. Research has demonstrated that dogs with one cruciate injury are more likely to have anywhere from a 40 to 60 percent chance of tearing the other ligament.

This is an important consideration when thinking about surgical versus non-surgical approaches, and appropriate rehabilitation. Appropriate rehabilitation will address the unaffected limb and help reduce the chances of injury.

Research has demonstrated that dogs with one cruciate injury are more likely to have anywhere from a 40 to 60 percent chance of tearing the other ligament.

FIND A HIGHLY EXPERIENCED SURGICAL TEAM

The complication rates provided above highlight the great importance of choosing a facility, surgeon and after care facility that perform a high number of TPLOs, with a team that's more experienced in managing such cases pre- and post-operatively.

A more experienced team will also do a better job of properly instructing you, the owner, in post-operative care. Client education and communication in the preoperative and postoperative periods are crucial to assist with the prevention of complications.

There aren't always clear-cut reasons but some complications can be prevented with good communication and compliance by the medical staff and dog owner.

Most Dogs Naturally readers will seek to avoid surgical options. But, if surgical intervention does prove necessary for your dog's torn or partially torn cranial cruciate ligament, be sure to do your research on the type of surgery, surgeon's experience and rehabilitation protocols. These important steps will assist with successful outcome of the surgery. 🐾

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Stramonium

Datura stramonium, Thorn Apple

Datura stramonium is part of the Solanaceae or nightshade family. This group includes many familiar edible plants such as potatoes, eggplants, tomatoes and peppers, as well as narcotic plants such as tobacco. Stramonium is a hallucinogenic plant containing five main active ingredients: atropine, hyoscyamine, meteloidine, apohyoscyne and scopolamine and has a fascinating history. Due to space constraints, I must limit myself to a just a few.

Historically, Stramonium has been widely considered both an aphrodisiac as well as an agent to lessen sexual excitement. A German writer once wrote that the plant was "a tool of brothel-keepers, wicked seducers of girls, depraved courtesans and shameless lechers." The truth is that this plant induces a state of paralysis (and therefore complete submission) and a complete loss of memory. This obviously gives those "shameless lechers" complete and total access to their prey.

More interesting still, it's used to create zombies! Documented cases of 'the zombie phenomenon' actually exist. The BBC made a documentary in 1981 based on the case of Clairvius Narcisse of Haiti. Zombies are fact not fiction in Haiti. A mixture of *Datura stramonium* along with poison from a particular poisonous puffer fish is applied to the skin of the victim of zombification. The poison causes itching and the scratching allows the toxin to be absorbed into the bloodstream. Breathing becomes imperceptible and the heartbeat slows down almost to a halt. A medical doctor would have a difficult

time determining if the person is dead or alive. The victim is buried in a coffin and can survive on the small amount of air contained there. The zombie maker later unearths the person, who is then given more *Datura stramonium* and is subsequently made a slave. Fact is stranger than fiction!!

Datura stramonium has psychedelic capacities and can cause the consumer to gesticulate wildly, dance and vocalize, among other bizarre behavior. Gypsies in concentration camps during World War II carried the seeds and ingested them regularly. The Nazis were terrified by their actions and tended to give them a wide berth.

This remedy clearly has an affinity for the brain and mind, sexual organs as well as the throat, skin and musculature.

When animals are in a *Stramonium* state (ie, needing *Stramonium*) they tend to be terribly fearful. They're particularly afraid of being alone and tend to be clingy and follow you around the house, although they may be afraid of being touched.

Shiny objects such as water or mirrors make them jittery. The dogs are afraid of the dark and can spook like a horse. There may be a component of violence with the fear. Either they become violent in reaction to the state of fear or they fear violence.

When *Stramonium* is needed, a dog may suddenly bite or attack with violent rage. Therefore *Stramonium* is very useful for some aggressive dogs, particularly when they lash out for no apparent reason and as if possessed. Dogs will attack other dogs to avoid being attacked themselves. They feel

an acute sense of danger, with no safe haven.

Stramonium is a very common remedy used for the bad effects of the rabies vaccine and is found in the rubric of hydrophobia. Envision a rabid dog: the aggression, the fears including the fear of water, their reflection in the water or other shiny objects such as mirrors and flashing lights.

Stramonium can cure convulsions, spasms (including of the throat: reverse sneezing), twitching, especially of the face, hallucinations, anxiety and post traumatic stress. The throat tends to be very dry and the dog may have trouble swallowing.

The dogs tend to seek company and light, fearing darkness and being alone.

Post rabies vaccine, my own dog had seizures, paralysis, hallucinations (when she saw a stick in the river she would back up in fear and follow its motion as if it were a snake), reverse sneezing and diarrhea. *Stramonium* cured her. 🐕



Marcie Fallek DVM CVA has had a 100 percent holistic practice for the past 20 years, specializing in classical homeopathy. Her upcoming book "Krishna's Flute: the Spiritual journey of a Holistic Veterinarian" chronicles her life journey with the animals to whom she has dedicated her life. Read book excerpts on her website at holisticvet.us

The Canary in the Coalmine



WHY PETS ARE OUR TRUE PREVENTATIVE MEDICINE



Tamara Hebbler CiHom DVM ("Doctor AMara," reflecting her belief in "I AM" consciousness) has a unique holistic practice in San Diego built on the microcosm of family, with pets at the center. She uses many modalities including nutrition, homeopathy, herbs and flower essences, as well as energy screening and healing techniques. She's especially well versed in thyroid and adrenal disorders, gastrointestinal disease, skin disease and musculoskeletal disease, including seizures, neuropathy and neuralgia. She has a special interest in treating vaccinosis and autoimmune conditions in all species. Learn more at healinghope.net

Maybe you've heard the term *canary in the coal mine*. In case you haven't, the phrase comes from the historic practice of miners bringing caged canaries down into the mines with them. If there were dangerous gases like carbon monoxide in the mine, the gases would kill the canary first, alerting the miners to danger.

Thankfully, this practice ended in the mid 1980s. Unfortunately I believe our dogs have taken the place of the birds. Not in mines, but society as a whole. Dogs have become our warning sign of the dangers all around us. Are we listening, or doing something to protect our beloved canines?

I see pets as our personal mirrors for our health on all levels. If we keep ignoring the signs they give us, we can look to the damage already done and predict our own future.

THE DISEASE EPIDEMIC

Our pets are aging faster than we are, and I don't just mean because they live shorter lives. If you've been paying attention to new pet disease trends, it's clear that we're in the middle of a full-blown epidemic of small animal diseases. The instances of cancer alone are astonishing, but many other conditions are increasing at an alarming rate as well: dental disease, leaky gut, gastrointestinal disease, thyroid and adrenal disease and many other chronic ailments.

For the last 20 years, my practice has been devoted to understanding these dynamics in all their components. Homeopathy gave me the language to clearly see the energetic relationships within a house, from spiritual to mental, emotional to physical. That's why I now make it imperative to treat everyone in the home, not just the animal. The energy of every person in the home impacts the energy of the entire house. I could tell you countless stories of immediate behavioral changes or physical changes from giving the client a homeopathic remedy and observing the pet. For example, I've seen cases of massive enteritis (intestinal inflammation) resolved within seconds by dosing the client, while the animal was straining to poop and even squirting blood.

However, even acknowledging the link between human and animal didn't sufficiently explain the increased level of illness in our dogs. We, as humans, may experience increasing stress, but to me that alone wasn't enough to cause the rise in pet epidemics. People have always had varied levels of stress. People have always had to deal with loss or grief, financial pressures, or even trauma and abuse.

So I started doing more research.

