

# TOP DOG

E-ZINE

ISSUE 3

## PUGTASTIC

OUR TOP 10 PUG  
IMAGES

## BREED PROFILE

GORDON SETTER

## PUPPY TRAINING

TOM WALSH

## FOSTERING FUN!

DOG REHOMING

## WOMAN'S BEST FRIEND

SAVING BUDDY

## CHEEKY CHAPPIE

CHAPPIE CAKE  
TREATS

# PET PAW-TRAITS

CAPTURING THE SPECIAL MOMENTS WITH YOUR FURRY BEST FRIEND





ANARCHISTIC ADORNMENTS FOR UNRULY PUPS AND BADASS MUTTS

 @BadToTheBoneCo

[www.BadToTheBone.bigcartel.com](http://www.BadToTheBone.bigcartel.com)

 BadToTheBoneCo



ONLY THE  
VERY BEST  
FOOD &  
ADVICE  
FOR YOUR  
VERY BEST  
FRIENDS

RECEIVE  
10% OFF YOUR  
FIRST ORDER  
"WELCOME"

VISIT US AT [THOUGHTFULPETS.CO.UK](http://THOUGHTFULPETS.CO.UK)

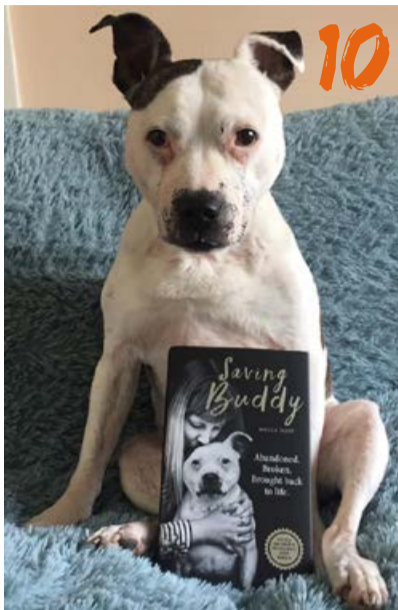


# CONTENTS

16



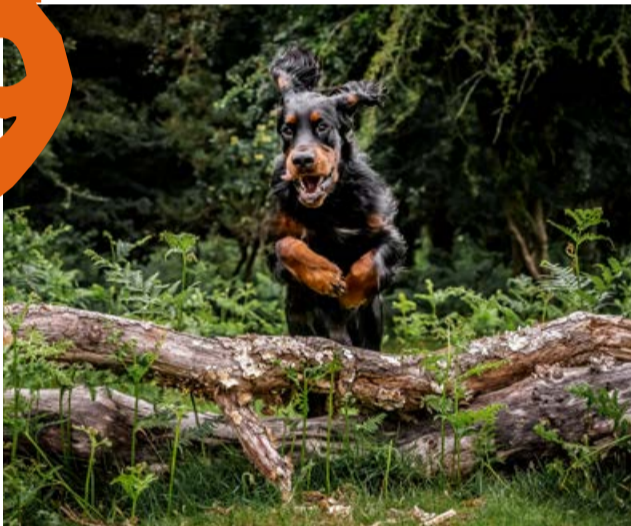
10



20



9



45



31



WHAT IS A PUPPY FARM?  
JULIE HARGREAVES

PUPPY TRAINING  
TOM WALSH

DOG JOKES  
TOP DOG

INTOLERANCES IN PET FOOD  
THOUGHTFUL PETS

BEST BUDDIES  
NICOLA OWST

HOOPERS AND MANTRAILING  
TRACEY VENN

DOGS HELPING CHILDREN READ  
PETS AS THERAPY

FOSTERING FUN!  
ANNA GEORGAKAKOS

CHAPPIE TREAT CAKE  
HELEN SPIEGL

101 PUG E-ZINE  
THE XPERIENCE

GORDON SETTER  
JESS ALLEN HARTENZIEL DOGS

RAW FEEDING GUIDE  
WOLF TUCKER

CANINE BOWEN TECHNIQUE  
BOWEN FOR PAWS

# WHAT IS A PUPPY FARM & HOW TO AVOID THEM

## JULIE HARGREAVES

I've been involved in the rescue and rehabilitation of ex-breeding dogs for 10 years now. Years ago when my son went to university, I decided to buy a young adult cavalier King Charles spaniel, to help me fill that hole. She was 2 years old and I expected a well rounded, happy, confident little dog because I had done my research into the breed and really wanted a cavalier. One day on a dog selling site, I saw a photo of a 2 year old cavalier who just drew me to her. So we arranged to go down to the Midlands and meet her. What greeted us was not a happy, well adjusted and confident little dog. She was terrified, so thin and so shut down that she couldn't make eye contact. I decided there and then that Bella was coming with us, despite not being the dog I had expected.

When we got her home it was apparent that Bella had never been in a house before, never slept in a bed, never even eaten out of a bowl, never walked on grass or even knew her name! I kept her name because that's all she had, all she came with. We joined a cavalier forum, asked lots of questions and were guided by the members. I then researched puppy farms and very quickly understood that Bella had come from one of those, an ex-breeding mother who was no longer needed. So she was discarded and sold to get the last ounce of money out of her. She was probably much older than 2 as well.



Since then, I joined a group of fellow dog lovers, became very involved in dog rescue and our dog family expanded. We have rescued 8 more dogs from puppy farms. They all came to us with varied health issues, as vet care is not a priority to a puppy farmer. So we have sadly lost 5 dogs over the years, due to bad health and age.

Last February I went to collect a golden retriever from an illegal puppy farm in Lincolnshire. She was 9 years old, in a very poor state having desperately been trying to feed her pups and ended up on the point of starvation herself. She had mange, anaemia, fleas, an infected womb and still had milk from pups, despite her age. Apparently even at 9 a golden retriever can still have large litters! When we took her to the vet we realised just how close to death Honey was. But thanks to the rescue and great vet care, Honey has made an incredible recovery. She is an absolutely wonderful dog, despite her awful life, the puppy farmers never broke her spirit.





## HOW DO YOU KNOW IF A PUP IS FROM A PUPPY FARM?

- If you go online and they are selling multiple breeds of dogs, then that is a huge red flag that the dogs are from a puppy farm, usually brought to a fake address to look like they are bred in the home.
- If there is no sign of the mother, or the sellers may have been clever enough to have an adult dog of the same breed but the pups don't go to her, that's another red flag.
- If the seller offers to meet you, or offers to bring the pup to your own address, red flag- puppy farm.
- If the pups and there with is a mother but they all look dirty, unwell and scared- red flag.
- If you go to the seller and the dogs are not in the home but in an outbuilding- red flag.
- If you go to a licensed kennels but they are selling multiple breeds and no signs of mum- they buy bulk litters from puppy farms.



I would always say that it is better to adopt a dog from a rescue, they have had all the vet treatment and have been thoroughly assessed for a behavioural issues. If you really want a puppy then do your homework, look for good breeders on assured breeders websites and be aware that there will be a waiting list. But it will be worthwhile- you will get a healthy, well rounded pup rather than an ill-socialised and potentially poorly pup.

Good luck and I hope this has been of help.

P U P P Y

T R A I N I N G

T O M W A L S H  
D O G T R A I N E R  
A T U N I Q U E P E T S







Welcoming a new puppy into the home can be both an exciting and daunting experience, especially for first time dog owners. You need to spend time getting to know your addition to the family, and the first year will be full of trial and error as you work out what suits you all best. However, there are a few basics that can really help, and puppy training is the best way to start the canine-human conversation and bond.

Much like children, puppies benefit from rules and routine, and manners should be taught from an early age to prevent problem behaviour settling in during adolescence. Many puppies are ready to start learning basic commands – such as “sit”, “stay” and “come” – from around six weeks and certainly an older puppy should be taught these crucial commands as early as possible. In order to raise a sociable, obedient and good-natured dog, you need to master the fundamentals as well as socialise with other dogs, and puppy classes are the perfect place to do both.

“ P U P P Y  
T R A I N I N G I S  
T H E B E S T W A Y  
T O S T A R T T H E  
C A N I N E - H U -  
M A N C O N V E R -  
S A T I O N A N D  
B O N D ”



Make sure that you choose a reward-based trainer and remember that the reward needs to be equal to the task at hand. Basic pay for basic work – enhanced pay for advanced tasks. Most dogs are interested in one of the three Fs: Food, Fun or Friendship. If tasty treats don't tempt your pup, then perhaps a squeaky toy and a bit of fun will get the behaviour you want. Alternately, friendship works for dogs who simply crave human interaction and would do anything for a bit of fuss from their owner. Find out what reward is most appealing to your pup.

As well as learning basic obedience, puppies need socialising from a young age. The idea is to expose your puppy to as many things as possible while he is still learning about the world. It is said that a puppy should meet 20 people and 200 dogs of all ages, shape and size by the time he is 16 weeks. This is a tall ask, but really can make all the difference to how a dog reacts to new situations as he grows up. As well as the other puppies in class, he should also meet bigger dogs too.

“ T H E I D E A  
I S T O E X -  
P O S E Y O U R  
P U P P Y T O A S  
M A N Y T H I N G S  
A S P O S S I B L E  
W H I L E H E I S  
S T I L L L E A R N -  
I N G A B O U T T H E  
W O R L D ”







Likewise he should meet children as well as adults, people in wheelchairs or using walking sticks, men and women wearing hats or glasses, folk large and small – anything that might look unusual or different to a dog.

Socialisation also includes normalising a variety of settings such as walking on the pavement, cobbles, grass and sand, being around traffic, crossing car parks, walking down busy high streets, being around noisy playgrounds, seeing cattle, going in the water... and so the list goes on! You should also introduce your puppy to a range of everyday sounds e.g. the washing machine, vacuum cleaner, television, hair-dryer, waste disposal etc so that they are able to cope with unexpected noises from human contraptions.

