

The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Autumn 2020

A few words from Jonathan, Honey's founder



Beau Gayle providing hard evidence that Honey's fed dogs are more intelligent!

In Britain the nutritional value of food is falling, and the reason is that we aren't looking after our soil, which, according to a 2017 government paper will cease to be fertile as early as 2047. I mention this because I have just read Defra's annual agricultural report which contains a great deal of worrying news, including the fact that the amount of land being converted to organic farming methods has reduced by 15% and there are now half the number of species of birds in Britain compared to 1970.

Thankfully, it is not all doom and gloom! By making considered food choices – which, since you are a Honey's customer, you clearly are! – you can rest assured that you are not supporting the massive agri-food sector and its destruction of the environment. You are saying 'no' to over-farming, the unnecessary use of chemical fertilisers/pesticides and the destruction of biodiversity. You are saying 'yes' to food from small scale, British producers who put the welfare of their animals and the soil before commercial gain. I won't pretend that buying 'real' food isn't costing you slightly more, but I hope you will view it as a small price to pay compared to the two massive benefits it offers: it is fantastic for the environment and it is fantastic for whoever is eating it.

Which brings me via a rant (sorry, sorry) to the point I really wanted to make: 'Let,' in the words of Hippocrates, 'food be thy medicine.' And, while I am quoting (this time Erasmus): 'Prevention is better than cure.' Whether you have two legs or four, if you eat food with a higher nutritional value, avoid food that has been intensely farmed and do not rely on artificial (and often hidden) supplementation, you will enjoy a longer, healthier and happier life. I will go further: it is my belief that the financial saving to be made in medical costs over the long term (bearing in mind that it can take years for nutritional deficiencies to show up) will outweigh the additional expense. There is some Australian research, incidentally, that shows feeding a raw, essentially wild meat diet to dogs can reduce vet bills by 80%.

Given all of the above, you might think that here at Honey's we are a) self-congratulatory and b) sitting on our laurels. We do our best to make good decisions, from our choice of local producers to our recyclable packaging. We are signed up to 1% for the Planet and ISO 14001. We are carbon neutral and certified-organic. But we are far from complacent. We want and need to do more. In this regard, we have been hampered by what might be called pandemic-related logistical issues. Nevertheless, we are constantly reviewing our carbon footprint – especially our packaging and delivery. We also have a plan to become 'better than carbon neutral', that we hope to have in place by early next year.

Which brings me to a related topic. I don't like to show off, oh, hang on a moment, yes, I do! Last month I became a trustee of the Rainforest Trust. It is by no means the largest of the land conservation charities in the world. The Nature Conservancy or World Wildlife Fund are many times larger. Even so, the Rainforest Trust has saved over 24 million acres of tropical forest from destruction in the last 30 years. The Honey's plan to become 'better than carbon neutral' is linked to the work being done by Rainforest Trust. A sort of home and away policy.

I am afraid my introduction to this issue has been rather earnest. Happily, the rest of the newsletter is packed with uplifting, informative articles as well as news and competitions. You will also learn who won our joke competition and who receives a bonus prize for coming up with it (the inspiration was: 'I threw a ball for my dog – extravagant I know but he looks good in a dinner suit!').

Finally, I want to thank you, as ever, for your wonderful support and custom. We do not take it for granted. If I can ever be of service or if you have an idea, comment or complaint my personal email is js@jonathanself.com and I would be delighted to hear from you. Thank you, again.

Jonathan

Jonathan (Self)
Honey's Founder

PS I have received some emails about our plans to create a range of complete vegetarian dog food... things are slightly on hold due to the pandemic but we hope to re-start the project soon.

In this issue



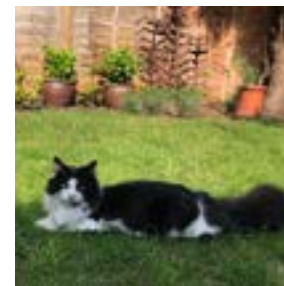
The benefits of acupuncture

Dr Amy Watson explains how acupuncture could help your dog.



How to photograph dogs

Professional photographer Sharon Bolt reveals her secret tips.



The Alternative Cat

Three pages of feline news, articles and information.



How to treat worms and fleas

Dr Mark Elliot looks at the alternatives to harmful chemicals



Packaging update!

Our recycling scheme has been a huge success!


Honey's
REAL DOG FOOD

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www.honeysrealdogfood.com



Honey's e-news

We've mentioned our plans for a new website so many times in the last few months that we're nervous to raise the topic again. However, (paws crossed), at some point this autumn, visitors to www.honeysrealdogfood.com will be surprised and hopefully wowed by our dazzling new online presence.

The most obvious improvement to the site is the addition of online ordering, which we know some customers and potential customers will find more convenient. Other improvements include much more advice on canine health and nutrition and much more information about our food, packaging, environmental commitment, ingredients policy and so forth.

Many of the new images on the site, by the way, were taken by Alexandra Robbins (www.akrobinsphotography.com) a local, award-winning pet photographer. The drawings are by Nishant Choksi (www.nishantchoksi.com) a dog loving, award-winning illustrator who lives in Brighton.

Once the site is up and running, we will let you know by means of a leaflet in with your order. Unfortunately, due to pesky GDPR rules the new website won't recognise you as an existing Honey's customer until you tell us (by means of words or barks) that you want to be recognised. But we are getting ahead of ourselves. We will definitely let you know when it is all systems go for e-Honey's!



Honey's is certified organic for another year

Honey's is, to the best of our knowledge, the first raw dog food producer in the world to obtain certified organic status. To maintain our certification, we have to be audited and inspected every year. As we go to press, we have just heard the good (but not unexpected) news that we have passed again. We really believe in certification that involves external, independent inspectors because there is no better way to prove that an organisation is meeting fixed and stringent standards. It is the reason why we are also signed up to ISO 14001, which covers our environmental management.



"I used to equate love with liver treats."

Baaaaamazing! Lamb flavoured treat, anyone?

At Honey's HQ we have been experimenting with a new air-dried treat, which, since the only ingredient is lamb, we are calling (how creative are we?): Honey's Lamb Treats.

Due to the current health crisis we can't put the treat into full production BUT we have prepared around 1000 sample, non-fancy (just to lower your expectations regarding the packaging) bags. Each contains 30g, which doesn't sound much, but the dried treats are very light for their size. We have priced these new, strictly limited edition treats at just £3 a bag.

What else can we say? We guarantee that your four-legged family members will love Honey's Lamb Treats or your money back. They make, btw, an excellent training treat. Once they are all gone, we can't promise when they will be in stock again.



Pet geese available

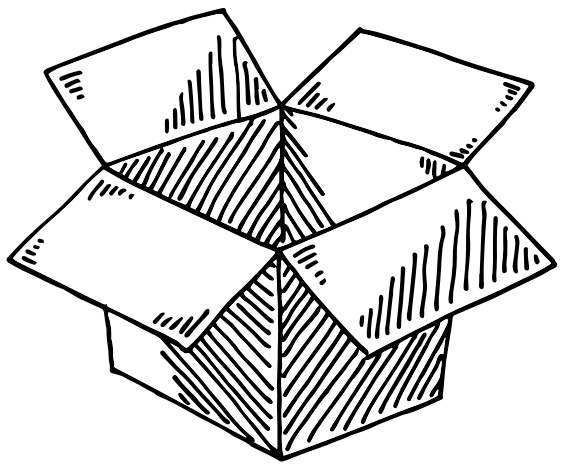
Millie's Mum, a much loved Honey's customer who lives near Salisbury, has emailed us to say that she has more pet geese than she can accommodate and if any Honey's customer would like one, two or even a round dozen please email Jonathan (jonathan@honeysrealdogfood.com) who will arrange an introduction. Fans say that pet geese have lots of personality, often bond with their human companions and can even enjoy cuddling. They also provide great security against intruders!

Honey's Out-Of-Focus Dog Photograph Competition!



As a modest protest against the idea that a photograph has to be perfect in order to be considered art/worthwhile, the new Honey's Competition is simplicity itself: submit a picture of your dog that is out-of-focus, over exposed, badly composed or has some other technical flaw, but which really captures his or her personality.

First prize is one month of free Honey's (to the value of your most recent order) and there are 10 runner-up prizes of either 4 packets of Beautiful Joe's or bones or biscuits to the same value. Rules? Barely any. You can submit up to three photographs and the judges' (appointed by Honey's) decision, no matter how unartistic, will be final. Please email your entry to badphoto@honeysrealdogfood.com before 15th November or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



Re-cycle your wrappers and receive free food

We are pleased to announce that our Re-cycle Honey's Wrappers Trial has been such a success that we are going to make it a permanent fixture. If you aren't familiar with the scheme, please ask for a leaflet. Basically, it involves washing Honey's wrappers (it can be in the dishwasher), storing them in an envelope that we will provide and posting them off to us from time to time. Customers who have already participated in the trial will be pleased to hear that so far we have sent one full container of food wrappers for re-cycling and hope shortly to send another. Our wrappers, incidentally, remain the most environmentally friendly packaging option for raw dog food.

We will credit your account for every envelope of washed wrappers we receive between now and 31st December. Please mark the total on the envelope. The credit will be £5 for 50 to 75 wrappers, £7.50 for 75 to 100 wrappers and £10 for 100 + wrappers. Thank you, in advance.



We were delighted to receive an email packed with ideas about how to re-use our recyclable packaging from Honey's customers Sarah, Trixie and Tiger-Lilley's lovely Mum, Jacqui. We particularly liked this igloo – a nursery school project. As an aside, Jacqui is also a very talented artist (see lovely painting above).



Trust Pilot update

A huge thank you to everyone who has taken the time to review Honey's on Trustpilot. If you have a moment to add your own review, please let us know. We are sending little thank you gifts to every reviewer who identifies themselves.

