Important Reading Material for Dog Adopters

Congratulations! You are adopting a dog. This is an exciting time for you and whether you’re adopting from our humane society or elsewhere, we hope you will find this information helpful. This document covers our philosophy and approach to veterinary care for your dog as well as tips on how to make your adoption successful. Whether you adopt from Save A Dog or not, this is our gift to you. Enjoy!

Medical records: At the time of adoption we will go over all your dog’s medical and vaccination records. It is important that the main caretakers of the dog be at this meeting. We will go over feeding and care instructions at that time as well. Most of our dogs are on Fromm and we offer it at a discount to all our adopters.

Vaccines: Unless there is a medical issue, your adopted dog is up to date on the core vaccinations. If you have a young pup, please See Dr. Dodd’s minimal dose vaccination schedule before vaccinating your puppy. Puppy boosters should be spread at least 4 weeks apart. Otherwise the pup can break with demodectic mange and other auto-immune problems. Follow all vaccines with a dose of homeopathic Thuja 30c to prevent and treat any vaccine damage caused by the adjuvants Thimerisol and Aluminum Hydroxide (which is documented by the World Health Organization as being a 3 out of 4 carcinogen). Thuja can be purchased at Whole Foods or online. Boiron makes it in pellet form, which is recommended. Make sure you never allow an unhealthy pet to be vaccinated, as his/her immune system won’t be up to the job of antibody response. If you feel pressured during your vet visit, please see http://www.petwelfarealliance.org and https://www.lovehealingandmiracles.com/the-dangers-of-vaccinations-be-an-informed-and-proactive-guardian-for-your-beloved-animals/ and hear what veterinarians say about their vaccine education. Every vaccine suppresses the immune system for approximately 4 weeks, according to Dr. Ronald Schultz, vaccine expert. Finally, make sure you observe your pet for several hours post vaccination, and watch for any signs of allergic response (facial swelling or respiratory distress). Please read our hand-out on why the annual distemper booster is unnecessary and can be harmful if given repeatedly. Before giving the Lepto vaccine, see http://www.dogsnaturallymagazine.com/read-this-before-you-vaccinate-for-lepto/ and http://www.thedogplace.org/VACCINES/Leptomania-10052-Jordan.asp Lyme vaccine has the potential of causing adverse effects such as generalized arthritis, heart disease, aggression, allergies or other immune diseases. There are safer means of lyme prevention. We see many adverse reactions and long-term illnesses due to vaccines, so our adoption contract states you will follow our vaccination protocol.

Food: We feed Fromm, which is a dry kibble made in small batches and ingredients are non-GMO. Fromm is a smaller family-owned company and can be bought online. We also sell it at a discounted price in our shelter store. If you decide to switch the food, avoid “by-products” and corn-wheat-gluten diets as they are just fillers and won’t give your dog what he needs to develop normally. The better quality food (human grade is preferred), the less you will have to spend on his vet care later in life. We recommend a diet of fresh food, or home cooked meals supplemented. We do NOT recommend Iams or Purina or Pedigree or Science Diet or many kibble diets because of the heavy corn base, foreign ingredients, chemicals, and even euthanized pets which lead to chronic health disease. See http://www.truthaboutpetfood.com and join their email list for updates on pet food. Avoid Hill’s brand food as it contains ethoxyquin, a preservative that is a known carcinogen. If your dog has an upset stomach from switching foods too fast, probiotics, canned pumpkin probiotics, and slippery elm in the food works great. Best to feed a bland diet if your dog has an upset stomach. See: https://holvet.net/dr-yasson-s-articles-on-natural-pet-health/slippery-elm-for-better-pet-digestion/ for more information.

About worms and parasites. Worms are cyclic and it usually takes several de-wormings over a period of time to rid your dog or pup of these parasites completely. Puppies are born with roundworms and most dogs that spend time outside (southern dogs, for example) can ingest worms, so it’s something you need to be vigilant about. Womer is available at a veterinarian’s office. It’s a good idea to drop a fecal sample off at your vet to determine if further worming is needed. Conventional wormers, Drontal Plus and Panacur, are available from your veterinarian.

Coccidea is another parasite that is common in dogs who are stressed or who have been kenneled. Read more on http://www.beaglesunlimited.com/health/coccidiosis-diagnosis-treatment-and-prevention .
Giardia is not uncommon in dogs who come from farming regions. We see it in the dogs from Louisiana, Mississippi, and South Carolina. Watch for these symptoms and read up on natural treatments and prevention. http://www.annualwellnessmagazine.com/articles/guard-against-giardia/ using oil of oregano and Grapefruit seed extract. We recommend giving this to dogs adopted from rural areas and tropical regions. The GSE can also be used as a preventive, the conventional treatment is panacur and flagyl.

Mange. If your dog is excessively itching, s/he could have mange, which is a tiny mite. There are two types of mange: sarcoptic and demodectic. Sarcoptic mange is caused by mites that burrow under the skin and can cause the dog irritation and hair loss. They are not like fleas that hop, so are not easy to see. They are also not easily detected with a skin scraping, and a negative skin scraping doesn’t mean your dog doesn’t have it, so a knowledgeable vet who understands the pattern of hair loss should be able to detect the type of mange. The other type of mange is demodectic mange and this is the type we see more often in recently rescued dogs that have had a barrage of vaccinations as it is caused by an over-stimulated immune system. We see this in young dogs that have received vaccines in large quantities or vaccines not spaced apart to allow the body to recover.

Heart worm preventative. If your dog is from the south or tropics, it is really important to continue heartworm preventives for at least the next six months – even in the middle of winter. Then have your dog retested. Heartworm pills are a monthly preventive that you can only purchase with a vet’s prescription. Collies and mixed breed Collies and Australian Shepherds are very sensitive to Ivermectin, so do not use Heartgard on these breeds. Interceptor is used instead, or Sentinel, which contains the same ingredient as Interceptor (milbemycin) plus an ingredient for flea control (Lufenuron). As many of the dogs from other regions are exposed to heartworm via infected mosquitos, we will have started a heartworm preventive already.

Flea and tick preventative. We want your dog to live a long and healthy life so we want to warn you about the conventional flea and tick products as studies show that these products lead to bladder cancer and even worse, immediate dangers including death. When you squeeze a tube of flea and tick preventive between your fingers, you are unwittingly depositing pesticides in your dog’s blood stream. As far back as 1989, a study by the Purdue University School of Veterinary Medicine Department of Pathobiology, published in the Journal of Toxicology and Environmental Health, found that dogs who received one to two topical pesticide applications per year experienced a 60% increased risk of bladder cancer. Dogs that were given more than two applications per year were 3.5 times more likely to develop bladder cancer. The risk was increased even more in overweight or obese dogs (Glickman et al., 1989; Glickman et al., 2004; Raghaven et al., 2004). Nextgard and Bravecto are very dangerous as it causes neurological damage, resulting in behavioral changes in dogs (agression). See http://www.dogsnaturallymagazine.com/bravecto-nexgard-simparica-oral-flea-tick-preventives-safe/ for more information. It’s not worth poisoning your dog just to avoid lyme. Cancer is worse than lyme. It’s better to use a safe product such Dr. Ben’s Paws and Claws cedar oil spray to keep the bugs off. We sell it at our Save A Dog shop at our shelter for $10 or you can buy it at http://www.dbenscedaroil.com. We also recommend the Dr. Mercola collars, which repel all bugs. You can also purchase the collars on Amazon. Brewer’s yeast and garlic supplements will naturally repel insects. We sell the Bug Off Garlic at a discount and it works great. A good article to read on ticks and lyme disease is http://www.dogsnaturallymagazine.com/ticks-natural-prevention/. If your dog contracts lyme disease we have a very effective fast-working homeopathic treatment that is inexpensive.

Choosing a Veterinarian. When choosing a veterinarian it’s best to find a holistic or conservative vet who does “over-service” your dog or pup. Pharmaceuticals and non-core vaccines can start him on the pathway to ill health. A helpful video to watch is on http://dogs4dogs.com/vet. It’s very educational. To locate a holistic vet, see http://www.avhma.org/. If you have a very young pup, it is always wise to use a traveling vet so that you don’t expose him/her to diseases such as K9 cough or parvo. Most have low overhead and do not push “the extra” services.
Considering pet insurance: You will find a Trupanion flyer in your adoption packet. If you call within 24 hours after your first vet exam, you will receive 30 days free pet insurance after a brief waiting period. If you don’t sign up for their insurance, it is cancelled at the end of the trial period. For more information on pet insurance, visit [www.trupanion.com/shelter](http://www.trupanion.com/shelter). Other pet insurance offers available are PetFirst at [www.petfirst.com/petfinder](http://www.petfirst.com/petfinder), [http://www.embracepetinsurance.com](http://www.embracepetinsurance.com), and Co-Pilot Protection Plan at [www.gohealthypaws.com](http://www.gohealthypaws.com).

K9 or Kennel cough: This upper respiratory infection or “doggy cold” is a common occurrence in rescued dogs and is almost unavoidable because of the mandated veterinary visits required before adoption. Most of our intakes are in foster homes and without infection prior to travel, but the health exam requires a visit to the vet clinic and the incubation period is from 5-10 days, so dogs can break with it a few days after arrival to our shelter or even after the adoption. It’s best to keep your dog away from other dogs during this time. If you plan on using doggy daycare during the day, hiring a pet sitter or dog walker is a good back up plan. For more information on kennel cough, see our Tips section of this packet.

Spaying/neutering: Most of our dogs are spayed or neutered, unless they are not mature. If your pup is not altered, please spay or neuter your pup well after the vaccinations are completed, preferably in adolescence so that the dog’s development is not short-circuited by premature removal of the much-needed hormone supply. Check out [http://www.saveadog.org/holistic.asp](http://www.saveadog.org/holistic.asp) for some helpful articles. Allow full maturity and see our literature for more information, as well as the U. C. Davis Web site: [http://news.ucdavis.edu/search/news_detail.lasso?id=10498](http://news.ucdavis.edu/search/news_detail.lasso?id=10498)

Additionally, [http://healthypets.mercola.com/sites/healthypets/archive/2013/04/10/early-spaying.aspx](http://healthypets.mercola.com/sites/healthypets/archive/2013/04/10/early-spaying.aspx) will help dispel some myths and [http://www.dogsnaturallymagazine.com/three-reasons-to-reconsider-spayneuter/](http://www.dogsnaturallymagazine.com/three-reasons-to-reconsider-spayneuter/) explains the risk of prostate disease with pediatric neutering. Save A Dog puppy adopters are not allowed to breed a dog (per our contractual agreement) so we’re not saying to leave your dog intact, but we encourage you to work with a veterinarian who understands the benefits of proper development prior to alteration. Six months is too young for most breeds, but if you have a toy breed or a Dachshund, then six months might be okay as the smaller breed dogs tend to mature faster. If your pup was spayed/neutered too young, it will help to give beneficial hormones. Low cost spay-neuter clinics are located at [http://www.massanimalcoalition.org/resources/spay-neuter/](http://www.massanimalcoalition.org/resources/spay-neuter/). We recommend Sterling Animal Shelter low cost clinic in Sterling, MA. The price is the same for everyone and it’s fair. [https://sterlingshelterclinic.org](https://sterlingshelterclinic.org)

Basic Supplies List

- Leash (flat 6 foot leash is preferred – you must provide your own leash. We sell them in our shop for $7.)
- Harness (we send your dog or pup home with a collar, but we strongly recommend a harness to keep the dog from choking and straining at the collar level. Our harnesses run from $12 to $25. We have the sure-fit as well as the 3-in-1 including seat belt attachment.
- Crate (check to see if we have your dog’s size in stock). We sell the collapsible wire crates 30” crates for $55, 36” crates for $75 and the 42” crates for $90.
- Bowls (the kind that don’t tip over is best). We have a range of stainless steel bowls.
- Probiotics (available at Save A Dog at a discounted price)
- Dr. Harvey’s Multi-vitamin and Minerals (available at Save A Dog) will provide your dog with all the vitamins and trace minerals he needs. Some vitamins drop out of the body after vaccines. We sell the supplements and probiotics 2 for $25.