If you learn how to connect with your pup at a young age, you will set the foundation for a great lifelong relationship.

“ Y O U S H O U L D  
A L S O I N T R O -  
D U C E Y O U R  
P U P P Y T O A  
R A N G E O F  
E V E R Y D A Y  
S O U N D S ”





How do you make doggie bread?

**Use Collie-flour!**

What did the Dalmatian say when it was fed?

**That really hits the spot!**

What goes 'tick tock tick tock woof woof?'

**A Watch Dog!**





# INTOLERANCES IN PET FOOD

FINDING THE RIGHT DIET FOR YOUR DOG



Finding a suitable food for our dogs can be a minefield, and with so many options and brands now readily available through supermarkets, specialist pet stores and independent retailers, it can be an overwhelming experience! It is one of the reasons I run The Thoughtful Pet Food Store, not just selling pet food but advising owners to help them select the most suitable food for their pet.

When advising my customers, I am often asked what the best type or brand of dog food is. The answer is not so simple and although many dog owners have their preferred method of feeding, it ultimately comes down to what your own dog thrives on.

What is suitable for one dog may not necessarily be suitable for another. However, the most important thing is to ensure your dog's food is healthy and beneficial for them.

When I adopted my rescue dog, Stella, I was given a bag of her dog food along with her medical history report. This report stated that in her brief time at the rescue (two months), she had been treated for an upset stomach three times. She was being fed a well known natural brand that many dogs thrive on, however, it did not suit her at all. Needless to say, I changed her onto a different food shortly after adopting her and this alleviated the issue.





## **INTOLERANCE OR ALLERGY?**

Food allergies and intolerances are one of the most common causes of skin disorders in dogs and cats. Studies have suggested that intolerances to ingredients in pet food are the second most common cause of allergic dermatitis, with as many as 30% of dogs being diagnosed with allergy-related skin disorders.

There is a difference between a food allergy and food intolerance, although they share many of the same symptoms. Allergies are caused by the body's immune system reacting to specific substances entering the body. These reactions can vary in severity and are often expressed as skin conditions, rashes or hot spots. Food intolerances are instead a result of the body struggling to digest certain foods, most likely due to the absence of certain digestive enzymes. Intolerances are more likely to be expressed as digestive upsets or chronic conditions such as Irritable Bowel Syndrome.

It is important to note that allergic reactions can also cause digestive upsets, and likewise, food intolerances can cause skin conditions. As the symptoms for both are interchangeable, this article will be grouping both allergies and intolerance together for ease of understanding.

## **HOW DO I KNOW IF MY DOG IS REACTING TO THEIR FOOD?**

Some of the more common symptoms of food allergies/intolerances are as follows:

- Frequent scratching, especially around the ears or stomach.
- Excessive licking or chewing of paws, abdomen or groin.
- Reddened ears.
- Reddened eyelids.
- Hot spots on the skin when you apply your hand to your pet's coat.
- Digestive upsets, often resulting in soft stools or diarrhoea.

If left untreated, food allergies can cause further symptoms such as:

- Hair loss.
- Black and deep pink pigmentation of the skin around the groin and armpits.
- Bacterial infections.

If your dog shows any of these symptoms the first course of action should always be a trip to the vets. There, your vet can check for any other underlying health issues and can also help narrow down the exact cause of a dog's reaction. It may not necessarily be a food issue but rather an environmental allergy (e.g. grass allergy, reaction to chemicals in the environment) or other undiagnosed health conditions.





However, if your dog is reacting to their food, or you suspect they could have a food allergy/intolerance, there are things you can do to help avoid common triggers.

### **WHAT ARE THE MOST COMMON ALLERGENS IN PET FOOD?**

Here are some of the more common allergens that can be found in some pet foods. It is important to note that in rare circumstances dogs can develop allergies to a whole host of other ingredients, these are just some of the more likely candidates:

#### **Cereals**

Cereals such as wheat, maize and corn are difficult for dogs to digest. This is due to an enzyme called amylase. Amylase is secreted in the saliva and is responsible for breaking down carbohydrates to allow for easier digestion. Dogs can only produce small amounts of amylase, so while this allows them to eat and digest small amounts of carbohydrates, there is a limit to its capabilities.

Some dry dog foods contain moderate to high levels of carbohydrates such as wheat, as it is a cheap ingredient that can “bulk out” food with minimal cost to the manufacturer. It holds very little nutritional value for dogs and from my own experience, it appears to be one of the most common ingredients to prompt an allergic reaction.

#### **Lactose**

Lactose is a sugar found in dairy products such as milk. All puppies are born capable of ingesting lactose, but once they are weaned off of their mother’s milk, the production of lactase (the enzyme responsible for breaking down lactose) decreases and the dog loses the ability to digest milk properly.

Milk is not commonly seen in dog foods but is occasionally present in some treats. It is important to remember when removing allergens from your dog’s diet to be aware of the ingredients in their treats as well.

#### **Chicken**

Food allergies can build up over time, and it is not uncommon for a dog to show no reaction while on a particular brand of food, only for them to develop an allergy later in life. Chicken, being one of the most popular proteins in pet food, is more likely to become an allergen compared to other meats. It is argued that if a dog is fed primarily on chicken, they are more likely to develop an allergy to it especially after years of exposure.

Also, if a dog has a prominent intolerance to grains, ingesting meat from grain-fed chickens can potentially trigger a reaction. I have seen many success stories of dogs recovering from grain allergies more effectively when fed alternative meats such as grass-fed lamb, fish, or venison.





As mentioned, these are just some of the more commonly seen allergens. Other allergens I have seen over the years include white rice, beef, and peas.

### OUR THOUGHTFUL ADVICE ON HOW TO HELP YOUR DOG

If you believe your dog may have a food allergy or intolerance, or you're concerned about this happening in the future, here are my best bits of advice.

REMEMBER: If you are unsure of what is causing your dog's reaction, the first step should always be to take them to see a vet.

#### Read The Ingredients List

One of the most effective ways to avoid exposing your dog to certain allergens is to be aware of what ingredients are used in your dog's food. Every brand of dog food, whether it is dry, wet, or raw, has to include a full ingredients list somewhere on its packaging. The ingredients should be listed in order of quantity, with the first ingredients listed making up the majority of the food.

Unlike on packing for human food, potential allergens won't be highlighted or written in bold, so it is up to us to identify them. Prominent words to look for include "cereals",

"milk and milk derivatives", and if your dog has a chicken or other protein allergy "meat and animal derivatives".

For example, here is an ingredients list of dry food containing a variety of potential allergens (highlighted). When they are weaned off of their mother's milk, the production of lactase (the enzyme responsible for breaking down lactose) decreases and the dog loses the ability to digest milk properly.

For example, here is an ingredients list of dry food containing a variety of potential allergens

Dehydrated poultry protein, maize flour, maize, wheat flour, animal fats, wheat, hydrolysed animal proteins, beet pulp, fish oil, minerals, soya oil, yeasts and parts thereof, hydrolysed yeast (source of manno-oligosaccharides (0.05%).

For comparison, here is the ingredients list of a competing brand that would be considered lower risk for potential allergens.

Fresh turkey (35%), Sweet potato (35%), Blue whiting fish (9.4%), Whole egg (8%), Beet pulp, Brewer's yeast, Salmon oil (0.6%), Sunflower oil (0.6%), Inulin (source of prebiotic FOS), Herbal blend (0.25%; Parsley, Rosemary, Nettle, Chamomile, Sage, Thyme, Coriander leaves, Dandelion leaves, Liquorice), Glucosamine (980 mg/kg), Green lipped mussel (500 mg/kg), Chondroitin sulphate (450 mg/kg).





### **IS IT REALLY “HYPOALLERGENIC”?**

Many foods label themselves as hypoallergenic, however, this may not be the case for your dog. As a dog can develop an allergy or intolerance to a whole host of different ingredients, what is hypoallergenic for one dog may not be for another.

Hypoallergenic also has no legal definition according to the Pet Food Manufacturer’s Association. They state that:

“There is no definition of the term “hypoallergenic” as such. Companies need to carry out an internal risk assessment if the use of the term is justified. (Need to substantiate if challenged by Authorities).”

Essentially, this means that there is no definitive list of what is and what isn’t “hypoallergenic”, it is simply a matter of the manufacturer of the food and what they deem suitable.

There are plenty of suitable hypoallergenic foods available, however, as with any food, I will always encourage pet owners to check the list of ingredients for the reasons mentioned previously.

There are plenty of suitable hypoallergenic foods available, however, as with any food, I will always encourage pet owners to check the list of ingredients for the reasons mentioned previously.

### **SEEK ADVICE**

If you are still unsure about which food is right for your dog, it can be beneficial to seek advice. This can be from dog behaviourists, veterinary professionals, pet nutritionists, or anyone else qualified in the field.

During my nearly seven years in the pet food industry, I have offered impartial advice on nutrition and food to many pet owners, and I look forward to many more years of doing so!





*Best*  
BUDDIES

NICOLA OWST







People meet their best friends though all different walks of life, Some people meet their best friend at primary school or through hobbies. I met my best friend 10 years ago, he had been thrown out with the rubbish and here is how our journey began....