On the farm

Grrrr! At the time of writing this we still can’t make our usual farm visits but we have high hopes that towards the end of the autumn we will be back on track. In the meantime, we asked some of our producers to send us photos of their land and livestock.



On another note, Defra has published its annual farming report for 2019 and it makes for deeply depressing reading. Small scale farmers are still having a dreadful time of it with one fifth running at a loss. Worse still, the farmland bird index has decreased significantly since 1970 with the index for all farmland species in 2018 less than half of 1970 levels. Although there is a slightly more land being farmed organically, the area in-conversion showed a 15% decrease.



Now, more than ever, Honey’s policy of supporting smaller, mixed farms (where the emphasis is on biodiversity and high standards of animal welfare) makes real sense.



Research supports Beautiful Joe’s as training aid

New research published by the University of Lincoln has found that if you want to train a poorly behaved dog, a tasty treat – say Beautiful Joe’s – is more likely to succeed than ‘aversive stimuli’ such as electric shocks. No surprises here for those of us who believe in praise, play and food!



Now we are Carbon Neutral...

Huge thanks to everyone who has taken the time to write to us about our new Carbon Neutral status. We want to stress that we see this as a first step. Our plan is to exceed the requirements of the commitment we have made. As we have doubts about the whole carbon credit system we are thinking of donating the money instead to one of the Rainforest Trust projects. This has an additional advantage since it would mean whatever we give them is doubled, they have a supporter who will match our donations. More on this in the next *Alternative Dog*.



Free Draw: The horse feed is on us!

Would you like £100 of horse feed? Honey’s is extremely honoured to be providing the prize in a competition run by a natural horse feed and nutrition producer called Simple System (www.simplesystemhorsefeeds.co.uk). The company is the Honey’s of the equine world. As its founders, Tim and Sue Warren, say: ‘We believe in feeding horses on good quality forages, such as dried lucerne and flash dried grass, thus providing the nutritional benefits of spring and summer grazing, all year. Locally produced and milled linseed in appropriate complementary feeds enables us to meet the additional requirements of work and performance.’ Simple System is certified organic and approved by the Vegan Society. We are holding a draw for a £100 voucher to spend with Simple System. To enter all you have to do is email horsedraw@honeysrealdogfood.com.

The benefits of acupuncture



Dr Amy Watson

‘First, modify the patient’s diet and lifestyle,’ advised Sun Simiao, the father of Chinese Medicine, some 1500 years ago ‘and only then, if these do not effect a cure, treat with medicinals and acupuncture.’ The history of acupuncture goes back to the Ice Age and like many traditional medical practices has seen something of a resurgence in recent years. Indeed, the World Health Organisation and many other international medical bodies recognise its benefits when treating humans. But what about our companion animals? Can it work for them? We asked Dr. Amy Watson, one of the UK’s leading veterinary acupuncturists, to explain whether it can help our furred and feathered friends...

Acupuncture in the veterinary world is being utilised on a regular basis – predominantly for pain – and mainly for small animals and horses. The word ‘acupuncture’ itself derives from the Latin *acuro*, which means needle and *punctura*, which means (oddly enough) puncture. So ‘acupuncture’ literally translates as ‘needle puncture’. It is the practice of inserting fine, solid needles into the body to produce a healing response. Acupuncture is well-recognised as being a Chinese medicine treatment, however therapeutic techniques involving piercing the soma have developed independently in many communities around the world. For example, the Vedas, one of the most ancient scriptures of Hinduism and thought to be 5000-7000 years old, contain the Ayurveda (or ‘Science of Life’) which include the use of acupuncture. In Egypt, the ancient Papyrus Ebers discuss the use of acupuncture like treatments.

The first acupuncture patient

Otzi the iceman is a particularly interesting example of what may be a very early form of acupuncture. Otzi is a 5000-year-old iceman who was found in the Tyrolean Alps in 1991. He was initially thought to have 47 tattoos on his back and legs, in 15 groups, although more recent work has revised this upwards to 61 tattoos on his back and legs in 19 groups. None of these tattoos were on exposed parts of the body where they may have served an ornamental purpose. Otzi was also found to have signs of lumbar degeneration and numerous whipworms. Fascinatingly, when acupuncturists looked at the sites of the tattoos and Otzi’s clinical pathology, the tattoo groups corresponded closely to points that would be used for treatment of both spinal arthritis and gut problems. This could allow one to speculate that the use of acupuncture for treatment of both musculoskeletal and more internal problems has been present for at least 5000 years and in a much wider variety of cultures than might be otherwise suspected.

How President Nixon sparked Western interest

The advent of acupuncture into modern Western society can be attributed, in part, to President Nixon’s visit to China in 1972 when one of the American correspondents accompanying him underwent an emergency appendix removal. Afterwards the Chinese doctors treating the journalist used acupuncture to speed his recovery and he subsequently wrote about it in the *New York Times*.

In the veterinary world, acupuncture really started to be seen as a treatment modality in the 1960’s in Vienna, France and Germany. The International Veterinary Acupuncture Society, or IVAS, was formed in the United States of America in 1974 and held their first course in 1975 with 73 attending vets. In the United Kingdom, the Association of British Veterinary Acupuncturists (the ABVA) was formed in 1987.

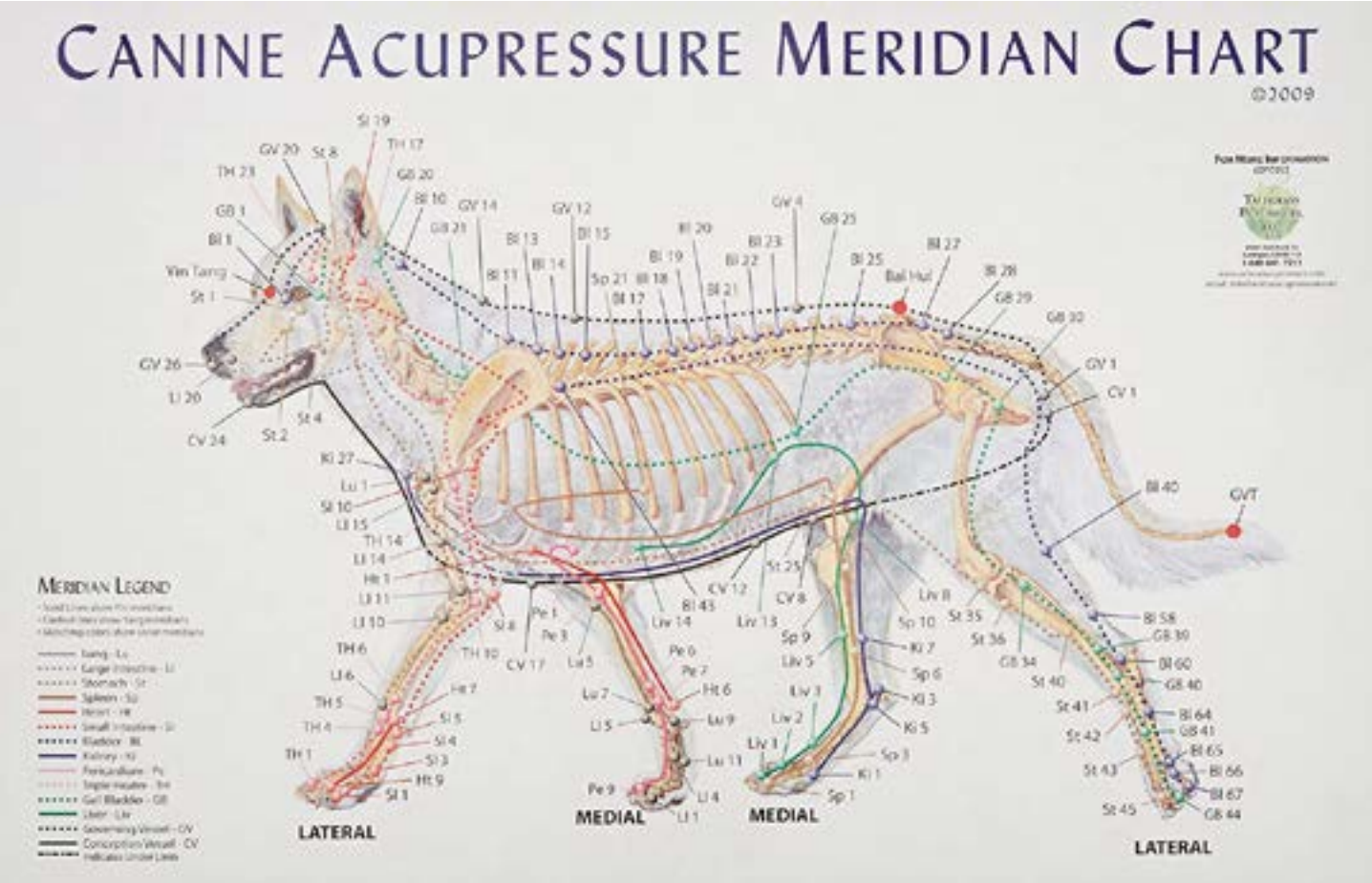
Acupuncture has been used for some animals for millennia, but whilst there are traditional points for both horses and chickens (these were food and war animals so keeping them healthy was important), most points are based on the human acupuncture points and have been ‘transposed over’ by laying onto the animal body the points where we would assume they would be given where we know them to be on humans. This can lead to interesting discussions on the sites of certain points. For example, the point Large Intestine 4 (LI4) is found on the webbing between a human’s thumb and first finger, so where does this point reside in a horse, who walks on digit 3, with mere remnants of digits 2 and 4?



What is an acupuncture point?