SHOPPING AT OUR SHELTER STORE SAVES YOU SOME MONEY AND IT HELPS TO SUPPORT THE RESCUED DOGS WHO RESIDE AT THE SHELTER.
Acclimating Your New Dog to Your Home

Getting Your New Dog/Pup Home Safely: Before coming to pick up your dog, check your house and fenced in yard (if you have one) and make sure there are no holes or gaps where your new dog can slip through. Prior to leaving the premises, we will attach your dog’s Save A Dog ID tag onto your dog’s collar. We usually carry the dog to the car unless the dog is well leash trained or too heavy. Still, even a well behaved dog can panic when getting into an unfamiliar car, so precaution is always taken. It is best to go straight home to acclimate your dog to his new environment before night fall. If you have a light-weight leash, it’s best to keep it clipped on, even in fenced in areas. The first few days you can have them drag the leash so that you can safely bring your dog inside. Many southern dogs are not used to stairs, so you may have to carry him/her inside the first few times and subsequently use treats to coax your dog up the stairs.

What to expect the first 24 hours: The first day can be very exciting for a dog and you may find that s/he is not that hungry. This is not unusual. Please make sure you allow quiet time for your pup so that s/he can eat and rest, especially if you have kids. This can be in a crate or in an area of the house that is safe, i.e., gating off the kitchen. For adult dogs, it is not unusual for them to “hold their water” (urine) for a few days. We’ve had dogs who have not have a bowel movement for up to four or five days. Once they your dog relaxes, things will start to move internally and they should begin having normal bowel movements. It is not unusual for house-trained dogs to have an accident in a new environment. Also, male dogs will often lift their leg on furniture the first day. It doesn’t mean they’re not housebroken, but it means they’re “marking” their new home as their own. It is wise to confine a new dog and to limit access to rooms other than the kitchen or small rooms with tiled floors. Puppies who are paper-trained will often view a scatter rug as the same as a paper so you might want to roll up the rugs. DO NOT TAKE THE DOG FOR A WALK OFF PROPERTY FOR AT LEAST A WEEK!

Adjustment period. Please allow for an adjustment period for your new dog, especially if the dog has recently spent time in a shelter and has suffered many losses and a disruption of his former life. Make sure you keep your new dog home for at least the first 48-72 hours and don’t try to take your dog for a walk until he is leash trained. It is wise to have them drag the leash while indoors to get used to the leash as well as to prevent any quick exits when people open doors unbeknownst to you. Make sure the collar is nice and snug the first few days after bringing any new dog home. LEASH WALK ON PROPERTY ONLY FOR THE FIRST WEEK.

Socialization. It is very important to socialize your dog, but first let him get used to his new home. Take the dog home and have a quiet day letting him get familiar with his new surroundings. The first week you should keep him/her at home as it lessens the chance of escaping if you accidentally drop a leash. This is the time to have friends over, including men, women, and children. If your dog is from a rural area, you need to gently and slowly socialize him and not put him into crowded situations or walk them on busy roads where noises may startle them into a fearful response. For adult dogs, daily walks will keep them socialized with pets and people. It's important that your dog meet new dogs on a daily or weekly basis. Even if you have a fenced-in yard, walking your dog is needful for socialization, but not the first day. Give him a few days to settle in and learn where he lives.

Training resources. Training is required for all adopted dogs. You can find a professional trainer on the web site https://www.karenpryoracademy.com/find-a-trainer and type in your zip code. A good web site for reward-based training (to bridge the gap before classes start) is http://www.clickertraining.com/. Dogwise.com is a great resource for dog training books and videos. Avoid dominance training (Caesar) as it will damage your relationship with your dog and cause fearful behaviors. If your trainer suggests shaking a can of pennies or using a shock collar, run the other way. We have a separate list of recommended trainers by request.
Food amounts and preparation: We tend to feed puppies 3 times a day and adults twice a day. If your adult dog is underweight, you need to add at least one more feeding per day. We recommend adding chicken broth to help dissolve the added supplements and letting it sit for a few minutes. If you’re switching brands, do it by introducing the new food in small quantities and increasing the new food as the existing food decreases. Do this over a 10 day period. Add probiotics and enzymes to help the process.

Supplements: Commercial dog food does not meet all your dog’s nutritional needs, therefore supplements are important for your dog’s health and will keep you from all those extra visits to the vet. Probiotics and enzymes will promote a healthy intestinal tract as well as make the transition to a different food easier. Probiotics are important in the PM feeding as probiotics work at night. Info on why you should give your dog probiotics is at http://www.thewholedog.org/id24.html. You can give colostrum to boost your pup’s immune system the first year of life. We sell it and it’s online at www.colostrumhealth.co.nz. For large adult dogs, one tablet of grapefruit seed extract in their kibble every morning will help boost the immune system. It sells for $9 at Vitamin Shoppe) as it’s known for its strong antioxidant qualities. It also treats and prevents giardia. For more information on the benefits of grapefruit seed extract, see http://www.natural-dog-health-remedies.com/gse-for-dogs.html. Save A Dog sells it at a discount to adopters.

Getting your puppy or dog on a schedule. It’s important to set a schedule for the puppy as soon as possible, so that house training is easy.
1. First thing in the morning, take the pup outside to go to the bathroom. Give lots of praise when she goes, and promptly bring her in for breakfast.
2. Feed your puppy. Within 20 minutes take her outside again as she will often need a bowel movement shortly after eating. Feed in the crate as this provides another opportunity for a positive experience in the crate. If you are not home for an extended period of time, do not allow her to free feed. The reason is that you want her on a schedule so that she will not have unexpected bowel movements.
3. Once she’s had a bowel movement, praise her and bring her in to play. She should be good for another hour or so. When you cannot supervise your pup, you should put her in the crate with a chew toy to keep her busy. Puppies can generally “hold it” for an hour or two, so when the hour is up, take her out again and praise her when she goes. You’ll want to take him out before you retire for the night and then again first thing the next morning. Crating at night will help teach your pup to hold it through the night. If she whines in the middle of the night, it may mean that she has to go. Put the crate in a family room or kitchen, with an absorbent towel in case of accidents. You can put a night light in the room, play soft music. After a few minutes the pup should settle down. You can put the crate in your bedroom, but if your pup is a light sleeper, she may wake up if you snore or roll over. Try outside the bedroom at first. You can always change things later.

If you have children in the family: It is not a good idea to let the puppy on the furniture as elevation equals status and the dog needs to be kept at a lower status than the children. Also, no tug-o-war or anything playing with hands around the puppy’s face as that will encourage nipping. Keep a chew toy handy to redirect any play biting and if all else fails, give a short time out. Remember to give the puppy several nap times away from the little ones several times a day. We require a physically fenced back yard for families with children 12 and under. You can use the inexpensive Yard Guard fencing that is sold at Home Depot. It is easy to install and can usually be erected in an afternoon. The Yardgard 4 ft. x 50 ft. Vinyl-Coated Welded Wire costs $58 and works for most young dogs. It is made of galvanized and welded steel for long-lasting use. The green PVC coating helps create an upscale appearance that can complement natural surroundings. The general purpose fence is ideal for property delineation or the temporary confinement of your new pup or dog.

Save A Dog ID tag: When you adopt a dog from Save A Dog you will be supplied with a Save A Dog ID tag. Please keep this tag on your dog in addition to your own tag. That way you will have double protection should your dog get lost. Your dog’s ID number, as well as your contact information, is put into a database so that we can notify you should we get a call from anyone who picks up your dog. Please keep your contact information current with us. If someone picks up your dog, you have a better chance of getting him back if he is wearing a humane society ID tag. If you misplace your tag you can make a new one at a local pet supplier.

♥  Save A Dog  ♥  604 Boston Post Road  ♥  Sudbury, MA 01776  ♥  Phone: 978-443-7282 email:adoptions@saveadog.org Fax: 877-349-9254
Recommended Reading

The Puppy Primer by Patricia McConnell. Available on dogwise.com and Save A Dog.

Puppy Problem? No Problem by Brenda Aloff. Available at Save A Dog or dogwise.com. It comes with a DVD and is an excellent choice in dog training books, even if you adopt an adult dog.

Clicker Basic for Dogs & Puppies by Carolyn Barney. (available here). Also at www.cleanrun.com

The Other End of the Leash Patricia McConnell (and all her videos) www.dogwise.com
I'll Be Home Soon by Patricia McConnell. Dogwise

Do Over Dogs by Pat Miller. Dogwise (available as E-book)


Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats. Rodale. Richard Pitcairn

Homeopathic Care for Cats and Dogs. Don Hamilton. Wonderful intro to homeopathy for pets.

Pukka's Promise: The Quest for Longer-Lived Dogs. Ted Kerasote

Best Magazine to subscribe to is dogsnaturallymagazine.com

BE SURE TO USE AMAZON SMILE AND SELECT SAVE A DOG INC AS YOUR CHARITY.
Tips on bringing a new dog into the house

(many tips are borrowed from Pam Caldwell of New Spirit)

Here are some guidelines for what to expect of a dog in the first few days and weeks in your home: what’s normal and what’s unusual and may need follow-up.

Too Much, Too Soon Syndrome
First and foremost avoid this dreaded syndrome! This means keeping things low key for at least the first 48-72 hours.

- No walkabouts to meet all the neighbors, or trips to friends, or have the whole family over to meet the new dog.
- If a bath is not mandatory (i.e the smell is not making your eyes water), hold off for a few days on it, or don’t give one at all. Brush instead. The one is fairly traumatizing, the other soothing.
- Shorter, quiet walks in your back yard only so you don’t lose them—they settle the brain, calm the body, and help the dog bond to you.
- Don’t expect dogs to magically like each other right away: that only happens in Disney movies. A few days easing in per the tips below will smooth the transition and make it more likely the dogs do become friends.

1. My new dog just peed in the house/is chasing my cats/got into a fight with my dogs: help!

There’s one simple remedy for all these very distressing problems: use the crate

This has many advantages:
- It helps the dogs feel secure: they have a place where they belong. It acts as their den, the “dog cave”. This is tremendously calming to the dog. Take them out of the decision-making loop and they’ll thank you for it.
- The dog should never be loose with your cats until you first observe its reaction to cats while he’s securely leashed to you and the cat up high. With a leash, you can also practice “leave it” if behavior is unacceptable.
- Free interaction of any kind in the first few days is a bad idea, as is letting them wander around the house on their own. Leash or crate the new dog and let them absorb the sights and sounds and smells of the household before making intro’s to your own dogs, and then he should still be on leash. A few days of observation from afar calms everyone down and the intro will go better.