THE PHYSICAL MANIFESTATION OF A TOXIC ENVIRONMENT

When I started investigating beyond the basics of diet and nutrition and obvious toxin exposure, I slowly began to see the hidden world of intense physical environmental factors. We now know that there is a link between the microbiome and the impact of toxic influences (specifically glyphosate, or Roundup), heavy metals, underlying vaccinosis and chronic illness in all of us. Anyone who knows my work knows the clincher for me is electromagnetic radiation (EMFs – or non-ionizing radiation poisoning). The intense layering of EMFs has been shown to directly and indirectly disrupt the microbiome, immunity and the entire endocrine system. Almost all hormone pathways can be affected: the thyroid, the adrenal glands and the sex hormones. This is primarily glandular damage, but there's also damage to the detoxification pathways and organs like the liver, kidneys and central nervous system.

The things that are happening to our dogs are happening to us. The health of our animals mirrors our own.

SIGNS OF A PROBLEM

Interpreting the magnified mirror for the physical has made me the household detective for the microcosm of the family unit. I use varied muscle testing and energetic screening techniques to determine influences in the home. I can even grade the level of contributing influence and determine what organ system is being affected. Of course, we try to intervene before the energetics manifest in lab work changes or full disease patterns, but things do get driven deeper and deeper. For example, the skin is the first detox organ – so allergies or skin issues are screaming red flags. Suppression will drive disease deeper internally. Lipomas might be another warning, then GI issues and then organ issues and involvement.

LISTEN TO YOUR DOG'S BODY

I see pets as our personal mirrors for our health on all levels. If we keep ignoring the signs they give us, we can look to the damage already done and predict our own future. At this point, if nothing changes, it looks bleak. I implore you to see your dog as your guardian angel and be in humble gratitude when anything shows up in a condition or imbalance. Take the time to investigate how the area of weakness may be a reflection of your own internal weakness, how your dog's symptoms may match your own.

Author Louise Hay has a whole study on these messages from the body. She tells us our bodies are always talking to us. Far too often, when our bodies are trying to tell us something in the form of an ache



Get outside. Play.

Learn from your dog and enjoy the now.

or pain, we rush to the medicine cabinet instead of trying to figure out the message. What we're doing is telling our bodies to be quiet.

Far too many of us do the same thing to our dogs. After many years of experience, I can confidently say that Louise Hay's systems never fail with my clients. We need to love our pets and listen to what their bodies tell us. Being open in a state of childlike curiosity can reveal new insights, and you can apply that love to see what changes in your pet. Animals don't need to hold on to the energetic imbalance. I've seen instantaneous healing from this method of deep awareness and reverence for the quantum field.

You can do an easy experiment when you see anxiety in your dog, or itching, or a finicky appetite. Take time to sit and meditate for a few minutes and see what shifts. I would venture to say most anxiety or depression in pets is a directly shared energetic – and that's why I always try to treat the owner as well as the pet.

PETS AS PREVENTATIVE MEDICINE

There's a great deal of research on how our dogs can help keep us healthy. The release of oxytocin when we share a deep stare is known to relieve stress. Several studies have shown that dog owners have lower blood pressure than people without dogs. Dogs are also known to have a calming effect on their owners, which can help relieve anxiety. Dog owners tend to get more exercise, which can help health in a number of different ways. Dogs are also our nature indoors, physically grounding us.

It goes beyond that though. Dogs are also our canary in the coal mine. They tell us when something is out of balance and threatening to our health. We need to listen and pay attention.

LIFE IN BALANCE

Think about how much time you spend outside on the Earth, not insulated by rubber-soled shoes? How much time do you spend dancing, singing or playing? How much time does your dog spend outside, romping around, howling and barking? The healthiest dogs I know are those who spend a lot of quality time on the Earth doing doggy fun things.

I now make it imperative to treat everyone in the home, not just the animal. The energy of every person in the home impacts the energy of the entire house

Everything works better when you enjoy and balance life: digestion, elimination, cellular detoxification and the entire nervous and endocrine and organ systems. Seriously consider your lifestyle and how it's changed over the years. Electric smog is inescapable; it's in our pockets, on our laps and within inches of our precious organs, abdomen and gastrointestinal tract.

Many of our homes are toxic environments and we don't even realize it. According to the Environmental Protection Agency (EPA), the level of air pollution inside can be as much as five times higher than it is outside. Our dogs need to be outside, in nature. I routinely detect types of chemical poisoning and toxic fungal mold in my clients' homes. I can pinpoint the location in the house with intuitive energetic screening. The EMF influence is what drives it all – making the toxins more potent or the mold grow at an explosive rate.

Vehicles and mobile homes, multi-units like schools, office buildings and apartments are our highest exposure areas. In fact, overall EMF exposure has increased a quintillion times in the last 100 years. Yes, a quintillion. That's a one with 18 zeros. No matter how you look at it, it's a startling number. Science shows that all bacteria, mold and viruses thrive in high EMF areas, degrading and aging us from the inside out. Pathogens are taking over for us and our pets.

EARTH HEALS

Knowing this, it's important to consider how the Earth itself can heal. In 1952, German physicist WO Schumann hypothesized there were measurable electromagnetic waves in the atmosphere. Since then, these waves have become known as Schumann resonance. We now know that these vibrations are restorative, balancing the nervous system, increasing blood flow in the brain and circulation in the entire body. Light and sound can help create harmonizing around our bodies and stimulate healing. The simple act of being outside, with paws connected to the Earth, can be healing for your dog. Of course, don't forget qualified (preferably holistic) veterinary exams, energetic screening and homeopathy for early prevention and treatment.

We are all one. Give your pet a huge hug today and thank her for being your avatar and guardian angel. Explore your own levels of irritability and stress and think about what the root causes might be.

Perhaps the Wi-Fi and tech imbalance for all of us, and not earthing or grounding, is behind all of these things. We're organic, energetic beings who are now surrounded at all times by non-natural frequencies. This has an impact on our health and the health of our pets.

Get outside. Play. Learn from your dog and enjoy the now. Don't bury your head in the sand or give in to fear. Make small changes, little by little, and be dedicated to slowly changing the habits of your entire family for the long haul.

Most indigenous cultures believe all disease results from a disconnect with Mother Earth (Pachamama) and lower energy influences. Entities, parasites, bad bacteria and funky fungi may all just be different names for the same thing. Get curious and investigate what your dog's body is trying to tell you and decide for yourself. 🐾

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ALLOWING YOUR DOG FREE WILL

Letting Your Dog Make Choices
CAN OPEN UP A WORLD OF HAPPINESS FOR HER!

I remember it well. One of those fresh, late summer evenings when the birds are still singing but the sun is beginning to fade. I was already parked up and waiting in the car park for dog training class to begin. As I rested on the car bonnet, soaking up what was left of the sun's day, my dog waited patiently as she sniffed the ground around her, before choosing to lie down.

My dog, Tunkasila, and I had been going to dog class for a few weeks and her interaction, response and communication with me was pure joy! We had and continue to have a very tight co-existence; a relationship where I consider my dog's

needs, expectations and wants as much as my own. Out of all my dogs, Tunkasila is the one who learns the quickest. She is the dog you can show what you'd like her to do, just once, and she gets it. For my other dogs ... well, let's just say it can take a little longer! There are a few reasons why Tunkasila learns so quickly. In part it's because of her functional character, to name just one. It's also Tunkasila's functional character that makes her more independent than my other dogs.

MY LIGHT BULB MOMENT

I've always believed that even when we co-exist with domestic animals like dogs,

we're not superior to them. We exist together as a family. I provide guidance, teaching, safety and care so that I can provide the best life for my dogs. I avoid my dogs being under unnecessary stress as much as possible, and I observe the individual needs and coping requirements of each of my dogs. For example, while it takes longer for my dog, Kola, to learn new teachings, he's more accepting of new situations, busy environments and situations that are out of our control.

Tunkasila, on the other hand, is quick to learn, but prefers to be in environments that are much quieter and familiar to her. So, I'm aware and considerate of the



Dr Isla Fishburn has a BSc in Zoology and a Masters and PhD in Conservation Biology. Isla is passionate about conservation, ecosystem health and re-connecting people to nature, where Isla believes true healing begins. Isla is qualified in energy medicine and traditional shamanic practices and focuses on complete wellness, starting with a respect of the self and mother earth. Isla owns Kachina Canine, a company focusing on canine wellness, health and longevity, and has her own line of plant-based support powders, Dr Isla. Visit kachinacanine.com to read more.

individuals that my dogs are, and my co-existence with them.