An acupuncture point, if looked at under the microscope, is seen to be a vertical column of loose connective tissue surrounded by thick, dense connective tissue. They are often associated with nervous system structures including nerve endings, nerve bundles, or nerves as they exit a foramen. An A delta fibre is generally found to be present. Most points are found at small natural depressions, between muscles, muscle and tendon or between muscle/tendon and bone. Most acupuncture points are sites of low electrical resistance and high electrical conductance. They are 5-10mm in diameter on the surface but remember that these are 3D structures, rather than just a point on the surface of the skin. It may help to think of them as tornado shaped. They delve into the structures underlying the skin. As well as being associated with nervous system components, 85% are associated with arteries and veins too. The highest concentration of small blood vessels are at the centre of the acupuncture point.

The individual acupuncture points are also related via channels, or meridians. These come from traditional Chinese medicine, or TCM, and form the Jing Luo. This is a carefully elucidated system based on observations and in TCM the channels provide a network for communication and circulation. In Western medicine, the channels have been shown to follow fascial planes in many cases, and research does support the possible connection between channels and connective tissue (incidentally, fascia is an amazing substance; if you aren’t familiar with it then imagine it to be nature’s equivalent of clingfilm wrapping around every structure in your body and then linking them all together, a true web throughout the body). Some fascinating research by Helene Langevin using electron microscopy shows the winding of subcutaneous collagen and elastic fibres around an acupuncture needle - rather like cotton candy used to wrap around the stick at a fair (I may be showing my age with this analogy!). This then leads to pulling and reorganisation of the subcutaneous tissue - i.e. a mechanical signal that subsequently leads to mechanotransduction and a cellular response. It is possible that the 12 main channels used in acupuncture may constitute the key places where the fascial planes throughout the body intersect. In traditional Chinese medicine, each acupuncture point has specific actions when stimulated. This technique has been used in veterinary practice in China for thousands of years to treat many ailments. The Chinese also use acupuncture as preventative medicine.



Acupuncture is used all around the world, either alone or in conjunction with Western medicine, to treat a wide variety of conditions in every species of animal. Clinical research has been conducted showing positive results in the treatment of both animals and humans, and the use of acupuncture is increasing. Acupuncture will not cure every condition, but it can work very well when it is indicated.

Conditions that can be treated with acupuncture

The following are some of the general conditions which may be treated with acupuncture:

- Musculoskeletal problems, such as arthritis, intervertebral disk disease, traumatic nerve injury, pre and post-operative orthopaedic conditions, elbow and hip dysplasia, OCD lesions, panosteitis, back pain and general sprains and strains.
- Respiratory problems, such as asthma, bronchitis, COPD.
- Skin problems such as lick granulomas and allergies.
- Gastrointestinal problems such as diarrhoea, IBD, chronic pancreatitis, colitis.
- Urinary conditions such as chronic cystitis and incontinence.
- Selected reproductive problems, such as failure to conceive and irregular oestrus cycles.

Please do not think that if a condition is not listed here that it cannot be helped by acupuncture, contact your vet or veterinary acupuncturist to ask.

In addition, regular acupuncture treatment can settle minor sports injuries as they occur and help to keep muscles and tendons resistant to injury. Human athletes often use acupuncture as a routine part of their training. If your animals are involved in any athletic sport, such as agility, flyball, racing, dressage, jumping, gundog work, or showing, regular acupuncture can help them keep in top physical condition. The German Olympic Equestrian team travel with a veterinary acupuncturist as an additional aid to ensure the horses are able to perform to the best of their ability.

How acupuncture works

Although acupuncture has its roots in ancient times before modern scientific methods were available with which to study it, many studies have been done to indicate how acupuncture works and what physiologic mechanisms are involved in its actions. Using Magnetic Resonance Imaging (MRI), to examine 15 different points, the basic tenets of acupuncture have been determined. Those are that acupuncture is based upon the point selected, the method of stimulation, and the duration of stimulation. Stimulation of these points result in specific changes in the central nervous system. It was shown that acupuncture points that have pain relieving properties associated with them tend to activate specific pain-association brainstem regions. The National Institute of Health (NIH) said that there was compelling evidence that acupuncture was useful in the management of osteoarthritis and musculoskeletal pain. The World Health Organisation (WHO) recognises the use of acupuncture in humans in the treatment of a wide range of medical problems, including digestive disorders, respiratory disorders, musculoskeletal and neurological disorders and urinary problems.

In Western medical terms, acupuncture can assist the body to heal itself by causing certain physiological changes. Acupuncture works on the neuroendocrine system (nerves and hormones - examples of the latter include endorphins which are one of the body's natural pain control chemicals, and cortisol which is a natural steroid), it has an impact on blood circulation by the release of various substances including Calcitonin Gene Related Peptide (CGRP) and Nitrous Oxide which cause blood vessels to dilate both locally and more remotely, and it relieves muscle spasm. Acupuncture has effects both locally around the needle placement, and remotely in the spinal segment being stimulated and within the brain itself.

Although many of acupuncture's physiological effects have been studied, many more are still unknown. Further research must be conducted to discover all of acupuncture's effects and its proper uses in veterinary medicine.

Is acupuncture painful?

In most cases, the insertion of acupuncture needles is virtually painless and once the needles are in place, there should be no discomfort. On occasion, there may be a needle that, as it is placed, does cause some transient discomfort; in these cases the discomfort is momentary only

and then stops, if it persists for a few more seconds the needle is usually removed. Most animals become very relaxed and may even become sleepy. Nevertheless, acupuncture treatment may cause some sensation, presumed to be those such as tingles, cramps, or numbness which can occur in humans and which may be uncomfortable to some animals. Very occasionally an animal can be really sensitive to needling, in which case your vet may stop and review whether the animal has a level of chronic discomfort that is causing the central nervous system to be overly sensitive - something known as 'windup', or hyperalgesia, and if a short course of analgesia medication may be needed to facilitate needling once this windup has been settled.

How dogs can benefit from acupuncture

Statistics suggest that 80% of dogs respond well to acupuncture although I do not find that to be the case in my clinic. Rarely do I have cases that do not respond at all to acupuncture. The success of the treatment will vary according to the skill of the veterinarian, the condition being treated and the number and frequency of acupuncture treatments. The length and frequency of the treatments depends on the condition of the patient and the method of stimulation (for example dry needling or electroacupuncture) that is used by the veterinary acupuncturist. A simple acute problem, such as a sprain, may require only one treatment, whereas more severe or chronic ailments may need several treatments. In most cases we are treating chronic conditions, and thus it is not uncommon to require several treatments every 7-10 days initially, before moving to less frequent treatments.

Acupuncture is completely safe

Acupuncture is one of the safest forms of medical treatment for animals when it is administered by a properly trained vet. In the United Kingdom acupuncture is considered an act of veterinary surgery and so can only be performed by a vet. There are far more regulations over who can perform acupuncture on an animal than who can perform acupuncture on a small child. Acupuncture should never be administered without a proper veterinary medical diagnosis and an ongoing assessment of the patient's condition by a vet. This is critical because acupuncture is capable of masking pain or other clinical signs and may delay proper veterinary medical diagnosis once treatment has begun. In addition, vets have good anatomical and physiological knowledge which facilitate the avoidance of some more serious complications that have been seen in the human field of acupuncture, where regulation of acupuncturists is less stringent. Elimination of pain may lead to increased activity on the part of the animal, thus delaying healing or causing the original condition to worsen.

Side effects of acupuncture are rare, but they can occur. Most commonly,

an animal's condition may seem worse for up to 48 hours after a treatment. Other animals become lethargic or sleepy for 24 hours. These effects are an indication that some physiological changes are developing, and they are most often followed by an improvement in the animal's condition. Sometimes they are referred to as a 'healing crisis' and can occur because too many needles have been placed, or for too long. If this response to treatment occurs, it is worth ensuring your veterinary acupuncturist is informed so that they are able to modulate subsequent treatments accordingly. Be reassured however that the patient is definitely a responder to acupuncture!

In general, acupuncture can be effectively combined with most conventional and integrative therapies. Certified Veterinary Acupuncturists have the comprehensive training, knowledge and skill to understand the interactions between different forms of treatment and to



interpret the patient's response to therapy. **How should I choose an acupuncturist for my animals?** There are two important criteria you should look for in a veterinary acupuncturist:

1. Your veterinary acupuncturist must be a qualified and registered veterinary surgeon.
2. Your veterinary acupuncturist should have formal training in the practice of veterinary acupuncture.

As stated previously, in the United Kingdom veterinary acupuncture is considered a surgical procedure that only veterinary surgeons may legally administer to animals. A vet is in the best position to properly diagnose an animal's health problem and then to determine whether the animal is likely to benefit from an acupuncture treatment, or whether its problem requires chemical, surgical, or no intervention.

Because of the differences in anatomy, and the potential for harm if the treatments are done incorrectly, only a properly trained vet should perform acupuncture on animals. Proper training should include an extensive educational program. The more your veterinarian knows about traditional Chinese philosophies and Western scientific basis for acupuncture the more you can be assured that your animals will be treated properly.

If you are interested in using acupuncture in your pet, please get in touch with your vet – you'd be surprised how many practices in the UK have a vet who can perform acupuncture. Alternatively, look on the ABVA website for local veterinary acupuncturists. Used as part of an integrative treatment plan, acupuncture can be hugely beneficial to so many of our animals for a wide variety of conditions.



Amy Watson MA VetMB MRCVS CCRT CVA(IVAS) is an integrative vet with a special interest in traditional acupuncture, Chinese herbal medicine and food therapy. She is based in Cranborne, on the border of Dorset, Wiltshire and Hampshire at her clinic PinPoint Veterinary Care. For more information please visit: www.pinpointvetcare.com.

How to photograph dogs



Sharon Bolt

We asked the well-known pet photographer (and beloved Honey's customer), Sharon Bolt, to offer a few dog shooting tips.

