

The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Summer 2021

A few words from Jonathan, Honey's founder



Rubbish generated by the average British family every year weighs roughly the same as 182 fully grown Labradors (not these adorable Honey's fed puppies).

up valuable resources and the vast majority (over 90%) of it ends up being put into landfill sites, burnt or dumped at sea. As an aside, apparently a typical British family's waste over the course of a year weighs about the same as a healthy elephant or, if you prefer to think in terms of dogs, around 182 Labradors.

Many businesses boast about how green their packaging is. You won't find that attitude at Honey's. Clearly, packaging is a necessary evil and doing away with it completely – much as we would like to – is obviously an impossibility. Our role, therefore, is to make sure that (a) we keep our packaging to a bare minimum and (b) we use materials that can be reused or disposed of in the least damaging way. We have had some modest successes over the years. Indeed, we believe that there isn't a raw dog food producer in the UK offering more environmentally friendly packaging. Not, I hasten to add, that we are satisfied or resting on our laurels.

As we go to press we are testing (yet) another paper-based insulation that looks promising, but at the moment doesn't come in the right size for us (the boxes are too large, which would mean more, unnecessary, insulation and more waste) and we are also waiting to hear about a plastic film alternative developed from plant protein by a new start-up called Xampla. At our weekly meetings packaging has a section all to itself and we have recently revised and updated our Packaging Policy – indeed, we have devoted a feature article to it in this issue of *The Alternative Dog*. I will say no more at this juncture, but I would love to hear from any reader who has ideas about how we could make further improvements.

I have always felt that businesses which confine themselves to a policy of 'reduce, reuse, recycle' are missing a trick. It is equally important to do something positive. This is the reason why Honey's is Carbon Neutral, and thanks to an additional monthly contribution to the Rainforest Trust (of which I am a trustee), we are actually Better than Carbon Neutral. It is also one of the reasons why, for the last couple of years, we have been searching for some intensively farmed land to convert into woodland.

I am a deeply superstitious soul, but the vendors and the solicitors assure me it will be fine and – as it is such exciting news – I am going to risk it: Honey's will soon be in possession of a little over three acres of pastureland in Dorset. The plan is to plant two thirds of it with native, deciduous trees (each one commemorating a Honey's fed dog who has died) and to turn the rest into a wildflower meadow. There is also space for a swimming spot (a river runs through it). You will find photographs and a description of the proposed Honey's Wood over the page.

As you may have noticed, this issue of *The Alternative Dog* is our largest yet. It is supposed to be a newsletter, but it is beginning to turn into a magazine. I can't pretend we have a formal editorial policy. Basically, we include anything that strikes us all as relevant or interesting. A huge thank you, by the way, to all our contributors.

As usual I have run out of space. I'll close by thanking you for your wonderful support and custom. We don't 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

Packaging is a surprisingly complicated and emotive subject. Whenever we receive a delivery at home it is the first thing Rose (my wife) and I comment on.

Companies that use wasteful and/or un-environmental packaging never receive our repeat business. The same is true when we are out shopping. We spend a great deal of time looking at the back of packaging to see what it is made from and how it should be disposed of.

I don't believe we are alone in this. Anyone who is concerned about our planet knows that packaging – and especially single use packaging – has a huge environmental impact. Whether it is made from glass, plastic or paper it uses

In this issue



Our new packaging policy
And how we are working to make it even better



And So To (Dog) Bed...

A review of luxury dog beds (you know they deserve it!)



Beginner's guide to Agility

Honey's Jackie Bromwich introduces this wonderful activity



Wild swimming with dogs

Emma Judson describes the joy of taking to the water with your dog



Green Paws! The Canine Gardener

Teilo Cable (who happens to live with gardening guru Jim) offers tips



Expert witness

In court with internationally acclaimed behaviourist Colin Tenant



Prevention is better than cure

Dr. Vicki Adams on how to prevent canine cancer



Health tips

Advice from leading homeopathic vet Dr. Sara Fox Chapman



Your dog's microbiome

Dr. Vicky Simon explains what it is and why it is so important



In almost every picture

Erik Kessels' touching collection of black dog photographs



A brief history of canine accessories

By Dr Kathleen Walker-Meikle



How to draw a dog

Honey's own cartoonist, Nishant Choksi makes it easy

Honey's Dogs

6 pages devoted to new dogs and, sadly, lost dogs

AND MUCH, MUCH MORE BESIDES...


REAL DOG FOOD

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info@honeysrealdogfood.com
www.honeysrealdogfood.com

HONEY'S NEWS



The first Honey's Wood

Assuming all goes according to plan we have acquired a small (3 ¼ acre) meadow about an hour's drive from Honey's HQ. It is situated in a private location with river frontage and well established hedgerows forming two of the boundaries, which provide important habitats for wildlife. The meadow itself is down to grass, having had a prior agricultural use as pastureland.

We plan to turn around an acre of the land into a wildflower meadow, and the rest into a small wood. There is an ideal spot on the river bank to create a jumping off/landing place for wild swimming and we are going to fence the boundary so that it is safe for dogs to roam.

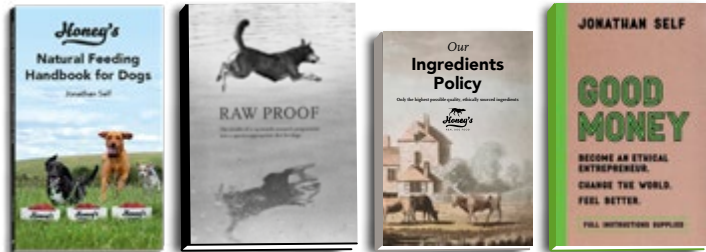
We have actually been planting trees through Woodland Trust for many years – some to commemorate Honey's-fed dogs who have died, some as a thank you for new customer introductions. Now we will be able to plant these trees in our own wood.

We also hope to be able to offer Honey's customers a permanent resting place for any ashes belonging to deceased four-legged family members. Our solicitor is still investigating this but it looks as if there will be no problem scattering the ashes and we believe it may be possible to bury ashes under a specific tree and even add a small headstone or marker.



Free reading material!

Over half the British population hasn't read a single book in the last year. Newspaper and magazine sales are in severe decline. Moreover, people's attention span has markedly decreased. The average adult now has a shorter attention span (under 8 seconds) than an average goldfish (over 9 seconds). Happily, Honey's supporters buck this trend! Indeed, judging by the number of requests we receive for our books, reports, policy documents and fact sheets the typical Honey's customer must be something of a bookworm. Which is a somewhat roundabout way of reminding readers that we are always happy to send out free copies of any (or all) of our various publications. Please just contact Honey's HQ. Our most popular titles are shown below but there are many others.



Competition winners

In the last issue we held a competition for the Naughtiest Dog! As usual, we were overrun with brilliant entries. Not that we can believe any Honey's-fed dog could ever be naughty. The winner and some of the runners-up are shown here. Thank you to everyone who took part.



Gus McKnight

1st



Ralph Hoffman

When I stood at the door of our local bakery to place my socially distanced order of two date slices I hadn't noticed a basket of cheese scones on a low shelf just inside the door but Ralph had..... They thought it was very funny, waved away my profuse apologies and refused to accept payment.



Nelson Brown



Sunny Donoghue



Wizard Le Drezen



Olive Tan



Rambo Ching



Dougie Phillips



Woody Barnes



Teddy Bastin



Rupert Ward

On the farm

Rats, double rats and even triple rats! At the time of writing this, we still can't make our usual farm visits, but we have high hopes that by the autumn we will – finally – be back on track. In the meantime, we asked some of our producers to send us photos of their land and livestock. We continue to support smaller, mixed farms (where the emphasis is on biodiversity and high standards of animal welfare). We can also confirm that we have, of course, regularly visited our producers in the past and that we have been buying from the majority of them for over a decade.



£450,000 worth of treats donated

We are on track to have donated a grand total of £450,000 of Beautiful Joe's treats by the end of the year. Every time you buy a packet, we donate a packet to a rescue centre. Thank you for making this possible.

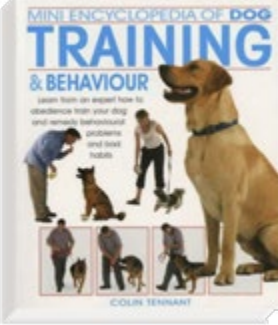
Honey's Game Recipes



Over the last few months we have been, on occasion, as it were, off our game. That is to say, we haven't had as much of our game recipes in stock as we require. We are not alone in this. Due to pandemic restrictions there has been a universal shortage of wild ingredients. Please accept our apologies. We have hopes that over the summer we will be able to remedy the situation. Having said this, you may be surprised to read that we have just produced a fact sheet on the subject of lead shot. It examines the legislation, the safety aspect and the future. If you would like a copy all you have to do is ask!

It can be summarised as follows: (i) we are against lead shot (ii) many of our suppliers no longer use it (iii) those that do are in the process of giving it up (iv) there is no risk of your dog suffering the effects of lead poisoning as a result of eating Honey's game recipes (and this isn't just because they are in short supply!).

Free draw winners!



We are pleased to announce the ten winners of our Free Draw for one of Colin Tennant's excellent training books. They are: Sharon Bingham (Willoughby), Marian Harvey (Darcy and Medlar), Elizabeth Hesketh (Bertie), Maxine Blackmore (Sam), Camilla Fitzgerald (Basil and Bruno), Mary Stephen (Gibbs), Paul Oswald (Kyla), Tristan Pengelly (Una), Laura Freedman (Pypr), Natalie Pugh (Harrison).