As I continued to take Tunkasila to our training classes, I began to observe more and more of a change in her when we were doing certain tasks. I soon realized that when my instructor asked me to make my dog do something, he wasn't considering how my dog felt, or indeed whether my dog wanted to do that something. What I quickly understood was that I was taking away my dog's independence, I was taking away how comfortable she was, and I was taking away her CHOICE. From my perspective, every living being has a right to have choice.

“I soon realized that when my instructor asked me to make my dog do something, he wasn’t considering how my dog felt, or indeed whether my dog wanted to do that something.”

The light bulb moment came to me when I was asked to tell Tunkasila to stay, and then leave the room until I was called back in. All the while, Tunkasila was expected to wait in that same spot I had asked her to stay in. I watched as other people were given the same instruction and, one by one, became panicked, stressed, assertive, controlling or angry towards their dogs who would not “do as they were told,” which was to wait while their humans left the room.

“This is very one-sided,” I thought, as I waited for my turn.

“Right then, Isla,” said my instructor. “Ask Tunkasila to stay, and leave the room until you are called back in.”

I strongly feel that all animals should have free will – the ability and opportunity to have a choice in what we want, ask or expect them to do. Allowing an animal a choice can have powerful and profound effects on your relationship with your dog.

I looked at my instructor. I looked at Tunkasila. I looked at the door that I was supposed to walk out of.

“What is Tunkasila feeling if I am to leave her and go out the door?” I asked my instructor.

“What do you mean?” was his reply. “Well, how does she feel, how might it affect her if I ask her to stay and she sees me leave the room? I mean, I want to understand how she is feeling about this. I don’t think I would ever put her in a situation where I asked her to stay and then leave.”

“It doesn’t matter what she is feeling,” said my instructor, “just get her to do it!”

“WOW!” I thought to myself.

Something just didn’t feel right. Here I was, with my dog, an animal who’s relying on me to do the right thing for her, an animal who trusts me to do the right thing, an animal who I respect and recognize as having her own expectations, wants and needs. Yet, was I now going to put her in a position where I expected her not to move while I left the room and not consider how this might affect her? Sure, one outcome might be that she felt totally comfortable with this, happily relax, lie down, and wait until I re-entered the room. But, that could be one outcome from any number of possible outcomes that might cause all sorts of emotional states for her. I wanted to know what she really felt if I were to leave the room and expect her to stay.

What if she wanted to move into a space where she felt more comfortable while she

waited? What if she felt I wasn’t going to come back? What if she became scared that she was being left in a room full of people that she knew but didn’t live with? What if she simply wanted to come with me?

You see, anything and everything that your dog sees, hears, smells, tastes, touches or feels from before birth until today creates an experience for her; an experience that can affect how your dog responds in the future. Without understanding Tunkasila’s needs, desires and feelings and to simply expect her to “just do it” has the potential to cause a whole host of issues for her and affect how she responds to future events. For example, would the memory of getting her to wait in a room and seeing me leave create enough distress for her to develop separation anxiety? Would the memory of waiting in a room with a room full of people make her panic the next time she was in a room full of people, where she might now anticipate me leaving? Was I even overthinking it myself? I didn’t think so.

WHY DOGS NEED A CHOICE

One thing was missing in the situation I’ve described above. That was free will, or choice. I strongly feel that all animals should have free will – the ability and opportunity to have a choice in what we want, ask or expect them to do. Allowing an animal a choice can have powerful and profound effects on your relationship with your dog.

Of course, there are limitations with this. It’s imperative that we keep our dogs safe; we’re not only responsible for their safety but also for the safety of others around our dog. Unless you have a large enclosed field, it’s putting you, your dog and others at risk if, for example, you allow your large-breed dog to run around out of control, having no awareness of other people and the danger this may create. Equally, dogs who are reactive, or as I see it, dogs who can struggle to cope at certain times, may need less of a choice when they’re outside, because we can’t put them in a position where they might hurt another animal, human or otherwise.

But giving your dog a choice can be really easy and really liberating for her. It can be as simple and imaginative as you want! Recognizing that your dog also has needs, expectations and requires free will also allow her to feel freer. In my own experience and that of my clients, giving our dogs choice creates a shift in our connection and interaction with them. Giving choice is also a sign of love, acknowledging your dog as an individual and a living being. To be denied choice creates control, creates lack and restriction. This can cause anxiety, frustration, nervous behavior, anger and irritability for your dog and certainly weaken your relationship with her.

Giving choice is also a sign of love, acknowledging your dog as an individual and a living being. To be denied choice creates control, creates lack and restriction.

CHOOSING WALKS

One of the simplest ways you can give your dog a choice is on your daily walk. It can be easy to get stuck in the same routine of going to the same places with your dog, walking the same route and pace. Of course, I do also believe changes in the environment occur from one day to the next, so taking your dog on the same route isn’t too monotonous.

Yet, what if your dog could choose if she wanted to go on that same walk or not? What if your dog could choose the route, or some of the route she wanted to travel?

I’m not saying if your dog chooses to walk into a field to chase sheep you should let her. That’s when the concept of “we know better” applies.

But, a lot of the time your dog does know what’s best for her and what she needs to feel listened to, liberated, mutually accepted and exercise free will. As I’ve already said, in so doing, your dog understands that she

has a choice, that you consider her needs as much as your own and that she has the opportunity for freedom.

CHOOSING FOOD

One thing I regularly do in my home is provide opportunities for my dogs to forage. This is something that can be very pleasurable for a dog. Seeking is a natural behavior that promotes emotional states of happiness. It also allows a dog to practice her natural behaviors of searching, foraging and exploring. As a bonus, this can also support a dog's confidence and ability to learn about her environment.

When I'm outdoors with my dogs, if they want to stop and forage on hawthorn, rose-hips, grasses, mud, berries or other natural resources, I let them. Of course, I make sure that I know what my dog is foraging on and that it's not toxic. And when I'm at home, I will offer my dogs a variety of fruit, nuts and vegetables and they can choose what they want to eat. Even one dog who is very opportunistic when it comes to food will self-regulate when he has a choice of foods.

For example, the other day I offered my dogs the choice of three different types of melon. Tunkasila chose to eat cantaloupe. Another example is where my banana-mad dog, Kola, chose not to eat the banana I offered him among a selection of almonds, hazelnuts, blueberries and pomegranate. Instead, he chose the almonds and blueberries.

OTHER CHOICES

Other simple examples can include allowing your dog to choose where in the house she wants to rest, and giving her multiple choices too! She might like to sleep in a spot where the sun shines through, moving around the house to lie in the sun as the sun's rays move throughout the day. Or, maybe, during the day, your dog likes to sleep where it's cool, but in an evening likes a warmer spot. Another example might be that your dog likes to sleep away from the static noise the television makes ... that goes undetected by us, but not our dogs!

Dogs are always responding based on how they feel. This means they can be

more aware about subtle changes in their environment that may prevent them or attract them to where they want to lie, travel, sleep etc. Giving your dog a choice allows her to know that you accept and understand her – and, just like in any relationship, you consider her needs too. This can really help your dog feel happy.

When it comes to choice for your dog, there are no guidelines as to what is right or wrong, so long as you're sensible. I think as humans who want the very best for our dogs, we can easily get caught up in the fear of doing something wrong.

I'm a big advocate for showing people how to live from a place that is trust-led rather than fear-led, so that not only can you live your best life, but your dog can too. If you operate from a place of fear, that in itself creates lack, limitation and restriction on your world and your dog's world, too! You know your dog better than anyone else, so explore the choices you can offer your dog ... then observe what changes you see in her!

Have fun! 🐾

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DO YOU LIVE WITH A BAD DOG?