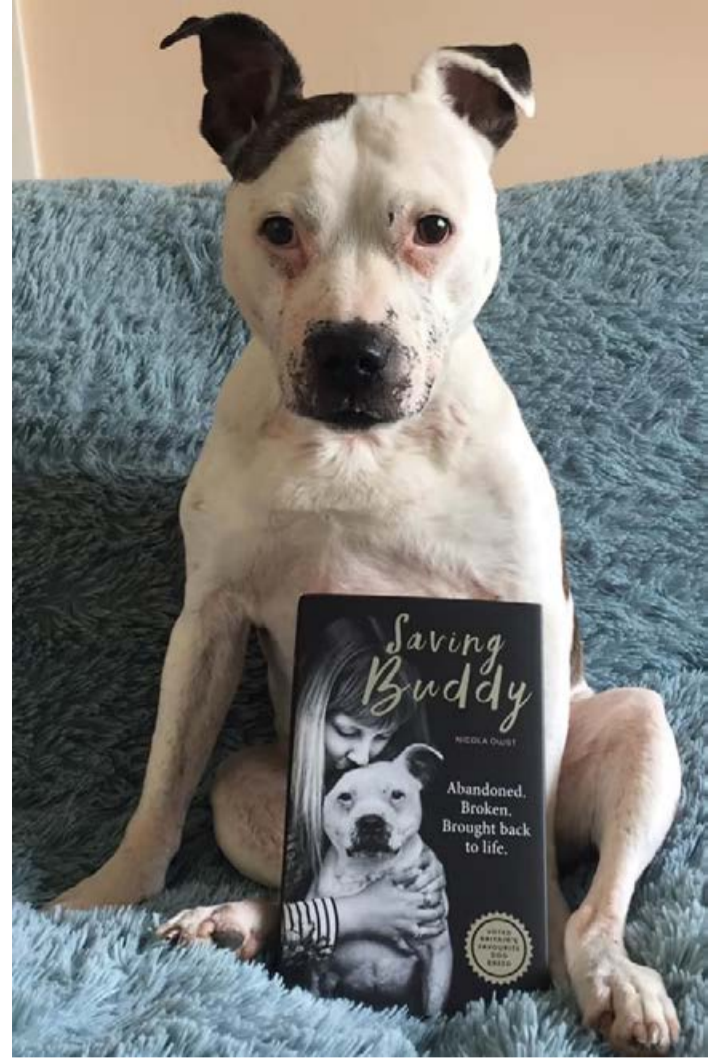
When I first met Buddy 10 years ago we both needed someone. We both felt alone, abandoned, and broken. A day or two longer, maybe even just a few hours, and the story could have been very different for both of us. Both of our lives changed that day.

We were there to pick up a foal that its owner didn't want anymore. He had been in touch with my friend Sally as she ran a stables just outside Leicester and would take in unwanted horses and ponies. She could give them a good home and the care and attention that they needed to have the best possible chance at life.

It was the morning of Monday 27 April 2009. We'd been heading south towards London and had turned off the M1 around an hour earlier. Since then, the journey had felt relentless. We'd turned second left here, third right there, down tiny B roads and up muddy farm tracks. It seemed as if we were just moving further and further into the middle of nowhere. It felt quite exciting to be involved in such a complex mystery tour and yet more than a little bit unnerving at the same time.

“We both felt alone, abandoned, and broken”





It quickly became apparent that the foal had no trust in humans. His belly was swollen so it looked as if he may have been mistreated, though we couldn't know for sure. And it certainly wasn't the time or place to start getting into discussions like that. The only thing that mattered there and then was rescuing the poor creature.

Whilst Sally got to work loading the foal, her daughter Charlie and I had a look around, when out of the corner of her eye she saw something wedged in the corner of a crate dumped with all sorts of rubbish. "Hey!" she shouted over. "There's a dog in here and I think it's dead!"

I squatted down and peered in to see the dog more closely. The poor creature was squashed inside a cat carrier locked in a rusty metal crate. He looked as if he might have crawled inside the cat carrier to shelter from the rain and, as Charlie had said, for all the world he looked as if he was dead.

Looking closer though, I noticed the faintest breathing. The poor creature's breath was too shallow to move his bony rib cage but there was definitely something there, clinging on to life. Who knew how long he was going to survive?

I had never seen such neglect before, even in the worst animal cruelty cases I had seen on television. I think I was in shock and I don't remember the three of us exchanging a single word as I wrapped him in a towel and carried him from the crate. It was just pitiful. There was no way I was going to leave him there.

*“There was definitely something there, clinging on to life”*





"I've got you now, Buddy," I whispered to him. "You'll be okay."

From that moment on, he would always be known as Buddy

That day was the start of Buddy's new life. I didn't expect him to survive the drive home, thinking that he would be lucky to make it through the next few days, but I never lost hope. The recovery was slow, and he will always show the scars of his former life, but he made it. Since then he has represented rescue staffies in Discover Dogs at Crufts, gained over 27000 followers on Facebook, and won a national RSPCA competition for the best transformation. We even appeared on the Lorraine show to tell his story.

When I married my husband in 2013, Buddy was there to celebrate with us. Our photographer that day was Nigel Ord-Smith, and he has photographed Buddy many times since then, including some wonderful shots of a cake smash to celebrate his 11th birthday and 10 years together. Our walls are full of his images capturing our happy times together. Nigel no longer does wedding photography, focusing purely on capturing breathtaking images of dogs. I like to think that Buddy had a paw in that change as he was one of the first dogs that Nigel photographed.

*"The recovery was slow, and he will always show the scars of his former life, but he made it"*





Our life with Buddy now is a happy mixture of charity dog shows, morning walks, and cuddles together on the sofa. There are many misconceptions about Staffordshire Bull Terriers, and we do what we can to dispel the myths. As a breed they are loving, loyal dogs that like nothing better than to snuggle up and get some fuss. A problem dog is the result of a problem owner. Buddy and I will be back at Crufts again this year, doing our bit to educate people about the breed. You'll find us in the Discover Dogs section on the Saturday, and we'd love you to come and say hello.

There are hundreds of photos and videos of Buddy and his friends on his Facebook page. - Buddydog the rescue Staffy. You can also read the full story of his rescue, recovery, and adventures in my book, Saving Buddy, which is published by Mirror Books and available directly from them or from Amazon. The more we can spread the positive message about Staffordshire Bull Terriers the better.

Saving Buddy: The Heart-warming story of a very special rescue, **AVAILABLE HERE**

“The recovery was slow, and he will always show the scars of his former life, but he made it”





# HOOPERS & MANTRAILING

EXCITING NEW DOG SPORTS



TRACEY VENN

My name is Tracey and I own Lupo Academy, a dog training school located in Basingstoke, Hampshire.

I teach a lot of classes including puppy class, beginners, intermediates, advanced, platforms and tricks but the two most exciting disciplines I train are Hoopers and Mantrailing.

So, what is Hoopers?

Hoopers is an agility type game which incorporates hoops, barrels and tunnels. Dogs and their handlers work together as a team to navigate around these obstacles. Unlike agility, Hoopers does not include jumps or tight turns. This means it is a perfect sport for all dog breeds of all ages.

I have pups from 4 months of age right up to my oldest dog who is 15 years old attending class. It is also great for retired agility dogs that can no longer jump but still need a job to do!





The dogs learn how to follow your verbal directions as well as your body language and with practice you can end up standing still in the middle of the school whilst your dog works their way through a course of hoops, whizzing through tunnels and wrapping around the barrels.

Hoopers may be low impact, but it burns energy and each week you will get to exercise your dog's mind and body. Dogs are excited to play the game with their owners and by the end of the class teams leave with a waggy tail and happy smile.

For me, teaching Hoopers is all about owners having a good time with their dogs, we work hard but we laugh a lot. I am an instructor with Canine Hoopers World, we work through 10 levels and each team receives a lovely rosette when they pass a level. This gives the human side of the team something to work towards and achieve.

There are Canine Hoopers World Instructors all over the UK, you can find out where your nearest instructor is from [www.caninehoopersworld.com](http://www.caninehoopersworld.com)

From your speed demons to your plodders, Hoopers is made for every dog regardless of age, size and breed so why not investigate where your nearest Hoopers class is and sign up for some fun!

### **What is Mantrailing?**

Mantrailing is an exciting new dog sport that will teach you and your dog to hunt down a missing person!

Your dog has an incredible nose, their nose is their superpower so once you as their handler learn how to work with that you will be the perfect team in this race against time.

“ **THIS GIVES THE HUMAN SIDE OF THE TEAM SOMETHING TO WORK TOWARDS AND ACHIEVE.** ”





Mantrailing really will strengthen your bond with your dog. Your dog will be so excited to play with you, it really is a team effort. Your dog's confidence will grow on every find plus you get to spend time in the great outdoors. We trail in all weathers in a variety of locations from woodlands to industrial estates.

So many dogs are not able to enjoy dog sports due to them being worried about other dogs or people, in Mantrailing we only work one dog at a time which means it is perfect for dogs that would normally struggle in a class environment.

Dogs that worry about people also do well in Mantrailing because once they find their missing person, they receive their most favourite reward. It doesn't take long for dogs to learn that people are lots of fun and nothing to worry about.

As well as providing physical exercise, Mantrailing also engages your dog's incredible olfactory senses, giving them an intense mental workout.

I hold introductory workshops which teach both the dog and handler how to play the game. Once this has been done you will be able to attend regular weekly training sessions and start working through the 3 levels.

To find your nearest Mantrailing UK instructor check out

**[www.mantrailinguk.com](http://www.mantrailinguk.com)**

I promise you; you will never get tired of the buzz you feel when your dog makes their find.



“ **YOUR DOG'S  
CONFIDENCE WILL GROW  
ON EVERY FIND PLUS  
YOU GET TO SPEND  
TIME IN THE GREAT  
OUTDOORS** ”





# PETS AS THERAPY

Deborah Dow  
Chief Executive Officer  
Pets As Therapy

**FOR IMMEDIATE RELEASE**

## HOW DOGS CAN HELP CHILDREN LEARN TO READ

**Read2Dogs is a scheme run by charity Pets As Therapy, which offers reading sessions to young children who struggle with reading. By reading to a dog, these children are able to develop their confidence and skills.**

The full story...