Looking for a dog photographer?



Just before the lockdown a valued Honey's customer, Melissa Bastin, was the winner of the Kennel Club's Dog Photographer of the Year. Based in Witney, Oxfordshire, she has an impressive client list. She is also terrifically nice! Portrait sessions from £95. www.poloimages.org



Free children's books...!

The author, Richard Unwin, has very generously donated ten copies of two of his children's books *Bootsy's Picnic Adventures* and *Bootsy Flies at the Robert Eric Big Top Circus*. We have them all ready in envelopes to send out to the first ten people who request them. A huge thank you to Richard for his kindness.

We are in love with Marley Moo



Marley is a gorgeous, Honey's-fed Golden Retriever and when his Mum, Nicole, decided to start making collars naturally she appointed him Head of Product Testing and named the enterprise after him: Marley Moo Collars. Space does not allow us to show the whole, fantastic range of collars, leads, harnesses and engraved dog tags here. Suffice to say everything produced by Marley Moo is highly covetable. We love the designs, we love the materials (Harris Tweeds, no less), we love the quality and we love the prices (from a very reasonable £15).

FREE DRAW!

Win a Marley Moo collar, lead and personalized name tag. Email: freedraw@honeysrealdogfood.com before 10th September 2021.

Sleeping Dog Photo Competition: win a month's worth of food



The new Honey's Competition is simplicity itself: submit a picture of your dog sleeping! First prize is one month of free Honey's (to the value of your most recent order) and there are 3 runner-up prizes of either 6 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 competition@honeysrealdogfood.com before 10th September 2021 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



Budding canine artist: Isaac Maughan

A huge thank you (and a book token) to Isaac Maughan for these drawings of his black Lab, Mimi, and Murphy (a dog he is hoping for one day).



Budding canine artist: Roya Candey

Roya Candey has very kindly sent us this fantastic watercolour of the family's miniature poodle puppy, Mango. A book token is on the way.



Honey's Health Team at your service

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. Please just call or email. All part of the Honey's service.



Another free draw! Win a copy of Feeding Dogs

'In this masterfully researched and written exposé,' wrote Dr. Ian Billinghurst, author of the best-selling *Give a Dog a Bone*, when Conor Brady's long-awaited book, *Feeding Dogs: The Science Behind The Dry Versus Raw Debate*, was published at the end of last year, 'Conor Brady details the raw truth about canine

nutrition; why dry dog food is so damaging, how modern research is designed to sell product, never to find truth, and the enormous benefits that only a fresh raw and whole food diet can provide.' He went on to describe it as 'a valuable addition to the serious raw feeder's library'.

In recent years, there has been a rash of books about raw feeding. Many, not wanting to be rude, simply re-hash information and arguments better made by earlier authors such as Ian Billinghurst, Tom Lonsdale and Steve Brown. *Feeding Dogs* is altogether different. Its author's focus is on the scientific evidence that raw feeding is both safe and beneficial. As a result the book runs to a staggering 500 plus pages and contains over 1200 references many to peer-reviewed research studies. Yet despite its length and the level of detail that Brady has gone into, the book is an easy and fascinating read for anyone interested in the subject.

We have two copies of *Feeding Dogs* in the office and if you email freedraw@honeysrealdogfood.com before 10th September 2021 we'll enter you in a draw to win one of them. Given that we generally get a very good take-up on our free draws if you want to read the book (and we certainly recommend it) then we'd actually suggest purchasing a copy. It is only £6.50 on Kindle or £29.76 as a paperback.



Earn a book token!

Younger, two-legged relatives of Honey's fed dogs who send us pictures published in the newsletter will be rewarded with a thank you book token. Please email Jonathan.js@jonathanself.com

Wild swimming with dogs

By Emma Judson

With the rise in popularity of ‘Wild Swimming’ – in other words, swimming outdoors in the fresh air, enjoying Britain’s many lakes, rivers and of course, surrounding seas – you may have wondered about swimming with your dog.

Some dogs will throw themselves into any open water with gay abandon, whilst others are more reticent paddlers and a third group wouldn’t entertain it if you paid them! Lots of dogs and their human companions, however, do enjoy swimming together.



Happy days in and out of the water

Claire Martin, a talented trainer and behaviourist (Chrysalis K9 in Tamworth) regularly enjoys swimming on warm summer evenings with a group of friends and their dogs at Swan Pool, Sandwell valley. She says: ‘Dogs as varied as huskies, lurchers, spaniels and staffies all love to swim here, and those who are unsure can enter the water on the gently shelving sandy beach area, where they can gradually gain confidence. No dog is ever asked to do more than they are happy with, and some owners will spend several weeks just sitting in the shallows before their dog wants to proceed further. My 12-year-old Whippet x GSD, Neipher will enthusiastically swim a whole 800m lap of the lake and this helps keep her fit in her advancing years. My young Podenco x Malinois, Base, also loves swimming and he will be in training this summer for Tridog – a swim, bike, run with him pulling me in harness!’

According to Claire: ‘Swimming with your dog is a wonderfully bonding way to spend time together. It provides great exercise. And it’s fun!’ However, she does caution: ‘It is really important to ensure that you enter the water where it is safe and where you are allowed to swim. This is particularly true where there is moving water or a risk of underwater hazards. It’s also highly recommended that you only enter the water if you are with someone else who can assist you, should you need help in any way.’

Take the plunge and enjoy a swim, or just a paddle, with your dog this summer!



Claire Martin swimming with a friend.

If you’d like to try swimming with your dog, here are a few tips things to consider beforehand.

For you:

I would advise joining one of the many Wild Swimming groups on Facebook or checking out some of the useful wild swimming communities online, such as The Outdoor Swimming Society – www.outdoorswimmingsociety.com and Wild Swimming - www.wildswimming.co.uk

There are some safety aspects to take into consideration; access points, assessing the environment both above and below water for dangerous obstacles, typically bits of metal, rock, roots and weeds but not uncommonly, broken glass and fishing hooks, line and weights. It’s a good idea to take a rubbish bag with you to dispose of anything dangerous you might find. Take a friend with you so that there’s no risk of you getting into trouble alone.

Know your body – swimming is much harder than walking, and the cold water can produce some odd effects. Whilst most people have heard of cramping if you swim after eating, cold shock is far more likely, and can cause you to gasp suddenly as your body reacts to immersion in cold water, go in slowly no matter how tempting it is to dive right in.

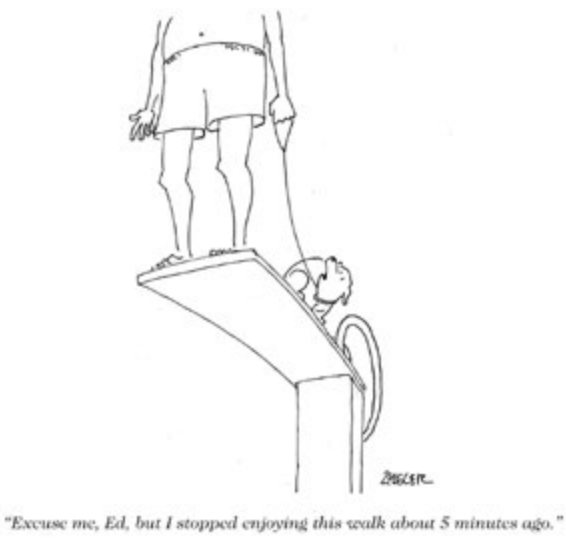


‘After drop’ is another phenomenon less well known, where your body initially feels fine, warm in fact, after getting out of the water, but then you suddenly start to feel colder, shiver uncontrollably, feel faint and unwell. This is because your body will continue to cool after you get out of the water and can drop your body temp by another 4.5 degrees, putting you into a hypothermic state. The answer is to acclimate slowly, don’t spend too long in the water. Warm yourself up when you get out using warm clothing, movement, a warm environment such as a car with the heater on and take a hot drink and some sugary food to eat immediately after your swim.

It is tempting to think that if you are only swimming in lakes warmed by the sun on hot summer days, this won’t be a problem, but it is easy to be distracted, particularly if you are having fun with your dog, and miss the signs that you’ve been in too long!

It is personal choice as to whether you use a wetsuit or not – though some private lakes will not permit ‘skin’ swimming at all, or if the water temperature dips below a certain figure. I’d strongly recommend swim shoes or socks to protect your feet from sharp objects on the bottom, as well as litter, natural objects can also be sharp, freshwater mussel shells are like razor blades. A wetsuit can save you from scratches if your dog decides to climb up your body!

A dressing gown style drying robe is a good investment, but lots of thick fluffy towels will do if you are nimble at getting undressed beneath one. Swim caps can help keep your head dry and thus warm, and brightly coloured versions help keep you visible in the water. Tow-floats can perform the same function, and some can be used to contain valuables as well.



For your dog:

If you know them to be a good swimmer then potentially all they need is a secure, well-fitting harness and a long-line that floats. If you are not sure or if they are of a build that makes swimming harder work, doggy buoyancy jackets can be a good idea, but it is wise to ask other canine swimmers for recommendations here as the wrong jacket could hamper your dog’s swimming ability.

If your dog is not already a keen swimmer sitting in the shallows and playing with your dog is the way forward. This is about having fun and being pushed to do something scary is no fun for your dog, so take your time.

