



## IN THIS ISSUE



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- NEW MONTHLY FEATURED ARTICLE; DID YOU KNOW??????



- CHECK OUT MAY'S CALENDAR FOR NEW CLASSES
- NOW TAKING REGISTRATIONS
- OVER STOCK CLEARANCE SALE

## *Diann's Happy Tails Obedience Training*



<http://www.diannshappytails.com>

Diann @  
**541-480-6987**

*Day Care, Boarding, Dog Walking,  
Private lessons, Semi Private Specials, Doggie Do Right Boot Camp,  
Social Lessons, Board & Train, Day Camp, Specialty pet Food and supplies  
treats, & More*

### Regardless of whether you are feeding:

- Dry food;
- Homemade cooked and fresh food, or;
- Raw food



Increased moisture is of great benefit to your companion animal's overall health.

Dry food (kibble, cookies, etc.) is formulated in direct contradiction to a dog's and cat's natural diet ([species appropriate diet](#)). A species appropriate diet for a dog and cat is high in moisture content as fresh meat represented the major portion of the diet, with fat next and then carbohydrates.



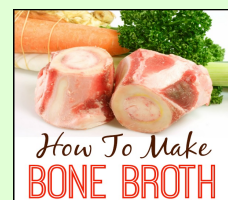
The Importance of Ensuring Your Dog and Cat have Adequate Moisture Intake With their Food1Daily Digestive Health

During the digestive process dry food actually steals moisture from the digestive system and can cause clinical dehydration - particularly in dogs and cats that drink very little water or other fluids directly before or just after their meal.

The recipe below on Bone Broth is an ideal way to add extra moisture to their food no matter what you feed. It doesn't get as close to the exact amount, but is a good start and a healthy option.

## Recipe for Chicken, Meat or Vegetable Bone Broth with Healthful, Safe Herbs and Spice For Dogs and Cats

This recipe can be made with a stock pot and simmered on a stove burner or with a crock pot (slow cooker). It also can be made to suit any likes, allergies or ingredients.



- The recipe below uses chicken - you can also use beef marrow, soup bones from:
  - Beef;
  - Bison;
  - Lamb;
  - Venison, etc.
- If you are using a red meat bone rather than poultry extend the simmering time period from 24 hours to 36 hours, I have simmered the broth for up to 4 days at one time. By then the bones are so cooked they crumble in my hands, and when soft enough can be crushed and added to the broth. Please always be

sure there are no sharp pieces, edges or splintered bones. NEVER GIVE YOUR DOG A COOKED BONE OF ANY KIND NO MATTER WHAT. BONES FOR A DOG MUST ALWAYS BE RAW; IT'S NOT NEEDED TO ADD BONES FROM THE BROTH TO THE MIXTURE. I WANTED TO SEE HOW MUCH BETTER THE BROTH WOULD BE BY COOKING LONGER, GETTING MORE NUTRITION FROM THE BONES, THEN I CRUNCHED UP THE BONES AN EXTRA TIME TO BE SURE THEY WERE SAFE TO ADD

- If you want to maximize the nutritional value and healing qualities of the broth use bones/meat from grass-fed organically animals...



If You Can Afford To - Go Organic...

Of course as with all food stuff - Many people don't realize that if the source of the meat fed to their companion animal is from a non-organic, non-free range farm the meat can, overtime cause very serious health issues for their dog or cat.

Meat derived from animals from concentrated animal feeding operations - CAFO raised animals (i.e. large factory farms) contains high levels of antibiotics, steroids and if you reside in the USA - growth hormones. These animals are also fed genetically modified corn - a health threatening food stuff all on its own. All of these health threatening substances are ingested by your dog and cat when they eat the meat from factory farm raised animals.



## BONE BROTH RECIPE

- I use one lb or so of chicken legs; hind ends, etc...or beef marrow bones, but the chicken bones cook better and are easier to work with; beef tends to be fatty
- Add:
  - For every gallon of water in the pot add: Enough water to cover about 2 inches above the ingredients in the pot, add more and stir as needed.
    - 1 to 1.5 tsp of organic unpasteurized, unfiltered [apple cider vinegar](#) (ACV), or;
    - The fresh juice of one (1) whole [lemon](#).
      - The natural acids in the ACV and lemon help to break down the bones which releases the healthful minerals from the bones into the broth as it cooks;
  - The following herbs (optional): just about any pet safe herb will do; **Cats are more limited to herbs than dog's, so check on that before you make it for a cat**

make it for a cat.