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Lonnie Olson has been training dogs since she was 11 years old and spent 30 years teaching people to train their dogs in her successful Dog's Choice Training Centers. In 1996, Lonnie founded Dog Scouts of America, a non-profit educational and charitable organization that promotes responsible dog ownership and educates people about the human-animal bond. Lonnie stresses the importance of the human-dog relationship. Life with a dog is all about communication, and her training gives people a way of communicating with their canine companions.

When I tell people I'm a professional dog trainer, I always get the same response. "Gee, I wish you could do something about my dog!" It seems like every dog owner has a canine family member at home who's making life a little less than blissfully happy for the owners.

People always assume they need me to help their situation. They somehow feel helpless to solve the problem at hand. They don't want to spend a lot of money on classes or professional trainers, so they just do nothing.

DOING NOTHING DOESN'T WORK

What everyone needs to realize is that all dogs need training. Left to their own devices, dogs will develop what we call "problem behaviors." These behaviors aren't a problem for the dog – the dog is just doing exactly what pleases him. The problem is, without training, what pleases the dog and what pleases the owner are totally different things.

So what can you do to keep your life with your dog happy and trouble-free?

DOG DECISION MAKING

Here's your first important tip: Dogs base their decisions on what's pleasing or rewarding for them.

Dogs spend each day trying to find gratification. When they hit on something that provides some kind of reward, they'll try to repeat that behavior and reap the reward as often as possible. This is a basic law of nature and psychology. An organism with a brain will repeat actions or behaviors that are rewarded.

So, your dog hangs out all day, waiting for you to notice and reward some behavior he is performing. He tries sitting quietly, and it goes unrewarded. He switches to another behavior, like grabbing your shoe or yapping, and bingo! That gets your attention.

Now your dog has the information he needs to make his choices. Sitting quietly, not eating shoes, doesn't get rewarded.

Being disruptive often earns your attention. Sometimes it even ends up in a game of chase with much "cheering." Which behavior do you think your dog will learn to prefer?

A bored dog goes to the trash can where he smells food. He raids the trash, eating anything from fish guts to dirty diapers, thinking he has found lost gold. You can scold all you want, but if you've allowed the dog to experience a positive reward by raiding the garbage and getting all of its delights, how can you ever expect the dog not to raid the garbage?

Dogs aren't innately bad. They're performing the behaviors they've learned to prefer based on consequences. They're choosing the bad behaviors because you've taught them to prefer the bad behaviors with your attention.

So, your dog hangs out all day, waiting for you to notice and reward some behavior he is performing. He tries sitting quietly, and it goes unrewarded. He switches to another behavior, like grabbing your shoe or yapping, and bingo! That gets your attention.

HELP YOUR DOG MAKE THE RIGHT CHOICES

Here's the irony of the situation. While your dog's living his life, waiting for positive things to happen so he can decide whether his actions are productive and worth repeating, or non-productive, here you sit doing nothing to help the dog choose the good behaviors by rewarding them.

Instead, you sit at your computer or in front of your television, completely ignoring the dog. Suddenly, you hear a crash and your dog flees out the doggie door with your computer disk in his mouth (the one with the important, irreplaceable information on it). You stop ignoring the dog and dash into the backyard, chasing him for 45 minutes while he plays keep away. You catch up with him and give him a good scolding, thinking you're punishing him.

Congratulations! His favorite toy is now a computer disk, and you don't understand why. Your dog will now look for every



STOP BARKING!

A Labrador in my obedience class just wouldn't stop barking the first night of class. His owner asked me what he could do about the barking. I told him not to do anything about the barking. Ignore the barking. I told him to address those brief moments of silence in between the barking by giving the dog a treat. The man looked at me like I was crazy, but did as I instructed. By the end of that night, the Lab was consistently choosing the behavior that was earning rewards: sitting still and being quiet. He completely abandoned the idea of barking, because it was being ignored (a strong form of punishment for a dog). The man was astonished that it worked so well and so quickly. The bad behavior was eliminated without punishment (which strains your relationship).

opportunity to drag you away from your mundane activities and engage you in 45 minutes of exercise and undivided attention.

Can you see the irony? You can't expect your dog to choose good manners based on what's punished and what's not punished. A training system based on punishment isn't effective for a dog whose choices are based on what's rewarded and what isn't.

DOGS DON'T KNOW RIGHT AND WRONG

Here's another big tip: Dogs are amoral. They have absolutely no sense of what is right or wrong, good or bad, in our world.

You may think your dog is nothing but trouble ... but in reality,

you've trained him to perform each one of those bad behaviors.

You see, a dog has no way of knowing which behaviors you think are good or bad. He isn't a mind reader. You'll confuse him if you do nothing to reward the good behaviors (the absence of bad behaviors), and inadvertently reward the bad ones.

You are causing your dog to make all of the wrong choices.

Now we know why so many people have "bad dogs." But you can avoid this pitfall. Since you now know that dogs base their behavior choices on perceived positive consequences, it's your responsibility to make sure that the behaviors you want lead to positive outcomes for your dog.

That's all you have to do to be a good dog trainer. It can't get any easier than that.

REWARDING YOUR DOG

Here are some examples of behaviors to reward. Act quickly with a treat, because at any moment the dog could switch to a less desirable behavior, which you won't want to reward.

J Sitting quietly (As in not jumping, not barking, not running away, not biting, in general the absence of all of the other "bad" behaviors)

You might say, "I'm supposed to reward my dog for just sitting there? I don't care what he's doing, as long as he's not getting into things and causing trouble!"

Well, that's what you're rewarding: not getting into trouble. And you'll see a lot more of it when you start rewarding it.

I told you this was going to be easy...

J Coming to you (As in checking in with you for any reason)

Giving this behavior favorable consequences will result in a dog that watches you, checks in with you often and does not wish to run away when you call.

J Walking on a loose leash. Doesn't it make sense to show a dog what he's supposed to do by rewarding the behavior, rather than trying to issue a jerk on the leash for all of the possible thousands of incorrect choices that don't constitute heeling?

OBEDIENCE IS A PARLOR TRICK!

It's no wonder that dogs historically haven't thrilled to the thought of obedience training, while those same dogs will perform tricks with great gusto. The reason for this is that traditionally trainers didn't use treats to teach basic obedience skills like heeling and coming when called.

It's easy to figure out that your dog is more excited about performing tricks because he gets treats. Here's the biggest clue of all: your dog doesn't know which are life-saving obedience skills and which are cute parlor tricks. He'll perform his obedience skills

with great enthusiasm if you use food to teach those too. For all he knows, he's just learning more tricks! And they're all fun.

THE BEST REWARD

The most motivating reward for dogs is usually food. There's nothing like a treat to tell the dog that what he's doing is a good thing.

If you see a behavior that you like, TREAT IT. You'll then see that behavior much more often, instead of any bad behaviors that might have taken its place. I repeat: food is one of the best rewards, because it's number ONE on your dog's list of favorable consequences.

Remember, though, that anything can be perceived as a reward by the dog. Any attention is a reward (even attention with yelling).

You can't expect your dog to choose good manners based on what's punished and what's not punished. A training system based on punishment isn't effective for a dog whose choices are based on what's rewarded and what isn't.

INADVERTENT REWARDS

Here's your last hot tip: Your dog decides what constitutes a reward or favorable consequence.

Suppose your Labrador is barking in the back yard. You go and throw a bucket of water at him. He barks more. Was this a good consequence or a bad consequence for him? If the behavior increased, then it was a reward rather than a punishment. Being a Lab, he probably loves water and your attention. You've just rewarded him with both.

I hope this has helped unlock some of the mysteries of dog training. It's as simple as rewarding the behaviors you want to see more of. If you do this consistently, then what pleases you and what pleases your dog will be one and the same.

I wish you a lifetime of happiness with your dog. 🐕

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Goldenseal Root

Botanical Name: *Hydrastis canadensis*

Family: Ranunculaceae

Part Used: Root

Native to eastern North America, goldenseal grows in rich and shaded woodlands, particularly in the Carolinas, the Appalachian mountains, the Virginias and Tennessee and grows sparsely in the New England states. It is on the endangered list now due to over-harvesting and should not be taken from the wild, though it is available and cultivated organically in the Pacific Northwest. The name *Hydrastis* is derived from the Greek word *hydor* meaning water and *aste* refers to the moist places it grows in.