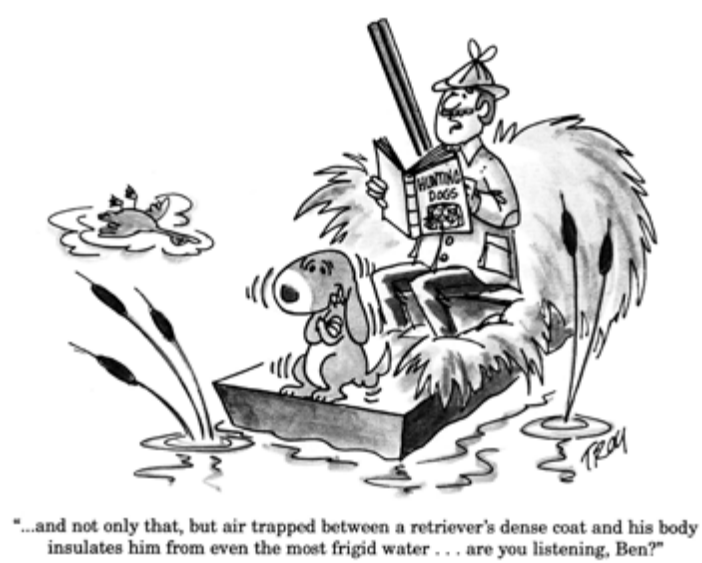
Remember that a dog’s depth perception is not the same as ours and their colour vision is different too. What you see as an obvious shallow bottomed area of water, your dog may see totally differently, perhaps as a mass of glittering light reflections with no discernible depth, a bottomless pit into the unknown!

Keep early sessions short, highly rewarding and end the games before your dog has had enough, ensuring that they have positive associations and are keen for more.

With patience and lots of fun, even reluctant dogs can become water-pups. One wild swimmer I interviewed said: ‘Both our dogs had never shown interest in water, in fact they avoided puddles altogether. We realised if we ever went on a boat holiday we didn’t even know if they knew how to swim. We joined a group of friends for a paddle and swim with the dogs, and soon realised, one needed a little life jacket and one was fine without. It’s given us confidence if they ever fell in, they’d know how to swim.’

If you read only one book on the subject...

Read *Wild Swim* (Guardian Books). In this stunning and inspiring guide, Kate Rew, founder of the Outdoor Swimming Society, takes you on a wild journey across Britain, braving the elements to experience first-hand some of the country’s most awe-inspiring swim spots, from tidal pools in the Outer Hebrides to the white-sand beaches of the Isles of Scilly.



Kaley and Mr Waffy preparing to take the plunge

Swimming Case History: Mr Waffy!

We asked Kaley Botting, a keen wild swimmer, about swimming with her dog...

‘I’m one of those people who is happier in water than on land. Lakes, rivers, the sea, a pool – I love water! My dog, Mr Waffy, is a rescue and to begin with I was rather nervous so kept him on a long line until he had gained confidence and I was certain he wouldn’t run/swim off! As I became more confident in his recall, I would go into the sea and swim for a bit whilst he stood on the shoreline running up and down, barking at and into the waves making silly gurgling noises. People on the beach would be bemused, both that I was swimming in cold autumn and winter waters and that a mad little hound was running around making a racket. And then one November day, he finally wanted to come and join me. My husband was in with me that day and Waffy swam straight up to him for an uncomfortable cuddle – reaching out with his claws and still doing swimming strokes even when being held. We weren’t far out and he swam back to shore when he had enough. Not for long though, he joined us again and this time we decided to swim along the shoreline together and it was perfect! He determinedly swam along next to us, his head above water and all the action under the surface, like a swan. I’ll remember that swim forever. My advice is make sure that your dog is comfortable with water. I’m starting to introduce my Golden Retriever, Fred, to the water now. So far we have not done much more than get his feet wet. He has sat and curiously watched me in my local river though and I’ve been conscious to employ positive reinforcement tactics like feeding him treats from the water. We’ll go at his pace and wait for the breakthrough moment when he’s ready.’

And so to (dog) bed...

Some 357 summers ago, on Friday 12 August 1664 to be precise, Samuel Pepys, the famous diarist, wrote: 'At night is brought home our poor dog Fancy, which to my great grief continues lame still... it troubles me to see her. And so to bed...' Fancy was a much pampered dog who slept in Pepys' own luxurious, four-poster bed hung with silks. Inspired by this, we asked **Hetty Lintell, Luxury Editor for Country Life**, to recommend some truly opulent, no expense spared, bedding options for today's cosseted canines. Incidentally, the Quince & Cook bed is woven from 'elephant grass' in Ghana and each basket takes three days to weave as well as providing vital income for the locals whose craft is passed down through generations. The Settle Bed, by the way, is made from recycled polyester and the company also use discarded plastic bottles and print their fabrics with eco ink.



Cornish Beds
cornishbeds.co.uk
Dog pet bed, £995



Barbour
www.barbour.com
Wax cotton dog bed, £99.95



Coco & Wolf
cocoandwolf.com
Rattan small animal bed with Liberty fabric cushion, £180



Red Dog Company
thereddogcompany.com
Fire orange dog bed, from £219



Quince & Cook
quinceandcook.co.uk
Hand woven pet bed, £130



Le Chameau
lechameau.com
Dog bed, £80



Settle
settlebeds.com
Dalmation dog bed, £124



Teddy Maximus
strawberrythief.com
Strawberry Thief dog bed, £129
teddymaximus.com



Orvis
www.orvis.co.uk
Airfoam couch dog bed, from £339



Fenella Smith
fenellasmith.com
Labrador large dog bed, £115



Charley Chau
www.charleychau.com
Dog snuggle bed in velour, £90



Savoir Beds
savoirbeds.com
Bespoke dog beds, from £475



Lord Lou at Harrods
harrods.com
Velvet George dog bed (small), £375



Pippa & Co
pippaandcompany.co.uk
Ascot Signature bed, from £350



Versace
versace.com
Barocco print dog bed, £990



OKA
oka.com
Rattan Mattaban pet bed, £450



Joanna Wood
shop.joannawood.com
Blue Louis XVI style dog bed, £438



Made
www.made.com
Kyali bed with storage, £269

Luxury (eco) dog bed made by a Honey's customer



Eileen Gleeson, one of the UK's leading textile designers, is a longstanding Honey's customer. During the recent lockdown she decided to start making modern, environmentally-friendly dog beds. **Gleeson Dog Beds** are made entirely in the UK using an organic cotton drill. The pillow and chair beds are filled with recycled poly from old water bottles and the mattress beds are made of body-conforming memory foam. All beds have removable washable outer covers plus a waterproof corvin lining to add a layer of protection and durability. This print for Eileen's first bed is made using a bold deconstructed paper painted collage design. Prices start from a very reasonable £89.99. Visit www.gleeson-uk.com for further details.



STOP PRESS: WIN A EILEEN GLEESON BED!
As we were going to press a huge box turned up containing an Eileen Gleeson bed! To win it all you have to do is enter our free draw by emailing freedraw@honeysrealdogfood.com before 10th September 2021.

Beginner’s Guide to Agility

Jackie Bromwich



Dog agility is the fastest growing sport in the world, and it can be enjoyed by anyone at any level of ability, and with almost any dog. For the super fit and ambitious handler with a very good, fast dog, there are national and international competitions. Whilst some work towards becoming Agility Champion and even World Championship, for many it is simply an opportunity to have fun. It is a satisfying and enjoyable way to build a close relationship with your dog and to have a rattling good day out.

Dog agility was the brainchild of John Varley and Peter Meanwell, who designed it as a fun demonstration event at Crufts in 1978. This hugely popular demonstration was taken further by other dog trainers. In 1980, the first cohesive rules were made by the UK Kennel Club, and agility competitions became official.

The sport was hugely popular and grew at a tremendous rate, eventually involving classes of several hundred dogs. The equipment and regulations evolved to include different heights of dog, who could compete at various heights of jump, more within their capabilities. Now it is a sport that most breeds can take part in.



Dogs should be over a year before starting agility training, to allow them to be skeletally mature, as jumping before this time could cause long lasting damage to developing joints. However, there is a lot of foundation work that can be done before this time to get a puppy ready for an agility career. As agility can be physically demanding and very exciting, dogs need to be fit, and not overweight, and have a good level of obedience so that they are not tempted to abandon their handlers and chase a dog working nearby! It is a good idea to work with an experienced trainer, rather than trying to do it yourself, to make sure that the correct foundations are taught, for both you, and your dog’s safety.



There is a website, Agilitynet, www.agilitynet.co.uk where lots of information can be found about the sport, trainers, competition, and a host of useful and interesting articles to read. It’s a great sport – don’t hesitate to give it a go!



The benefits of Dog Agility

- Can solve behaviour problems.
- Engages your dog both physically and mentally.
- Improves off-lead reliability.
- Builds a strong bond between you and your dog.
- Gives you a really cool skill to show off.
- Keeps your dog fit and healthy.
- Is a lot of fun!

What exactly IS agility?

Agility a timed obstacle course for a team that consists of a handler and a dog.

The handler directs the dog through a predetermined pattern of obstacles.

A course usually has 12-18 obstacles, like tunnels, jumps, tire jumps, weave poles, and the big “ramp” obstacles collectively known as the **contacts**.

In a trial (aka competition or show), the dog runs the course off-lead and the handler can’t touch the dog.

The human half of the team relies on body language and, to a lesser extent, vocal cues, to tell the canine half what to do and where to go.