2. The dog won’t eat.

It is not uncommon for your adopted dog to not eat for the first day or so. There are a lot of new smells and a whole new environment which can be overwhelming. A dog (not a pup) can go a day or so without eating without harm as long as they have access to water. It doesn’t mean s/he doesn’t like the food we sent home. Please don’t tempt with scraps or hand feed. Offer a normal portion and if s/he doesn’t then leave it out for a bit or offer again later. Dogs, like people, know when their system doesn’t feel right. If you push food on the dog, be prepared to clean up the consequences!
3. **My new dog’s urine smells really strong: I think she/he has a UTI.**
This is another common experience in the first week. Dogs often come in with strong smelling urine that actually burns the grass. The most likely explanation is that nature adds “extra” when the dog is trying to get established in a new territory, to really punctuate the “new dog in town” message, or that they pant with stress and the urine is extra concentrated due to losing so much fluid that way instead of through the urine. It tends to fade to normal smell intensity within a week.
Many homes will wonder if the dog might have a urinary tract infection: strong smelling urine isn’t symptom of a UTI. Look instead for small frequent urinations with obvious straining and very little production as the tip-off, but don’t confuse that with marking. Even Aussie females are often dedicated markers though the position they assume is different—more like their usual squat for urination and then lifting one hind leg for marking. Each marking is just a little dribble but it’s completed quickly, unlike a dog trying to go unsuccessfully. When males mark, the position is the same as for urination, but when marking, they’ll only release a small dribble.

Marking is the equivalent of social networking: “Hi, Fluffy is in the area!” or “Fluffy was here!” It is not, contrary to popular misconception, territorial marking. Why would your dog mark territory all along your 5-6 mile walk or 50 miles from home on vacation? He knows that territory isn’t his to claim. No, he’s merely announcing his presence to other dogs, and by sniffing previously left marks, gets some sense of who is in the area and whether he recognizes their scent (i.e. knows them).

4. **My new dog is panting a lot and/or drinking an awful lot of water. I’m wondering if I should have him checked for diabetes?**
Dogs will often drink a great deal of water in the first 3-4 days due to panting with stress. Just make sure you get them out to potty often during this time. If excessive drinking persists beyond the first week, then start thinking about getting it checked out. If you’re used to less active dogs and you have a more active or young dog, their energy level alone may make cause more drinking (yours and theirs).

5. **My new dog is frightened of stairs/the tile floor/the wood floor etc.**
If a dog refuses to go down or up stairs, chances are good that she was an outdoor dog or a southern dog.
She might manage a couple of steps, but not a whole flight of stairs. Since you will have her on leash anyway, you can calmly and confidently do the stairs yourself and keep her moving with you. The first couple of times won’t be pretty, but they’ll get used to it quickly.
Tile floors or wood floors (aka “substrate” in the animal behavior world) or anything that feels new and strange under their paws may also make them hesitate. Again, use the leash, be brisk and confident in your manner and voice, and you can get them across it. Treats may also be in order.
Another behavior of dogs that haven’t lived in a house is that they consistently seem to end up on the wrong side of a door when you open it to let them out. They may also be very nervous about going through a door into the house at first. Try the same method as you would on stairs. All these things usually pass in a matter of days.
6. **I think my new dog might be deaf.**
Most dogs, even young ones, will have “selective hearing” when under stress. They don’t know you, they may be looking for other more familiar faces and tuning you out as result (“You’re not my real Mom!”), or they may have trouble reading your face and body language compared to whoever they lived with before, or they may have been yard dogs and never really had a lot of human interaction in the first place. They often come in with a name the shelter gave them, too, so what we’re calling them doesn’t ring any bells. Use the new name consistently and tie it to good things—like a treat, and usually the dog turns out not to be deaf at all when that treat bag rustles. Give this one a week or so before drawing any conclusions about hearing.

7. **The dog has diarrhea.**
This could be stress/excitement/changes. If it persists for more than 24 hours, regardless of whether it’s due to stress or worms or some other cause, fast the dog. Continue to have water freely available. A dog (not a puppy) can go without eating for several days, but it must have at least some water every few hours. Seek help if they won’t drink or can’t keep water down for a period of 12 hours or more. Continuing to feed a dog that’s throwing up or has diarrhea, or trying to tempt it into eating by hand feeding or giving extra delicious stuff, will worsen the problem. **An inflamed intestine will never recover as long as food is being sent down the line.** The diarrhea can progress to showing blood or being mucous-y. If the dog has to go the vet, the first thing a wise vet will do is withhold food to give the bowel time to settle down, and give supportive IV fluids. We can offer homeopathic remedies as well. If the diarrhea continues for 3-4 days or gets dramatically worse in 48 hours, contact the vet. If the dog has lassitude or fever coupled with diarrhea and is under a year old, go—do not delay!—to the vet for a parvo test immediately. Time is critical to start treatment if they have parvo. Dogs over a year with the same symptoms generally do not have the same level of urgency to seek vet care. Read up on giardia on our other literature. Grapefruit seed extract will keep giardia at bay.

8. **The dog is cowering in the corner/snapped at me, etc. I think this is a vicious dog.**
Never underestimate the power of fear. New dogs will do things and show behaviors in the first 3-4 days that you may never see again, all out of fear. Take it slow, crate or leash, and keep contact with your own dogs limited or non-existent. Protect yourself by handling and speaking gently, don’t grab at their collars or tug at them—touch it only enough to attach the leash. Limit interactions with other family members, especially children, unless the dog voluntarily approaches. Don’t bend over the dog so that your face and upper body are in the dog’s air space when you brush or pet them or attach the leash, and don’t allow others to: this is very threatening behavior to a dog. Stand upright or sit to interact with the dog, or kneel next to them. Don’t invite the neighborhood over to meet the dog or take the dog on tour! If you have friends or family over in the first week, crate the dog in a quiet area.

Once the dog knows the routine (who hands out the food, where he sleeps, where he potties, etc), he will calm down and be less reactive unless it’s a more deep-seated issue.
As the first week or two goes on, you will start to see the true personality. Some dogs come in and are the same from Day 1 to the day they’re placed. Others, it’s like peeling an onion: as they relax and feel more at home, you may see behaviors (good or bad) that you never saw before, or behaviors that they came in with will disappear.

9. The new dog and mine just got into a heck of a fight over a toy/bone.
It’s a good idea to remove all toys, bones, antlers and so on, for at least the first week. Innocent curiosity on the part of the new dog may make the resident dog crazy with possessiveness. In the first critical days, they shouldn’t even be loose together.

10. I tried to introduce my dog and the new dog on leash like everyone says, but it didn’t go well.
Like the announcers say on TV ads, “But wait! There’s more!”
Don’t take two dogs that are new to each other, each on leash, and let them strain toward each other. That’s what we call “Waiting for the fight to break out.”
Take the two dogs for a brisk 2-3 minute walk with a handler for each dog. Not recommended when you first bring a dog home as it increases the risk of your dog running away if you drop the leash.
Do this on the street or sidewalk away from familiar territory. Walking on a paved surface also allow you to move at a good clip.
Keep the dogs on your outside leg and the two handlers walk shoulder to shoulder. Stand straight, talk with one another, and just ignore the dogs as you walk briskly. Don’t let the dogs interact. Keep choking up on the leash if you need to, to keep them from pulling across in front of you to get to the other dog, and check them if they bark, whine or growl. You should notice the tension level and the drive to get to one another diminishing as you walk. When you see that, turn back with each handler doing a U-turn to the inside. Now the dogs will be closer to one another but still don’t let them connect.
Continue to walk briskly, keep the leashes short, and the dogs at your sides. Another minute or two of this and the dogs should start to pay less attention to each other and start to show an interest in their surroundings. If the dogs seem relatively calm and aren’t reacting to the other, you can start to loosen the leashes. If one dog puts his nose down to sniff and the other wants to follow suit, that’s a good way to segue into regular contact.
This is harder to do solo but it can be done. Leave the new dog in your car, tethered, and with a second leash attached to its collar. Go get your first personal dog, leash it, and come back to the car. Open the car door, get the new dog’s leash in a short grip, and undo the tether snap. Walk briskly keeping a dog on each side. If they don’t get with the program, you may have to use the leash to slightly lift the front half of the dog off the ground so you can make sure they go forward rather than across you. There’s no switching sides with the solo approach: just walk briskly till the tension level is coming down, and then you can start to slow your pace and let them start sniffing. Repeat with each personal. Tip: wear comfortable shoes!

An alternate intro method
Remember, you always have the option of not introducing new dogs to the household dogs for a day or so. It’s much less stressful to come home and leave the new dog in the car while you put your dogs out in the yard or down in the basement or wherever you can confine them temporarily. Go get the new dog out of the car, do a brief leash
walk for pottying (outside your fenced area if that’s where your dogs are), take him/her in and show him your basic living area (wherever your dogs aren’t) on leash, offer water, and then crate it in a public room (living room, family room, great room, etc). Let your dogs back into the main house. There will be some sniffing through the crate: try to keep your dogs from crowding it, call some away if needed, and crack down on any lunging or barking. If you have a dog you know will behave like that at first, try and gate the crate area or the dog so that they can’t even get to the crate for the first 24 hours. Repeat the separation and pottying process in the evening and again the next morning and by then, try them out on the yard together or do the walk on leash, and the interaction should go much more smoothly that if you do it right when the new dog arrives.

11. Coughing/sneezing
Many rescue dogs are stressed and will come in with some form of cough or sneeze or quickly develop one. Newly rescued dogs have been exposed at the vet hospital or on the transport with other dogs, so are apt to come down with kennel cough. The bordetella vaccine can actually cause kennel cough. Almost all upper respiratory infections (URI’s) are viral so antibiotics won’t help and they will wipe out the good bacteria that your dog needs to prevent worse diseases. Keep the new dog calm, rested, and well fed and in 7-10 days, it should pass. Read our literature as we have various remedies for kennel cough. Just keep them calm as you would a child with a cold. If the dog seems to be getting dramatically worse or there’s no improvement in a couple of days, seek a vet’s help. If the cough is sounding like the dog has a chicken bone wedged in its throat, it is likely to be kennel cough: seek help if it doesn’t substantially resolve in 7 days.

If the dogs has wheezing in the chest or appears to be laboring for breath (rib cage rising and falling markedly even when the dog is laying down doing nothing), suspect pneumonia and seek vet care.
Don’t Fear Kennel Cough!

It’s that time of year again. Cold and flu season doesn’t just affect us, it affects our pets too. Kennel cough is much like a human cold and almost always self-limiting, lasting anywhere from a day to a couple of weeks.

Kennel Cough can be difficult to detect if you’ve never heard it before: it sounds like your dog is choking or has something in his throat. If you think your dog is coughing this winter season, here are some common homeopathic remedies you might want to consider.

**Bromium**
Drawing in a breath will be difficult due to an abundance of mucus. There will be a rattling in the chest and the cough will be wheezing and rough.

**Carbo vegetabilis**
This remedy is very good for dogs who have acute difficulty breathing at night – it will usually give immediate relief. This dog will seek cool, open air. Although the cough is normally worse in the evening, the cough in the morning produces a greenish-yellow mucus. Carbo veg is a valuable remedy for dogs who are weak and cold and often in the later stages of illness.

**Drosera**
This is the primary remedy for kennel cough and should be considered for a dry, hacking cough which may be worse when the dog is lying down.

**Bryonia**
If the dog’s breathing appears abdominal and the cough is deeper, Bryonia may fit the bill. The dog will appear to be in pain when he coughs and if you hold his rib cage when he is coughing, it may relieve his symptoms and pain. The dog may prefer rest over exercise and motion will aggravate his cough.