Written information on goldenseal root dates back to the 1600s when Native Americans chewed on it for mouth ulcers. It's so amazingly bitter, I can't imagine doing so. Native Americans gave it a common name of "yellow root" and rightfully so. The root is such a vivid yellow that one touch to bare skin will leave a deep stain of golden yellow that will last for days.

Goldenseal's properties are: bitter, stimulant, astringent, alterative, diuretic, antiseptic, emmenagogue, hepatonic, antibiotic, anti-inflammatory, anti-malarial, anti-infective.

The systems affected are: digestive, respiratory, glandular and circulatory.

Goldenseal root is high in vitamin C, zinc, cobalt, iron, silicon, magnesium and manganese with moderate amounts of vitamins A and E as well as dietary fiber. It contains many isoquinoline alkaloids (medically active alkaloids) including

berberine, hydrastine, canadine, and l-hydrastine, which are anti-microbial and deliver the antibiotic, anti-infective properties of the root that are also immune stimulating.

I have used goldenseal powdered root topically with animals on open wounds as a strong topical antibiotic, and it also helps scabs to form, preventing further infection as well as clearing any existing infection.

It's a favorite herb of mine to use for eye issues in dogs and horses including conjunctivitis, infections from a foreign object or an allergy as well as undiagnosed goopy eyes, especially where a yellow discharge is involved. For this I make a tea by using a small amount – about 1 teaspoon of the chopped root to 16 oz distilled water. Bring to a light boil for 20 to 30 mins then simmer very low for 1 to 2 hours. I use a very fine mesh strainer to be sure all plant parts are removed leaving only clean liquid and put it in a glass bottle with dropper. This can be kept in a refrigerator for 5 to 9 days or you can add 35 percent sterile saline to use and store for up to 30 days. I use 2 to 5 drops for each infected eye for 3 to 10 days, depending on the size of the dog and the severity of the infection.

Goldenseal root has intense medicine, so a little goes a long way. It blends well with usnea, Oregon grape root, neem leaf or cat's claw in tincture form for internal healing of the respiratory system.

It is very helpful for most urinary tract infections, is anti-infectious in mucous membranes (throat, sinuses, gastrointestinal (GI) tract, mouth and bronchial airway), increases bile production, aids in digestion and is considered a strong anti-diarrheal in cases of salmonella or *E. coli* (due to its berberine content). In the case of giardia, it can be used as a preventative or treatment as it is anti-protozoan.

Very small doses should be used when taken internally. As a single herb, goldenseal root may cause nausea or irritate the GI tract in sensitive animals. Blending other herbs will eliminate this worry but it should always be the lower portion of the formula.

Caution: Not for use in pregnancy as it stimulates contraction of the uterus. 🐾



Joyce Belcher is an herbalist and formulator of pet supplements and herbal medicinals for veterinarians and is the founder of Herbs for Life Inc and Sustenance Herbs. She lives in Kittery, Maine with her husband, Aja the Poodle and two cats; they are all rescues.

Visit Joyce at sustenanceherbs.com



Why The AVMA Doesn't Represent Me

**I won't be pressured by vaccine
or processed pet food companies
to become part of the problem
that continues to be an embarrassment
for our profession.**

Earlier this year, I read about the unprofessional response from the American Veterinary Medical Association (AVMA) towards Dana Scott, the Editor in Chief of Dogs Naturally Magazine, including their comment "If we made formal responses to all of the BS they publish, we'd need to employ a full-time staff to do it." I was once again dismayed and discouraged in the organization that had represented me as one of its veterinarians for almost 25 years.

It was 2008 when I walked away from the AVMA. I had called their office asking how they could tolerate and encourage their unethical vaccine policy. I spoke to an AVMA employee there who bluntly told me that if I didn't like it, then I should find another job. I did my duty as a doctor

in a position of trust for my clients and for my patients. I chose to honor my patients, to practice conscientiously and not as a marketer for two main industries that are responsible for the ill health in companion animals today – vaccines and commercially processed pet food.

Dana Scott didn't just take the high road on this unprofessional diatribe from the AVMA; she took the only road that one could take when promoting the truth. It takes courage to stand for the truth, especially when it is against the grain for such a well-lobbied professional association as the AVMA. It is this truth-telling that has earned Dogs Naturally an ever growing following that includes plenty of veterinarians. Truth be told,

having a venue to tell the truth is hard to find in our veterinary profession.

Why is the truth so censored? I suppose being able to speak the truth about wellness and health, where it comes from and where it does not, would simply cost the profession too much.

LACK OF EDUCATION

At North Carolina College of Veterinary Medicine, they taught us nothing about vaccines or vaccinology, and only basics on the immune system. To be fair, not much was known about them at the time. Thirty-two years later, it's sad to say not much has changed in this regard. That is why when immunology expert Ronald D



Patricia Jordan DVM holds doctorates in both Veterinary Medicine and Veterinary Naturopathy. Working to complete a Master's Program in TCVM (Traditional Chinese Veterinary Medicine) with Dr Xie of the Chi Institute and participating in Dr Richard Pitcairn's Professional Course for Veterinarians opened the way to naturopathic medicine for Dr Jordan. She is the author of "Mark of the Beast Hidden in Plain Sight," a book on vaccinosis in both people and pets. She is a court certified expert witness on veterinary medicine and veterinary vaci nation. She has a special interest in heavy metal detoxification. Visit her at dr-jordan.com

Schultz PhD, who has spent more than 40 years studying animal vaccines, goes on record as saying veterinarians don't have any business recommending vaccines, he is referring to the lack of education, training and experience veterinarians have with vaccines, vaccinology and immunology education. He goes on to say: "neither do their teachers at the veterinary schools." His reasoning is clear: none of them have experience, training or education in these topics.

I can vouch for the lack of teaching, education or experience in veterinary school. When I entered into my senior clinics and my first client came into the room wanting "shots," I looked to my resident for guidance on what to do.

A senior advisor [in vet school] told me that when I graduated and opened up my shop, THEY would be around to tell me what to do as far as shots were concerned. I asked who THEY were and her answer was, "Well, you know... the drug reps."

We hadn't been taught about this. The resident, with her academic experience, also didn't have any education, experience or training on vaccines and immunology. This senior advisor told me that when I graduated and opened up my shop, they would be around to tell me what to do as far as shots were concerned. I asked who they were and her answer was, "Well, you know ... the drug reps." So I discovered that often our senior advisors had no practical experience at all!

SCIENCE OR MARKETING?

This was my first indoctrination into the marketing that is disguised as science behind vaccines; a direct link to the

profiteers of the vaccine, to the drug reps who parade around marketing disguised as science – or worse, evidence-based medicine. Learning to push products for the drug companies was second only to learning to tout for the big, commercially processed pet food companies. “This is your nutrition book,” they said as they handed over a book by... guess who. And their science?

Marketing – and there is nothing medicine or science-based about it.

What little was taught about nutrition was embarrassing ... but much less was taught about vaccines. I was told that I should have best friends: my accountant and my attorney! Yet it is the corporations that we were to get into bed with. They seduced us in veterinary school with free pizza and textbooks, free product and even money known as scholarships.

This seduction continued through our professional associations, which allowed them to sponsor, via heavy educational grants, the nutrition and vaccination guidelines for veterinarians. No one acknowledges the pink elephant in the room: marketing disguised as science.

This is how the corporate agenda gets sold, an act that wins us continuing education credits: pushing the corporations’ products, certainly not health and wellness for our patients. My fellow students and I were trained from the onset of our studies not to think outside the box by the very organizations and corporations that wanted us feeding out of their hands ... or boxes, bags and cans!