The time we have with our dogs is precious and it's the stuff of sunshine and laughter and memories shared. It's why my overriding passions as a dog photographer can be summed up in two phrases 'capture the moment' and 'put photographs where they can be seen ... every single day'.

Whether you have a mobile phone in your hand or a professional camera, I hope these five simple tips will start you on your dog photography journey - beware, you may become hooked!

Tip Number 1: Take the photograph.

If your dog is doing something that makes you laugh, makes you smile, something so typical of him or her, then just take the photograph. Irrespective of how that photograph turns out, I can guarantee that every single time you look at it in the future, it will make you smile. Don't miss those moments, they are fleeting.

Tip Number 2: Get down low.

As a dog photographer, I spend a good deal of my time lying on the ground, in mud, in water, sometimes in bluebells (which is a delight). You don't have to lie down, or even kneel on the floor, simply just drop to eye level with your dog, or as near as you can get to eye level. And then take the photograph. If you practice this until it becomes instinct, your photographs will immediately begin to look professional and they will engage you in the moment in a way that nothing else you ever learn about photography ever will.



Tip Number 3: Think about the light

Light is everything to photographers. Which direction is it coming from, what shadows are being cast. What colour is it. It's a subject in itself. But these are the things to bear in mind. What time of day is it? Overhead light will produce heavy shadows and it's rarely attractive or desired. If you're going out with your dog, specifically to take photographs, do so, as a general guideline, in the morning or late afternoon/early evening. Where is the sun? If it's behind you and your dog is in front of you, then there's every chance that you'll get some lovely catchlights and catchlights in eyes, bring every image to life. (Just be aware of where your own shadow is, you don't want it in the frame or worse still, on the dog). If the sun is in front of you, it can create some lovely halos around the subject and if the sun is low in the sky in front of you, then it's the time to create some stunning silhouettes.



Tip Number 4: Frame your image

Think about framing. Not the wooden variety, but the 'what's around my dog when I'm going to take this photograph' variety. A background that is really busy will detract from your lovely dog or cat. If you're lucky enough to be able to get your dog to sit and stay in one place whilst you photograph them, then choose a background that won't fight with him or her. If you can, sit them a distance in front of the background, this will make the detail of the background fade. The foreground is equally important, if you're able, frame your foreground with foliage or flowers in complementary colours and to give a lovely natural context.

Tip Number 5: Enjoy the process

This is my most important tip. Enjoy your photography. There's never a day that goes by when I don't use my camera, whether that's my phone camera or my professional ones. And there's never a day when I don't learn something new. I literally have thousands and thousands of photographs of my dogs. Many are framed on my walls, they're not necessarily competition shots but they're images that mean the world to me and they always will. And it's that that is the most important tip that I or any other photographer will ever give you. Enjoy your photographs, enjoy the taking of them and enjoying looking at them.



Sharon Bolt is a professional animal photographer based in Hampshire. You can see more examples of her work and book a shoot by visiting: www.cleobolt.com. You can telephone her on 07500 477768 and email her: cleobolt@icloud.com

Eight more great canine photographers

Dogs and photography have gone hand in paw ever since the first camera was invented in 1839, but never was it as popular as it is today. In 2018, dog lovers uploaded over 200 million dog photographs to Instagram alone! Clearly, we all love snapping our beloved four-legged companions. Even so, there are some photographers that raise it to an art form. Sharon Bolt on the opposite page, of course, and also the eight examples here.



Tim Flach



William Wegman



Daniel Naude



Elliot Erwitt



Nancy LeVine



Robin Schwartz



Tony Mendoza



Thomas Roma

A brief introduction to Homeopathy



Dr. Ilse Pedlar

Those who merely study and treat the effects of illness are those who imagine they can drive away the snow from the door. It is not the snow that causes the winter, but the winter that causes the snow. Paracelsus.

These words of Paracelsus ring as true today as they did hundreds of years ago and are at the heart of holistic medicine and in particular homeopathy.

Homeopathy seeks to treat the cause of the problem in the individual not just the symptoms of the problem itself.

For example, a dog treated conventionally for an itchy skin may be given drugs to suppress the itch, whereas a homeopathic vet will look for the cause of the itch and endeavour to treat the dog so that the itch doesn't recur.



What is Homeopathy?

Homeopathy is a system of medicine that has been practised for over 200 years and was developed by the German physician Samuel Hahnemann towards the end of the 18th century. It is used extensively all over the world. It works with the body's natural defences to restore health, rather than just fight disease.

Homeopathy is based on the premise that a substance that causes certain symptoms in healthy individuals can, in a highly diluted form, stimulate a healing response in a patient with an illness or condition characterised by those same symptoms.

So, for example, Rhus toxicodendron or Poison Ivy causes an intense painful itchy skin rash if someone comes into contact with it and the homeopathic remedy Rhus Tox is often used to treat itchy allergic skin conditions in animals.

This is where the phrase 'Like cures like' originates.

How are Homeopathic Medicines made?

Homeopathic medicines or 'remedies' are made from extracts of plants, animals, minerals, metals and other substances. The original substance is diluted through a series of concentrations to avoid any unwanted side effects. Between each of the stages of dilution, the diluted tincture is succussed (shaken vigorously). The resulting dilutions are referred to in as x, c or m dilutions referring to a 1:10, 1:100 or 1:1000 scale. Paradoxically, the more a homeopathic remedy is diluted the more effective a remedy will work. Homeopathic medicines may come in tablet, liquid or powder form and are safe, effective, and low in cost.



What happens in a Homeopathic consultation?

By law, homeopathic remedies can only be prescribed for an animal by a veterinary surgeon. For first aid prescribing, general advice can be given but for longstanding conditions a homeopathic consultation will usually be needed. A homeopathic consultation is a little bit different; it takes around an hour as the vet needs a thorough understanding of the problem. They will ask questions about the condition; when it started, what makes it better or worse but also questions about the animal's likes and dislikes, fears and anxieties, preferences in food, temperature, and companions, any other problems in the patient's life and anything else that may be significant. The homeopathic vet will also have requested the animal's clinical records from the conventional vet and so will have a full picture of previous treatment. This is a professional obligation and the homeopathic vet should also write a report so everyone involved in the animal's care is kept up to date. A remedy will be prescribed based on the picture that is presented of that individual and then a follow up will be arranged after a few days or weeks depending on the case.

What Can Homeopathy Treat?

Homeopathy has been particularly useful in situations where conventional medicine has undesirable side effects or where conventional treatment isn't working or can't be used for a particular reason. It can treat physical problems such as diarrhoea, lung problems, skin problems etc and also behaviour problems such as fears and phobias. Most conditions respond to homeopathy and it can also be used in first aid situations.

A 'tail' of two dogs

To illustrate how homeopathy can be used, let me tell you about Millie and Fred, who lived with their human companion, Chloe. Millie was essentially a loving and happy dog, but she became anxious when separated from Chloe. She ate well but never drank much water. Fred was somewhat irritable. He didn't like getting dirty and always seemed to feel the cold. During a walk the two dogs ate something that disagreed with them and gave them diarrhoea that wouldn't go away. Fred became quite restless and unsettled and his diarrhoea was quite watery, he was also sick and kept going backwards and forwards to his water bowl. Millie on the other hand became really forlorn, following Chloe around the house and even trying to sit on her lap! Her diarrhoea (sorry for all the graphic details) was much less watery and seemed quite changeable. Chloe brought them both to see me. Having listened to her description of the dogs and their digestive upsets, I could see they were reacting to the illness in their own individual ways. I prescribed Pulsatilla for Millie and Arsenicum album for Fred. I'm happy to say that both dogs made a quick and uneventful recovery within 24 hours.

If you want to find out more about homeopathy, visit the website of the British Association of Homeopathic Veterinary Surgeons: www.bahvs.com where you will find lots more information and also a list of all the homeopathic vets in the UK.

Pet worm and flea treatments – is it time to reconsider?



Dr Mark Elliott BVSc VetMFFHom
MRCVS MLIHM PCH DSH RSHom

Vet MARK ELLIOTT reports routine chemical medication of cats and dogs is clearly causing unnecessary damage to the environment.

Our dogs are important to us, and yet strangely we are applying ever more toxic chemicals to them in the form of pesticides and wormers. And we are doing this ever more frequently with seemingly very little concern being raised about the short or long-term effects on man, beast and the environment – each individually a concern, together a catastrophe in the making.

Many of the products used on dogs contain controversial chemicals called Neonicotinoids – in particular Imidacloprid. It has been estimated that just one application of this chemical to treat a Labrador contains enough toxin to kill 60 million bees! The impact of many of the other chemicals is perhaps less well known, but the understanding of the damage the accumulation of so many in the environment is growing and the effects are all around us



A report by BUGLIFE on Neonicotinoid Insecticides in British Freshwaters specifically implicated veterinary topical applications and flea collars as the most likely source of pollution in some catchment areas. Imidacloprid is highly toxic on an acute basis to aquatic invertebrates. Neonicotinoids are persistent, stable and long-lasting in the environment. BUGLIFE recommended their use should immediately be suspended in the UK and yet their call has been ignored, for years now.

To honeybees, Imidacloprid is perhaps the most toxic chemical ever invented. At sub-lethal levels it increases honey bee susceptibility to disease, causes significant loss in the number of queens produced, and doubles the number of bees who failed to return from food foraging trips. It is also highly toxic to some bird species including the house sparrow. Where are they now? Birds exposed to these chemicals become disorientated, lose their sense of direction, become unable to migrate and so can only decline.

The UK Veterinary Medicines Directorate recently published an open call for research into the problems, and the Veterinary Record highlighted that "the process for authorising these products may not have taken into account their environmental impacts".