**Phosphorus**
Another remedy for a dry, hacking cough that is worse in cold air. Phosphorus may be indicated if there are small flecks of blood or blood-tinged mucus. These dogs will appear chilly, thirsty and unusually hungry.

**Coccus cacti**
The cough will be worse at night and breathing is difficult. Coughing fits can last for several minutes, but there may be long periods of relief.

**Ipecacuanha**
Coughing may produce reflexive vomiting. The cough is worse at night and worse with cold air. The vomit or mucus may be blood tinged. Breathing will be laboured and the dog may seem to be wheezing.

**Spongia tosta**
This remedy is good for a very dry, barking cough. It may be accompanied by a weak heart. Warm water will generally improve the cough whereas cold water will aggravate it.

**Rumex crispus**
This remedy is associated with an abundance of mucus accompanied by a persistent cough that frequently changes characteristics. The symptoms will generally be better in the evening and night and worse in cold air.

**Aconite**
The key to this remedy is a sudden onset and this remedy is most effective if given when symptoms first appear. If given early, Aconite can prevent the kennel cough entirely. These dogs may appear nervous and fearful and Aconite will help to calm them, especially in the evening hours.

Hepar sulph - at end of cough, if it drags on.
Preparing for Time Home Alone

All owners find it occasionally necessary to leave their puppy at home alone. So before leaving your puppy for long periods, you should teach him how to amuse himself appropriately when left alone, such as by chewing stuffed chew toys, and learning how to enjoy his own company without becoming anxious or stressed. A dog is a highly social animal and therefore requires adequate preparation for spending some of his time in social isolation and solitary confinement.

To teach your puppy how to settle down calmly and quietly when you are absent, start by teaching him to settle down with a chew toy at times when you are present. Right from the outset, make frequent quiet moments part of the puppy's daily routine. Following the confinement schedule will help your puppy train himself to settle down. Additionally, encourage your puppy to settle down beside you for longer and longer periods. For example, when you're watching television have your pup lie down on leash or in his crate, but release him for short play-training breaks during the commercials. For a young puppy, you can't have too many rules.

When playing with your pup, have him settle down for frequent short interludes every one or two minutes. Initially have the pup lie still for a few seconds before letting him play again. After a minute, interrupt the play session once more with a three-second settle-down. Then try for four seconds, then five, eight, ten, and so on. Although being yo-yoed between the commands "Settle down" and "Let's play" is difficult at first, the puppy soon learns to settle down quickly and happily. Your puppy will learn that being asked to settle down is not the end of the world, nor is it necessarily the end of the play session, but instead that "Settle down" signals a short timeout and reward break before he is allowed to resume playing. If you teach your puppy to be calm and controlled when told, you will have years of fun and excitement ahead. Once your puppy has learned to settle down and shush on cue, there is so much more your dog can enjoy with you. Until you have trained your puppy to enjoy spending much of his day at home alone, you might recruit a puppy sitter who has time to spend with him.

Separation Anxiety

Maintaining your puppy's confinement schedule when you are at home prepares your puppy to be calm when you are gone. Allowing a young puppy unrestricted access to you when you are at home quickly encourages him to become overly dependent, and overdependence is the most common reason why dogs become anxious when left at home alone. Try your best to teach your puppy to enjoy his own company, to develop self-confidence, and to stand on his own four paws.

Once your puppy is confident and relaxed on his own, he may enjoy all of his time with you when you are at home. When leaving your puppy for hourly sessions in his short term confinement area (dog crate), make a point to check how he fares when left in another room. For example, periodically confine your puppy to his crate in the dining room while you prepare food in the kitchen, then keep the pup in his crate in the kitchen while the family eats dinner in the dining room.

Most importantly, when you are at home, make certain to familiarize your puppy with his long-term confinement area (puppy playroom). Confining your pup when you're home enables you to monitor his behavior during confinement and check in on him at irregular intervals, quietly rewarding him for being quiet. Thus your pup will not necessarily associate his confinement
area with your absence, but rather he will learn to look forward to time spent in his playroom with his special toys.

Give your puppy plenty of toys whenever leaving him on his own. Ideal chewies are indestructible and hollow (such as Kong products), as they may be conveniently stuffed with kibble and occasional treats which periodically fall out and reward the pup for chewing his toy. If your puppy is gainfully occupied with his chew toy, he will fret less over your absence. Additionally, leave some soft music playing. The sound will provide white noise to mask outside disturbances. The sound of a radio is also reassuring, since it is normally associated with your presence.

**When Leaving Home**

Make sure to stuff a number of kongs with kibble and treats. Make sure to stuff a little treat, or some plain yogurt, or some kibble with a little chicken broth, into the tiny hole of each Kong, or deep into the marrow cavity of each bone. You can freeze the kong. Place the tastily stuffed kong in your puppy's long-term confinement area and shut the door with your puppy on the outside! When your puppy begs you to open the door, let him in and shut the door, turn on the radio or television, and leave quietly. Your puppy's chewing will be regularly reinforced by each piece of kibble which falls out of the kong. Your puppy will continue to chew in an attempt to extract the treats. Eventually your puppy will fall asleep.

**Home Alone**

Dogs are quite happy to sleep all day and all night. They have two activity peaks, at dawn and dusk. Thus, most chewing and barking activity is likely to occur right after you leave your pup in the morning and just before you return in the evening. Leaving your puppy with a freshly stuffed kong and offering the unextracted treats when you return prompts your puppy to seek out his chewies at times of peak activity.

**Jekyll-and-Hyde Behavior**

Smothering your puppy with attention and affection when you are home primes the pup to really miss you when you are gone. A Jekyll-and-Hyde environment (lots of attention when you are there, and none when you are gone) quickly creates a Jekyll-and-Hyde puppy which is completely confident when you are there, but falls apart and panics when you are gone. If you allow your puppy to become dependent upon your presence, he will be anxious in your absence. When stressed, dogs are more likely to indulge in bad habits, such as house-soiling, chewing, digging, and barking. During your puppy's first few weeks at home, frequent confinement with stuffed kongs is essential for your pup to develop confidence and independence. Once your puppy is quite happy busying himself with his kongs whenever left alone, you may safely allow your now well-behaved and confident pup to enjoy as much time with you as he likes, without the fear that he will become anxious in your absence.

**Wonderful Weekends and Worrisome Weekdays**

Whereas weekend attention and affection is wonderful, it primes your new puppy to miss the family on Monday morning when the parents go to work and the children leave for school. By all means, play with and train your puppy lots during the weekend, but also have lots of quiet moments to prepare your puppy for lonely weekdays.
Save A Dog Crate Training Basics

The purpose of crating a young dog or pup is to both keep him safe while you cannot directly supervise him and to teach him to control his bladder and bowels. Crate training has an advantage over keeping a dog confined in a small room because it strengthens his ability to “hold it”. If allowed free run of a room, the dog will tend to use one end for his bathroom and the other for his bedroom. In a crate, it’s his bedroom and he will not want to mess it up. He will need to be in the crate long enough to have to go. Because he’s in a small space he won’t want to mess up his "den" so he will wait. You can put an old towel or blanket in with him and a chew toy to keep him occupied. If you have a wire crate, it's best to remove any collars that have tags as they can get caught in the bars of the crate. If you have a very young puppy, it’s best to start with a puppy pen lined with puppy pads or newspapers and put the crate at one end with the door open. As long as you put the soft bedding (towel preferred) inside the crate, then the puppy will learn to sleep in the crate and pee on the papers. As the pup grows, you can try one hour at a time in the crate with the door closed to see if he can hold it. Never punish a pup for going to the bathroom in the crate as their bladders are small and they can’t help themselves. Better to reward for going on the papers and outside than to show disapproval for accidents (as it makes housebreaking take much longer when the pup is ashamed). Crates with dividers work against what Mom taught them in the whelping box – if the pup has to go, they have to go and it’s better for them to have the accident in another part of the crate rather than have to “sit in it”. Even if you have to use a large crate, lay the bedding on one end and the papers on the other. Eventually you will be able to put all the soft bedding in the crate and not worry about accidents.

Tip: My secret to crate training is to make all good things happen IN the crate. This includes water, food, bones, and even toys. If you do this, he will soon love his crate.

Location: Have the crate in your view or in an area where the family members are. If he fusses too much you may have to move him to another room until he quiets down. Don't reward barking in the crate with attention as that will reinforce the barking. When he stops barking, then go see how he's doing and give him a treat and some reassurance. For a 3 month old pup you should have him in the crate at least an hour but not more than 3 hours at a time, if possible, so that he will have to go when you take him out.

As soon as you get him out of the crate, take him outside to a selected area. Don't take him for a walk as all the smells will be too distracting, but just stay in one spot and let him pace in an area 5 to 10 feet. The pacing will get things moving and once he's smelled all the smells in that area he'll most likely go. When he goes, praise him or if you're using a clicker, click him when he's finished and then give him a really juicy treat.

After he goes and he's back inside you can play with him or let him play alone in a confined area no larger than a bathroom or mudroom, for about 20-30 minutes. Then put him back in the crate so he can build up enough time to have to go again. Let him have water as this will speed the process. If he whines and paces, that may be a good indicator that it's time. As you crate your dog longer and longer you will learn how long he can hold it, but also it will strengthen his bladder so that he can hold it longer.
Crate Training Instructions

Remember, no longer than a 3 hour stretch for young pup. You want to set him up for success, so don't wait too long.

If you take him outside and he doesn't go after about 3 or 4 minutes, then take him back in and put him right into the crate. Then take him out in 3-40 minute intervals. Each time he doesn't go, he goes back into the crate. This is not punishment, but you'll need to confine him until he learns to hold it and only "go" outside. By letting him have a playtime after each urination or bowel movement he will also get the message that there are rewards for going outside. Each time he has a success let him play in the confined area a longer period of time. You may find that in just a few days time he will be holding it longer and longer and when you take him out he will do his business sooner and sooner as he gets the message about what's expected. Remember not to play with him when you go out, but let him be bored enough to do his business.

If he has accidents inside, don't scold him. He won't understand but even worse he may associate going to the bathroom in front of you as a bad thing and that could lead to problems with getting him to go while on leash (because he won't want to get punished). If he's having accidents, then he needs less free play time and more crate time until you get him back on a schedule.

Crating at Night.

It's crucial that your new pup be crated at night and preferably NOT have the crate in your bedroom. Take him outside just before bedtime and then put him in his crate with a soft blanket or towel. You can give him a night light and soft music if you want.

• First thing in the morning, take the pup outside to go to the bathroom. Give lots of praise when he goes, and promptly bring him in for breakfast.
• Feed your puppy in the crate, if possible, as it gives him a pleasurable experience while in the crate. Within 10-20 minutes take him outside again as he will often need a bowel movement shortly after eating.
• Young puppies (under 3 months) should free feed and should be in a crate/x-pen containment system.
• Once you start serious crate training, then allow your puppy to eat until full, then pick up the bowl and do not allow him to free feed. The reason is that you want him on a schedule so that he will not have unexpected bowel movements. Dogs who eat all day tend to go all day and house training is not as easy.
• Once he's had a bowel movement, praise him and bring him in to play. He should be good for another 30 minutes or so.
• When you cannot supervise him, you should put him in the crate with a chew toy to keep him busy.
• Puppies can generally "hold it" for an hour or two, so when he hour is up, take him out again and praise him when he goes.
Crate Training Instructions

• You'll want to take him out before you retire for the night and then again first thing the next morning. Crating at night will help teach your pup to hold it through the night. If he whines in the middle of the night, it may mean that he has to go. Most pups over 8 weeks can make it through the night without incident, depending on the size of the dog, the larger the better for ability to hold it.