How it works

It begins with the walkthrough. The competitors walk around in the ring memorising the course and working out how they will run it.

Next the judge and ring crew take their positions. The first team is called to the starting line. The handler puts the dog into position, says go, and they’re off! The team runs the course as fast as they can while avoiding racking up any faults.

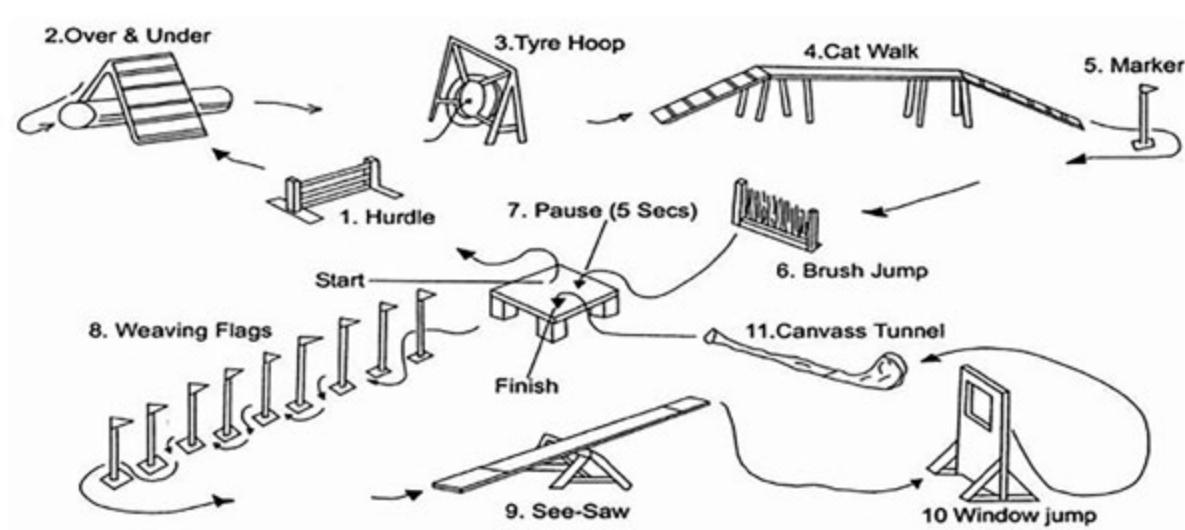
Each organisation has their own rules about faults, but the ones you’ll find in most rulebooks are:

- Knocking down jump bars
- The dog failing to place at least one paw in the contact zone on the down ramp of the contact obstacles
- The dog failing to complete the next obstacle (this is called a runout or refusal)
- Taking the wrong obstacle
- Going over the time limit

Finally, if a dog has a clean run without any faults, it’s called a ‘qualifying run’ or a ‘Q,’ and they’ll get points added to their official record. If they get a good score, they may also receive a placement ribbon. Winning a first place is a lot of fun, but in the grand scheme of things placements don’t matter until you reach high levels of competition.



A typical agility course



Jackie Bromwich has been a member of the Honey’s Health Team almost from the day we started.



Dog Expert Witness Criminal and Civil Law

By Colin Christopher Tennant MA (Canine Behaviour & Psychology) FCFBA

In the first of a two-part article on dogs and the law, Colin Tennant, a leading Canine Behaviourist and Psychologist, explains his

work as an expert witness and introduces the Dangerous Dog Act of 1991. To contact Colin visit colintennant.uk

I began my career in dog education professionally when I was sixteen years of age and have spent my life developing dog behaviour solutions and training methods at my Canine Behaviour Centre, to help people with difficult dogs and use this accumulative knowledge in many canine disciplines. I also served in the Cheshire Police Dog Section. I am qualified in criminal law via the Police Home Office Courses and have developed Dog Law courses for the Cambridge Institute of Dog Behaviour and Training (CIDBT) in the UK and for students abroad. All of which supports my court work as an expert witness.

English Dog Law has become more intrusive and egregious in the last decade for those of us who own pet dogs; the Dangerous Dogs Act (1991) has been amended a number of times and is designed to reduce harm to the public from dogs that pose a serious threat. Now who could argue with that, one might say? The Dogs Act (1871), however, already is suitable for most cases (excluding prohibited breeds). There are other Acts that can be used for the control of dogs or deal with owner responsibility.

Did you know that your car is not a private place for the purposes of the Dangerous Dogs Act? Under section 3(i) of the 1991 Act (as amended by the Anti-Social Behaviour, Crime and Policing Act 2014, (the '2014 Act'), if any dog is dangerously out of control in any place, including all private property, the owner or person for the time being in charge of the dog, is guilty of a summary offence. That offence becomes an aggravated offence and triable either way, if the dog injures any person or an assistance dog while out of control and an arrest may be made.



Definition of Expert Witness

I will begin with how the law describes an 'expert witness': An expert witness is a person whose opinion by virtue of education, training, certification, skills or experience, is accepted by the judge as an expert. The duty of an expert witness is to help the Court to achieve the

overriding objective by giving opinion that is impartial and unbiased, in relation to matters within their expertise. This is a duty that is owed to the Court and overrides any obligation to the party from whom the expert is receiving instructions. Often defendants misunderstand this and see me as on their side, which I am not. I point out to them that I am on the side of the Court.

Dangerous Dogs Act (1991)

The Dangerous Dogs Act (1991) makes up most of my work and in essence, a dog owner can be required to appear in Court if their dog is deemed to be 'dangerously out of control' – for example, if the dog injures someone or causes someone to be afraid that it might injure them. This of course is open to misuse and interpretation. For example, if a dog is friendly and on a lead, but excitable whilst being walked and jumps at a person in the street, even making no contact, but perhaps barks; if the target person states they felt in fear of being attacked, for the purposes and interpretation of the legislation, the offence is technically committed. The person can lay a complaint to the Police; this has many possible outcomes, some of which are most serious. This does seem odd to me and to many others. I have walked past people who have a phobia with dogs and have screamed in fear of my dog that was on a lead and quietly walking past them.

Once a complaint is triggered via the Police and thereafter executed via the Crown Prosecution Service (CPS), then the law and bureaucracy takes on a life of its own and the experience for dog owners is always harrowing and stressful. I have sat with clients in courtrooms listening to their fear and upset; even when the law breaking is initially trivial, it often spirals out of control. Of course, if the dog owner has allowed the dog to be truly dangerous then it is natural that a complainant will want some form of justice and/or compensation.

My clients have rarely understood basic dog law or may have misinterpreted what in their view is common sense in dog ownership. Let me give you an abridged example of a recent case:

A couple walk their Setter through woods, they see 200 yards away, a lady walking an elderly Retriever in their direction, the Retriever on nearing the Setter growsl furiously and snaps at the Setter which responds. The Retriever having weak hindquarters, falls and injures an already weak joint causing severe pain. No bites or injuries are inflicted, despite the cacophony of aggressive sub vocalisation by both dogs. No person is bitten. A complaint is made by the Retriever's owner that her dog was attacked and has been injured needing hundreds of pounds worth of veterinary treatment to its joints. The Police are called and amazingly charge the Setter's owners with an offence of having a dog dangerously out of control, because the lady owner of the Retriever said she felt in fear of being bitten when separating the dogs' minor clash.

I was employed by a solicitor for the defence and visited the Setter's owners at their home with my assistant Judy Cooper MA and spent three hours investigating the behaviours alluded too. Judy, the dog and its owners subsequently went to a local park where I filmed and assessed the Setter on a lead and collar. After a while it was obvious he was not attempting to snap, growl or be belligerent to any dogs he met when on a lead and other equipment I was using for safety. Other dogs ran over to sniff him and as I read each and every approach, action and counter-reaction, I began forming a behavioural opinion of the Setter's attitude to a wide variety of dogs with different

approaches. In essence the Setter minded its own business. There was a mild nervous edge to him, but it was obviously habituated to the park and dogs.

I wrote a 5,000-word report describing all the various tests that I conducted. The Police (prosecution) evidence solely depended on the Retriever owner's evidence and veterinary bills.

It was my contention that the Retriever had triggered the main vocalised dispute and though the two dogs had physically collided for a second or two, both dogs ceased when the Retriever lost its balance due to a previous leg injury and weakened hindquarters. I concluded, from the evidence written and my observations, the Setter to be a well-balanced dog and socially good with all dogs; its action was defensive and normal. The Retriever's owner would not let me assess her dog in the same way. It transpired that the elderly Retriever had serious hip and spinal problems, which needed treatment long before the incident and that the sudden physical interaction with the Setter may have caused it to aggravate an age-related physical disability.

Once the Crown Prosecution Service read my evidence the case was dropped a week before the trial, which often is the case. The Setter's owners could not sleep for six months and lived in constant fear of appearing in Court with all the possible ramifications of being found guilty, fined and getting a criminal record.

Whilst writing this article I have just received a statement from a dog's owner whose little dog was pounced upon by two large mastiffs and savaged. The mastiffs were on leads handled by a young girl who couldn't hold one, let alone two large dogs. Passers-by tried to help and the little dog's owner was badly bitten about her hands and arms by the mastiffs. In contrast the Police have refused to take any action and the local MP has so far been ineffective. I example this case for you to compare dog on dog activities and the extreme differences in how police forces react and proceed.