Do you get anxious before speaking in public? Children learning to read are no different. Research has demonstrated that youngsters become nervous and stressed when they are reading to others in a group, which then affects their enjoyment of reading and the development of their skills. This can mean that learning to read within a school classroom can be tricky for some children.

When you bring a dog into the room, however, things change. The children often become less stressed, less



self-conscious and more confident. This is because they are comforted by the presence of the dog in the room, and they know that the dog is not judging their reading ability.

The Pets As Therapy Read2Dogs scheme allows schools to sign up to be visited by a PAT volunteer and their dog, who can help children who struggle with reading and confidence. During a typical session a child will be asked to read a story to the PAT dog as they sit close to the dog, allowing them to interact. The dog can then be used during the reading session to help develop the child's understanding, for instance by asking them to explain a word or image to the dog.

If you'd like to register your establishment with the Read2Dogs scheme then head to the Pets As Therapy website [www.petsastherapy.org/what-we-do/read2dogs](http://www.petsastherapy.org/what-we-do/read2dogs).



For more information, please visit: [petsastherapy.org](http://petsastherapy.org) or call 01865 671440

For high-res images, web or social media enquiries, please contact [tabitha@monchu.uk](mailto:tabitha@monchu.uk) | 01865 807570

Copyright © 2017 Pets As Therapy | 59 Monument Business Park, Warpsgrove Lane, Chalgrove, Oxfordshire, OX44 7RW

E: [reception@petsastherapy.org](mailto:reception@petsastherapy.org) | Registered Charity 1112194 | Registered Charity Scotland sco38910



# FOSTERING FUN!

ANNA GEORGAKAKOS



An ambition that I have held for a few years now was finally fulfilled when we started our fostering journey this January.

The decision to welcome a street dog from the Balkans, that I had never met, had no input in choosing, and with no return ticket, was a huge leap of faith! Many fears and hesitations were thrown around in conversation before deciding to commit, and even having done so, to say there weren't any

second thoughts would be a lie! I felt sure it was the right thing to do, but the mountain of 'what ifs' was still there!

The interview and home-check beforehand was thorough, and no rosy picture painted. The dog would be a grown dog, but with the understanding of a puppy, ie no knowledge of toilet training, no understanding of house rules, a blank canvas as with a puppy, but with a full size body!





Two weeks later, and driving to the motorway services to the 'rendezvous' felt like some kind of treasure hunt, waiting for updates by text as the van cleared the vet checks (time unknown) and was passed by Defra, before being allowed to continue on their journey. She's here! What fear.

One dog, chip checked, and handed over, secured in the car and off we went to start our own journey of rehabilitation. I could say it was horrendous, maybe it was hard, but even the first 48 hours of constant

toileting, snarls and snaps towards our beloved resident dog, and certainly smelling interesting, I felt elated, proud, and content to be helping my first foster.

Food, water and a bed. Imagine - her first ever bed! She slept downstairs in the kitchen, quiet and not too hot but on a soft duvet and able to decompress as she starts to come to terms with her new life, surroundings, language and situation. Not one accident all night!





To summarise, each day has been a revelation. Day 2 we spent together, me cutting out massive dreadlocks from her fur, and quietly giving her a bath, whilst the rest of the family were out on a long walk. Confined to the house for 48 hours by Defra, it was a chance to gently observe and let her approach, resisting being overwhelming to her and letting her feel her way.

The surprise - she's loving! She's clever! She's also gentle, and seeking affection from each and every member of the family. Each and every lesson that I have given her she has passed with flying colours. Each time an issue arises we deal with it instantly, and consistently, and she is quick to learn.





The road ahead for Berta is still unknown, but she is safe. We will start trying to find the best home for her, as it is what she deserves, and if no-one comes forward, then we will be her family. All know is that she came on a one

way ticket, she has been saved from her life in a Romanian pound after being caught by the dog catcher at a young age, and finally free of her concrete cage after two years. Berta you are wonderful!



# CHAPPIE CAKE TREAT

PERFECT FOR DOGS WITH SENSITIVE STOMACHS

BY HELEN SPIEGL

**These are great if your dog has a tendency to have a sensitive stomach on normal treat biscuits as the Chappie is fish based and uses rice rather than wheat/maize.**

## Ingredients

1 tin of Chappie original wet dog food

1 cup (approx 100g) rice flour

1 egg

## Method

1. Empty the tin of Chappie into a blender.
2. Add the egg and mix together.
3. Slowly add the rice flour and mix well together.







4. Put a sheet of baking parchment paper on to a flat baking tray and then spread the mixture thinly.

5. Bake in a medium oven for about 15-20mins.

6. Slice whilst still warm and leave to cool.

Note: These can also be baked at a very low heat for several hours to get nice hard treats that don't leave a mess in your pocket!

**“THEY WORK  
A TREAT!”**







The home of gifts for...

...dog crazy people.

Mugs

Greeting Cards

Cushions

Jewellery

Signs

Premium gifts for dog lovers, carefully selected from the best UK artists, designers and creators.

Wide range of breed specific gifts - from Beagles to Labradors to Yorkshire Terriers.





# 101

## PUGS

FREE E-BOOK





WE'VE CREATED A SNEAK  
PEEK OF OUR FREE  
101 PUG E-BOOK. TO SEE  
THESE IMAGES AND 91 MORE  
ADORABLE PUGS, CLICK THE  
LINK BELOW!

ENJOY!





1





2







3



4





5





6







7





8







10



DOWNLOAD  
NOW!



# Gordon Setter

Jess Allen Hartenziel Dogs

I grew up with a bad tempered, long haired, black and tan dog called Candy (more aptly nicknamed 'Grumpy'). Like a lot of families, we went through a few breeds: whippets, border collies, as a young adult I got a rescue working line golden retriever, then I found large munsterlanders- a breed I've been pretty hooked on since. But I always felt I had an itch to scratch with a hairy black and tan dog; I always had my eye on the Gordon Setter.



I watched the breed for years, but it was never the right time. When a breeder I had been following in Switzerland (Black Mystery Gordon Setters) announced an upcoming litter, my heart skipped a beat and my brain started ticking.... I strongly believe in doing your research on health and temperament. They ticked my boxes. I had never imported a dog before, but I liked the breeder and they were prepared to help me if there was a pup born for me.

I waited anxiously to hear news of the safe arrival of the pups, and was full of excitement and nervousness when I was told there would be a boy for me! It was a long wait for his rabies vaccine and passport to be completed, but at 15 weeks old he made the long journey to the UK to come and live with me and my mad munsters.

Midas (Black Mystery U Got the Look For Hartenziel) arrived like a whirling dervish and life has not been quite the same since!

My plan for Midas has been to show him and work him, though he is first and foremost part of the family. My dogs all live inside, and it's not unusual for me to have to turf at least 4 or 5 off of my bed so I can actually

get into it each night (before, of course, they all jump back on and I wake up with a bad back, thinking I really ought to do something about these sleeping arrangements- every day for the past 8 years). Midas enjoys his home comforts. At 39kg, he is about 5kg heavier than my biggest munster, however he has a way of making it feel like 50kg, and believes very strongly that he must be wrapped around my shoulders on the sofa or laid across my spine in bed. He is affectionate, comical, and cheeky. He's been the naughtiest

puppy I've ever owned, earning himself the nickname of The Black and Tan Destroyer. What I love the most about Midas is that he has an absolutely bombproof temperament; he is kind and gentle with all people and all other dogs, he makes everyone laugh and has been known for his excitable, happy yodel. He falls in love with everyone he meets and is one of life's great optimists. He is so full of character; when he was a puppy every time the bin lorry would come around he would run and jump into the empty bathtub and howl.





**M**idas is now almost 2 years old. He has been lightly shown, has qualified for Crufts both years and was placed at Crufts last year, he's had some super open show class and group placings. He's a real show off; I am not a very competent handler but he loves all of the attention and always tries his best for me.

On the working front, Midas has been training up really nicely, he likes to range like my munsters, which they are both bred to do, but his recall has been easy to teach, mostly because he loves food! He has a fantastic nose and a soft mouth. Retrieving isn't required of the breed, but he loves to retrieve. Gordons are generally quite biddable, but can be sensitive and wilful and require consistent, fair handling. As much as I would love to stretch his legs over the grouse moor, we are a long way away in Devon, and so he lives as a faux Hunt Point Retrieve breed, pretending to be a munsterlander.



**O**ne thing that I had to consider when getting this breed is the dedication to grooming. They have a lot of coat! I'm lucky that Midas has a long but very sleek, straight coat like his father, so it's been a gentle intro for me, but some have very profuse coats which require a lot of maintenance, especially since they are a hunting breed; they will pick up all sorts in their feathers.

Gordon setters were established in 1820 in Scotland as a hunting breed to quarter over moorland to find birds. Usually best put to use on grouse moors. They are supposed to hunt a pattern across ground and stop when they find a bird, at which point a gun will approach. They are bred to work at a distance independently. These traits are valuable in the field but pose some challenges to the pet owner, so early training is essential.

Although they are predominantly black and tan, the occasional black, white and tan or red dog pops up due to recessive genes. Before owning Midas, I had not realised some of the finer details of colouring for the show ring; the clarity and depth of tan colouring is considered, and a small white spot on the chest is permissible.

They can be a boisterous breed, especially as youngsters, and are slow maturing. They require lots of patience and a sense of humour! I have never been literally answered back by a dog so much as I am by my talkative setter.



**P**oints of importance for health with this breed are hip dysplasia, PRA which breeders will test for, and being a deep chested breed, owners should familiarise themselves with the symptoms of gastric torsion (or 'bloat'). Some breeders are also testing for cerebellar ataxia. Elbows are not routinely screened in this breed in the UK yet, but as a large breed it may be something to talk to your breeder about. I work in small animal rehabilitation and so feel especially strongly about orthopaedic health, and Midas has been hip and elbow scored for my reassurance.