In Norway and Denmark vets don't routinely worm dogs other than pups and nursing bitches, as it is accepted there is no need. Prescriptions for pesticides must follow a positive diagnosis of infection and there is greater awareness of environmental concerns from use of these products, as well as the human health risks. Are our parasite problems so different to those countries? No.

Yet in the UK we are told we must encourage regular worming of adult pets for roundworms and tapeworms due to the risks to pet and human health. This is just not a sustainable or even an evidence-based argument. Worming only treats the current infestation. After just a few days, new



infestations establish as the eggs and infective forms of these parasites are pretty much endemic in the environment. Within only a few weeks of worming eggs, are again being shed. For all the worming of cats and dogs done it is reported that 34 million toxacara eggs are released per square kilometre per day in UK.

An example of where the human health argument fails is linking dog ownership with exposure to the dog roundworm and the risk of its causing blindness in children. A very large study in Ireland failed to show the link. Personal hygiene was shown as the way forward as toxacara eggs only become infective in the external environment and contaminated food/pica/infected water sources are actually the main routes to human infection.

With ticks the main concern is Lyme disease. But dogs don't give people the disease – that will only happen if the owner is bitten by an infected tick - and there are plenty of precautions we can take against that.

Products marketed on exploiting fears often come unstuck when facts are interrogated. Consider Canine Lungworm; despite marketing that seeks to strike fear into our hearts that many dogs are dying a terrible death, and the only solution is to smother them in chemicals, infection is currently uncommon. Reportedly around 24 dogs die annually of lungworm, compared to nearly 100,000 that are run over. Training and buying a collar could be far better investments than a pack of toxic chemicals with all the risks they bring!

And anyway the main source of lungworm spread is the urban fox. Data shows infection rates of foxes at around 18 per cent (50 per cent in the south east). Without resolving this problem we cannot hope to counter the disease.

In my opinion, just regularly monitor your pet for infection with faeces sampling, and for ticks and fleas use close observation. There are some very good companies that will check the faeces for you. Treat when necessary only.

For ticks, in a high-risk area use the very effective collars that act both as insecticide and repellent, but take these off on walks where the dog may go into water.

There is growing concern over the impact these chemicals applied to pets may have on human health.

Human risks from pet parasites are arguably manageable by good personal hygiene. Human risks and risks for the environment from chemicals are best managed by using them only when absolutely necessary.

For a more detailed parallel article see www.elliottandbulbeck.co.uk/peticide

Dr Mark Elliot qualified from Bristol Veterinary School on 1989. In 2002 he founded the Centre for Integrated and Holistic Medicine. He is the author of six books on veterinary medicine and has been elected three times to the Council of the Royal College of Veterinary Surgeons. His practice, Elliott and Bulbeck, is based in Chichester, Sussex. www.elliottandbulbeck.co.uk

Looking after older animals



Dr Vicky Simon

It is wonderful when a pet leads a long life because it means you get more time with them. Nevertheless, ageing can be hard to witness in our faithful friends. Our pets become more and more precious to us the older they get, as not only have they been through more with us, but we know our time together is getting closer to its end. Once an illness, or age-related decline occurs, this feeling becomes even stronger and all we really want is for all their remaining time with us to be as happy as possible.

Most older pets, like older people, are left to age as nature decides for them, with maybe some drugs added in to help with major disease as it begins to negatively affect them on a day-to-day basis. It doesn't necessarily need to be this way, as there are many ways that general management and holistic medicine can support the ageing process to make it as painless and enjoyable as possible, for both pets and owners. Geriatric patients are some of my favourite to manage as it is so rewarding.



General management

There are a few simple things you can do about your house and in your lives to help support your ageing pet.

Non-Slip Runner Rugs

These are extremely useful in arthritis cases, or those with weak hind limbs that struggle on slippery or smooth floors.

Multiple Shorter Walks

These are great for arthritic dogs, to keep them mobile, but not overdo it. Also, those with heart or lung disease, or who just get tired quicker and easier than younger dogs.

A Good Harness

Even if your dog never wore a harness before, they can be very useful in their older years. Depending on the harness, they offer varying levels of support all along the body in case you need to help your dog stand up, climb up a steep slope or out of a pond or stream, for example..

Mental Stimulation

Lack of exercise can lead to a quicker decline in brain function due to a lack of mental stimulation. Don't forget to play with your dog!

Care on Warm Days/in Warm Rooms

Older dogs, especially those with heart disease, can really feel the heat. They may need fans or cool mats or similar to help them cope.

Comfy Padded Beds

As pets age they like to sleep more, and so pressure sores can develop, particularly over bony areas like the elbows. This can be helped by making sure pets have thickly padded beds or places to rest in various locations over the house.

Careful Handling

Like older people, older pets need a gentler approach to being handled. It's important to emphasise this to children in particular, as a kind beloved pet could snap if they were suddenly in pain.

Regular Checks

Ageing pets are more prone to developing issues, so regular checks by yourself and your vet will help pick up any problems promptly. You can feel for lumps and bumps, painful areas, tension in muscles and changes in body condition.

Let Them Out Frequently

Letting them out regularly will help prevent accidents, which can be stressful for pets as well as owners!

Diet tips

As some pets age, their digestion becomes slightly less effective than it was in their youth. They can also become a bit fussier, sometimes due to underlying age-related disease. This means you may need to adjust their diet or feeding regime slightly.

If feeding raw food then this is great for a lot of disease and ageing processes. It has no extra carbs, which tend to 'feed' inflammation, and it is all good quality protein. It is important not reduce the protein levels as this can exacerbate muscle wastage in older patients.

The liver and kidneys commonly develop an age-related functional decline. You may like to feed smaller meals more frequently, so 2-3 times daily (or even 4 if diagnosed with dysfunction), rather than 1-2 times. This gives the liver and kidneys less to deal with at once if they are struggling, and can be easier on the digestion too.

Occasionally an older dog might start to develop constipation secondary to movement or nerve issues. If this happens then reducing the bone content of their food can help. Others might go off their food, for various reasons. If this happens you can try very slightly warming it in a water bath, or splashing some hot water on top to bring up some aroma (do NOT cook the raw food).

Pain relief

If your pet gets old, then they will inevitably suffer from some level of arthritic pain or discomfort before the end. There are various ways to help with this including supplements, herbal medicine, homeopathy, acupuncture and conventional drugs.

Herbal support of ageing

Herbal medicine can offer support to encourage normal function of the liver, kidneys, heart, circulation, lungs, brain, nervous system and immune system, as well as giving patients a general boost in vitality. All of this contributes to just generally feeling better in themselves, as well as helping to relieve the symptoms of any disease they may be suffering. To find a veterinary herbalist near you look up the British Association of Veterinary Herbalists (BAVH).



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Health Team Case History: Scout

A quick reminder that Honey's Health Team is at your service and also at the service of your family and friends. Our vets, vet nurses and nutritionists are happy to offer unlimited advice and information free of charge and there is no need to be a customer. All part of the Honey's service. Below is a recent case history (suitably illustrated) of the adorable Scout!

Scout is a lovely, female, eight-year old Collie x German Shepherd. Sadly, she had been having IBD type issues for some time. She couldn't tolerate chicken or any food with grains and had lost weight. Happily, she switched to a DIY raw diet and this improved the situation. However, things were not perfect and Scout's Mum approached us looking for a complete recipe, single protein range of food using the highest possible quality of ingredients. We started Scout off on a low/medium fat selection of Pasture Fed Beef, Lean Lamb, Lean Duck and Lean Pork, with great success. Indeed, after just three weeks, Scout was significantly improved and had started to gain back some weight. At this point we added some Lean Turkey to her diet and swapped Lean Pork for our Free Range Pork to start slightly increasing the fat level. Scout continued to improve and regain weight. On the next order we changed the Lean Duck to Free Range Duck. Today Scout is fed a mix of our Beef, Lamb, Duck, Pork and Turkey recipes and (hurrah) continues to do well.

Three Honey's Dogs



Newton's story: an important warning

The 8th of June 2019 will be a date etched in my memory forever. In the morning we took Newton, our then twelve-year-old, former Guide Dog Labrador for a walk alongside the local river and, as usual, he took a dip. When he came out, he began to cough, which he often does. However, the coughing turned to struggling and gagging. His heart stopped. It was terrifying. While my husband called our vet, I gave Newton canine CPR and managed to get his heart beating again. It was a mile back to the car and carrying a wet, 34kg dog was no easy matter. Some kind people found us a wheelbarrow for the last section. Newton was in a terrible way. Eventually we got him into the car and drove to the vets. When we arrived, he refused to be put on the stretcher, jumped out of our car and behaved as if nothing had happened! After extensive tests, he was diagnosed with severe bi-lateral Laryngeal Paralysis. This is a condition where the cartilage of the larynx that open and close to stop food going into the lung and also open and close when breathing, becomes weak and no longer function properly, so they close shut, causing a breathing crisis. The main symptoms of this condition are a cough, hoarse bark and breathing which often sounds, in Newton's case like Darth Vader. Happily,

there is an operation (his was performed at the wonderful Queen Mother Hospital in Potters Bar) that can help. It took almost a year for Newton to recover but nowadays he is in fantastic health. He has no heart issues now, due to the correct amount of oxygen getting into his system. His human family urge anyone who is concerned about their dog's bark or breathing to consult their vet. It is vital to get a diagnosis of laryngeal paralysis as soon as possible, to avoid a crisis. They would also advise all dog owners to take a short course in canine CPR as without it their own beautiful boy would not be here today, making them laugh and filling their lives with unconditional love and happiness.