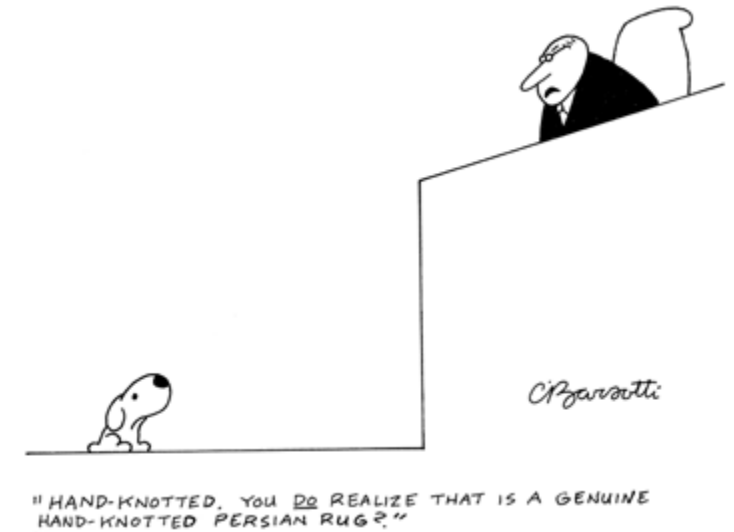


Cross examination of witnesses

Inside the Court, which I often describe as a 'theatre', simply because the witness often puts on staggering performances of truth, dishonesty and misleading verbal descriptions. The CPS lawyers, whether in the magistrates or higher courts will lay out their case, their witnesses, usually police officers and civilians, will lay out their case and be cross examined by the defence lawyers I am working for. In turn, I will present my evidence alongside the other defence witnesses and the prosecution lawyers will scrutinise my evidence and try to drive holes in it. I have met colleagues who have come into this work and after one or two cases have sworn never to repeat the dreadful experience in court – it's not like TV shows!

My duty as an expert witness is to the court not the defence or prosecution whoever employs me. My expertise as a Clinical Dog Behaviourist is about supplying independent evidence about the dog's behaviour in the circumstances presented. The prosecution

counsel and defence counsel can ask any questions they feel are pertinent and sometimes this can be unnerving for witnesses. As a former police officer, I do not find it stressful. You have to have a very active and sharp mind to work out the questions being asked and where they are leading to. Lawyers will, if opportunity arises, press with some ferocity their views to prove their case, which is the adversarial system in Great Britain.



Dog owners on the whole find the experience a very stressful time. Some court officials can be very considerate and understand the nervousness of witnesses whilst others seem to be indifferent. In the magistrates' court, the Court Clerk, also known as a court legal adviser, is a qualified solicitor, possibly a barrister, assigned to this work and will preside over criminal or civil proceedings. They provide advice on applicable laws, judicial procedures and limitations. The magistrate or judge will thereafter decide the guilt or non-guilt of the defendant.

That's the simple version, but as an example some cases can go on for years with trial after trial. The dog seized stays in incarceration and without doubt suffers psychologically, developing serious conditions of stress and aberrant behaviours, making them less likely to adapt back into our society. The authorities seem not care about this or should I say do nothing about it. That is my experience over 30 years in the work. The kennels in which they are kept vary from good to appalling and I have made complaints to the bad ones run by the West Midlands Police, conversely the Northamptonshire Police are outstanding and the officers I have met there have been very helpful, so it's a very mixed picture.

The Dangerous Dog Act (1991) is for dogs dangerous to people, not dog on dog aggression, the latter cases actioned under The Dogs Act (1871) as a civil prosecution, which still has severe penalties including ordering a dog to be euthanized. However, many pet owners get caught up in the Dangerous Dogs Act (1991) when their dog is involved in a dog on dog dispute, because they are frequently bitten by dogs fighting.

A court could also decide that your dog is dangerously out of control if either of the following applies: (i) the owner of an animal thinks they could be injured if they tried to stop your dog attacking their dog and (ii) in the melee be bitten or attacked. The example here is that a dog attacking (even just vocally) can still put another dog owner in fear that they may be bitten. That immediately puts many thousands of dogs on the Police radar.



Black Dog

By Erik Kessels

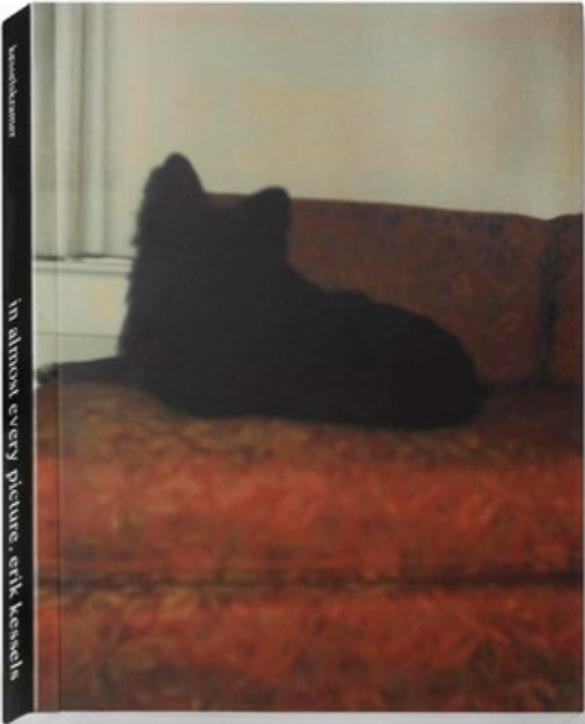
This series of photographs deal with one family's attempt to solve one of the great mysteries of photography: how to shoot a black dog. Before the digital age, before cameras that could solve any problem from red-eye to world hunger, there was the 20th century, a time when photographers actually had to take photos themselves. Among other things, this included finding sufficient light for your subject. This series of photographs called 'in almost every picture' alludes to that point, showing what happens when you've got a camera that makes July look like December in Helsinki. Oddly enough, the results are frequently more beautiful than anything that's been shot by a present-day EOS, modified on a Mac and printed on a machine with a brain like HAL 9000.

Time and again, this couple's attempts to document their beloved pet go (technically speaking) badly. Over days and seasons and years, they take tender portraits of their pitch pooch, only to find a silhouette where there should be a canine. So, there's a shot of the husband stroking an enormous black blob. And one of the wife engaging in animated chit-chat with a black triangle. And the husband, again, reclining shirtless on a couch with a black squiggle by his feet. And so on.

After a while, the dog takes on the enigmatic air of a masked superhero, a doggy Bruce Wayne hiding in shadow. You find yourself itching to see the mutt under the mask. What the hell does this creature look like? Show yourself! But no. Over the course of dozens of shots, the secret remains. His owners' persistence is admirable, with the non-dog not showing up all over the house, from not posing proudly in the garden to not being dried by his mistress on the kitchen counter. On the one hand, it's amusing that they could fail to get it right for such a long time. On the other, their repeated mistakes are stunning: a relationship recorded in a series of wonderfully composed errors, more moving than the expected 'perfect' owner and pet image from a million million photo albums. Then, just when you think that you'll never see the object of all this effort, just when your frustration reaches a pitch, there he is: revealed on the final page. And it turns out that he's just a plain old (much loved) scruffy mutt after all.



Erik Kessels is a Dutch artist and curator who is best known as a book-publisher specialising in collecting 'absurdist found photography'. If you would like to see more of his work visit www.erikkessels.com and www.kesselskramerpublishing.com





The author at a time when packaging was minimal

When I was growing up packaging was a pretty minimal affair. The butcher used wax proof sheets, the greengrocer put purchases straight into your basket, drinks came in glass returnable bottles and no one thought twice about a shopkeeper wrapping something up in old newspaper. There were carrier bags, but they were made from paper and used sparingly. Happily, after the packaging excesses of the last few decades, we seem to be returning to the old ways. This is excellent news for the planet since single use plastic – the most common form of packaging – accounts for 40.4 million tonnes of waste a year. Having trouble visualising such a big figure? My maths is a bit wobbly, but I think that equates to 1,346,666,666 English Pointers.

For many businesses, frankly, packaging is a marketing tool. Millions of products don't need a fraction of the packaging that their manufacturers employ. There are businesses, however, where some packaging is unavoidable. Raw dog food clearly falls into this category. However, just because it is unavoidable doesn't mean it can't be kept to a bare minimum and made as environmentally friendly as possible. Which is exactly what we aim to do at Honey's. We believe that the result is the least wasteful and damaging packaging solution for raw dog food that is possible here in the UK or, indeed, anywhere else. It is based on the principle that we should use as little packaging as possible and that what we use must be 100% recyclable. In the future, as I explain below, we hope to be using compostable packaging and we expect the day to come when we will be able to make all our packaging re-useable (i.e. it would be returned to us was washing and re-use). Until then, as I say, we feel we have the least-bad option.

Jonathan

Honey's packaging at a glance

Our packaging uses around 90% less material than a tub or other option.

Our packaging takes up 20% less space in a freezer.

Our packaging is 100% re-cyclable.

How we reduce, reuse and recycle

Honey's packaging – everything from the tape that seals our boxes to the ice sheets we use to keep it cold in transit - is 100% recyclable and, where possible, made from recycled materials.

However, recyclability is only one part of our packaging policy, which is built on three core principles: reduce, reuse and recycle.

Reducing our packaging

Our starting point when it comes to packaging is to ensure that we use as little of the earth's resources as possible – not only for the packaging itself, but also for its handling, storage and delivery.

This is best explained with a couple of examples.