Your pup may make mistakes in the beginning, but once he realizes that he's going to get out of the crate for lots of pee and play time, then he will learn to hold it longer and longer. As he's allowed more free play time, leave the crate door open so he will be accustomed to going in and out of his little den. Even after he's outgrown the use of the crate, it's a great tool to have for trips or for when you need to isolate him (example, when carpenters or cleaning people who are apt to leave doors ajar are at your house). Remember, the crate is a tool and the more consistent you are in the beginning, the greater success you will have in the end. Dogs that are comfortable with the crate have an easier time traveling, staying overnight at the vet’s or at an overnight kennel.

Puppy Containment System
The ideal way to confine a young pup is by using a puppy containment system. The picture below shows the wire X-pen attached to a wire crate. Put the soft bedding in the crate and put newspapers in the X-pen area. Food and water should be adjacent to the crate so your pup can eat and drink freely. Leave the crate door open so your pup can move about freely. This is best kept on a tiled floor for easy clean-up. This allows you to sleep through the night and if the pup has to go, he can get up and do his business without waking you. We sell both X-pens and crates at our shelter store.
How to Survive Your Dog’s Vet Visit without Having your Dog “Over-serviced”

This article will help you to save money at your dog’s wellness visit while keeping your dog healthy. Many of our adopters and volunteers have told us that this is invaluable information so we are making this available to the public as well. This article contains a good deal of information and it is not our intention to overwhelm but, to give you good resources when you need it. It is a good idea to review this this prior to your pet’s wellness visit, but if you are adopting a dog from Save A Dog, it will help the adoption process to go faster as it will give you a good foundation as to our holistic protocol. At the humane society we talk to people every day who have lost a dog to cancer or some other disease that might have been prevented if only they had some truthful education as to some harmful ingredients that are contained in vaccines and commercial pet food.

Dr. Jean Dodds, Veterinarian and Vaccine Researcher, developed a protocol that has been adopted by all 27 Vet teaching universities. Sadly, not all veterinarians have caught on because a large portion of their income is generated by vaccinations. We can’t stress this enough, you have to be your pet’s advocate when taking your dog or cat for a wellness visit. It’s hard to believe, but most Veterinarians these days will pressure you into extra vaccines that are actually harmful to your pet. Fear tactics are the norm, yet this fear-based medicine has no scientific validity whatsoever! It is strongly recommended that you do your homework first as many vaccines can actually be detrimental to your pet’s health. A good Web site that is written in layman’s terms is: http://www.shirleys-wellness-cafe.com  (developed by a different Shirley, but who has the same philosophy) as well as http://www.dogs4dogs.com/blog/.

If your dog or pup needs the puppy boosters (DA2PP) never allow the Lepto vaccine to be added as it has the most adverse side effects and has caused deaths in dogs. If you’re worried about leptospirosis, Save A Dog will provide upon request, a lepto nosode, which is safe and gentle.

The only vaccine required by the state of MA is the Rabies vaccine.
If you adopt a puppy, wait at least a month after the final puppy booster before giving the Rabies vaccine. This means not before your pup is at least five months old. You legally can wait until the pup is six months old. Once your pup gets his first rabies vaccine, it’s important to note the expiration date. In MA you have to renew it within a year in order to be put on the 3 year vaccine schedule for Rabies. If you allow the 1 year Rabies expire by even 1 day, your dog be required to receive another 1 year vaccine, so it’s important to note the date. Renewal on time means your dog receives a 3 year break between vaccinations. The Rabies vaccine contains aluminum hydroxide, which is a documented by the WHO as being a 3 out of 4 carcinogen! With such a dangerous ingredient -- and a cancer epidemic -- you don’t want to subject your pet to this vaccine too often. The vaccine can cause a fibrosarcoma on the site of the injection, especially in cats. All you have to do is “google” and you will find many stories about injection site fibrosarcomas. The following guidelines may save your pet’s life:

- Never allow anyone to vaccinate your dog if s/he is not in optimal health. This includes skin infections, ear infections, or bowel disturbances.
- Never allow vaccination just prior to or while your dog is undergoing surgery.
- Never allow two vaccines to be given at the same time, especially the rabies.

Don’t Keep Subjecting Your Adult Dog to the Puppy Boosters!
If your dog is under the care of a veterinarian, you probably receive post card reminders listing “needed” vaccines. It is important to note that once your dog has finished his puppy boosters, the only vaccine required by law is the rabies vaccine. The distemper/parvo (DAPP) booster should NOT be repeated every year or every 3 years, as some vets recommend. There is absolutely no scientific evidence to support a 3 year schedule for this vaccine. Parvo/Distemper vaccines should only be given to puppies (using Dr. Dodd’s protocol) and then you can have a titer test done if you feel it’s necessary. Dr Ronald Schultz,
vaccine researcher and expert witness on vaccines, gives his puppies one vaccine at 15 weeks and then he titer the pup every 3 weeks afterwards. He has never had to give a second vaccine – not ever. Do not be pressured into the 3 year vaccine as an over-stimulated immune system can lead to auto-immune and other chronic diseases.

Dr. Ron Schultz and Dr. Scott reported back in 1978 that vaccines were not needed yearly and if that was done, it was for the generation of revenue and the hook to grab clients, but never scientifically researched nor does it today fit evidence-based medicine.

Shocking revelation: although every vaccine manufacturer has completed studies as to length of immunity for their products and although every product has at least of 3 years protection…not one of these results has been published or publicly acknowledged until the 3 year recommendations came out from the AVMA, AAHA and AAFP. In other words manufacturers have always known these vaccines would generate immune titers for a lengthy amount of time and all at least 3 years and yet never informed the public, they also never completed any safety studies against carcinogenicity none for the multiple use of vaccines and year after year after year use of the ‘mumbo jumbo’ vaccine cocktail.

Isn’t it time to demand full disclosure on vaccines? It is your right! Do not be bullied into having your dog over-serviced by anyone who is profiting from that service and the ensuing repeat business. You are your dog’s ONLY advocate!

Annual Vaccines? NEVER! Here’s a quote, from Dr. Ronald Schultz and Tom Phillips, DVM, that appeared in Current Veterinary Therapy XI in 1992 (Dr’s. Schultz and Phillips are respected veterinary immunologists in the academic community): A practice that was started many years ago and that lacks scientific validity or verification is annual revaccinations. Almost without exception there is no immunologic requirement for annual revaccination. Immunity to viruses persists for years or for the life of the animal. Successful vaccination to most bacterial pathogens produces an immunologic memory that remains for years, allowing an animal to develop a protective anamnestic (secondary) response when exposed to virulent organisms. The practice of annual vaccination in our opinion should be considered of questionable efficacy unless it is used as a mechanism to provide an annual physical examination or is required by law (i.e., certain states require annual revaccination for rabies).

What the Experts Say about Vaccines

**Leptospirosis vaccine:** This vaccine does not protect your dog against contracting Leptospirosis because there are over 253 strains of lepto -- vaccines protect against only three or four. As well, that vaccination does not prevent infection, but rather lessens the severity. Lepto vaccination also does not stop shedding of bacteria in the urine, meaning it doesn’t protect humans.

Most importantly, of all the bacterin vaccines, *Leptospirosis causes the most adverse reactions.*

The American Animal Hospital Association Guidelines for vets places Leptospirosis in their ‘non-core’ (optional) category, with special mention of its high incidence of post- vaccination reactions and advises that, “Annual boosters are not routinely recommended for all dogs. Vaccination should be restricted to use in areas where a reasonable risk of exposure has been established.”

Here’s something to think about. Rats carry the Lepto virus and you don’t see humans being vaccinated against Lepto and yet the human population is not beset with a Lepto outbreak. So why are vets pushing this vaccine on dogs? Should you give in, just to have a good relationship with your vet? A few years back the “annual distemper/parvo” vaccine was debunked by vaccine researchers and veterinary immunologists as being harmful to pets, so you might wonder if this is a business strategy to generate more business for vet hospitals.
Corona vaccine: The Fort Dodge first corona virus vaccine was not killed and the use of that product lead to many cases of vaccine induced encephalitis in the canine. Corona virus vaccine is a vaccine in search of a disease, we didn’t even need it, Europe never fell for that and the vaccine isn’t even available there. In the killed form as it is sold by Fort Dodge in the mumbo jumbo, this would not ever even protect a dog from corona virus if the corona virus even ever learned how to cause disease in a dog!

Canine Distemper vaccine: In the canine distemper vaccine using a canary pox vectored (recombinant DNA) not only allows you to immunize the puppies earlier without running into maternal immune derived interference but as in certain breeds like the Weimaraner, the puppy can survive the vaccination process! Dr. Schultz vaccinates his puppies once at 15 weeks and runs titers after that. What he advises the general public: As a general rule when a Modified Live Vaccine is given to a dog at 15 weeks of age, the vaccine acts as an innate, introduction and booster vaccine all at the same time. When using a Killed vaccine you always MUST use 2 doses and if an interval is longer than 6 weeks from 1 to 2 (booster) then the series must be redone. However, in Modified Live Vaccines it doesn’t matter how far you get apart you can still use the spaced interval (essentially because you don’t even need it if the pup is at least 15 weeks old).

Bordetella (kennel cough) Vaccine: Bordetella is not a disease you can prevent by vaccination.

What Dr. Schultz says about Veterinary Practices that Push Vaccines

For many veterinary practitioners canine vaccination programs have been “practice management tools” rather than medical procedures. Thus, it is not surprising that attempts to change the vaccines and vaccination programs based on scientific information have created great controversy and unique methods of resistance to the proposed changes have been and are being developed. For some practitioners the issues are not duration of immunity for the vaccines, nor which vaccines are needed for the pet, instead it is felt that every licensed vaccine should be given to every pet on an annual or more often basis. A “more is better” philosophy prevails with regard to pet vaccines. On many occasions practitioners say that “I know that many of the vaccines I administer probably aren’t needed, but it won’t hurt to give them and who know the animal may need them some time during their life because of unknown risk.” I have also been told by many practitioners that

“I believe the duration of immunity for some vaccines like distemper, parvovirus, and hepatitis many years, but until I find another way to get the client into my office on a regular basis I’m going to keep recommending vaccines annually.”

Annual vaccination has been and remains the single most important reason why most pet owners bring their pets for an annual or “wellness visit.” The important of these visits for the health of the pet is exceptional. Therefore, dog owners must understand the vaccines are not the reason why their dog needs an annual wellness visit. Another reason for the reluctance to change current vaccination program is many practitioners really don’t understand the principles of vaccine immunity. It will be necessary to correct many of these and additional misunderstanding by providing education to veterinary practitioners, kennel owners, and pet owners before significant changes in vaccination programs can or will occur to reduce the over-vaccination of both cats and dogs.