As a newcomer to this breed, I am pleased that I did my research, waited for the right

pup, and I am so grateful to his wonderful breeders for the super start they gave him in life, for going above and beyond to get him to me, and for their continuing support ever since. I believe it's really important to focus not on choosing your puppy, but on choosing your breeder. If you get that right, the rest will fall into place.

For more information, the breed clubs in the UK are the British Gordon Setter Club, the Gordon Setter Association, the Gordon Setter Club of Scotland and the Gordon Setter Field Trial Society. They can be found on the kennel club website. The breed rescue is United Gordon Setter Rehoming and Support.





# THE IMPORTANCE OF DOG PHOTOGRAPHY



Every dog is so different, and as professional paw-trait photographers our goal is to bring out the full character of your faithful and loyal companion using creative lighting and photography techniques.

As specialists in dog photography, we use our dog handling skills combined with subtle dog psychology to truly bring out your best friend's personality, as well

as capturing their little quirks and mannerisms to capture their personality.

The role of the professional photographer is to bring energy, emotion and imagination to the paw-trait and not just a record of the occasion. Everybody wants their special friend to show their real life traits, and that is exactly what we do. The session gives you the perfect Dog Paw-trait Xperience to

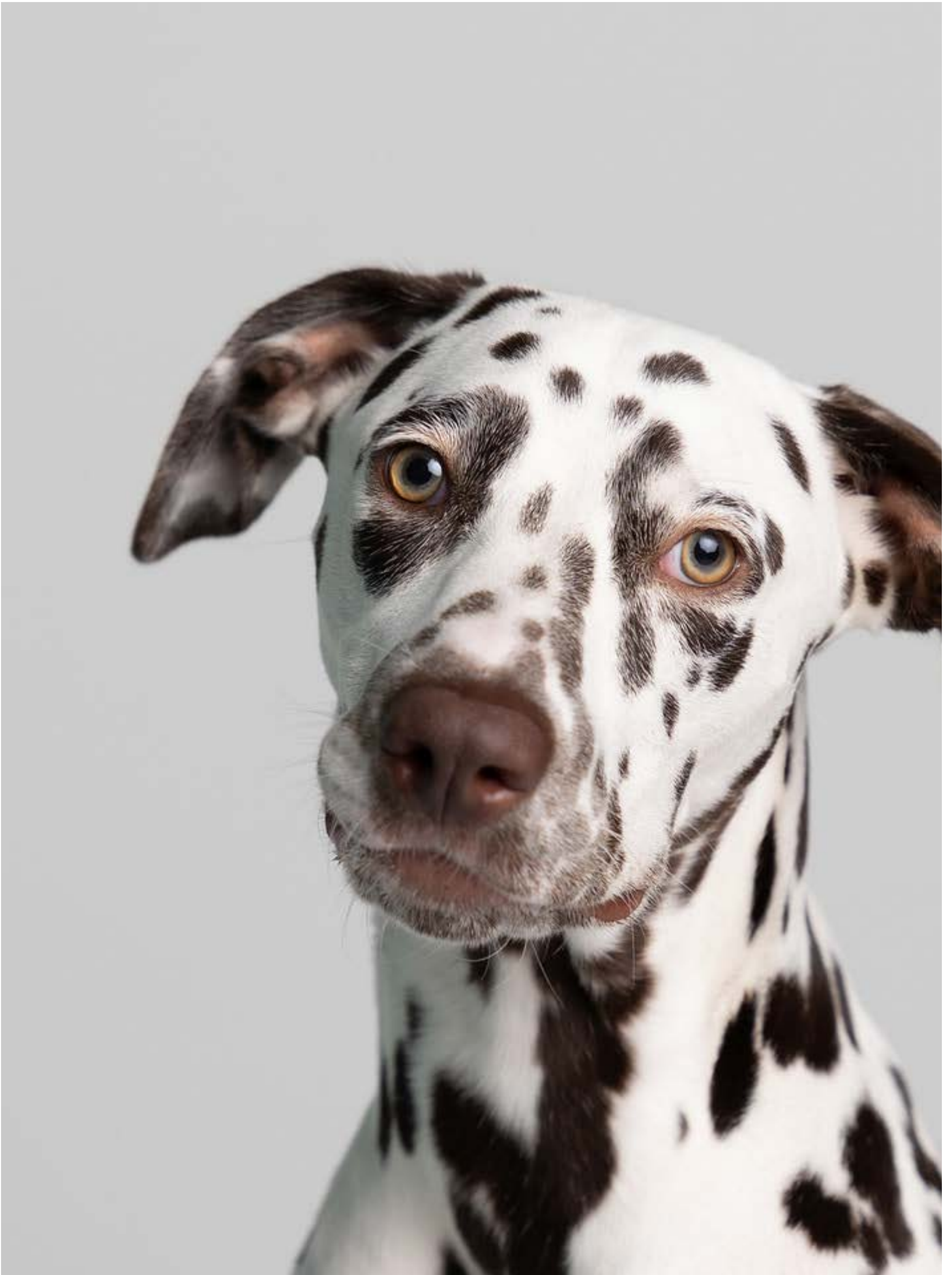
remember the emotion and relationship between you and your dog.

When tragedy happens, which is all too soon, the thing we reach for is our photographic memories. That's why our Xperience photographers dedicate themselves to creating images that will bring smiles across generations, helping to give you memories that are made to last lifetimes.

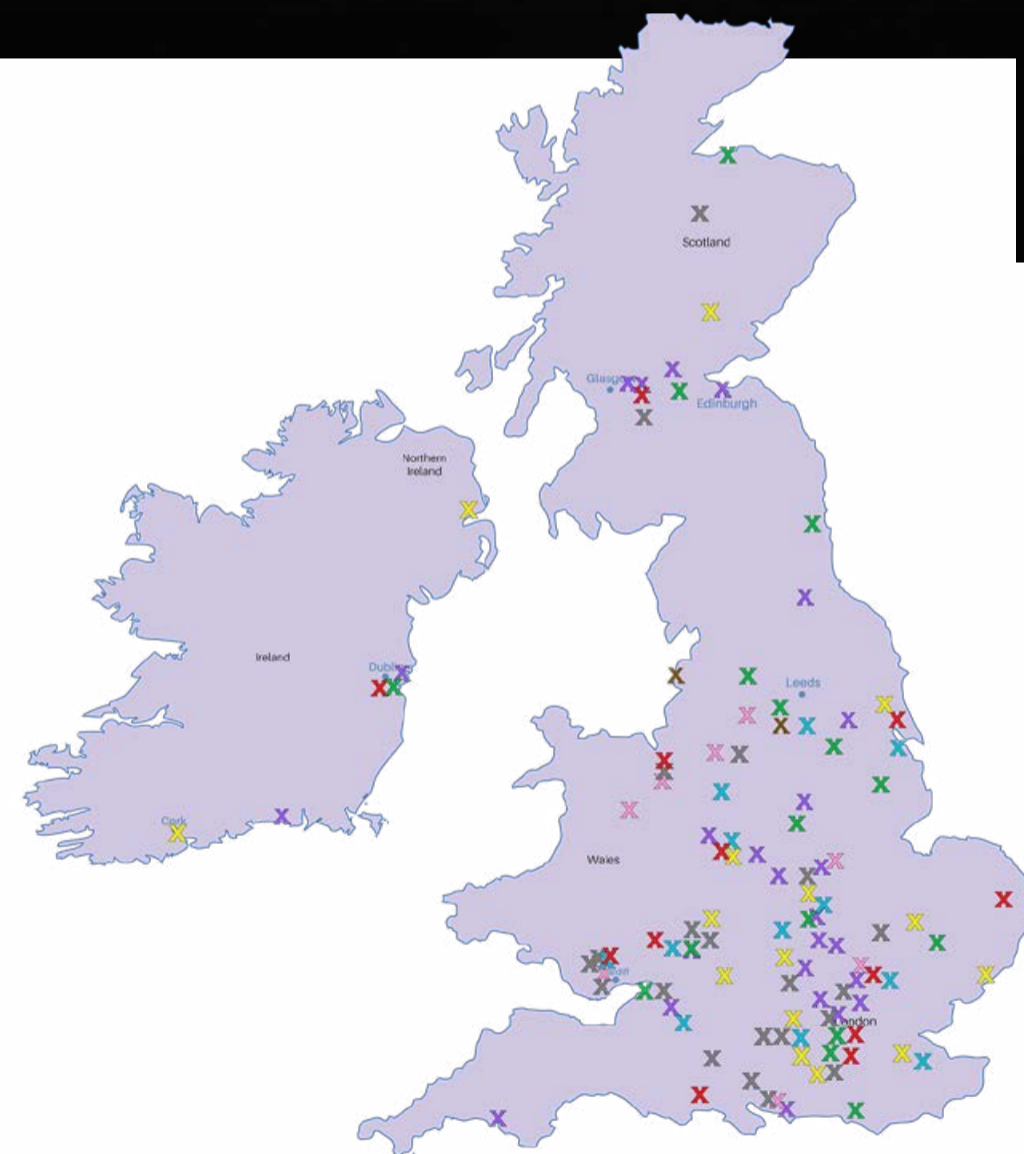












The Xperience Group is an independent collection of professional photographers based throughout the UK & Ireland.

All specialise in a variety of photography subjects but with one goal:

**The Perfect Photography Xperience for all.**

The variety of studios all represent a pursuit of excellence in creativity as well as the perfect image and presentation for your home or business. The Xperience photographers offer different skill sets as well as specialisation in dog paw- traits.