In his own words/barks: Luca's life story

I am Luca. I was born on the streets of Ramnicu Valcea at the foot of the Southern Carpathian Mountains in Romania. My ancestors were feral hunting dogs. With the expansion of cities in my country, wild dogs have come to be seen as vermin. My mother did her best and I grew up surprisingly strong and tall given how little food was available. Sometimes friendly humans would give me cabbage stalks and stale bread, but mostly I starved. Eventually, I was captured and after an extremely long and frightening journey I found myself being taken into a house and looked after by a new family. They looked after my wounds and fed me up and had my teeth mended. I am still frightened by a banging door, a rattling window and thunder but every day I am less scared. My new family care for me. My starving (hunting) days are long over.

I am Luca, the dog from Romania and now I know love.

Romanian street dogs are victims of a cruel political regime that left so many animals to fend for themselves after the rural clearances during the time of Nicolae Ceausescu. They are taunted and often killed for sport. The lucky ones are rescued by animal welfare charities and re-housed wherever a home can be found. In the case of Luca this was in Britain, but it could have been some other part of Europe. We are very grateful to Luca's Mum for sending us his story.



Spinone (specifically, Leo) forever!

We are delighted to feed a number of beautiful Spinone dogs and none more so than Leo, who was rescued by the charity Spinoni Overseas For Adoption or SOFA, for short.

The plight of unwanted Italian Spinone is little known. They are used for hunting and many are abandoned if they are gun-shy or have health problems. and SOFA's aim is to find safe homes for these beautiful, sweet-natured, loving dogs.

Leo, for example, arrived in Britain with terrible health issues, the result of appalling treatment and years living rough. He was eventually rescued by an Italian family that could not keep him, which is how he ended up leaving his native shores. He was deaf, which made it much harder to find him a forever home, but his new family have restored his hearing.

Happily, Leo can look forward to a (hopefully) long and health old age. If only all abandoned dogs were in the same position. If you are interested in adopting a Spinone or if you would like to support the charity's work visit: www.spinone-sofa.org.uk

The Alternative Cat



Honey, Darling and Brave Millie

A few more words from Jonathan, Honey’s founder
We have received a couple of disapproving meows from our cat customers. They have no objection to eating food that comes out of a package with a picture of a dog on it. In fact, it seems to rather tickle their fancy. But there hasn’t been a single feline orientated article in our newsletter, and this strikes them as neglectful if not actually rude.

My heartfelt apologies. We wouldn’t offend our feline customers for the world. The reason for our apparent disregard is that we had intended to launch our own range of exclusive cat food at the beginning of the year and with it would have come (sound of fanfare) a new publication: *The Alternative Cat*. Only just as we were about to launch Pottenger’s Wild & Organic Cat Food the cursed virus struck and the focus of our attention has been on keeping the whole show on the road rather than attempting anything extra. Now we are planning (hope, hope) to get Pottenger’s launched next spring and in the interim we promise not to ignore our beloved cat customers.

Here at the Hovel Self we have been without any feline company for a couple of years. This is partly because we are in rented accommodation and partly because our last kitten, Millie, made our canine family members so unhappy. She introduced herself during a long, country ramble by literally pouncing on me from a hedgerow. There wasn’t a house for miles, she was thin and dirty, and so I tucked her in my jacket and brought her home. Posters stuck all over the area produced no results and home she stayed.

It was not, however, a happy home. A sweeter, smarter, more affectionate kitten you couldn’t have wanted if you were a human. But if you were a dog life was hell. Millie would hide on tables and other furniture and fall, claws extended, onto the backs of any dog that happened to walk underneath. Honey and Darling got the worst of it and for the first time in their lives they became positively fearful. None of the dogs so much as growled at her but it was clear they were miserable and eventually Millie was adopted by friends on the other side of the village. In the interim the dog population of our house has changed and only Darling, now seventeen, is still with us. When she goes, and hopefully it will be many years hence, there is no doubt that we’ll be adding cats to the strength but until then it doesn’t seem fair.

Anyway, I am rambling as usual. What I really wanted to say was a huge thank you to all our loyal feline customers. Although Honey’s Working Dog Food is designed to meet the nutritional needs of, no surprises here, working dogs, it is eminently suitable for cats in and out of employment. Moreover, we have members of our Health Team with plenty of relevant experience and we are fortunate enough to have the support of one of the world’s leading feline vets, Pete Coleshaw at Jaffa in Salisbury if we ever need really specialist advice. If there is ever any help we can offer, all you have to do is ask. And, if you know of any cats that might be happier on a raw food diet do send them our way. We will be happy to help them make the switch even if they never intend to become Honey’s customers.



Cat customer photo competition

All you have to do to enter our cat customer photo competition is send us a photograph of your cat! You can enter up to five photos per cat. The winning photo will mean free food for a month for the cat concerned. And three runner-up prizes of £20 vouchers. The closing date is Monday November 16th 2020. Send your photos to catlove@honeysrealdogfood.com or pop them in the post if that is easier.

“What sort of philosophers are we, who know absolutely nothing of the origin and destiny of cats?”
Henry David Thoreau



What cats eat in the wild

What would your cat eat if it weren’t for Honey’s? Recent research has discovered that the natural diet of a modern, wild cat in Europe is made up of some or all of the following:

- Up to 10 mice a day!
- The odd rat or rabbit or other small animal, maybe even a small fish
- Birds
- Small reptiles
- Insects
- Eggs fallen from a bird’s nest
- A few bites of fresh grass or herb
- Sometimes a bit of fresh large prey carcass left by a larger hunting animal

Interestingly, almost all domesticated cats (unlike dogs) quickly revert to a wild diet if they leave civilisation and decide to strike out on their own. The instinct to catch and kill their own food is innate.

“In ancient times cats were worshipped as gods; they have not forgotten this.” *Terry Pratchett*



Feeding cats with anxiety or dementia

Dr Clare Middle

There is plenty of good research to show us for sure that refined carbohydrate and subsequent high blood glucose can be a major cause of both anxiety and dementia or cognitive decline in humans. If you would like to learn more about this, I recommend *Grain Brain* by Dr David Perlmutter and *A Mind of Your Own* by Dr Kelly Brogan.

Essentially glucose is neuroexcitatory, which means that it stimulates neurons. A long-term study in humans showed that they were predisposed to dementia even if their blood glucose level was on the high side of normal. Other neuroexcitatory substances, such as aluminium can cause anxiety at a physiological/biochemical level, and, as an aside, are often in high levels in the brains of hyperactive, anxious and autistic children.

So, what about cats? Many cats suffer from inflammation of the brain. Other causes of anxiety can include psychological experiences when young, reduced gut function and reduced good gut microflora due to processed or unbalanced diet.



The simplest solution is to feed fresh, clean, raw, balanced diets, and to reduce chemical parasite prevention, reduce household chemical use and avoid excessive vaccination.

Incidentally, the processed dried food ‘prescription diets’ for anxious cats

usually just have the Vitamin B’s and the amino acid tryptophan added to the normal processed diet recipe. Vitamin B’s and tryptophan are present in raw meat and offal, so there is no benefit to feeding a processed diet to gain these ingredients.

I also recommend herbs. Indeed, herbs that reduce anxiety can be added to the diet to great benefit. Below I mention some of the herbs that I use. I must stress, however, that herbs can be very powerful and professional advice should be sought. Details of how to find a vet with medicinal herbal experience in the UK is to be found at the bottom of this article.

The herb I use the most in my clinic (out of over a hundred for many different health conditions) is lemon balm, closely followed by passionflower and chamomile.

These herbs can be given as a liquid herb tincture, mixed in equal parts, then 6 drops (or more) dosed twice daily into food or wiped onto paw.

I also recommend a strong tea of chamomile, lemon balm, passionflower and/or lavender (flowers and soft leaf parts), and catnip if your cat likes it. When cool, strain and add to cat’s food or put into water bowl.

Research shows that chamomile is more effective in reducing anxiety in humans, rodents and dogs than pharmaceutical anti-anxiety drugs, and this is definitely my experience for cats too.

It is a pity that many doctors and vets have not been taught how safe and effective these calming (or ‘nervine’) herbs are.

If you are caring for a cat with dementia or cognitive decline in the early stages they can respond well to ginkgo biloba, turmeric and bacopa. These herbs have been very well researched to show they are safe and effective in several species and I have found that to be the case for cats.

Bone broth can provide several useful nutrients to help anxiety and dementia.

For cats who won’t take herb tinctures or teas, try giving less until they do, as some cats are sensitive to herbs and very small doses can still work well for them.

Or if you are cooking some of their food, cook in herb tea instead of plain water.

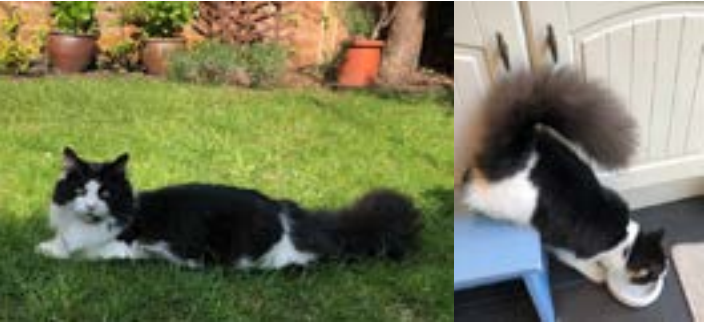
Homeopathy and Bach flower essences can be especially helpful for anxious cats.

Bach Flower essences are completely safe, even if you choose the wrong ones, and can be safely prescribed and used by anyone, including cat owners. See www.bachcenter.co.uk to order, if prescribing yourself.

Bach flower essences are not expensive and are very easy to dose, and can be put into food, water, a vaporiser in the same room as the cat, or wiped onto the cat’s body. I have routinely used Australian Bush Flower essences, WA Living Essences and Bach Flower remedies in my clinic for over 30 years.

A survey by an integrative vet found there was a success rate of 80% using flower essences to treat pets with storm and loud noise anxiety, when drugs had not helped.