Dr. Schultz’s Vaccine Recommendation for Puppies

1. Canine Parvovirus type 2 (CPV-2);
2. Canine Distemper virus (CDV);
3. Canine Adenovirus type 2 (CAV-2);
4. Rabies Virus (RV).
When Do These Core Vaccines Need to be Given?
Vaccine expert Dr. Ronald Schultz recommends that puppies should be given at least one DAPP booster at 16 weeks of age or older. For shelter pups and pups from breeders, we follow Dr. Jean Dodd’s protocol, which has been adapted by vet teaching hospitals. It is important that if you follow this protocol, that the last dose be given at 14 to 18 weeks of age. Vaccines should never be given to pups under six weeks old. If vaccines are given to pups at six weeks, it is safer that they just get the simple DAPP or DA2PP and not the lepto combination vaccine. After the puppy series is completed, the standard recommendation is revaccination at 1 year, but we recommend doing a titer test instead. For rabies, vaccinate a year later (before the expiration date) so as to be put on the 3 year schedule for required Rabies vaccines.

VACCINES TO AVOID COMPLETELY

**Bordetella** is not a vaccinatable disease, according to Dr. Ronald Schultz, leading vaccine expert! To prevent and cure kennel cough, it is best to build up your dog’s immune system with with a good diet and probiotics. Save A Dog carries an assortment of supplements, which is the best way to boost your dog’s immune system. For more information on the bordetella vaccine, see [http://www.dogsnaturallymagazine.com/bordatella-vaccination-dogs/](http://www.dogsnaturallymagazine.com/bordatella-vaccination-dogs/) as well as [http://www.dogs4dogs.com/blog/2012/03/21/bordetella-does-your-dogreally-need-the-kennel-cough-vaccine/](http://www.dogs4dogs.com/blog/2012/03/21/bordetella-does-your-dogreally-need-the-kennel-cough-vaccine/). We’ve experienced first-hand that this vaccine causes kennel cough and spreads it to other dogs.

**Lyme disease vaccine** causes heart disease and heart attacks in humans and was taken off the market in 2004. If it was determined to be unsafe for the human market, why is it okay to give to dogs? It offers only minimal protection and the side effects are worse than the actual disease. It is not worth the risk of heart disease and painful arthritis. Your dog will have better protection with a strong immune system. Dr. Patricia Jordan strongly warns against this vaccine due to the connection with heart disease and crippling arthritis.

**Leptospirosis (Lepto)**, as added to the DAPP (distemper/parvo) vaccine, is very dangerous as it has the most adverse side effects of any other vaccine, including kidney failure. See [http://www.dogsnaturallymagazine.com/read-this-before-you-vaccinate-for-lepto/](http://www.dogsnaturallymagazine.com/read-this-before-you-vaccinate-for-lepto/) for details on this dangerous vaccine.

**Canine Influenza** is not recommended as it damages your dog’s natural immunity. Homeopathic remedies are more effective if your dog comes down with the flu. There are only a handful of states affected by canine influenza and MA is not one of them.

Harmful Ingredients and their Side Effects

**Vaccination and Brain Inflammation**
A great number of studies have shown that when you vaccinate an animal, the body’s inflammatory cytokines not only increase dramatically, but so do the brain’s inflammatory chemicals. The brain has its own immune system that is intimately connected to the body’s immune system. The main immune cell in the brain is called a microglia. Normally, these brain cells are lying throughout the brain in a resting state (called ramified). Once activated, they can move around, traveling between brain cells like amoeba (called amoeboid microglia).

In the resting state, they release chemicals that support the growth and protection of brain cells and their connections (dendrites and synapses). But when activated, they secrete a number of very harmful chemicals, including inflammatory cytokines, chemokines, complement, free radicals, lipid peroxidation products, and two excitotoxins -- glutamate and quinolinic acid.

In essence, these brain immune cells are out to kill invaders, since the body’s immune system sent an emergency message that an invasion had occurred. With most infections, this phase of activation last no
more than a few days to two weeks, during which time the immune system successfully kills off the invaders. Once that is accomplished, the immune system shuts down to allow things to cool off and the brain to repair what damage was done by its own immune system.

**Mercury and Aluminum**

Most vaccines contain aluminum compounds. A multitude of studies have shown that aluminum, especially if combined with fluoride, is a powerful brain toxin and that it accumulates in the brain. With each vaccine injection, a dose of aluminum is given. These yearly aluminum inoculations accumulate not only at the site of the injection, but travel to the brain, where it enters neurons and glial cells (astrocytes and microglia). A number of studies have shown that aluminum can activate microglia and do so for long periods. This means that the aluminum in your vaccination is priming your microglia to overreact. The next vaccine acts to trigger the enhanced inflammatory reaction and release of the excitotoxins, glutamate and quinolinic acid.

You must also appreciate that any infection, stroke, head injury or other toxin exposure will also magnify this inflammatory brain reaction initially triggered by your vaccines. Studies have now indicated that the more one’s immune system is activated the more like he or she will suffer from one of the neurodegenerative diseases.

Mercury is also a powerful activator of brain microglia and can do so in extremely low concentrations -- in nanomolar amounts. Because of its numerous reactions with sulfhydral compounds in the body (which are ubiquitous), mercury can poison a number of enzymes, both systemically and in the brain. Of special concern is the ability of mercury, especially ethyl mercury (the kind found in vaccines called thimerosal) to inhibit the regulation of brain glutamate levels. (It does this by inhibiting the glutamate transfer proteins that control the removal of glutamate from outside the neuron, where it does its harm.) In essence, mercury, in the concentrations being injected with vaccines, triggers excitotoxicity, increases brain free radicals and lipid peroxidation products, inhibits critical brain enzymes, inhibits antioxidant enzymes and impairs DNA repair ability. The flu vaccine contains enough mercury to do all of these things. You must keep in mind that each flu vaccine adds to the mercury supplied by your last vaccine -- that is, it is progressively accumulating in your brain.

In addition, the aluminum in the vaccines also primes microglia, and when combined with mercury is infinitively more toxic to the brain. Now, if this is not enough, we also have to consider the contamination of vaccines with foreign viruses and viral components. Studies have shown that this is not a rare occurrence, with up to 60% of vaccines being contaminated in one study of several major manufactured vaccines. When confronted with this fact, vaccine proponents just shrug their shoulders and say -- "We don't think these things are harmful."

Dr. Alice Wolf, Professor of Small Animal Internal Medicine at Texas A&M College of Veterinary Medicine, stated in an address ([Vaccines of the Present and Future](http://www.vin.com/VINDBPub/SearchPB/Proceedings/PR05000/PR00141.htm)) at the 2001 World Small Animal Veterinary Association World Congress: *"The recommendation for annual revaccination is a practice that was ‘officially’ started in 1978. This recommendation was made without any scientific validation of the need to booster immunity so frequently."* She also stated that "some veterinarians use the recommendation for vaccinations as a way to ensure client visits for yearly examinations and, least appropriate, as a ‘profit center.’"

According to Colorado State’s College of Veterinary Medicine Teaching Hospital ([http://www.geocities.com/kremersark/CSAP.html](http://www.geocities.com/kremersark/CSAP.html) [http://www.calmanimalcare.com/vaccine.htm](http://www.calmanimalcare.com/vaccine.htm)), "Yearly booster vaccine recommendations for vaccines other than rabies virus have been determined arbitrarily by manufacturers." The AAHA’s guidelines state "There is no scientific basis for the recommendation to revaccinate dogs annually with many of the current vaccines that provide years of immunity."
The statement stresses AVMA's stance on education, a reduction in the profession's dependence on vaccine sales, which account for a significant portion of practice income.

Practitioners and scientists like Glickman theorize the repeated use of vaccines breed antibodies that can attack a host's own organs, causing autoimmune disease. Schultz argues that many annual vaccines remain effective throughout a lifetime; at least one of his reports successfully challenges a distemper vaccine after seven years. But despite all the research, it wasn't until veterinarians started noting soft-tissue sarcoma developing at vaccine injection sites in cats that the issue sparked widespread debate.

AVMA admits that the practice of annual vaccinations is based on historic precedent and not research. ‘In the 1970s, there were four vaccines for dogs and we weren't using them often. Now there are 16 vaccines for dogs, and if they're not getting them annually, they're getting them more often than that.’ (quote from Dr. Ronald Schultz)

AVMA refuses to reveal much concerning its position prior to publication, but according to Galvin, the statement offers advice for veterinarians and proposes the following:

* **Veterinarians must promote the value of the exam and move away from their dependence on vaccine income.**

**Vaccines Cause Cancer and Auto-immune Diseases**

Fears of vaccine-induced diseases date back more than 40 years. But a sharp increase during the past decade in cancerous tumors among cats, between the shoulder blades where vaccines typically are injected, has spurred studies. Some have found a higher-than-expected incidence of side effects. "We see health problems in dogs for which we have no explanation. The classic one is autoimmune disease," says Larry Glickman, professor of epidemiology at Purdue University's School of Veterinary Medicine in West Lafayette, Ind., who is studying possible links with vaccinations. "We see an epidemic of hyperthyroidism in cats today, and we suspect that these are happening because we're over-vaccinating our pets."

Dr. Glickman and his colleagues theorize that repeated vaccination causes dogs to produce antibodies against their own tissue. The antibodies are caused by contaminants in the vaccine introduced in the manufacturing process. While the amounts are minuscule, they gradually accumulate with repeated vaccinations over the years. But Dr. Glickman cautions that more research is needed before a clear link can be established between antibody levels and autoimmune disease.

In 1999 the WHO named the veterinary vaccine adjuvant a grade 3 out of 4 carcinogen, with four being the most carcinogenic. The adjuvant identified is aluminum hydroxide, a component of most of the currently used veterinary vaccines. Immuno-supression and genetic mutations of the patient’s p53 onco gene are both routes to cancer via vaccine administration.
Note: The following vaccine protocol is offered for those dogs where minimal vaccinations are advisable or desirable. The schedule is one I recommend and should not be interpreted to mean that other protocols recommended by a veterinarian would be less satisfactory. It's a matter of professional judgment and choice.

<table>
<thead>
<tr>
<th>Age of Pups</th>
<th>Vaccine Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 10 weeks</td>
<td>Distemper + Parvovirus, MLV (e.g. Intervet Progard Puppy DPV)</td>
</tr>
<tr>
<td>14 weeks</td>
<td>Same as above</td>
</tr>
<tr>
<td>16 - 18 weeks (optional)</td>
<td>Single Parvovirus, MLV. Note: new research states that last puppy parvovirus vaccine should be at 18 weeks.</td>
</tr>
<tr>
<td>20 weeks or older, if allowable by law</td>
<td>Rabies; mercury-free (TF). Note: give 3-4 weeks apart from other vaccinations.</td>
</tr>
<tr>
<td>1 year (You can opt for a titer test instead)</td>
<td>Distemper + Parvovirus, MLV (e.g. Merck Nobivac [Intervet Progard] Puppy DPV) or titer. This is an optional booster or titer. If the client intends not to booster after this optional booster or intends to retest titers in another three years, this optional booster at puberty is wise.</td>
</tr>
<tr>
<td>1 year</td>
<td>Rabies; 3-year product if allowable by law; mercury-free (TF). Note: give 3-4 weeks apart from other vaccinations.</td>
</tr>
</tbody>
</table>

Perform vaccine antibody titers for distemper and parvovirus every three years thereafter, or more often, if desired. Vaccinate for rabies virus according to the law, except where circumstances indicate that a written waiver needs to be obtained from the primary care veterinarian. In that case, a rabies antibody titer can also be performed to accompany the waiver request. Visit: www.rabieschallengefund.org

W. Jean Dodds, DVM
HEMOPET
11561 Salinez Ave.
Garden Grove, CA 92843
E-mail: hemopet@hotmail.com
Warning Regarding “Annual” and “3-Year” Distemper
More than a few years ago all 27 Veterinary teaching hospitals changed their protocol for the distemper vaccine. Studies show that it not only does NOT provide additional protection after a year, but that it can cause damage to your dog’s health. We follow Dr. Jean Dodd’s protocol.