At national conferences we saw that these corporations infiltrated deeply into the veterinary schools – sponsoring our professors’ labs, their research and their talks, providing veterinarians with continuing education credits. I repeat: this is not science, not scientific and certainly not evidence-based. Corporations have bought the mouths of our academics – people who haven’t spent a single day in the trenches, in the front line, in practice.

From this lack of education to the pushing of marketing disguised as science or evidence, we find that the products themselves have only been tested by the

very companies that stand to profit from their sales. The downstream profiteers are those academic professors, their labs, the veterinary schools and even the veterinarians themselves. There are no active post-marketing monitoring systems in place to track what really happens to pets after they are treated with these products. With no educated, trained or experienced veterinarians or veterinary professors to track the effects of the corporate marketed products (whether drugs or food), we get a cycle of marketing reports rather than the truth on what these products are actually doing to our patients.

**When immunology expert
Ronald D Schultz PhD goes on
record as saying veterinarians
do not have any business
recommending vaccines,
he is referring to the lack
of education, training and
experience veterinarians have
with vaccines, vaccinology
and immunology education.**

ALTERNATIVE PRACTITIONERS SEE THE PROBLEM

Most of my colleagues in the healing arts of alternative medicine have seen the effects of corporately marketed products on their patients. These independent practitioners have seen a disturbing trend of repeatable disease that results from the use of vaccines in particular.

After performing due diligence independently, we find a link to the dis-ease, the breakdown of the immune system and its dysregulation that follow those unscientific vaccinations. When you independently make up for all the deficits in your expensive veterinary medical training, you venture out on your own to learn about nutrition and the immune system. That’s when you find the key to what is wrong with the majority of our

patients. It’s the administration of unsafe and unnecessary vaccinations and then the dysregulation of the body’s immune system.

When I discovered these truths, it revealed the glaring lack of information on nutrition, the immune system, vaccines and vaccinology. I saw that we have all been bamboozled with the glitter of marketing and its sponsorships, scholarships and free product. It seductively puts our bottom line ahead of our patients.

EXPERTS SPEAK OUT

Catherine O’Driscoll’s paper, *Science Of Vaccine Damage*, explained what I was seeing in practice, where these patients were receiving preventative medicine protocols. This was a shorter version of Catherine’s longer paper: *Pet Vaccination: An Institutionalized Crime* that was published in *Nexus* magazine. At the same time, veterinary medical professionals such as Drs Carin Smith and Dennis Macy were publishing papers on vaccine safety and over-vaccination.

There was even a call for a Veterinary Vaccination Injury Compensation Act and a class action suit calling for a nation of clients with vaccine damaged pets to sue because they hadn’t been informed by their veterinarian that these vaccinations didn’t need repeating. Remember: vaccination schedules were recommended by the vaccine manufacturers, not independent, third-party researchers.

It was in 1978 that Dr Ronald Schultz first published the directive not to repeat vaccinations. Repeating vaccinations will only increase the chance of adverse effects. He also warned that any time you inject a patient, you’d better have a good reason, because you could kill them. This advice went unheeded and untaught to the majority of veterinarians. Still does.

Soon Dr Alice Wolf announced at the World Small Animal Veterinary Association (WSAVA) Conference that it was “unethical medicine” to give unnecessary vaccinations in order to generate profits. Even a professor of Veterinary Medical Ethics, Dr Bernard Rollins of Colorado State College of Veterinary Medicine, would discuss this

and call the practice of generating revenue by administering unnecessary vaccines “unethical.”

Unethical but not illegal -- and it wasn't going to stop a decades-old climate of corporate practices; even state board members would still send out postcard reminders for vaccines that are unsafe and unnecessary. Veterinarians are the other family doctor, but we are not the compassionate profession when we put profits ahead of the health and welfare of our patients.

Dr Bob Rogers has written an article titled Having The Courage To Embrace The Change. Dr Richard Ford noted in the Dr DoMore documentary that the veterinary profession has “lost credibility,” and Dr Ron Silvers states that the way veterinary medicine is being practiced today, “it has lost its soul.” I wrote my own book on the multitude of vaccine induced diseases that I was seeing in practice, I lamented together with my colleague Dr Dee Blanco that “vaccinosis is all we ever see.” My own book dedication “to all the Buttercups out there” referenced the many pets being euthanized for returning cancers from the vaccinations that the owners didn't have the money to treat ... again.

Young and naïve new graduates have not been mentored by educated and experienced veterinary professionals in practice, but instead are most often shepherded by those with the lack of experience, training and education that Dr Schultz mentioned. Now out of school myself and practicing for more than 25 years, I saw the light and it was not through my veterinary college. As a matter of fact, the medical hubris I see coming from my veterinary college on the subject of vaccines, vaccinology and the immune

system is, well ... embarrassing.

JOB SECURITY

When you market a \$12,000 bone marrow transplant for a case of lymphoma whose cause was “chronic antigenic stimulus of the B cells” ie, vaccination, you see how embarrassing this is to our profession. It's obvious when we see more than 200 positions in corporate medicine paying high six figure salaries, that what is happening to our patients is right in front of our faces. We are creating \$20,000 pets with the revenue-generating disservice of repeating vaccinations and administering provocative vaccines that don't even convey immunity.

The average practice makes 15 percent of its income selling vaccinations, 10 percent of its income from peddling inappropriate commercially processed foods but then 65 percent of the practice income stems from the handling of the vaccine-induced diseases. These are not limited to multiple autoimmune diseases and cancer. Then veterinarians can step in to sell toxic chemicals to treat the parasites that animals' immune dysregulated bodies can no longer fight.

This is a great job security racket created by dis-easing our patients, marketing unsafe and unnecessary vaccinations, feeding them inappropriate commercially processed pet foods to repeat the cycle of ill health – all under the umbrella of preventative care and nutrition.

When our leading veterinary immunologist and veterinary infectious disease experts both say they would not use the Lyme or leptospirosis vaccinations

on their own dogs despite living in endemic areas for these diseases, I pay attention. When Dr Schultz calls canine respiratory disease a non-vaccinatable disease, and I remember the multiple cases of lymphoma that followed pets being administered Bordetella vaccines, I cringe.

This is a very important separation from the confusing marketing we see on a daily basis. A doctor needs to be an educator first and foremost, not someone to parrot back the marketing hype they have been seduced with. The free dinners, the open bar, the kickbacks, the rewards that are given for the vaccines and the inappropriate pet foods have made veterinarians a part of the problem ... and it continues to be an embarrassment for our profession.

For our clients it is much more; it is the taking of their money to dysregulate their companion animal's immune system, to ruin its health and to shorten the length of time they would've had with their companion. Nowhere in the AVMA 1969 adopted Hippocratic Oath (“Veterinarian's Oath”) does it give you permission to betray your patient.

To veterinarians I say: For the sake of your patients, perform your own due diligence and look past the glittery marketing and past the seductive deals and rewards that come with touting products. Take up your Aesculapian Authority to do what's best for your patient, because that is what a doctor who has taken the Veterinary Oath is sworn to do. And like Dana Scott, don't be afraid to speak your truth when others won't. 🐾

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SUPPRESSION: THE BAD BOY ON THE BLOCK



Richard Pitcairn DVM PhD graduated from the veterinary school at the University of California, Davis, in 1965 and has focused on the use of nutrition and homeopathic medicine in clinical work for the last 35 years. He and his wife Susan authored "Dr Pitcairn's Complete Guide To Natural Health For Dogs and Cats, which has sold more than 400,000 copies and is now in its third edition. In 1992, he established the Professional Course in Veterinary Homeopathy and in 1995, he co-founded the Academy of Veterinary Homeopathy, the first professional organization of practicing veterinary homeopaths in the United States. Now retired from active practice, Dr. Pitcairn consults with homeopathic veterinarians and continues to be active in teaching and writing. Visit pivh.org

Petey is a young dog, only eight months of age, a terrier mix. He first came in for "hot spots" when he was six months old. He was treated but now has a different issue. At the start he was very friendly, affectionate and seemingly happy, but the last few weeks he has changed to being very suspicious, growling at people, barking excessively at the slightest noise. The clients are at their wits' end. They have treated him well and are very disappointed at this development as they are now anticipating living with a dog who will be very difficult to manage.