Dr Clare Middle is based in Western Australia. She is the author of ‘Real Food for Dogs and Cats’ and ‘Natural Prescription Diets for Dogs and Cats’. She has written a book on feeding real food to cats for Pottenger’s, which we hope to publish next year.



Honey’s Cat of the Month

Wilbur’s Mum, Ingrid, says that he could easily have been one of those poor cats with sores all over his face, or in and out the vets for steroid injections. ‘The poor chap has multiple food allergies, but his coat is beautiful and very soft - if he doesn’t help himself to the dry cat food from 2 doors down, or steal cheese!’ Apparently, Wilbur is amused rather than insulted by the idea of eating real dog food. Anyway, as the picture clearly shows he is adorable and devilishly good looking and we are very proud to be feeding him.



"If it weren't for you, I would have conquered the world by now."

Purrfect answers to purrfect questions

Sarah Thompson

Have you always wondered why cats purr? Scientists at the University of Nevada have identified a number of very specific reasons:

- Kittens purr to persuade their mothers to keep on nursing them.
- Domesticated adult cats purr when they want to be stroked.
- Ill or distressed cats purr as a cry for help

Purring doesn't always mean that the cat is happy. Interestingly, the vibrations emanating from a contented purr have a measurably calming effect on people.

Some researchers have claimed that the vibrations from purring might help heal bone damage in an injured cat.

The purr itself is a unique form of vocalisation and it is made by rattling the vocal cords together rather than vibrating them by pushing air past them, which is how cats—and humans—generate all their other vocal sounds. That's why cats can purr when they're breathing in and breathing out. Most species of wildcats can purr, including the cheetah. The exceptions are the big cats—lion, tiger, jaguar and leopard—whose voice boxes are modified so that they can roar.

Time spent with cats is never wasted. *Sigmund Freud*

According to *National Geographic* magazine, domesticated cats purr more loudly than wild cats, although they make fewer types of vocalisation than some other, related species. For example, an Asian jungle cat has a much wider repertoire including a sort of 'ow' and a definite gurgling noise. Feral cats, incidentally, don't meow except when talking to their kittens. Some house cats develop their own private vocabulary of meows that only they and their human companions comprehend, each one signifying something different (food, attention, water, to go out etc.) that the cat requires. Certain domesticated breeds, such as Siamese, are also notoriously chatty.

The secret allure of catnip!

John Blair

Nepeta cataria, commonly known as catnip, catwort, catwort, and catmint, is a species of the genus *Nepeta*, native to southern and eastern Europe, the Middle East, Central Asia and parts of China. It is widely naturalised in northern Europe... so starts the entry in my plant guide. What the book doesn't explain is why Sophie, Tim and Geoffrey – my three cats – go absolutely wild for the stuff. I only have to give them

a small quantity of the plant and they rub their heads and bodies against it, leap around, meow like mad and even begin to salivate. Moreover, their reaction can last for anything from ten to thirty minutes. Nor are they exceptional. Over the last four decades I have lived with more than twenty cats and I would say only two or three of them have ever been what I could describe as indifferent to catnip.

What is its allure? Response to catnip is, apparently, hereditary and around seven in ten cats behave in the same way as Sophie, Tim and Geoffrey in its presence. It does not, however, affect kittens until they are about six months old and begin to reach sexual maturity. It is the oil in the plant's stems and leaves - nepetalactone – that causes the reaction. When it enters the cat's nasal tissue it binds to proteins that stimulate sensory neurons. These nerve cells, in turn, provoke a response in neurons in the brain's olfactory bulb, which project to several regions of the brain, including the amygdala (two neuronal clusters deep in the temporal lobes that mediate emotional responses to stimuli) and the hypothalamus (the brain's 'master gland'), which is known to play a role in regulating everything from hunger to emotions. The hypothalamus, acting through the pituitary gland, alters hormonal levels to spur the extraordinary response. In a nutshell, the cat is responding to the oil as if it were a pheromone emitted by another (attractive) cat.

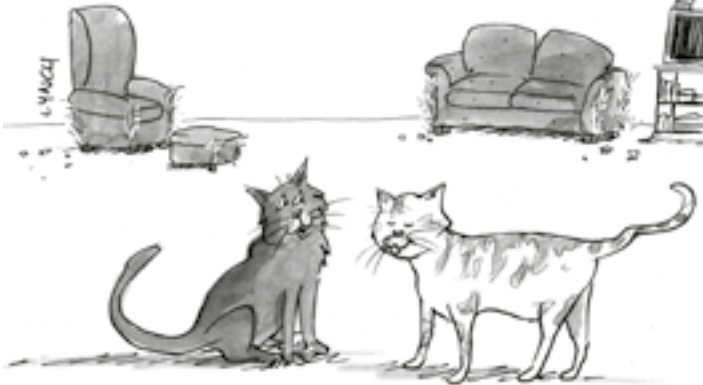
Happily, catnip is considered to be nonaddictive and completely harmless to cats.

One cat just leads to another. *Ernest Hemingway*



"I don't bug you about your catnip. Don't bug me about my Martinis."

I had been told that the training procedure with cats was difficult. It's not. Mine had me trained in two days. *Bill Dana*



"I love what you've done to the place."



'There is a dog in Inverness that tells jokes.'

Joke competition winners

The idea of holding a canine joke competition was given to us by Rosie and Willow's Dad, Chris, who, sent us the following gem: 'I threw a ball for my dog – extravagant I know but he looks good in a dinner suit!' For coming up with the idea we have awarded him a Special Prize of a £50 Honey's Voucher. What of our other winners? Choosing has not been easy as the standard of entry has been so high BUT with considerable difficulty we have selected the wonderful entries below.

First Prize: Free Honey's for a month for Millie Vernon
A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said: 'Jesus knows you're here.' With his heart beating frantically, he clicked his flashlight off, and froze. When he heard nothing more, he shook his head and continued. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard: 'Jesus is watching you.' Startled, he shined his light around frantically, looking for the source of the voice. Finally, in the corner of the room, his flashlight beam came to rest on a parrot. 'Did you say that?' he whispered to the parrot. 'Yes.' the parrot confessed, then squawked, 'I'm just trying to warn you that he's watching you.' The burglar calmed down. 'Warn me! and who do you think you are?!!!' 'Moses,' replied the bird. 'Moses?' the burglar laughed. 'What kind of people would name a bird Moses?' 'The same kind of people that would name a Rottweiler Jesus.'

Runner-up prizes of 6 bags of Beautiful Joe's each
I went to the zoo yesterday but there was a only a tiny dog in a cage, it was a Shih Tzu. (Otto Crossingham)

Have you heard about the dog riding the tube who was learning to play the trumpet?? He went from Barking to Tooting in under an hour! (Sybil Carter)

On the door of the local shop, a customer noticed the sign reading: BEWARE OF DOG! He carefully entered the shop, but once inside all he saw was a harmless old chihuahua asleep on the floor beside the checkout. He asked the manager, 'Is THAT the dog we are supposed to beware of?' 'Yes, that's him,' he was told. The customer could not help but be amused. 'That certainly does not look like a dangerous dog to me. Why in the world would you post that sign?' 'Because,' the shopkeeper replied, 'before I posted that sign, people kept tripping over him.' (Groot Flint)

In my younger days I used to race greyhounds. I had to give up in the end because the greyhounds always won. (Doris and Peregrine Harrison)

My dog is terrible at chess - she can only beat me 4 times out of 10! (Molly Goulden)

What do you call a dog that does magic? A labracadabrador! (Nudli Powell)

My next door neighbour who is an iron monger asked me to pop over and look after his dog for the weekend while he went away. So I agreed and went over to look after it and no sooner had my neighbour left, the dog made a bolt for the door! (Maggie Foster)

Devon and Islay's Mum, Heidi, also sent us a wonderful strip cartoon, so they also win a prize!

How to earn our eternal gratitude and a little thank you gift...

Thank you very much for your referrals. Do remember, we are happy to provide raw feeding and health advice to anyone who contacts us, even if they never, ever plan to become a customer. If someone you have recommended does become a customer, however, we would like to say thank you with one of the new selection of gifts shown below. For this reason, please don't forget to tell us the names of any new customers you introduce to Honey's (just to be on safe side you could ask them to let us know, too).



A tree planted by Woodland Trust



Two personalised dog tags



Our original Superdog Cape/Towel Thingie



10 packets of Beautiful Joe's treats + Tin



A personalised dog bowl



Two free shipping vouchers



Our new canine obituary column

We have long felt that it would be a good idea to include a canine obituary column in our newsletter and when we received a long and deeply touching email about Bella, one of our four-legged customers, it seemed the perfect life to start with. If you have lost a pet you would like us to feature in future issues please email jonathan@honeysrealdogfood.com.



A much missed Honey's customer: Bella

The last few years of Bella's life could not have been happier. She lived with a loving family in a comfortable, peaceful home in a very beautiful part of the country. Her early life was less pleasant. She was used for fox and badger baiting. In order to make her more effective at this she was starved and beaten. Yet although she was dreadfully abused it didn't affect her kind, warm personality. She couldn't have been more affectionate towards people and especially children.

Sometimes animals and people who need each other seem to find each other. Bella escaped from captivity and literally found sanctuary in the house that was to become her home. Her new family had been going through its own traumas and the arrival of this starving, unhappy dog turned out to be an answer to their prayers. They nurtured Bella, and Bella nurtured them.

When Bella arrived she has head injuries and facial wounds. She was desperately thin and ravenously hungry - so hungry that she used to search all over the house for crumbs and would even eat lip salve! But when Honey's was introduced it seemed to calm her and satisfy her more. Her new family say that: 'It nourished and satisfied her. It changed her internal biome and reduced her anxiety immensely.'