Don’t be pressured into giving this potentially dangerous vaccine if your dog has already had it as an adult. You can always request a titer test if you have concerns about his/her protection against distemper. We have seen too many dogs die from the subsequent diseases that this vaccine causes.

Dr. Jean Dodd’s Vaccine Protocol
"Dogs and cats immune systems mature fully at 6 months. If a modified live virus vaccine is given after 6 months of age, it produces immunity, which is good for the life of the pet (ie: canine distemper, parvo, feline distemper).

If another MLV vaccine is given a year later, the antibodies from the first vaccine neutralize the antigens of the second vaccine and there is little or no effect. The titer is not "boosted" nor are more memory cells induced.’’

Not only are annual boosters for parvo and distemper unnecessary, they subject the pet to potential risks of allergic reactions and immune-mediated hemolytic anemia.”

There is no scientific documentation to back up label claims for annual administration of MLV vaccines. Puppies receive antibodies through their mother’s milk. This natural protection can last 8-14 weeks. Puppies & kittens should NOT be vaccinated at LESS than 8 weeks. Maternal immunity will neutralize the vaccine and little protection (0-38%) will be produced.”

Vaccination at 6 weeks will, however, delay the timing of the first highly effective vaccine. Vaccinations given 2 weeks apart suppress rather than stimulate the immune system.

A series of vaccinations is given starting at 8 weeks and given 3-4 weeks apart up to 16 weeks of age. Another vaccination given sometime after 6 months of age (usually at 1 year, 4 months) will provide lifetime immunity.”

A Homeopathic Perspective on Immunity: Many homeopathic vets, especially in Europe, will opt for nosodes instead of vaccines. Here’s an excerpt from George MacLeod, DVM a well-known homeopathic vet from Great Britain, from his book Dog Homeopathic Remedies: There is a fundamental difference between conventional vaccination by injection and that using the oral route. The former involves the subcutaneous or intramuscular injection of an antigen (vaccine material) which after an interval produces antibodies in the bloodstream against the particular antigen. While in most cases by this method a degree of protection against the particular disease is established, the procedure can be criticized on two grounds: 1, The defense system of the body is not fully incorporated by this means and 2, there is a risk of side effects due to the foreign nature of the protein involved in the vaccine material. This aspect of conventional vaccination has been well-documented in many species. Oral vaccination on the other hand gives a more solid immunity inasmuch as it incorporates the entire defense system, which is mobilized as soon as the vaccine is taken into the mouth and builds up protection with each further dose. This build-up leads on from the tonsillar tissue through the lymphatics incorporating the entire reticulo-endothelial system. This procedure is equivalent to what is known as "street infection" viz. ingestion of virus etc. during daily contact with other animals, when immunity would be built up in the same way. Another advantage in protection by homeopathic means is that vaccination can be started very early in the puppy’s life, e.g. within the first week if necessary. This does not interfere with the presence of any maternal antibodies. Our vet recommends starting pups on nosodes and then giving the injectable vaccine at 12 weeks.
Other Ways to Save $$$ in Vet Costs

Buy ½ the Recommended Heartworm Preventative Medicine (only after six months of monthly preventives). Vets sell this medicine in a monthly dose, but studies show that Interceptor has a reach-back effect of 60 days or more. Heartworm pills can only be purchased with a vet’s prescription. We recommend starting with a monthly dose of Interceptor or Heartgard for the first six months if your dog originated from a heartworm endemic area, then retest and put on Interceptor Plus. Interceptor is also bundled into Sentinel. Note that Collies and mixed breed Collies and Australian Shepherds are very sensitive to Ivermectin, so do not use Heart Guard on these breeds.

Do Not Buy Vet-supplied Flea and tick preventative. We do NOT recommend ANY “spot on” flea or tick products on a regular basis. We do not recommend using Frontline or Advantix or any flea/tick drops as they put pesticides in your dog’s blood stream and these companies are being investigated by the EPA. http://www.epa.gov/pesticides/health/pets.htm. The FDA finally issued a warning that these products (Bravecto, Nexgard, Simparica) will cause neurological damage and seizures. https://www.fda.gov/AnimalVeterinary/NewsEvents/CVMUpdates/ucm620934.htm

There is also a connection between these products and cancer. To see an article on the link between lymphoma and flea and tick products, see http://www.shirleys-wellness-cafe.com/pestcontrol.htm . Also note the lethal effect these products have on humans: http://www.nrdc.org/health/effects/pets/execsum.asp. Spot-on flea/tick products do not prevent a tick from biting. Chewable pesticides such as Nexgard and Bravecto contain warnings by the FDA.

Safer products: It’s better to use a safe product such as Evictors, a product that we’ve used effectively against ticks. We sell the cedar spray at Save A Dog for as low as $10. You can buy it online. A good article to read on ticks and Lyme disease is http://www.dogsnaturallymagazine.com/ticks-natural-prevention/. Also, brewer’s yeast and garlic supplement will naturally repel insects. We sell the Bug Off Garlic made by springtimeinc.com or you can order it online. See our hand outs for more information on treating Lyme homeopathically.

Do Not Buy Dog Food from the Grocery store or the Vet! Most vet-supplied dog food is not good for your dog’s health. For example, did you know that Hills Prescription Diet contains a cancer-causing preservative called ethoxoquin. Just because you don’t see it listed as an ingredient doesn’t mean it isn’t there. Look for foods that use Vitamin E as a preservative. Most vets are simply not taught nutrition at vet school because the big pet food companies, such as Purina Ralston, have their own reps that come in and “teach” the vets about what is recommended by the AAFCO, The Association of American Feed Control Officials. The AAFCO advisors and committee members include representatives from major feed manufacturers and ingredient suppliers such as Nestle Purina, Hills Pet Nutrition, Nutro Products and Cargill Animal Nutrition. Despite this, AAFCO claims that its function is to protect the consumer. Despite its regulations, AAFCO has no means of enforcement, nor do they perform any analytical testing of foods. Regardless, AAFCO’s regulations are adopted by most states and are the standard to which pet and livestock feed manufacturers must adhere.

The FDA (Food and Drug Administration) is responsible for regulating pet foods, but this is like the fox guarding the chicken coop. When Purina got caught putting euthanized pets in the pet food, the FDA said it was okay to have a set number of parts-per-billion of the euthanasia drug, sodium pentobarbital, in the food.

Food: Do’s and Don’ts: Your dog should be on a high quality food so that s/he grows and develops a strong immune system. When selecting a high quality food, avoid “by-products” and corn-wheat-gluten diets as they are just fillers and won’t give your dog what he needs to develop normally. The better quality
food (human grade is preferred), the less you will have to spend on his vet care later in life. We recommend a diet of fresh food, or home cooked meals supplemented. **We do NOT recommend Iams or Purina or Pedigree or Science Diet or many kibble diets because of the heavy corn base, foreign ingredient, chemicals, and even euthanized pets which lead to chronic health disease.** See [http://www.truthaboutpetfood.com](http://www.truthaboutpetfood.com) and join their email list for updates on pet food. Avoid Hill’s brand food as it contains ethoxoquin, a preservative which is a known carcinogen. See [http://www.truthaboutpetfood.com/articles/misinformation-about-ethoxyquin-from-pet-food.html](http://www.truthaboutpetfood.com/articles/misinformation-about-ethoxyquin-from-pet-food.html) . Also [http://www.critterchat.net](http://www.critterchat.net) . We feed Eagle Pack Chicken Holistic Select if a dog is just coming off Purina, but strongly urge our adopters to transition to Fromm soon after.

A raw diet, after the dog has a good foundation on probiotics, is best. Dogs have powerful digestive juices which can break down bones, so they need to have a source for fresh meat to keep their organs healthy.

If your dog has an upset stomach, canned pumpkin or slippery elm in the food works great. It is best to feed a bland diet if your dog has an upset stomach. See [http://www.holvet.net/slippery_soup.html](http://www.holvet.net/slippery_soup.html) for more information and helpful hints.

**Try to Avoid NSAIDs:** Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are used to control pain and inflammation. Most have potential life-threatening side effects. [http://www.dogsadversereactions.com/nsaid/nsaidspage.html](http://www.dogsadversereactions.com/nsaid/nsaidspage.html) . You can use the Tumeric Formula sold by Save A Dog and Whole Foods. It is a wonderful anti-inflammatory. The protein, duck, is anti-inflammatory. Homeopathic Arnica is a wonderful anti-inflammatory. Homeopathy is safe and inexpensive.

**Try to Avoid Antibiotics:** It is common knowledge that the excessive use of antibiotics will lead to antibiotic-resistant diseases. Antibiotics are suppressive and can drive a disease deeper into the body. Healing should be from the inside out, and true inner healing will often manifest itself on the skin, which is the last organ that may show any sign of the disease. Too many pet owners panic when they see a skin issue and resort to antibiotics, and this sends the disease in the reverse direction, back inside the body where it reaches the vital organs. Hering’s Law of Cure states that the body heals from the inside to the outside. Dr. Constantine Hering brought homeopathy to America. We could learn so much from this simple principle. [http://www.wholehealthnow.com/homeopathy_info/constantine_hering.html](http://www.wholehealthnow.com/homeopathy_info/constantine_hering.html)

Hering's motto was: "The force of gentleness is great."

**How to Keep Your Dog Healthy**

**Feed a Healthy Diet of as much fresh food as you can afford.**

**Give Vitamins.**

**Use Natural Herbs and Remedies.** Most are inexpensive and will save you a visit to the vet. Homeopathic Apis, for example, will treat allergic reactions to bee stings and other causes. Ledum is wonderful for insect bites as it cleanses and purifies the blood. It’s great for dog bites as well.

**Give Probiotics.** Probiotics are gut-friendly living bacteria that are found naturally in a healthy digestive tract. They can be found in food such a yogurt, although they are not numerous enough in yogurt to colonize the guts of animals effectively. High-quality powdered supplements in powdered form are more effective for therapy as they are far more concentrated. Each teaspoon contains literally millions of good bacteria.

Probiotics improve the health of the digestive tract by changing gut acidity, aiding digestion, and helping to detoxify harmful substances. They boost the dog's immunity and actively produce antibiotic substances. They are particularly crucial for dogs that have been on a poor diet and for stressed dogs. They are also helpful after the use of antibiotics, steroids, or anti-inflammatory agents.¹

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¹ Pet Lover’s Guide for Natural Healing for Cats and Dogs. Barbra Fougere, BVSc

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Probiotics may be useful in chronic skin disease, allergies, arthritis, cystitis, candidiasis, colitis, irritable bowel syndrome, and some forms of cancer (Chaitow and Trenev, 1990). RxVitamins sells RxBiotics in powdered form.

Diarrhea: supplementation can help rebalance the population of bacteria that are affected by acute and chronic diarrhea.

Before switching a dog to the raw diet, it is recommended that you build the dog up on probiotics first especially if the dog has had recent vaccines.

Avoid chemicals. Try to avoid putting anything of a chemical or synthetic nature into your dog. Also avoid lawn chemicals. Even fertilizer can be harmful. Stay organic and your dog will live long and love you for it.

What Service Do You Need at Your Pet’s Wellness Exam?