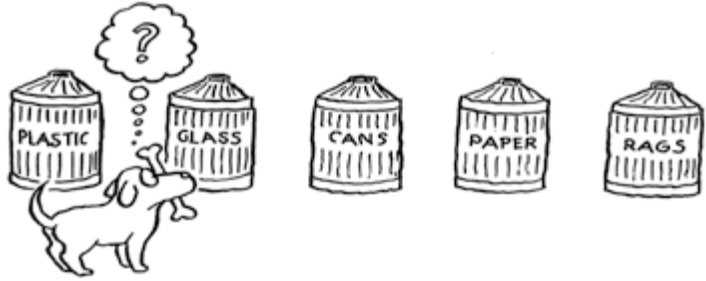
The reason why Honey's comes in 'sausages' (also known as chubs or shires) is because they use substantially less resources than any of the other currently available options. A 500g chub of food, for example, requires around 2g of material, compared to 30g for

the equivalent tub and seal or 36g if a cardboard sleeve is also used. Moreover, chubs take up 20% less space in a freezer than tubs or pouches, freeze down faster and involve minimal wastage. Recently, we have been able to do away with most labelling by printing all the relevant information directly onto the chubs.

By shipping Honey's frozen we reduce the need for ice sheets and insulation. We make further reductions by adjusting the number of ice sheets and pieces of insulation according to the weather conditions.

Our drive to reduce the environmental effects of our packaging carries over into other areas, too, such as our choice of courier (a growing volume of our business goes to a firm that is certified carbon neutral).

Reducing our packaging has been an ongoing process since 2009. We currently use seven separate elements and not a week passes without us considering how we might reduce our use of one or more of them.



Recycling our packaging

Our packaging is 100% recyclable.

We are always looking for ways to reduce the environmental impact of our packaging.

Reusing our packaging

Several items of our packaging lend themselves to being reused. For example:

The boxes (providing they haven't been damaged) can be used, for example, for storage or moving home.

The ice sheets can be washed, refrozen and used to keep food and other items cold.

The insulation can also be washed and used for a variety of purposes (we have one customer, for example, who uses them to line her dogs' beds, another to keep a larder cold a third to kneel on when gardening).

Our calculations to date suggest that the resources required to return any item to us for reuse outweighs the environmental benefit. However, we do review this policy regularly in case the position changes.

Why we haven't opted for compostable packaging (yet)

Compostable packaging looks great at first sight and we were going to switch to it until a firm of environmental consultants advised us to reconsider. The issues they raised were:

Where does the material used to make the packaging come from? Compostable packaging is made from number of renewable plant-based materials such as corn starch (Polylactic Acid), bagasse, wood pulp and palm leaf. Some of this is waste material from the food industry, but not all of it. Indeed, demand is so great that it has led to huge tracts of land being turned over to monoculture, which in turn destroys biodiversity. Rainforest is being destroyed to grow crops, which in turn are being used to create compostable packaging. This is madness!

How much energy is used in its manufacture? The answer obviously depends from packaging system to packaging system. But there is no evidence that it uses less energy than our current system.

What does it contain and what effect will it have on the environment after it composts? There is some evidence that it actually leaches harmful chemicals into the soil. You'll find quite a bit online about this. No one is really certain because it is so new.

Is it leak proof? Tub have to be sealed with non-recyclable plastic to make them leak proof. Pouches have to be lined with something to achieve the same results. As an aside the plastic film on a 500g tub weighs about half the amount of the recyclable plastic we use on our current 500g packaging.

What is the total size and weight of the material used? Our chubs are very light when compared to tubs. They don't require labels and they don't require cardboard sleeves.

How much freezer space does it take up? Our chubs use 20% less space. This means they freeze faster, require less space to ship and more food can be kept in a smaller space. A 20% saving is not to be sniffed at!

Does the packaging compost as promised? We have tested home compostable packaging in our own compost heaps, and we have found that it does not break down as promised. Some compostable packaging needs to be put into industrial composting systems.

In short, we don't think compostable packaging is quite there yet.

Why we don't use paper or wool insulation (yet)

There are some very exciting insulation options being developed at the moment and we are hoping that, in due course, we will be able to switch to something new.

What about paper or carboard insulation? Unfortunately, our food often has condensation on it, and this turns ordinary paper and cardboard into pulp – reducing its effectiveness (to say the least). However, we know that there are some new paper based options on the market so this could become viable.

What about wool insulation? This is a very tantalising option, which we keep flirting with. However, the wool must be encased in a liquid proof sleeve and this, of course, adds substantially to its environmental cost. So, for the time being, we have ruled it out.

	Made from	What to do with it
Cardboard box	80% recycled cardboard. We found if it was 100% recycled it disintegrated when wet.	Re-use for storage. Donate to people moving home. Recycle (after flattening) with other cardboard for kerbside collection (if available) or deliver to a recycling centre.
Clear liner bags	LDPE, which is a form of plastic.	Wash and reuse. Recycle with carrier bags.
Insulation	LDPE (aka PE-LD), which is a form of plastic.	Wash and reuse (one customer uses them, for example, to line her dogs' beds, another to insulate a pantry). Or may be recycled kerbside for collections that allow solid plastic packaging made from Polyethylene foam. They can also go into the same bins at recycling centres and supermarkets that take carrier bags for recycling. Recycling number is 4.
Ice packs	recycled materials - a special form of co-ex LDPE (aka PE-LD).	Can be reused as ice/cool packs. Otherwise, empty water and recycle with plastic bags.
The Honey's Great Recycling Scheme	Podanfol a form of recyclable polyamide (plastic).	Wash, dry and return to Honey's in the envelopes we supply as part of the Honey's Great Recycling Trial. Receive £5 credit for every 100 50 wrappers returned and £10 for every 100 wrappers returned.
Clips	99% aluminum.	Can be recycled as scrap metal or with your kerbside collection, where it includes tin cans and drinks cans.
Tape for boxes	Paper	Recycle with cardboard.



We regularly consider re-usable, plastic, insulated boxes but, again, the environmental cost of returning and cleaning them appears to be greater than the benefit.



How to reuse and recycle Honey's packaging

Honey's packaging is 100% recyclable and, where possible, made from recycled materials. If you would like more advice on re-cycling please contact us.

ISO 14001 Certification

Honey's is, so far as we know, the only raw dog food producer to have achieved ISO 14001 certification – the international standard for environmental management. We implemented our environmental management system (EMS) in 2013 and use it to ensure that we are measuring and minimising our environmental footprint.

Honey's is Carbon Neutral

In 2020 we became the first raw dog food producer in the UK to become carbon neutral. As an aside we are actually 'better than carbon neutral' because we also make a monthly donation to the Rainforest Trust to purchase rainforest (btw Jonathan, our founder, is one of the trustees).

We rely on expert support

Honey's environmental policy has been developed by our Ethics, Environment & Sustainability Working Party in conjunction with two external resources: a specialist environmental consultancy, Ryeden, and a separate carbon expert: Dr Simon Forsythe.

We welcome your ideas and input

If you have any ideas or input as to how we could further improve our environmental management, please contact us.

Cats in religion

Kathleen Walker-Meikle

Fabulous felines, inscrutable in all things, appear in various religious traditions, and what follows is merely a brief selection of some of the many beliefs and customs that they have placed their pawprints on.



Freyja seeking her husband with cats and angels by Blommér målade detta.

In Norse mythology the goddess Freya’s chariot is pulled by a pair of cats (*köttum tveim* in Old Iceland). The sagas did not recount how easily it was to train cats (especially a pair of tomcats) for this task. Freya was the goddess of love and fertility, and cats have often been associated with the latter. In the Prose Edda, the god Thor is challenged by the giant Útgarða-Loki to pick up the giant’s cat in his hall. Thor tries with all his might to pick up the large grey cat but is unable to make the cat budge. With the greatest of efforts, Thor manages at last to get the cat to lift one of his paws. The giant finally reveals that the cat was an illusion, and was really Jörmungandr, the great serpent that encircles the world, which is why Thor could not pick it up.



Maniki-neko at the Götoku-ji temple.

The *maneki-neko* (‘beckoning cat’) of Japan is a figurine of a cat with either the right or left paw raised, although both paws can be raised as well. This is the traditional way of beckoning someone, not waving as is often assumed. The figure is believed to bring good luck and can be purchased in assorted colours, although the colours of a white Calico Bobtail cat are the most traditional. The figure often comes with a belled collar, a reference to cats kept as pets. Maneki-neko appeared during the Edo period (1600-1868) and there are various stories regarding their origins. One legend claims the local ruler, *daimyo* Ii Naotaka, avoided a lightening bolt thanks to the beckoning paw of Tama, the abbot’s cat, who suggested that he take shelter during a fierce thunderstorm at the Götoku-ji temple in Tokyo. Grateful for this feline intercession the *daimyo* donated money to the temple, which is now has thousands of maniki-neko statues on display, all cheerfully beckoning visitors.

An Indian tale collected by the French antiquarian Nicolas Fréret tells Patripatan, a cat visiting heaven. The story went that there was an

argument between a brahmin and a penitent regarding who was the most virtuous. King Salamgam, trying to choose between the two, suggested that each should prove their virtue. The brahmin said he could journey to heaven and get a flower from a tree there, which he promptly did. The penitent said that he was so virtuous he could send his cat to do the same case. So Patripatan his cat ascended to heaven. There he came a great favourite with a goddess, becoming quite portly thanks to all her tempting treats. He ended up staying for three hundred years, as his divine friend did not want to him to leave. While he was absent, the entire country did not age, awaiting his return. Patripatan finally returned from heaven on a throne, with not with a mere flower but with an entire branch covered in blossoms.