Bella's family describe her as infinitely gentle, full of bouncing and infectious optimism that touched everyone she met, and incredibly beautiful. She had a nurturing, protective and extraordinarily sensitive soul. She touched the lives of everyone who met her. Entering their hearts with her powerful, soft, sensitive, determined and wise nature. She will be much missed.



Bonny Snowden – the famous animal artist

We only discovered that Vinnie, Nelly and Slipper's Mum, Bonny, was an artist by accident. Her work is exquisite, as can be seen from the examples shown here. Not surprisingly, there is a waiting list for her animal portraits. We asked her to send us a few words about her work.

I'm a single mum living in beautiful North Yorkshire overlooking the White Horse of Kilburn. I only realised that I could draw in 2016 after, believe it or not, trying some colouring-in books. My first portrait was completed that year and there was such interest that I have become a full-time artist.



I focus on animals – mostly my clients' dogs, cats and horses. Commissions come from all over the world. I work every day and Vinnie generally sits next to me, sometimes adding a nose print when I don't want one! Nelly and Slipper, our other two dogs, are generally close at hand, too.

In 2018, I started a subscription channel, teaching my students how to draw with coloured pencils. So far, I have over 1000 subscribers. If any Honey's customers would like to have a go at drawing my lovely Vinnie, I have a full real time tutorial that is free on my YouTube channel, link below. It's been amazing seeing all the different versions of my lovely boy pop up on social media.

www.bonnysnowdonfineart.co.uk
www.facebook.com/bonnysnowdonfineart
www.patreon.com/bonnysnowdonfineart
www.youtube.com/bonnysnowdonfineart/c

The Honey's Directory of Everything



Free books. Free advice. Free goodies.
If you know a dog lover who is interested in switching to a raw diet or who has a dog with health issues do, please, put them in touch. We don't mind if they never, ever plan to become a customer. Indeed, we are happy to provide advice, support and even recipes. The most important thing is to do the best for their dogs. Also, if you would like free copies of our books to pass on or sell as a fundraiser for a good cause, all you have to do is ask. If someone you refer to us does decide to order (and they will be under no pressure to do so) we will, of course, say thank you in a tangible way – just let us know. Finally, a huge thank you for any referrals or introductions, which are greatly appreciated.



A personalised Honey's Dog Bowl
A personalised Honey's Dog Bowl with your dog's name on the outside and Honey's on the inside. Price £22 for the medium and £24 for the large BUT free, of course, if you recommend a new customer who orders from us!



Our original Superdog Cape/ Towel Thingle
Is it as cape? Is it a towel? Either way, it is the perfect way to dry off a wet dog. It comes in four sizes but only one colour: black. Small £15. Medium £18. Large £21. X Large £25.50. XX Large £30. Matching towel £6.

We are very grateful for any new customers you introduce and have a small selection of gifts (As G B Stern said: 'Silent gratitude isn't very much use to anyone.') to offer you by way of thanks. Please ask for details.



Good things come in small sizes – 250g to be precise
A quick reminder that almost every single formula we offer is available in 250g as well as 500g chubs (the rather silly name used for our sausage like packaging). Please do ask for smaller sizes if it would be more convenient for you.



Please send us your photos!
We love to see pictures of our four-legged customers. Please email them to: info@honeysrealdogfood.com Thank you, thank you!



Gift Hampers
Don't say it with flowers, say it with Honey's! Prices for Gift Hampers start at £45 including delivery. We'll be happy to include a personalised card, too, and lots of little extras (such as book and treats).

%'s!
Each Honey's recipe has a different % of bone, offal and vegetable. To find the % that suits you best, please call!



Beautiful Joe's Ethical Treats
We also make a pure liver treat called Beautiful Joe's. Every time we sell a packet we donate the same quantity to a dog rescue home nominated by our customers. The treats are hand made from 100% British, free-range, ox liver. Nothing is added – all we do is slowly dry the liver to lock in the flavour. If these treats were a liquid, we would call them Nectar of the Dogs. They lead to suspiciously perfect behaviour.

Offer	Cost	Save!
18 packets a month for the price of 12 + we give away 12 packets to dogs in need	£48.00	£24.00
12 packets a month for the price of 8 + we give away 8 packets to dogs in need	£32.00	£16.00
6 packets a month for the price of 4 + we give away 4 packets to dogs in need	£16.00	£8.00
5 packets + a tin + we give 5 packets away	£19.00	£3.50
1 packet	£4.00	
1 tin	£2.50	





The Honey's Working Dog Food Range

You want choice? We have choice! We make six free range recipes and five wild recipes. Most can be ordered with and without vegetable, and come in two sizes – 250g and 500g.

Free range Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Free range Chicken	£1.08	£1.77	£2.15	£3.53
Free range Duck	£1.21	£1.77	£2.40	£3.53
Free range Pork	£1.33	£1.77	£2.65	£3.53
Free range Turkey	£1.21	£1.77	£2.40	£3.53
Free range Beef	£1.28	£1.54	£2.55	£3.08
Free range Lamb	£1.35	£1.54	£2.70	£3.08

Wild Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Rabbit	£2.05	£2.42	£4.00	£4.80
Game	£2.00	£2.27	£4.00	£4.50
Venison	£2.05	£2.42	£4.00	£4.80
Pheasant	£1.88	N/A	£3.75	N/A
Pigeon (NEW)	£2.50	£3.50	£5.00	£7.00

Please note that all our food - especially our 'wild' range - is seasonal. Although we keep as much stock as we can in our freezers we can't always guarantee availability.

Active Working Dog Food	500g
Free range Chicken	£2.15
Free range Duck	£2.40
Free range Beef	£2.55

Certified Organic Dog Food

Certified Organic Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Pork	N/A	N/A	£4.75	N/A
Chicken	N/A	£2.77	£4.25	N/A
Turkey	N/A	N/A	£4.25	N/A
Beef	N/A	N/A	£4.80	N/A

Please note we also offer organic pork tails, pork belly ribs and pork heart.



The Honey's Lean Recipe Range

Looking for something low in fat and/or low in protein?

Our Lean range comes in four recipes.

Lean Dog Food	250g	500g
Lean, free range Lamb	£1.61	£3.20
Lean, free range Pork	£1.57	£3.15
Lean, free range Duck	£1.43	£2.85
Lean, free range Turkey	£1.43	£2.85
Washed Tripe & Ox Heart	N/A	£3.00



Free range bones and wings

Looking for something that Fifi or Fido can get her or his teeth into? We offer a wide range of free range bones and wings. Bones are important for two reasons. Firstly, they provide vital nutrients including calcium, complex (good) fats and vitamins. Secondly, the actual chewing of the bones is what keeps a dog's teeth and gums healthy. Chewing and gnawing is also, believe it or not, excellent exercise and helps a dog to stay fit. We recommend giving your dog a fresh bone approximately once per week. Wings, on the other paw, are the perfect complete meal.

Free range bones and wings	
2 knuckle end pasture fed beef bones	£4.00
5 large pasture fed beef lollipop bones	£7.60
5 medium pasture fed beef lollipop bones	£7.60
2 medium pasture fed beef lollipop bones	£3.50
8 small pasture fed beef lollipop bones	£7.60
5kg of free range chicken wings	£15.50
1kg of 3 joint free range chicken wings	£3.60
1kg of free range duck wings	£4.25
1kg free range lamb ribs	£5.00

DIY ingredients Save up to 33%

Why not make your own dog food using our ethically sourced ingredients? Not only can we supply you with wild, free range and organic 'makings', but we can also provide you with advice, recipes and support. We reckon that going the DIY route saves most of our customers between 25% and 33%.

Beef heart free range per 1kg	£3.50
Beef liver free range per 200g	£1.50
Beef tripe free range washed in water per 1kg	£4.75
Chicken carcass free range per kg	£3.50
Chicken necks free range x 10	£5.00
Duck carcass free range per kg	£4.00
Duck necks free range x 10	£7.50
Lamb heart free range per kilo	£4.90
Lamb trachea free range x 4	£3.50
Pork certified organic pig tails x 6	£3.00
Pork certified organic belly ribs (750g approx.)	£6.00
Pork certified organic heart per kg	£5.00
Pork free range tongue x 2	£2.75
Pork free range trotters x 2	£4.00

Special DIY boxes Save even more

If you have the freezer space, why not take advantage of our special DIY boxes and save even more £££?

Special Offer Boxes – big savings!	
DIY taster box free range	£30.00
Duck carcass free range 14kg	£52.00
Chicken carcass free range 14kg	£45.00
Lamb ribs free range 9kg	£40.00

Certified organic beef bone broth

Made using certified organic, grass-fed beef bones and filtered water with carrot, unrefined, unpasteurized and unfiltered apple cider vinegar aka 'with mother', thyme, turmeric and black pepper – all of which are also certified organic. 200ml £4.95. 500ml £9.95

Handmade Biscuits

We used to make our handmade biscuits at home but we got fed up with having to stay up all night baking, so now a local baker produces them for us. We use only the finest ingredients (including wholewheat flour) and, as you would expect, we have no truck with preservatives, sugar, salt, colouring or other chemicals. 100g of natural bone shaped biscuits or cheesy hearts will cost you £2.99.



RAW PROOF

The results of our 24-month research investigation into a species-appropriate diet for dogs is now available. You can download a PDF from our website or ask us to send you a hard copy (free of charge).



The Real Honey's Dog Food story

Do you know someone who is interested in switching to raw feeding? Would a copy of Jonathan's book help? Please ask for a FREE copy in your next order.



The Lucky Dog Weightloss Plan

We have 200 copies to give away. Please ask for one to be added to your next order.

Our books are also available as FREE downloads on our website



Phone: 01672 620 260
(Mon-Fri 9am-5pm)

Email: info@honeysrealdogfood.com
www.honeysrealdogfood.com



All Honey's literature is printed using vegetable based inks on FSC® approved paper. FSC stands for the Forest Stewardship Council.