1. A complete physical exam to detect any obvious health issues and to provide the vet a baseline for future exams.
2. A heartworm/lyme test. Most vets perform a 4DX snap test to determine if your dog has a tick- or mosquito-borne disease. The 4DX test is to test for Heartworm disease, Lyme disease and Ehrlichiosis, and Anaplasmosis. If your dog is over 6 months old and is recently adopted, s/he might already have had this test.
3. A CBC (chemical blood profile) is your dog is approaching middle or senior age or if you suspect any underlying health issues.
4. C6 test (if your dog tests positive for Lyme disease, you will want to know specifics on what the dog’s antibody levels are and this serves as a baseline for you to determine if treatment was effective or not. More below:
   This test is called a Quantitative C6 and takes about 1 week for results. It actually quantifies the antibody level, or gives a specific number of antibodies. Based on this, we can determine if treatment is recommended. The Quantitative C6 also gives us a baseline for future monitoring, allowing us to determine if treatment was effective, or if it needs to be performed or redone in the future.
   The key point about this C6 quantitative test is that the level correlates with the level of circulating antigen-antibody complexes, which are the components thought to cause the dog significant pathology, such as life-threatening kidney disease.
5. We also recommend a urine test to check for protein in the urine. This includes a full urinalysis and quantitative protein check if necessary. This is recommended as a screen for Lyme nephritis (kidney disease), especially in high risk breeds such as Labs, Golden Retrievers and Shelties. This test costs approximately $55. This test also provides other valuable information on general health.
6. Heartworm preventive pills (only available from your vet or by prescription). Generally Interceptor is recommended over Heartgard as it’s safer for Collie and Australian Shepherd breeds and it has a further reach-back effect. If your dog is from a heartworm endemic region, check with your vet as you may have to go with a preventive that is effective against heartworms in that region.

If you’re worried about lyme disease, you can request additional articles on the most effective prevention and treatment of lyme disease. Send an email to adoptions@saveadog.org for more information.
Your Pets and Lyme Disease
by Stephen Tobin, DVM

This article originally appeared in the December 1994 issue of Homeopathy Today, as “Lyme Disease and Homeopathy.”

I am a holistic veterinarian in Connecticut and have treated several hundred cases of Lyme disease in the past five years. After trying various homeopathic preparations, with only limited success, I found that Ledum in a 1M potency is about as close as you can get to a specific cure. I have used it in dogs, cats, and horses, and it does not seem to matter whether it is a recent infection, a year old, treated or untreated—they all respond curatively. I have not had a single case that did not improve.

While I do not treat human beings, some of my clients with animals suffering from Lyme disease have taken Ledum 1M for their own Lyme disease infections, after seeing the positive result with their animals. The feedback I have gotten is all positive. I have told numerous naturopaths and homeopathic MDs about Ledum. One homeopathic MD runs titers [a blood test to determine antibodies] on all his Lyme disease patients, both before and after treatment with Ledum, and has found that there is a constant decline in titer after Ledum.

For treatment of Lyme disease, I give one pellet of Ledum 1M three times a day for three days. For prevention of Lyme disease in dogs, I have been using Borrelia burgdorferi 6X nosode, a homeopathic preparation [of the Lyme bacteria]. I give orally one dose daily for one week, then one dose a week for one month, then one dose every six months. In the past four years, I have had only two dogs out of over five hundred on this regimen that might have contracted Lyme disease, both of which readily cleared with Ledum.

While there is a canine vaccine for Lyme disease, I haven’t found it very effective. One vet who uses it extensively told me she feels it provides protection for about a third of the dogs receiving it. I have seen a number of Lyme disease cases in dogs starting five to six weeks after vaccination (these also resolve with Ledum). In an April 1993 letter, the Cornell Veterinary School Diagnostic Lab wrote about a study of dogs with a clear history and diagnosis of Lyme disease: 56% had antibodies as determined by the western blot test only against the vaccine, with another 32% having antibodies against the vaccine and spirochete itself. In other words, more than half had Lyme disease because of the vaccine and almost a third had Lyme disease despite the vaccine.

One breeder told me that before she started using the homeopathic nosode, at least one dog and one family member would contract Lyme disease each year, but since using the nosode as a preventative (for the family and dogs), they have not had one case. Her husband was bitten twice by deer ticks last summer and developed a rash the size of a dime, whereas in the past, when he was bitten by a deer tick and subsequently developed Lyme disease, the rash was “twice the size of a half dollar.”

I know a number of naturopaths who use Borrelia burgdorferi nosode as part of their treatment protocol for Lyme disease. One client, to whom I have given the nosode for her horse, took it herself and told me that the Lyme disease she had been suffering from for several years cleared up.

2008 Update: Contacted at his office in Connecticut in June of this year, Dr. Tobin remarked, “I have been using this same treatment protocol for the past 14 years—Ledum 1M for 3 days—and have still been getting good results. The symptoms clear up, and this is true whether the infection is recent or chronic. And I’m certainly glad to be able to get these results from a course of Ledum for 3 days rather than having to put the animal on a course of doxycycline (antibiotics) for a month, which is the conventional protocol.

“I also still use the nosode remedy, Borreli burgdorferi, as a preventative. While I don’t find it to be 100% effective, I think it’s more effective than the Lyme disease vaccine.”

ABOUT THE AUTHOR

Stephen Tobin, DVM, studied veterinary medicine in Munich, Germany, and has been in private practice since 1987. He is past-president of the American Holistic Veterinary Medical and a member of the Academy of Veterinary Homeopathy. He has a clinic in Meriden, CT, but also does housecalls and telephone consultations.

LYME SYMPTOMS IN ANIMALS ARE DIFFERENT

Animals rarely display the characteristic skin rash that humans get, and some infected animals show no symptoms whatsoever. For those that do get symptoms, the first sign may be lameness that shows up weeks or months after becoming infected, and sometimes lethargy, fever, low appetite, and swollen lymph glands. More serious problems (e.g., kidney disease in dogs) are possible if the disease becomes chronic, but many experts say this is extremely rare.

Note: There is some controversy about the prevalence of chronic Lyme disease in animals as well as in humans. Some people claim that chronic Lyme disease is underdiagnosed because its symptoms can look like many other illnesses (Lyme disease is sometimes called “the great imitator”); others claim that chronic Lyme disease is overdiagnosed because with blood tests sometimes unreliable and such a broad array of symptoms attributed to chronic Lyme, it can be a “convenient” diagnosis that can’t be validated. —Homeopathy Today staff
What is homeopathy?

Homeopathy is a safe, effective system of natural medicine, used by millions of people worldwide for more than 200 years. Homeopathic medicines are prepared from natural sources, are used in extremely small amounts, and are recognized by the U.S. Food and Drug Administration. They are non-toxic and, when properly administered, can be safely used with infants, children, adults, and animals.

How does homeopathy differ from conventional medicine?
Homeopathy is based on the principle that "like cures like." That is, if a substance can cause symptoms of disease in a healthy person, then it can cure a sick person suffering from similar symptoms. Suppose a person has hay fever, with watery eyes and a burning nasal discharge. Instead of giving an antihistamine to dry up the discharge, a homeopath might prescribe *Allium cepa*—a tiny dose of onion, specially prepared by a homeopathic pharmacy in accordance with FDA-approved guidelines—because onion is known to cause watery eyes and a burning nasal discharge.

Homeopathy regards symptoms as the body’s healthy attempt to restore itself to balance. A homeopath will choose a remedy that supports the symptoms—rather than opposing them or suppressing them as in conventional medicine.

Homeopathy recognizes that each person manifests illness in a unique and slightly different way. That is why two people with the same illness will not necessarily receive the same homeopathic remedy. A cold sufferer with a stopped-up nose and dry eyes would receive a different remedy than a cold sufferer with a runny nose and watering eyes. Unlike the “one size fits all” approach often used in conventional medicine, a homeopath chooses a remedy that matches a person’s unique symptom profile—including physical, mental, and emotional symptoms.

What is homeopathy’s history?
The principles of homeopathy were developed into a system of medicine by the German physician, Samuel Hahnemann (1755–1843). Homeopathy spread quickly throughout Europe and the rest of the world, including the U.S. The exact mechanism by which homeopathy works is unknown, but 200 years of clinical experience along with research published in such medical journals as *The Lancet*, *Pediatrics*, and the *British Medical Journal* have confirmed homeopathy’s effectiveness.  
*Homeopathy Today—February 2008*
Directions for Preparing Homeopathic Remedies

We recommend using gentle, rapid-working, homeopathic remedies instead of pharmaceutical drugs for any illness. When giving a homeopathic remedy to yourself, you tap one or two of the dry homeopathic pellets directly in your mouth and dissolve under your tongue. With pets, a more effective way is to put a couple of pellets into purified or distilled water and to syringe it onto the tongue or inside the gum flap, or to shake it up and squirt some into their water bowl.

Directions: Tap 1-2 pellets of the homeopathic remedy you're going to use into a bottle or glass containing 4 oz. of spring or distilled water. Let the pellets dissolve for about 5 minutes, then shake vigorously and give the bottle a couple of thwacks on your open hand or if you're using a glass, stir briskly. Give 1cc or whatever you can draw up on an eye dropper (all it takes is a couple of drops as the remedy is not administered by volume) directly onto the tip of your pet’s tongue, not in the back of the throat. You can always pour a little in an empty cup or bowl for him to drink (after shaking or stirring the mixture) or put a capful into your dog’s water bowl, but not for a cat as cats tend not to drink from the bowl. You can also put it into a small sterilized spay bottle and spray it onto the dog or cat’s anus. Any mucous membrane will absorb a remedy.

Rules for administering remedies. Give the remedy on a clean palate, i.e., no food should be in his mouth. You don’t have to give it on an empty stomach, but just no food in his mouth so that it will absorb more quickly. Do not mix in the food as it will not be effective.

For Lyme prevention, give Ledum 200c, either by mouth or in his water bowl, once a week. Following a tick bite, give once a day for 3 days, then once a week for a month. In a tick infested area, give once a week during tick season (mix up new every other week). If your dog is diagnosed with lyme disease, there are different remedies and instructions. Email Shirley@saveadog.org.

For post vaccines, give one 1cc dose of Thuja 30c the day of the vaccine. The following day give 1cc of the Thuja 200c on the tongue. For post neuter, give Arnica 30c every hour if the dog is in pain, but if not, then once as soon as you get home and once again at bedtime, then once the following morning. This helps with pain and swelling. You can get this at Whole Foods in pellet format or at Save A Dog. For a female spay, we add homeopathic Staphysagria 30c, given separately from the Arnica. Alternate every hour.

For any kind of bumps and bruises, even trauma, Arnica 30c does wonders.

Storing remedies.

1. Store them in a cool dark place, away from strong-smelling substances such as eucalyptus, camphor, oil of cloves, Vick’s vapor rub and aromatherapy oils. It is not a good idea, therefore, to keep them in the bathroom.
2. Do not store remedies near mobile phones, televisions, microwave ovens or computers. The fridge is okay.
3. Ensure the lid is well secured after use.
4. Do not store where there is direct sunlight, or excessive heat or cold.
5. Don’t transfer remedies from one container to another.
6. After a few weeks, toss the remedy out and you can reuse the bottle for other remedies.

Most remedies that are mixed in water last about 2 weeks. If you want them to last longer, use distilled water and add 10 drops of vegetable glycerine or a pure alcohol (vodka) and store in the fridge.