- All herbs below depend on how much you are making. Honestly, I don't measure much, a tbs or so. Organic herbs are very potent compared to store spices, so much isn't needed



- $\frac{1}{2}$  tbs of dry or fresh finely chopped sage;
  - $\frac{1}{2}$  tbs of dry or fresh finely chopped basil;
  - $\frac{1}{2}$  tbs of dry or fresh finely chopped rosemary;
  - Turmeric; Ginger; Sw/Pot/ Garlic; Green Beans; Carrots;
- Simmer on a low heat; [I start on high for a few hrs to get it going quick]
  - When chicken starts to fall off of bones; maybe 2 days or so.
    - Remove all of the meat and veggies from pot.
    - I leave all the herbs and veggies in the broth to simmer as long as the bones
    - it makes a much thicker stock, more like a stew.
  - Leave the herbs in the liquid;
    - Leave the fat in the liquid - do not skim it off; [skim off fat after it's done, and sit's in the fridge for a few days so fat raises to the top and hardens. Much easier to remove.] Beef seems to be much fattier.
    - Leave the skin in the liquid; [The skin I do remove]
  - Allow the meat and (veggies) to cool then;
  - You can offer some of the meat (and veggies if you like) **NO BONES** to your dog or cat or you can put it in containers and store in the refrigerator to add to his/ her food later;
  - I always leave out enough broth so it's fresh to add a small amount to their meals for a week and freeze the rest into containers that hold enough for a weeks worth, [roughly]
  - Once the meat and vegetables have all been removed;
  - Add some additional water as some will have evaporated during simmering and some will have been removed with the meat;
  - Add another tsp of ACV or fresh lemon juice;
  - Then put the broth back into the stock pot or crock pot:
  - As you can see this recipe is easy to modify to suit any needs. I will use the veggies, herbs I have here at home so they don't go bad and get thrown out. That makes every batch I make a little different. No matter what I put in it, the dog's hang out in the kitchen for days, [I use my biggest crock pot] trying to get sniffs of that great broth and I know they hope by some magic, it appears for them on the floor. When they get some, we could have an earthquake and I know they wouldn't notice. Bowels are so clean and shiny I could get away with out washing them if I wanted.

## DID YOU KNOW??????????

- **Ceylon Cinnamon Tree** - the bark is used to make **Ceylon Cinnamon**;
- **Ceylon Cinnamon** is the one you want to use.
- **Chinese Cinnamon Tree** - the bark is used to make **Cassia Cinnamon**



it is an:

- Anti-inflammatory;
- Anti-microbial (fights bacteria, fungi, etc.)
- Anti-septic;
- Mild anesthetic;
- Helps dissolve food particles and aids in the digestion of food.

Historically cinnamon has been used to numb teeth and gums, including the gums of teething infants.

### Daily Dosage

- Small Dogs and Cats - 1/8 tsp a day.
- Medium Dogs -  $\frac{1}{4}$  tsp a day;
- Large Dogs -  $\frac{1}{2}$  tsp a day;



Cautions: In some very rare cases cinnamon can be an irritant, particularly cinnamon oil. All of my dog's have cinnamon on a daily basis and have never experienced any reaction. Ceylon cinnamon powder in the doses mentioned above is safe for pregnant dogs, but do not use cinnamon essential oil on a pregnant dog or cat. My cats have never had an adverse reaction to cinnamon.



**I sprinkle a little on top of their Bone broth to make sure they get the benefits of it cleaning their teeth as much as possible; never have heard a complaint! Use the organic powder, not the spices from the store.**

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## DID YOU KNOW??????????

HEALTH BENEFITS OF COCONUT OIL



## HEALTH BENEFITS OF COCONUT OIL

Consists of more than 90% saturated fats, with traces of few unsaturated fatty acids, such as monounsaturated fatty acids and polyunsaturated fatty acids. Most of the saturated fats in coconut oil are Medium Chain Triglycerides (MCTs). The main component (more than 40%) of MCTs is lauric acid, followed by capric acid, caprylic acid, myristic acid and palmitic. Coconut oil also contains about 2% linoleic acid (polyunsaturated fatty acids) and about 6% oleic acid (monounsaturated fatty acids).

Most of the coconut oil benefits come from the MCTs. For example, the lauric acid in coconut oil has antibacterial, antiviral, and anti-fungal properties. Capric and caprylic acid have similar properties and are best known for their anti-fungal effects.

In addition, MCTs are efficiently metabolized to provide an immediate source of fuel and energy, enhancing athletic performance and aiding weight loss. In dogs, the MCTs in coconut oil balance the thyroid, helping overweight dogs lose weight and helping sedentary dogs feel energetic.