This sort of change is not an unusual effect of suppression – which is what was done with the treatment of the hot spots. He received a steroid injection along with antibiotics and the skin rapidly improved and has been normal since. We are using the word suppression here

in the sense that the skin symptoms were forced to go away because of the action of the drugs. This is not a recovery of health but rather a drug effect.

WHAT IS SUPPRESSION?

You likely have heard the word suppression before. It is one of the effects that can follow treatment. There are three effects possible (well, four effects if you count nothing happening as one possibility). The first is cure, the second palliation and the third suppression. Let's look at each of these in turn.

Cure: this is what we all want to see. It is a term we regularly use in homeopathy and has a very specific meaning. By cure, we refer to the recovery of health; that is, not just

disappearance of symptoms but the whole animal, physical and mental, feels well and gives evidence of this. It is no longer necessary to do more treatment as the problem is gone and will not be coming back.

This response is due to the natural healing mechanisms in the body resolving the problem and those mechanisms actually becoming enhanced as a result of the treatment. By "enhanced" I mean it will work better in the future.

The term "cure" is not used much in allopathic medicine as it is not thought of in the same way. The idea of cure as described above is not part of that mindset. In fact, to use the word cure in advertising one's practice can result in a reprimand from the regulatory board or categorization of the practitioner as a quack.



Suppressive treatment keeps your dog's health in limbo, leading to new symptoms and treatments instead of natural healing and cure.

Palliation: this word refers to the common effect of using a drug repeatedly and while the drug is used the symptoms are less. When the drug is stopped, the symptoms return as before, or often worse than before.

This is not the same as cure and does not move the animal towards cure the slightest iota. In fact, when this is done for a period of time, the disease disorder gradually increases so that, with time, the problem gets worse and more difficult to control.

Suppression: this is the least desired outcome. A drug is used and the symptoms of concern disappear. It is not necessary to continue the drug indefinitely, as after just one or a few uses, the problem seems to be gone.

This also is not cure, but the physical effect of the drug used. If you look at what the

We assume inflammation is a bad thing, when actually the inflammatory mechanism is how the body repairs itself – in all conditions. If inflammation becomes more severe or persists it is because there is an obstacle that is preventing the process from completing and it is the obstacle that must be dealt with rather than the reaction to it.

drug is doing you will see that it is blocking or inhibiting some action of the body. For example, there is diarrhea and the drug used stops the bowels from moving. Or there is inflammation (redness, swelling, pain) and the drug blocks inflammation (an anti-inflammatory or steroid).

A common clinical condition is the young dog like Petey with hot spots, which is an eruption and inflammation of areas of the skin. Usually a steroid and perhaps antibiotics are given and the eruption disappears and does not come back.

CONSIDERING SUPPRESSION OUTCOME

"Well, what's wrong with that?" you ask. Good question.

The answer has to do with the recognition of what suppression is, and what is happening in the animal body when this is done. This is not a new discovery. It goes back more than a century and was based on the observation of people and animals during treatments.

Suppression interferes with a normal body function. For example, most of the time, we assume inflammation is a bad thing, when actually the inflammatory mechanism is how the body repairs itself – in all conditions. If inflammation becomes more severe or persists it is because there is an obstacle that is preventing the process from completing and it is the obstacle that must be dealt with rather than the reaction to it (the inflammatory process).

Imagine, if you will, an injury to the skin – a gash – and then the subsequent inflammation that follows it. The body is reacting to the injury, bringing in increased blood flow (redness), migrating healing cells into the area (discharge, even pus), adding fluid to nourish the new cells developing (swelling), and activating pain fibers (it hurts) so that the area will not be overused while it is being healed. If it were possible to block this process (applying ice, topical applications of antibiotic ointments, use of anti-inflammatory drugs) so that the process was stopped, then the gash would never heal. There is no possible medical or surgical procedure that does not require the body to finish the job through an inflammatory process.

WHY SUPPRESSION IS NOT DESIRABLE

It was observed historically during treatment of patients that this outcome, suppression, does not lead to recovery of health. The patient does not come back to feeling completely well, the injury does not completely heal or the infection does not completely resolve, and there are subsequent problems that follow.

This has been especially catalogued and reported in homeopathic medicine where there is emphasis on close observation of the patient during treatment. In this way much has been learned about what happens when there is cure (as defined above) vs other outcomes. The most important thing for you to understand is that the original illness (or disease condition) is not gone as a result of the suppressive treatment.

If we use a treatment that enhances the normal healing functions of the body (homeopathy, herbal medicine, nutrition, Chinese medicine, chiropractic, etc), then you will see the original problem come back. In other words, if we're doing a treatment that leads to cure, to full recovery, the suppressed condition will return to be resolved. This shows us that the original problem was not really gone – just no longer visible to us.

A primary way that the organism deals with a disturbance (injury, infection, toxic substance, immune reaction) is to localize it. This means that there is a deliberate focus of the disorder at some location (a physical location like the skin or an organ, or at the emotional or mental level). When Petey came in with his hot spots, the body had localized the condition to these skin spots. If Petey didn't have the ability to do this, then very large areas of the skin would be inflamed and it would look much worse. So this localization is a primary defense mechanism.

Here is where it gets sticky. If a treatment results in suppression, then the illness localizes in another place. Petey had the steroid injection and the skin eruptions disappeared; then after a couple of months his body re-organized the configuration and the same illness is now showing itself as the emotional change.

THE IMPORTANCE OF INTERPRETATION OF TREATMENT

If the veterinarian is trained in homeopathy, what has happened here is obvious: that the behavior change is a result of the suppression, and the homeopathic treatment that follows is directed to treating that suppression state.

If the veterinarian is using conventional allopathic medicine then this behavioral change is considered a “new” problem, not

related to the prior skin eruption. It is then treated as a separate disease with other medications.

Quite the difference in outlook, isn't it?

“Well,” you say, “maybe it's unrelated to the skin eruptions.” This is a common response. But here's the critical observation that tells us that it's the same problem.

If we use a treatment that enhances the normal healing functions of the body (homeopathy, herbal medicine, nutrition, Chinese medicine, chiropractic, etc), then you will see the original problem come back. In Petey's case, the hot spots (or something very much like it) will come back to the skin. In other words, if we're doing a treatment that leads to cure, to full recovery, the suppressed condition will return to be resolved. This shows us that the original problem was not really gone – just no longer visible to us.

THE CLIENT'S VIEW

Can you see how alarming this is to people? If you don't understand this, then you think everything is worse. Not only is there the present problem but now the old condition is coming back as well. If you're patient, however, you will find that, as the skin condition comes back, the behavior improves. The focus moves from interior to exterior as an expression of the healing process. As the curative treatment is continued, the skin condition (that has returned) is eventually healed as well.

It does require understanding, patience and cooperation between the client and veterinarian for a satisfactory outcome and this is often the obstacle one encounters. No one wants to see symptoms return or have them persist for a while. Those of us in homeopathic practice often find this is the difficult point where people decide to change to another treatment program – one that will have more immediate effects (as palliation or suppression again).

THE POSSIBLE AFTER-EFFECTS

A most common change from suppressive treatment is this re-focus of the illness to the emotional level. It can also become another physical problem, localized elsewhere. It might be pancreatitis, joint inflammation, a bowel disorder – something like that.

Another possible outcome is seizures. I saw this quite a bit in my practice, the usual story being that the dog had been treated with a powerful modern drug (or had a surgery that presumably removed the condition). Since that treatment, starting within a few weeks, there was an ongoing problem with seizures. If we were to put this dog under treatment to remove the suppression, then the seizures would gradually become less and then gone, while the original problem would begin to appear again. With the homeopathic approach we are treating the suppressive state itself, and then, when the original problem is back, we treat that condition to resolve it.