Whether shooting in the studio or on location you can be assured of the utmost attention to detail as well as creativity to meet your style and taste.

Every Xperience photographer is there to bring you amazing images and memories to cherish for ever.

To find out more about the Xperience Group, see your nearest Xperience photographer click the links below.







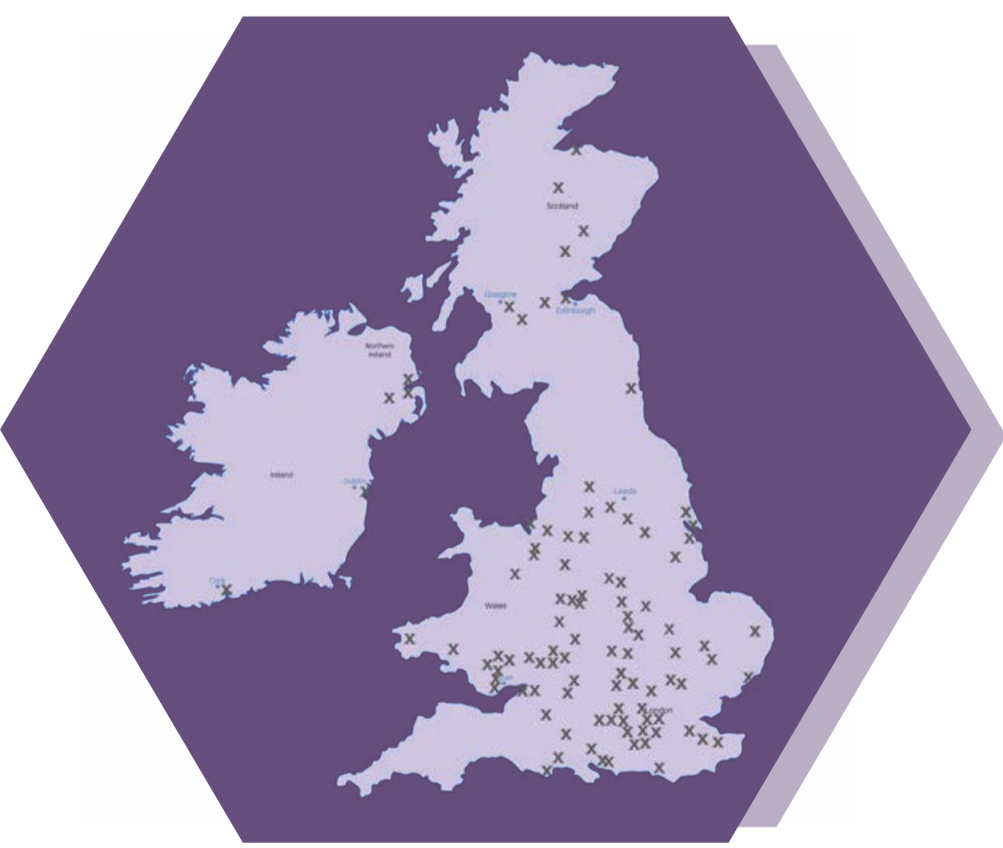
# CREATIVITY INCLUDED

## THE XPERIENCE

Professional Portrait Photography

“Photographing dogs - what's not to like? Getting to know people through the mutual love of dogs, and capturing the spirit of their loved ones at the same time, is a joy and a privilege.”

**BAILEY'S PHOTOGRAPHY**




“The images I create are Pawtraits to treasure. Something so celebrate in your life forever.”

**ARTFUL DOG STUDIO**

Claim your free dog Paw-trait

**CLICK HERE!**





# RAW FEEDING GUIDE

WOLF TUCKER

**W**e are a family run company based in the UK who cares passionately about the well-being of dogs.

In this guide we hope to provide you with all you need to know about the raw dog food diet (commonly known as BARF which stands for Bones and Raw Feeding or Biologically Appropriate Raw Feeding). We will share with you why we believe this method of feeding your canine companion is the best way to achieve and maintain optimum health and longevity for your dog.

We will explain some facts about canine nutrition and dispel some of the myths you may have heard about a raw food diet for your dog. We will provide information about processed dog food and its' connection to common ailments, and we will explain the link between your dog; and its wilder ancestor; the wolf and why this link is important when it comes to canine nutrition.

The objective of this guide is to impart our knowledge and passion for natural raw food feeding to enable you to make an informed decision about the optimum diet for your dog.

## **2. The Truth about Processed Dog Food**

The first question you may be asking yourself is what is wrong with processed

dog food, and why might it not be the optimum diet for my dog?

Before the introduction of commercial pet food, invented by an American gentleman by the name of James Spratt in 1860, dogs ate table scraps salvaged from their human companions or anything they could scavenge or kill. There was no such thing as tinned processed dog food or kibble.

We now know that processed convenience foods are not healthy for humans, so why would we assume the same is not true for our dogs?

As a society in general we have become used to eating convenience foods, and unfortunately we have passed this 'convenience' on to our canine companions. It is much easier to purchase a bag of kibble that will last a month from the local pet store, especially if we are told that this includes all the nutrition for our dog's needs, rather than have to worry about our dog's nutritional needs at every meal time.

However, health issues that were unheard of years ago are nowadays worryingly common in our canine companions; from obesity to food intolerances, stomach complaints, dental conditions and cancers.

Unfortunately and unquestionably these issues have been on the increase since processed pet foods became the norm.



“ THE BEST WAY  
TO ACHIEVE  
AND MAINTAIN  
OPTIMUM HEALTH  
AND LONGEVITY  
FOR YOUR DOG ”



One of the main reasons that processed pet food is believed to be unbeneficial for a dog, and the hypothesis on which a raw food dog diet is based upon, goes back to how the dog has evolved.

Processed pet foods are unnatural, and certainly not the type of thing your dog would have eaten in the wild. For a start, processed dog food is cooked, and cooking food damages some of the valuable ‘live’ enzymes found in raw meat and vegetables. These are the very enzymes that your dog needs to be able to digest food properly.

Combine this with the fact that processed foods are full of preservatives and additives, and you come to get a clearer picture of why processed dog food is probably not the best choice of feed to keep your dog in optimum health.

It is not surprising that many of us have considered kibble to be the best food for our dogs. Let’s face it; kibble is convenient, easy to store and relatively inexpensive. Furthermore our dogs do eat and appear to enjoy it.

Many of us have also been led to believe that scientifically developed pet food ‘brands’ are good for our dog because this is what we have been told by the manufacturers advertising claims. However these foods often contain products such as rice, wheat and corn.

This brings us to a very important factor. Dogs are not humans; they have a different anatomical structure and are therefore not designed to eat grains.

Most dry commercial pet foods are at least 50% grain because the carbohydrates are needed to hold the food together. A dog does not need and certainly cannot properly digest the amount of unnatural carbohydrates found in such feed. This goes a long way to explaining why dogs on a commercial diet have much bigger stools than those fed on a raw diet. It’s the first thing people notice when they move to raw; smaller, firmer and less smelly stools due to the high digestibility of the natural food.

Such dry foods can also have a relatively low percentage of good quality ingredients. And certainly not the ratio of meat proteins usually found in a good raw food diet.

And this is where health problems can arise.

It cannot be denied that in modern times the dog’s natural diet has been increasingly replaced with highly processed pet foods containing a high level of grain products (as opposed to meats, offal, bones and vegetables).



“ DOGS ARE  
NOT HUMANS :  
THEY HAVE  
A DIFFERENT  
ANATOMICAL  
STRUCTURE AND  
ARE THEREFORE  
NOT DESIGNED  
TO EAT GRAINS . ”

**W**e are so used to providing our dogs with food out of a tin or packet provided by commercial pet food manufacturers employing clever marketing tools that we have forgotten where our dogs originally came from and how they have evolved.

This poor nutrition combined with improper amounts of exercise (or none at all) are leading to serious health problems for our canine friends.

Nowadays dogs suffer numerous problems which appear to be inextricably linked to their modern day processed diet, and unfortunately these conditions are on the increase. The incidence of obesity, cancers, dental problems and allergies bear testament to this.

More worryingly, there has been a recent trend for product recalls with regard to some pet food feeds and treats, due mainly to toxicity levels and other harmful ingredients.

We would not feed our human family food that we suspect could lead to health problems, so the same ethos must apply to our dogs. As our dogs' carers, our dogs rely on us to provide them with love, exercise and correct species appropriate nutrition and diet.

At Wolf Tucker we believe that processed foods are the root cause of many persistent health problems seen today. Fortunately

many of these conditions can be quickly resolved by switching to a high quality raw dog food diet.

We believe that an appropriate diet for a dog is one that consists of food groups similar to those eaten by the dogs' wild ancestors i.e. the wolf.

And this is where raw dog food comes into play.

#### **Canine Nutrition and the Wolf Within**

The key to keeping your dog in optimum health is to give your dog foods that they were originally designed to digest.

To understand what foods a dog is designed to digest we need to take a look at the dog's most wild ancestor; the wolf.

##### **a. The Wolf Within**

If you want to provide your dog with optimum nutrition then you need to think wolf. Why? Because the wolf is the wild ancestor of your dog, and as such, they share the same internal anatomy and physiology.

They are from exactly the same family, the wolf's Latin name being "Canis Lupus," and the domestic dog named "Canis Lupus Familiaris." This name classification happened in 1993 due to overwhelming scientific evidence that the gray wolf species is the common ancestor for all breeds of domesticated dogs.





“ AS OUR DOGS  
CAREERS, OUR  
DOGS RELY ON  
US TO PROVIDE  
THEM WITH LOVE,  
EXERCISE AND  
CORRECT SPECIES  
APPROPRIATE  
NUTRITION AND  
DIET ”

**D**ogs, like wolves, have short digestive tracts, made specifically for processing raw meat. If you look at the anatomy and physiology of a dog, you will see that a dog is designed to eat meat. From the short intestines to the powerful jaw bones to the teeth designed for cutting and ripping flesh.