According to Dr. Bruce Fife, certified nutritionist and naturopathic doctor, coconut oil gently elevates the metabolism, provides a higher level of energy and vitality, protects you from illness, and speeds healing. As a bonus, coconut oil improves any dog's skin and coat, improves digestion, and reduces allergic reactions.

Fed regularly to pets, coconut oil may have multiple benefits:

### SPOT HIDDEN DANGEROUS PET FOOD INGREDIENTS

Did you know that dangerous Chinese ingredients are lurking in virtually every pet food - even the premium brands?

Coconut oil, Clears up skin conditions such as eczema, flea allergies, contact dermatitis, and i



Melted Oil in hot water; enough for a few weeks

tchy skin.

- Reduces
- allergic reactions and improves skin health
- Makes coats become sleek and glossy, and deodorizes doggy odor
- Prevents and treats yeast and fungal infections, including candida
- Disinfects cuts and promotes wound healing

- Applied topically, promotes the healing of cuts, wounds, hot spots, dry



Virgin Coconut Oil when bought



Put in the glass jar after melting

skin and hair, bites and stings

## Digestion

- Improves digestion and nutrient absorption
- Aids healing of digestive disorders like inflammatory bowel syndrome and colitis
- Reduces or eliminates bad breath in dogs
- Aids in elimination of hairballs and coughing

## Immune System, Metabolic Function, Bone Health

- Contains powerful antibacterial, antiviral, and anti-fungal agents that prevent infection and disease
- Regulates and balance insulin and promotes normal thyroid function
- Helps prevent or control diabetes
- Helps reduce weight, increases energy
- Aids in arthritis or ligament problems

Integrative Veterinarian and Naturopathic Doctor, Dr. Karen Becker, says "Medium-chain triglycerides (MCTs) have been shown to improve brain energy metabolism and decrease the amyloid protein buildup that results in brain lesions in older dogs. Coconut oil is a rich source of MCTs. I recommend 1/4 teaspoon for every 10 pounds of body weight twice daily for basic MCT support."

Why not give coconut oil a try and introduce it to your dog? It offers many benefits for your dog and is a more sustainable and less toxic source of oils than fish.

Make sure it say's on the oil you buy: **EXTRA VIRGIN OR VIRGIN; UNREFINED; OR UNFILTERED; [OTHERWISE IT WILL HAVE BEEN REFINED TO BE WHITE BY HAVING BLEACH ADDED] IT SHOULD ALWAYS SAY "ORGANIC" THAT IS NOT A PLOY" IT IS A FACT; In short; get "Virgin coconut, unrefined and organic"**

It will come in a solid form, you can find it in the liquid, it is much more expensive, but the solid form is easy to melt. I take a certain amount, put in a glass jar or cup, run or sit it in something and run hot hot water over it, [not in the oil itself] it melts, then with a funnel, I pour into a glass jar with a lid for easy adding to the dog's food. When empty I repeat the process. Coconut oil melts at room temp. but harden quickly if not used, and most health food stores carry it or it can be ordered.



**THE JOURNEY  
OF LIFE IS  
SWEETER  
WHEN  
TRAVELED  
WITH A DOG**

A Dog's Tale from Dog.com

## DENTAL HEALTH

fights tooth decay and oral health issues;

- Hardens tooth enamel;
- Can help reduce sores and infections.

Organic Coconut Oil has many other health benefits and is an excellent supplement to add to the daily diet. Coconut oil is safe for most dogs and cats.

**Items will be offered until gone. Beginning April 2015  
All Items are in good condition. No outdated pet foods. Sold As Is, until gone. try it; if you like it I can order more at regular price. Fromm cat food samples available in other flavors with purchase of the Gold.  
Call Diann @ 541-480-6987 for info or details.**



**Herbsmith, an Holistic Advanced herbal Company with many items to choose from. All natural, made with Organic herbs. I use several. Easy to mix with Bone Broth above or to make your gel caps as I do when my dog's need an Herb but dislike the taste. In a gel cap or the Bone Broth, they don't taste a thing. Items are priced different, size and item depending. Contact Diann for details on that.**



**TUG A JUG: available in Large or xlarge . Not a chew toy, but will keep your dog busy for an hour or more. Can hold up to 4 cups of kibble for teaching them how to use their mind to get the food out. \$12.00 each.**

**California  
Natural Dog Food In 15 lb bags.  
Several flavors available. Call Diann for details @  
541-480-6987**



**FROMM ADULT GOLD CAT FOOD: One of the top brands in the pet food industry is fromm and the**



**Cat food is no exception. Comes in several flavors, Gold is Overstocked at this time. Try it, I can get more in several flavors, and samples are available. Call Diann for details.**