The alternative, to put the dog on anti-seizure medicine, is rarely satisfactory as it is tedious, expensive and the dog never feels really well again or has the same personality as before.

IN SUMMARY

Let's summarize what we've covered here. There are three ways that treatment can have effects and what we prefer, of course, is recovery of health (cure) so the dog is vital, active and healthy in all respects. Very often, however, suppressive treatment is considered acceptable (to fight the dis-ease) by both the

veterinarian and client, and this starts a long road of continued problems.

Not all treatment is followed by these problems, of course, and many animals will seem to be healthy whatever treatment is done. But you would be surprised how often suppression can be recognized once you understand what it is.

Palliation is fairly obvious. The drug has to be continued, or used frequently, or the disease symptoms continue or are too prominent. It is obvious what is happening, that the drug is responsible for the improvement.

The distinction between cure and suppression is not so obvious yet the difference is real and significant. I hope I have offered clarity for you. I know this is not how all veterinarians will look at these situations, but now that we have explored this together, you have the ability to assess this for yourself and make informed choices as to what treatment you want to use. This knowledge is a wonderful tool.

Blessings to you. 🐾

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THE RABIES CONNECTION

The rabies vaccination decision is a sticky situation for the holistic-minded, law abiding dog owner.



Todd Cooney DVM MS CVH earned a BS in Wildlife Science, MS in Veterinary Parasitology, and DVM from Purdue University (1986). After 22 years of conventional practice, he took Dr Richard Pitcairn's Professional Course in Veterinary Homeopathy, which changed the way he viewed health and disease. Dr Cooney now treats nearly all cases homeopathically. He has a busy practice in northern Indiana and serves as an instructor for the Pitcairn Institute of Veterinary Homeopathy (pivh.org), and board member of the Academy of Veterinary Homeopathy (theavh.org). Visit Dr Cooney online at naturalanimalconsulting.com

"We are accustomed to look for the gross and immediate effect and to ignore all else. Unless this appears promptly, we deny the existence of hazard. Even research men suffer from the handicap of inadequate methods of detecting the beginnings of injury. The lack of sufficiently delicate methods to detect injury before symptoms appear is one of the great unsolved problems in medicine." - Rachel Carson

Since 1986, my practice evolved from offering any and every vaccine, drug, or new chemical known to man and beast, to only offering rabies vaccines, homeopathy and nutritional therapy.

And then only offering rabies vaccine to healthy animals. Which are not as common as many think.

And the only reason I continue to offer rabies vaccine is for people to have an option where they are not pressured to get all the other shots besides rabies, the only legally required vaccine. I do it for the folks who just want to stay within the rabies vaccine laws. But I lean heavily on the "only vaccinate healthy animals" clause, believe me. Medically, this is very sound, given the latest

duration of immunity data coming from the Rabies Challenge study, by Dr Ronald D Schultz in Wisconsin.

THE RABIES ISSUE

Rabies vaccination is a very sticky issue for the holistic minded pet owner with a good conscience, who really wants to be law-abiding, but also wants to have the healthiest dog possible. The only connection we usually have these days to this terrible disease, rabies, is vaccination for our animal friends (or ourselves, in some cases).

Of all viral diseases, rabies affects the brain most strongly – and so unfortunately, does the vaccine.

Dr. Richard Pitcairn calls rabies the big guy, the scariest of diseases, with violent, aggressive symptoms. It's almost always fatal, with few exceptions. Rabies has been with man since antiquity. It's spawned myths of vampires and werewolves, among other legends.



NATURAL HISTORY OF RABIES

Rabies is spread by bite through saliva in most cases, but can also be transmitted other ways. Cave explorers have died of rabies from inhalation of dust from dried bat poop (guano), Human rabies can transfer via corneal transplant from a rabid cadaver donor to a living person. The donor usually died of an unknown encephalitis (inflammation of the brain).

The incubation period is highly variable, from weeks to over a year in some cases. Most animal bite laws observe a ten-day quarantine rule to decide if an animal was rabid at the time of a bite incident or not. Most human cases of rabies in the US today were contracted outside the country by some type of animal bite.

The most common rabies vector in my home state of Indiana is the bat. Roughly eight percent of bats submitted for testing each year are positive. Other states may have more trouble with raccoon, skunk or fox strains of rabies, depending on location and native wildlife populations.

RABIES VACCINE AND VACCINOSIS

Violent behavior often increases after rabies vaccination; this is often short lived, but can become a permanent condition, without proper treatment intervention. Homeopathy refers to patterns of disease expression, called miasms (from the Greek miasma, or pollutant). Rabies miasm is associated with rabies vaccine, and often called rabies vaccinosis by homeopathic veterinarians.

The sad truth is a pup can inherit and express symptoms of this miasm even without receiving the vaccine themselves. This miasm is sometimes referred to as 'chronic rabies', not to be confused with the actual disease. Natural breeders find it can take up to 5 or 6 generations to clear vaccinosis from a bloodline of dogs, with no vaccines at all given.

In man, rabies vaccine is always associated with a high incidence of encephalitis, one in 750, with a 20% mortality rate. So one in 5 people who develop encephalitis after rabies vaccination will die. This is a scary fact for me, as I've had rabies vaccine 4 times over the last 30 years, as a veterinarian. But no more.

ENCEPHALITIS, BRAIN DAMAGE, VIOLENT BEHAVIOR

Autism and minimal brain damage are known consequences of encephalitis, and vaccines are known to be potent causes of encephalitis.

In fact, there are few other candidates in sight.

Human vaccine programs are thought by some to be the root cause of the ongoing epidemic of social violence (see Harris Coulter's excellent work, *Vaccination, Social Violence, and Criminality*). Could this also be a contributing cause of violent dog behavior?

Violent behavior often increases after rabies vaccination; this is often short lived, but can become a permanent condition, without proper treatment intervention.

POST ENCEPHALITIS SYNDROME

Encephalitis, or inflammation of the brain, has many potential causes including head trauma or burns, or infectious causes such as measles, mumps, chicken pox or whooping cough. In dogs, distemper, rabies and kennel cough may be the cause.

The vaccines against these same diseases may also be to blame.

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When encephalitis follows vaccination, it's called post-vaccinal encephalitis, or postencephalitic syndrome. Postencephalitic syndrome causes a variety of symptoms in people, including anorexia and bulimia, hyperactivity, cranial nerve palsies, mental retardation or slow development, and paralysis.

Similar conditions certainly can happen in dogs, although they may not be recognized as such.

REPERCUSSIONS IN THE DOG WORLD

Many folks I know who've worked with dogs over the last few decades agree there's an increase in behavior problems like aggression, training difficulty or attention deficit. I feel this is a result of many factors, but largely due to poor nutrition coupled with over-vaccination.

Genetics and inbreeding cannot be blamed for all problems, although many breeds today suffer from lack of genetic diversity. But even the mixed breed Heinz 57 mutt is not immune to the ravages of brain inflammation resulting from our highly "scientific" approach to preventive veterinary medicine – also known as "keeping up to date" on all shots, whether necessary or not.

Truthfully, most are not healthy, due to the cumulative effects of generations of over-vaccination and poor nutrition. Even a seemingly minor health issue should prevent your veterinarian from vaccinating your pet.

If veterinarians would only begin to at least follow the insert in each package of every vaccine, and "only vaccinate healthy animals," we'd be much further ahead in guarding the health of our animal friends. Truthfully, most are not healthy, due to the cumulative effects of generations of over-vaccination and poor nutrition. Even a seemingly minor health issue should prevent your veterinarian from vaccinating your pet.

To quote Richard Moskowitz MD, a well-known homeopathic physician with more than 50 years of clinical experience, and someone who is very concerned about our collective future:

"I will feel well rewarded if my words, my reasoning, and the commingled sadness, fear and outrage I have long felt about this subject will promote a healthy debate and elicit more of the rigorous scientific work that still remains to be done." - from *Vaccines- a Reappraisal*; 2017 🐾

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