Dogs are opportunistic carnivores. And just like wolves in the wild a typical diet would involve hunting (or finding) and eating another animal.

Dogs are of course natural scavengers, and when hungry will eat almost anything. But make no mistake about it, your dog is essentially a carnivore, this means he is a natural meat eater.

Wolves have survived on the raw meat and the pre-digested foods of their prey for thousands of years. This type of diet is high in protein, easily digestible and provides optimum nutrition and energy.

Just like a wolf, you will also note that a dog's jaw only goes in one direction; up and down, unlike that of an herbivore whose jaw goes from side to side to crush vegetation. As omnivores our jaws can do both. Furthermore dogs and wolves do not produce the digestive enzyme amylase in their saliva which aids the breakdown of carbohydrates. This is another difference between carnivores, herbivores and omnivores and a key reason why kibble diets with grains and fillers don't deliver.



For carnivores, the burden of digesting carbohydrates is placed entirely on the pancreas. This is why a dog's diet, just like a wolf's, needs to be full of quickly digestible nutrients. Like those found in raw meat.

Since the beginning of their evolutionary history, dogs and their wild ancestors have thrived on diets based on fresh meaty bones as opposed to grains or cereals.

This is why you would not find a dog grazing in a field for food.

In its' natural environment the dog's diet would have been mainly raw, after all nobody cooked the rabbit for the wolf or the chicken for the fox.

This raw meat contained live enzymes, natural anti-oxidants, fully digestible proteins, health promoting essential fatty acids, organic vitamins and minerals, etc. They were definitely not the carbohydrate-filled diets of modern processed dog food of today.

When a carnivore such as a dog or wolf eats an herbivore (for example a rabbit) it generally gets to eat some meat, bone, and organ meats. The carnivore will also digest a small amount of green vegetation found in the herbivore's digestive tract. It is these components that make up a good raw dog food diet. The vitamins and minerals in these food groups occur naturally.

Therefore mimicking what a wolf would eat in the wild is key to maintaining your dog's health in a domestic environment.



“ YOUR DOG IS  
ESSENTIALLY  
A CARNIVORE,  
THIS MEANS HE  
IS A NATURAL  
MEAT EATER ”



Just because your domesticated dog appears to be far removed from a wolf in its appearance and behaviour; don't be fooled – it is not. Domestic dogs of today are not only capable of eating the food of their wild ancestors, but actually thrive on it. This is because despite domestication, their basic physiology has changed very little. This is a key target point for the processed dog food manufacturers. They spend increasing amounts of money searching for ways to debunk the trend and leak out, paid for studies, to show why it is not a good idea to feed raw. The only problem they have is the overwhelming evidence from raw dog food feeders across the globe that will never go back to processed foods. Of course, the one argument they will never win and the principle behind all raw feeding is that of nature and evolution – Wolves are apex predators for a reason.

What could make more sense than to feed a dog a diet which is species appropriate; the diet which its ancestors have thrived upon for thousands of years; the diet that has the highest likelihood of enjoying a long and healthy life because it is eating what it was designed to eat?

Remember; dogs and wolves actually struggle to digest grains and despite marketing literature which tells you otherwise, dogs do not require large amounts of carbohydrates.

Furthermore their protein is derived from the muscle meat of other animals as

opposed to protein sources such as grains and vegetable.

Unfortunately, despite owners' best intentions, many domesticated dogs are denied their natural diet. Instead they are fed processed foods which are often unchanging from day to day and most probably do not provide them with adequate nutrition.

#### 4. Raw Food Diet - Dispelling the Myths

One has to consider that if raw dog food was dangerous, dogs would have become extinct many years ago. As we have previously mentioned, processed dog food is a relatively modern invention, dogs have been eating raw for nearly 15, 000 years since they were first domesticated!

There are a few misconceptions around the issue of the raw food dog diet which we hope to dispel here as follows:

##### a. Bacteria

An argument against the raw dog food diet is that feeding a dog raw meat can lead to bacterial infections. Bacteria are still present on the meat, and just as worrying, it could be passed on to humans through poor meat preparation, or via the faeces of the dog. Some people are concerned that a dog's saliva could pass on these bacteria. We therefore cook meat because we think it renders it safe for our dogs.



“ YOU ONLY NEED  
TO LOOK AT THE  
ANATOMY AND  
PHYSIOLOGY OF  
A DOG TO SEE  
THAT A DOG IS  
DESIGNED TO  
EAT MEAT ”



Of course when preparing raw meat one should take the usual precautions that you would when feeding a member of your family, by cleaning the counter, using a clean knife and washing your hands etc. We have written some useful reminders around handling of raw dog food on our website here. As for bacteria being passed on through faecal matter, then again, the normal precautions of hygiene would apply.

We need to bear in mind that dogs are natural scavengers so are very well-equipped to deal with bacteria. In any event, they are able to deal with the low level of contamination which may be present in fresh uncooked meat. Their saliva has strong antibacterial properties; and their short digestive tract and powerful digestive juices are designed to eliminate food and 'kill' bacteria quickly. The balanced nature of WolfTucker dog food also helps to maintain your dog's immune system in tip top condition.

I suggest you type "Dog food recall" into Google or check out this site to get an accurate picture of the health scares around dog food.

Don't forget that dogs have been roaming the wild for years eating a variety of rotten

carcasses, fruit, fresh game, grasses and herbs. They even eat herbivore faeces; try keeping your dog away from horse droppings!

The anti-bacterial juices in their mouth and stomach are highly effective and mean they can eat things which a human cannot.

Unfortunately it is more likely that processed foods will make your dog ill.

#### **b. The Carnivore/Omnivore debate**

Some people think dogs are omnivores, meaning they are designed to eat both vegetation and meat. It is true that dogs do and can eat vegetation, because they are opportunists, we have a video of wolves eating berries on our site, but they are anatomically carnivores. They belong to the Carnivora order and therefore in their wild state they are basically flesh eaters with powerful digestive juices.

You only need to look at the anatomy and physiology of a dog, to see that a dog is designed to eat meat. From the short intestines to the powerful jaw bones to the teeth designed for cutting and ripping flesh.



“ YOU ONLY NEED  
TO LOOK AT THE  
ANATOMY AND  
PHYSIOLOGY OF  
A DOG. TO SEE  
THAT A DOG IS  
DESIGNED TO  
EAT MEAT ”



**D**ogs are opportunistic carnivores with omnivorous abilities. However, their entire anatomy and physiology has been designed for a meat eating diet.

This of course does not mean that they thrive on meat alone, and dogs have proven that they can survive on human dinner scraps and certain vegetation during times of hunger. However to optimise their health we need to recognise that they are first and foremost carnivores with omnivorous abilities.

The raw dog food diet recognises this and the WolfTucker meals follow this principle.

#### c. Bones

What about bones? Despite what you may have heard, dogs do need raw meaty bones. Notice the word 'raw'. Cooking bones makes them brittle and therefore, more likely to splinter and this is why cooked bones are an issue. Do not feed your dog cooked bones.

Dogs and their wild ancestors have been eating raw meaty bones for a very long time with no ill effect. You can see by their teeth that canines are purpose built to eat bones. Just as I am editing this for pdf, I am witnessing 16-year old Labrador devour an entire bone.

Chewing on a bone is a very stimulating activity for a dog which also releases endorphins which promote a feeling of well-being.

Perhaps the best thing about bone chewing is that it prevents tartar build up; bones act as a natural tooth brush for a dog.

Don't be fooled into thinking that dental problems for dogs are not as serious as other ailments, bad dental health left untreated can lead to the death of your dog. So it is important that uncooked ones are provided as an addition to any raw food diet. Bones have a vital part to play in the dental health of our canine companions.





# Bowen FOR PAWS

CANINE BOWEN  
TECHNIQUE



After 16 years working in the public sector, exhaustion and frustration at the bureaucracy, Beth no longer felt productive. It was time to change direction. “All my life” said Beth, “I have loved dogs and have had the privilege of being owned by several in my life”. The one that keeps her on her toes is a 4 year old border collie from working stock, asmartandenergeticlittlechap. Having always been interested in the holistic side of healthcare, and with her love of dogs, it intrigued Beth when her husband qualified as a Bowen Technique practitioner, as she learnt that there was a canine version of the technique. Beth believes in the power of complementary therapies, having seen the effect on another Border Collie, who was limping, and the vets had run out of ideas apart from ever increasing medications. Yet after a few sessions the limp went. “I knew this was where I needed to be, to help dogs, gently but effectively” said Beth.

So, from that brief conversation, Beth knew she had to follow her passion. It sounds so easy, but to become a Canine Bowen Technique practitioner, she first had to qualify as a human Bowen practitioner. A year of extremely hard work, study and learning anatomy followed and Beth got her human Bowen qualification in 2017. This was all done whilst undertaking a full-time job, yet it was all worthwhile when she qualified.

As though that were not enough at the time of her exams, her husband tore a 5cm tear in his Achilles tendon, which would involve surgery and being in plaster for 12 weeks. This did not deter her, whilst continuing to work full time, caring for her husband and walking her dog twice a day every day, she embarked on another year of study to qualify with the European Guild of Canine Bowen Therapists (EGCBT) now the Canine Bowen Technique Association (CBTA). June 2018 was a landmark for Beth when she qualified.