British Library Oriental 2884 f. 1814th c. Barcelona ms, depicting cats underneath Seder table.

There are no references to cats in the Hebrew Bible but depictions of them under Seder tables appear in many medieval *Haggadot*. The *Haggadah* is the set ritual text that is communally read during the Jewish Seder, the feast that marks the beginning of the festival of Passover, commemorating the Exodus from Egypt. No bread or leavened food must be eaten or kept in the house during the festival. In the Pesahim tract of the Babylonian Talmud (commentary on Jewish law) there is a long discussion on what one should do if a mouse turns up with a bread crumb in its mouth. The problem it seems was solved with cats! Medieval Jewish texts depict cats appearing helpfully under the table during the Seder, ready to consume any breadcrumb carrying rodents that might appear!

The New Testament is similarly devoid of cat references, a situation which Gideon Jasper Richard Ouseley (1834-1906) resolved to set to right. Deciding that the Bible lacked suitable references to animal rights and vegetarianism, his two causes, the former clergyman claimed that he had ‘discovered’ a long-lost early Christian text. It was serialised in *The Lindsey and Lincolnshire Star* and purposed to have come from a Tibetan monastery. Ouseley’s invented text included tales of Jesus telling off people who were being nasty cats and in another feeding a hungry cat. In Ouseley’s version of the Nativity, naturally there was a cat snoozing by the manger!

Despite popular belief to the contrary, there was never widespread Church-sanctioned persecution of cats during the European Middle Ages. They were widely kept as pets and valued as mousers during the medieval period. In England, anchoresses who had taken a vow to be enclosed in a small cell adjacent to a church were allowed to keep a cat in their cells but no other pet. Nunneries would often attempt ban sisters from keeping pet cats and dogs, usually without success.

Cats have always been respected in Islam as they are considered to be ritually pure (*taahir*). Food that they have eaten can be consumed and water that cats have drunk can still be used for ritual ablutions (*wudu*). They can meander in homes and mosques at will, and there is even a long tradition of cats seeking the presence of people in prayer. The Prophet Mohammed was partial to cats in various stories. In one, he cut off his robe when getting up, rather than disturb his sleeping pet. In another, he gave cats the ability to land on their feet after his own cat had enthusiastically welcomed him home. Some accounts claim this cat was called Muezza and would sleep on his lap while he gave sermons. Abu Huraira (‘Father of the Cats’) was one of the Prophet’s companions, noted for his affection for felines, and was given the name because he was spotted once with a purring kitten in his sleeve.



Bastet and cats.

In Ancient Egypt cats were revered, although they were not worshipped for themselves but for the deities they represented. The Egyptians word for cat was *miu* or *mii* (femine *miit*): ‘she or he who mews’. Regarding religion, Pakhet (‘she who scratches’), Bastet and Sekhmet were all lioness goddesses, with cats present in their temples. Over time, Sekhmet came to represent the fierce lion aspect of the deity, while Bastet symbolised protection, fertility, and peace. By the 22nd dynasty (c. 945–715 BC) Bastet was portrayed with a cat-head or as a cat, and she became one of the widely worshipped deities in Egypt, reaching her peak during the Ptolemaic period (305 to 30 BC).

The Greek historian Herodotus (5th c. BC) remarked on the status of cats in Egypt, who would be embalmed and buried on their death, with members of the household shaving off their eyebrows as a sign of mourning. Another Greek historian, Diodorus of Sicily, visited Egypt in the 1st C. BC, observing how certain animals such as cats and ibises, symbols of deities, were respected: “for the cats and mongooses they break up bread into milk and calling them with a clucking sound set it before them, or else they cut up fish caught in the Nile and feed the flesh to them raw”. When they died, they would be embalmed and buried. If taken on a foreign military expedition, any cats that were captured by the enemy, would be ransomed. If anyone killed a cat, whether intentionally or by accident, they would be killed, often by an enraged mob. It was usual practice, on spotting a dead sacred animal to run away and starting lamenting that the animal had been found dead, to avoid a furious reaction from one’s neighbours. While in Egypt, Diodorus witnessed a Roman resident murdered by a mob for accidentally killed a cat.



Mummy of cat; linen wrappings arranged in geometric pattern.

Pharoah Ptolemy XII sent his officials to the house to try to save the man, but neither their presence nor the fear of Rome deterred the angry crowd. Statuettes and amulets of cats were produced in huge numbers, and apart from mummifying their own cats, devotees



Mummified cat offered up with a pilgrim’s prayer discovered at Istabl Antar. Egyptian Museum, Cairo, CG29657.

could purchase at temples a mummified cat that would be buried on the site and ‘taken care’ of by the goddess. Studies have shown that a large proportion of these animals were very young cats and had had their necks broken. It has been theorised that temple kittens were regularly culled, and their mummies sold to pilgrims. Cat cemeteries have been discovered on many sites connected to feline deities.

around 180,000 individual mummified cats. It was auctioned off at £4 per ton in February 1890, with the auctioneer allegedly using the head of one of the cats as a gavel. The pulverised cat mummies were then spread on fields around the city. There’s some corner of a north-west English field. That is forever Egypt...

Dr Kathleen Walker-Meikle (PhD History, UCL) is a specialist in the history of animals and medicine in the medieval and early modern period, She is the author of several books, including *Medieval Pets* (Boydell & Brewer, 2021 paperback), *Cats in Medieval Manuscripts* (British Library Publications, 2019), *Dogs in Medieval Manuscripts* (British Library Publications, 2020), *The Cat Book: Cats of Historical Distinction* (Bloomsbury, 2015), *The Dog Book: Dogs of Historical Distinction* (Bloomsbury, 2014), *The Horse Book: Horses of Historical Distinction* (Bloomsbury, 2017).



Dr. Vicki Adams

Cancer in Dogs: Is it preventable? Part 2.

Dr Vicki Adams is one of the UK's leading veterinary epidemiology consultants, CEO of the Animal Cancer Trust and editor of the BMJ's Veterinary Record Open.

In the Spring 2021 issue of the newsletter, I wrote the first part of this article, covering the first five ways of preventing cancer in dogs. In this article I will cover another five ways – measures which apply equally well to cats, humans and most other animals.

It is estimated that 40% of human cancer cases can be prevented; that is about 150,000 cases every year in the UK. A healthy lifestyle with all of the positive effects this brings is one of the best ways. There is strong evidence that being overweight or obese is a cause of many different types of cancer in people and there is some evidence to suggest that this is true for animals as well. Lack of scientific data doesn't mean that there is not an association between obesity and cancer development in companion dogs and cats, it just means that we don't have a study that could answer this question. Even in the absence of a clear link between obesity and cancer, excess weight is a proven risk factor for other problems in dogs and cats including joint disease, diabetes, skin disease, breathing difficulties and a decreased health span.

Environmental Factors

Agricultural chemicals and lawn treatments are known to cause cancer in animals. Animals can pick up pesticides, herbicides, insecticides and other chemicals on their feet, through grooming and by sniffing the ground. You can use non-toxic or organic alternative lawn and garden products or you should keep your pets away from chemically treated grass. Household chemicals can also present a risk for our pets. You can choose to stay away from products that have a warning to keep away from children and pets and look for safer alternatives.

Second-hand smoke is a serious problem for pets, just as it is for human infants, especially for those dogs who spend hours every day at the feet of a smoking companion. Dogs living with a smoker have a greater risk of developing nasal cancer, and cats exposed to second-hand smoke have a greater risk of developing lymphoma and oral squamous cell carcinoma.

Busy highways, driveways, parking lots, and areas where trucks and cars idle are dangerous for dogs due to the effects of petrol and diesel exhaust. Since the nose of a dog is much closer to the ground and exhaust pipes than the human nose, dogs are more likely to inhale damaging particles.

Neutering

The facts are convincing: females that have been spayed cannot experience cancer of the ovaries or uterus if they have been removed and testicular cancer is obviously not a problem in neutered males. However, the risks and benefits of neutering is a complex issue that should be discussed with your veterinary practice; understanding your dog's inherited risks can help you make informed decisions about whether and then when to alter your dog.

There is a growing body of research that has shown an association between early surgical neutering with an increased risk of cancer in several breeds. The discussion around the potential risks and benefits of neutering are complex and breed of dog is an important factor to be taken into account. While spaying reduces the risk of cancer of the reproductive tract and likely mammary cancer, it also increases the risk of developing haemangiosarcoma of the heart

compared to intact female dogs. In addition, studies have shown that neutered males and females have an increased risk of developing malignant bone cancer (osteosarcoma) compared to intact male and female dogs. If you do choose to alter your dog, it is important to discuss the method and timing with your vet; there are options and alternatives to traditional surgical ovariohysterectomy (spay) and orchiectomy (castration) in dogs.

Vaccination

The datasheets and specific product characteristics (SPCs) for vaccines all state that they should only be used in healthy animals with the warning not to vaccinate a sick animal. Some vets include stressed and injured animals in the sick category and consider that vaccinating an animal that is undergoing surgery or treatment for an injury is irresponsible as it introduces substances designed to challenge the immune system into an individual in a weakened and vulnerable state. It is well known that a strong immune system is one of the best defenses against cancer. Responding to decades of research by immunologists, veterinary publications no longer recommend annual vaccinations for all diseases and for all animals, although many situations continue to require them (e.g. to stay in a boarding kennel or cattery or to travel out of the country). Many vet practices are embracing a benefit-risk analysis, taking into account the 'lifestyle' of the pet, when considering which organisms to vaccinate against and how often this should be done. The effectiveness of vaccination can be tested with blood tests to ascertain antibody levels, giving an indication of whether there is a need to re-vaccinate.