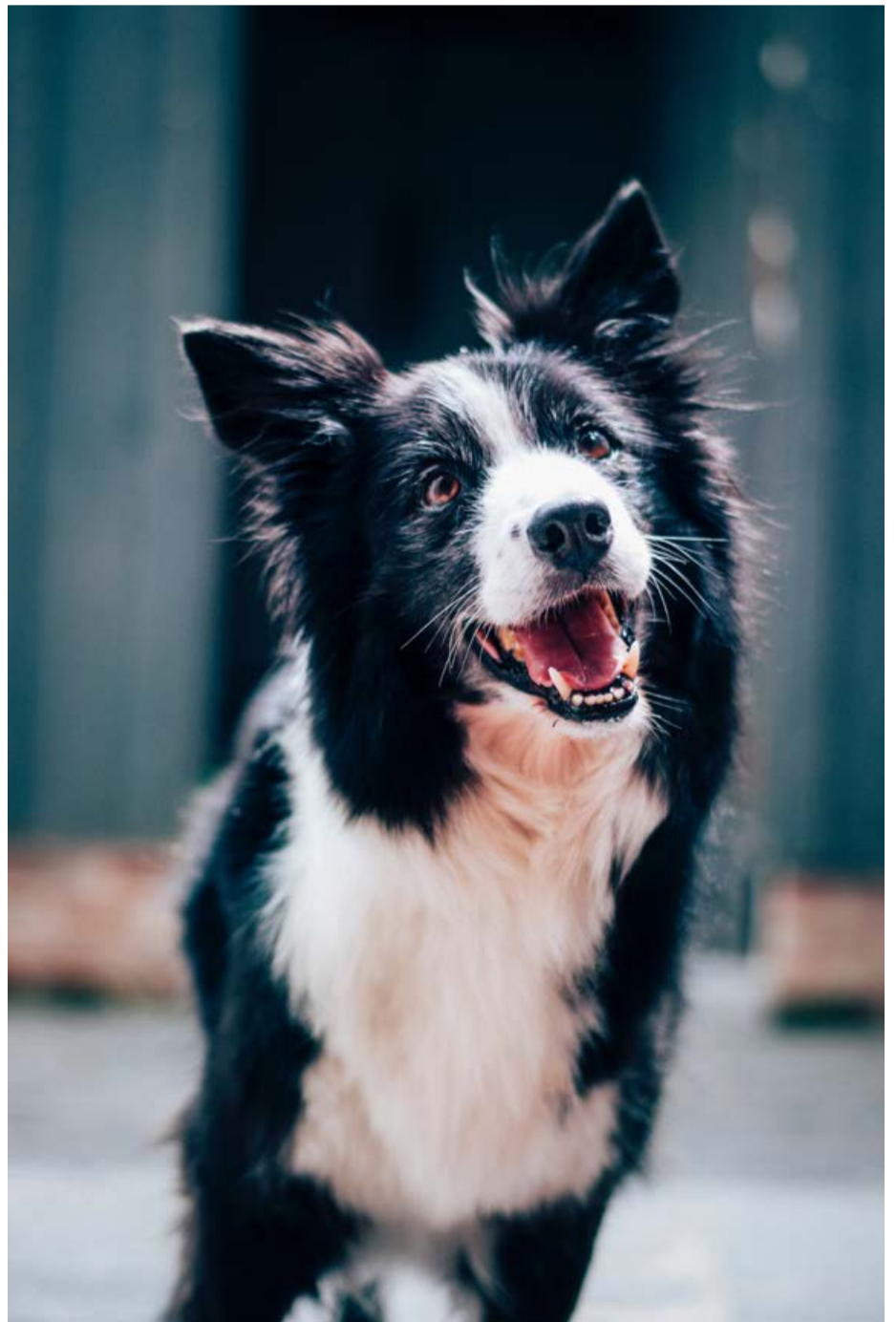
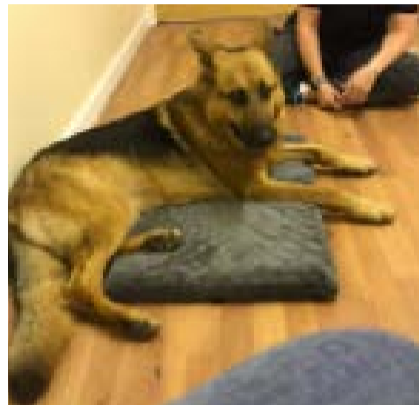
*“I love working with dogs, they never stop teaching me, and they continue to amaze and humble me”*

As though that were not enough at the time of her exams, her husband tore a 5cm tear in his Achilles tendon, which would involve surgery and being in plaster for 12 weeks. This did not deter her, whilst continuing to work full time, caring for her husband and walking her dog twice a day every day, she embarked on another year of study to qualify with the European Guild of Canine Bowen Therapists (EGCBT) now the Canine Bowen Technique Association (CBTA). June 2018 was a landmark for Beth when she qualified.

By this time, Beth and her husband had set up the human Bowen therapy as Bowen in Motion which was proving a great success, so Beth set up a separate business, Bowen for Paws, just for our furry friends. Now they have two fantastic premises for Bowen for Paws, in Bicester and Aylesbury. At Aylesbury, the clinic which held monthly on a Saturday, is perfectly situated within the amazing Unique Pets pet store. At Bicester, the treatment room is in a busy and spacious gym, with discrete access for nervous dogs. Home visits are also available for certain criteria.

Why does Beth feel so passionate about helping dogs and people? “I love working with dogs, they never stop teaching me, and they continue to amaze and humble me. They are the most amazing creatures, who know just what treatment they want and need, and are happy to tell me when they have had, what they need by going off to lie down and adopt the ‘Canine Bowen look’ which tends to be super sleepy. Though I love my canine Bowen work, I also love working in our Bowen clinic, using the Bowen Technique and McLoughlin Scar Release Technique (MSRT) on people, seeing them leave after treatment with a bounce in their step and feeling more alive, is amazing.”

So what is Canine Bowen Technique? It is a gentle, non-invasive, holistic modality that promotes body and energy rebalancing, healing and pain relief. It aims to support and boost the natural healing capabilities of the body and is based on the principles of human Bowen Technique, which was developed by an Australian, Tom Bowen (1916-1982) a complementary human therapist.





*“It is a gentle, non-invasive, holistic modality that promotes body and energy rebalancing, healing and pain relief.”*

The human variety was brought to this country in 1993. It was then adapted for use on dogs in 2001 by Sally and Ron Askew, who integrated it into their dog behavioural and rehabilitation work; founding the European Guild of Canine Bowen Therapists in 2003 now Canine Bowen Technique Association (CBTA) was set up to train, promote, represent and regulate a network of properly skilled and experienced Canine Bowen Technique practitioners able to work alongside other professionals in the canine world to help dogs; such as vets, trainers, behaviourists, rescue centres, hydro therapists, and nutritionists.

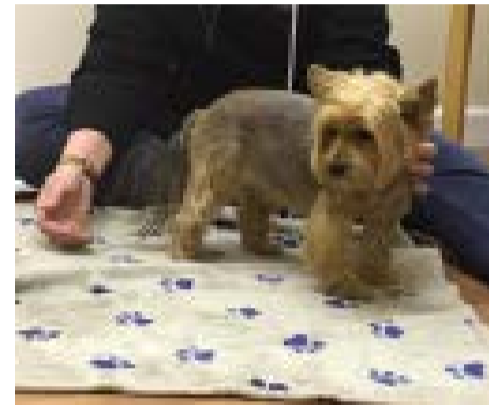
Canine Bowen Technique is regarded as a manipulative technique covered by the Veterinary Surgery (Exemptions) Order 2015 of the 1966 Veterinary Surgeons Act, allowing non-veterinarians to work on the animal, on referral of the dog's veterinarian. With the help and support of local vets CBTA have been using Bowen on dogs since 2001, with a lot of success.

This is a complementary therapy, to be used with, not as an alternative to proper veterinary care. Owners must have their dog thoroughly checked over beforehand by their vet who need provide written approval prior to starting a course of treatment. Under no circumstances are medications prescribed, altered or advice offered.

The technique isn't forced on the dogs, When the dog shows it has received what it needs and if it wishes to walk away, then it is allowed to do so.

What does the technique involve? Beth outlines what can be expected.

A session is approximately an hour long allowing time to learn about you and the dog(s) and for everyone to relax. The time spent discussing your dog(s) issues is great for calming your dog before treatment begins. The hands on part of the session will usually last around 15 to 20 minutes. I do treatment on the floor and they can move around and behave naturally.





*“I have had amazing results with the dogs I have worked with.”*

Sometimes on the first appointment, there will need to be time to allow your dog to accept and trust me. For very nervous dogs, most of the first session, may well be spent solely on developing their trust and building a relationship, with no hands on or very little work done. However, after getting comfortable most dogs will want it more and more, and many will come over and position themselves to show where they'd like the work doing.

As part of the assessment, I may ask you to walk your dog to help me assess their movement, and if your dog is comfortable with it, I may take a video or photo of their posture and movement. A gentle examination of your dog with my hands, making sure they are comfortable to be handled. All this takes a little time. This information will then help to monitor changes that have taken place between treatments and progress. Throughout I will observe the reaction as dogs are much more in tune with their bodies than humans and generally know themselves when to “take a break”, and when to come back for more.

Canine Bowen Technique is never forced on the dog—this will only make the dog less receptive and will be counterproductive to the outcome. The welfare and comfort of the dog is of paramount importance at all times during a session.

If your dog has any of the following conditions,

- Arthritis and Muscular Sprains & Strains
- Lameness and Gait problems
- Hip & Elbow Dysplasia
- Chronic Illness and Degenerative Disease – Improving the dog's quality of life Or needs help with:
- Rescue/Re-homed dogs Relaxation often senses from previous trauma
- Pre and Post Surgery—Reducing recovery times

Then search out your nearest canine Bowen Practitioner at [www.cbta.org.uk](http://www.cbta.org.uk) to try this treatment, and see how it can help your four legged friend.