Diet

There is a large body of evidence linking diet to risk of various types of cancer in people. However, there is not as much research into the link between diet and cancer risk in our pets. If you are a Honey's customer, I don't need to say anything more about diet because you have probably already come to the realisation that a less processed, biologically appropriate diet for your pet is the best thing you can do for them in terms of disease prevention.

Supplements and CAM (Complimentary and Alternative Medicine)

I need to start this section by stating that no amount of supplements can make up for an unhealthy lifestyle. Many owners ask their vets if there was anything they could do 'diet and supplement-wise' to prevent cancer from striking another four-legged family member. Unfortunately, the short answer is no. There are no proven dietary changes or nutritional supplements that have been definitively shown to prevent cancer in cats, dogs or people. So, what do dog and cat caregivers need to know about cancer and possible nutritional prevention/treatments?

The bottom line is that there are no proven dietary strategies or techniques to prevent cancer development in dogs and cats. Defects in tumour suppressor genes, exposure to environmental toxins, obesity, and chronic inflammation have all been proposed as causes of tumour development in people and many of these same mechanisms are likely to occur in dogs and cats. While genetic factors and environmental toxins may not be avoidable or preventable, avoiding obesity and feeding a complete and balanced diet with no deficiencies or excesses in nutrients are within every caregiver's control.

Conclusion

Improvements in disease prevention, nutrition, veterinary care and diagnostics mean that today's cats and dogs are living to ages when accumulated DNA damage can result in cancer. As I said in the first article, just like us, dogs live longer and healthier lives when they have good genes, drink clean water, get enough exercise and exposure to light, have good emotional well-being, avoid exposure to known and potential carcinogens and breathe clean air, have good endocrine and immune function and eat a healthy diet. I hope that these 2 articles have given you hope that we can prevent many types of cancer in our pets. One more factor to consider is that the earlier a problem is detected and a diagnosis is made, the better the chances of successful treatment.

Honey's Dogs of the Month



Darcey and Medlar Harvey (two divine Labradors from Berkshire) resting.



Amber Wilson snapped last Christmas modelling a Honey's box.



Rixi Morris Jones with her smart (but sadly empty) new Honey's bowl.



Gibbs Stephen from Perth looking very regal (and very comfortable).



Molly Kilsby (whose Dad has come up with a brilliant new treat idea) from Kent.



Kalli Vet, generally acknowledged as the most beautiful GSD in the country/world.



The handsome Theo Smith enjoying his dinner!



The handsome Tetley Smith enjoying his dinner!



The wonderful whippet, Fynn Palfrey, from Lincolnshire dreaming whippet dreams.

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 the safe side you could ask them to let us know, too).



A tree planted in the Honey's Wood



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



Dr Sara Fox Chapman

Holistic treatment for joint discomfort and arthritis

Dr Sara Fox Chapman

Joint injuries and osteoarthritis are probably the most common musculoskeletal problems in our animals. We can minimise the

risk of our animals incurring injuries, and keep them active and flexible lifelong, with excellent nutrition, sensible conditioning, and appropriate environmental management.

I rarely use conventional anti-inflammatories for muscle and tendon injuries. They decrease inflammation by suppressing the body's natural healing mechanisms. This does decrease pain and inflammation, but it also encourages the individual to overuse the affected body part before it is actually healed. In addition, many conventional analgesics and anti-inflammatories have significant potential side effects. Homeopathic medicines stimulate healing, and thereby decrease pain and inflammation, so when an animal that is receiving homeopathic medicines feels better, they actually are better. Constitutional treatment for the whole patient is ideal for chronic arthritic conditions. Symptomatic homeopathic treatment can be helpful for acute injuries or flare ups of chronic conditions.

For acute joint sprains and strains, I initially use Arnica and Ruta, substituting Rhus tox for Ruta if the patient limbers up and feels better after moving around. I decrease the frequency of administration as the patient improves. A 30 C potency is initially given once or twice a day, a low potency (6x, 6C, or 12X) may be given up to 3 or 4 times daily when the injury is painful. These can be prepared in liquid form for easier and more effective dosing. Your homeopathic vet will explain how you can prepare liquid medicines.

Many elderly dogs, and even some cats, have decreased proprioception in their hind limbs. This is caused by pressure from arthritis on the tiny proprioceptive fibers which 'tell' the animal when their legs are in the normal position. When these fibers are not working properly, animals are more likely to let their legs slide out on smooth surfaces, or stumble on uneven surfaces because they do not realise their paw is turned under. A good video showing normal proprioception is: <https://www.youtube.com/watch?v=8KdyNVF7mhU>

Any slowing in flipping the paw back over is abnormal. Excellent footing helps animals with proprioceptive problems, as it is harder to slip on rough surfaces. It can also help to apply a traction product to the paw pads, like Paw Friction, or put non-slip booties on the patient.

Veterinary treatments to speed healing are acupuncture, physical therapy, and chiropractic. Acupuncture improves circulation and decreases pain and can be repeated as desired. Acupuncture can also help improve the function of the tiny proprioceptive fibers.

Sports medicine practices can provide rehabilitation and physical therapy programs, with stretches and exercises for home use. Chiropractic manipulation may help when joints are not in proper alignment.

Supplements (such as Vitamin E, CBD oil or extract, Omega 3 fatty acids, S-adenosylmethionine, Methylsulfonylmethane and Glycosaminoglycans) ensure that adequate nutrients are present for joint repair. Discuss with your vet which of these might be appropriate for your companion, and their suggested dose. Many arthritic dogs are already receiving chondroitin, glucosamine, and MSM. Always check the dose by weight, as many supplements do not provide much of the active ingredients. Glucosamine, chondroitin, and MSM act synergistically, providing a greater benefit when they

are all given together. It is a good idea to start supplements one at a time. This way you can see what is helping and ensure that the pet does not have an overreaction to too many supplements! CBD products can provide the quickest relief from pain. Broad spectrum CBD (cannabinoids) have the THC removed, so they are non-toxic. Then add in glycosaminoglycans, then vitamin E, then fish oil, then, if there is still noticeable stiffness or lameness, SAM-e.

Except for the SAM-e, all of the other supplements can be given with meals. I use human products for many of these, though there are some good pet products out there. Sometimes it is hard to find pet products that don't have a lot of other ingredients or flavorings, and pet products are not tested for quality and potency as rigorously as human products. Be sure to avoid human products with xylitol, as that is toxic to dogs.

Curcumin may be appropriate for older dogs, or those that have had a cancerous tumour removed. Curcumin from turmeric can decrease the growth of cancerous cells and decrease inflammation. It is not suited for every dog and cat, so you should discuss whether it is appropriate with your vet. If your vet thinks it would be a suitable addition, the *Dogs Naturally* website has a good recipe for it: www.dogsnaturallymagazine.com/healing-with-turmeric-golden-paste-for-dogs/

There are other things that you can do at home to help your companion's joint comfort:

I like animals to use orthopedic pet beds, but dogs certainly have varying opinions about them. Cats generally are into comfort! Many furry dogs prefer to sprawl on bare floors, and some dogs don't seem to want anything to do with beds.

Massage is helpful, provided the animal likes it. Gently massage areas with a smooth, gentle kneading, starting above the sore or stiff area, and ending below it. Some dogs, and many cats, only want very light pressure; less pressure is better than too much. Massage is relaxing and has the added benefit that you will notice changes in your pet's body. As mentioned above sports medicine vets can provide further guidance on physical therapy and stretching exercises.

Gentle range of motion stretches while lying are safe for most patients. Standing stretches can make patients with proprioceptive problems too unsteady, and we don't want them to fall. Slowly and gently extend each leg forward and back; only go as far as is comfortable and hold for the count of three at the point of greatest comfortable extension in each direction. Do the same by flexing each leg toward the body, always ensuring that the patient is comfortable. If you are at all unsure about how to perform these stretches, ask your vet to demonstrate them.

Acupuncture will help sore pets; it works similarly to acupuncture in stimulating energy flow through the body. Dr. Schwartz's book *Four Paws, Five Directions* gives step by step instructions with diagrams, and a discussion of food therapy to help conditions.

Essential oils may also help soreness. It is important to choose products that are tested for quality, safety, and purity.

Red light therapy uses light to stimulate healing. The Assisi Loop uses an electromagnetic field to stimulate healing. It is more expensive, though it may provide additional benefit.

It is important to discuss your companion's treatment with your veterinary health care team. Be sure to get their advice before starting treatments. Animals that are in pain may need more intensive treatment or diagnostic investigations. If you do not see improvement within a few days of treatment for acute injuries, or a few weeks of treatment for chronic conditions, the situation needs to be re-evaluated for your pet's health and comfort.

Sara Fox Chapman is one of America's best-known homeopathic vets. Her first degree was in zoology before becoming a vet and she also holds a Masters in immunology. She is a member of seven international homeopathy bodies as well as the Royal College of Veterinary Surgeons. She lives and practices in Maryland.



Dr Vicky Simon

Your dog's microbiome (and how to improve it)

Dr Vicky Simon

The microbiome is possibly the most important influencer of health in animals of every kind, including humans. A healthy microbiome is one which contains a great diversity within its populations of

microbes. What you or your pets eat, what they come into contact with, and what medications they take can hugely influence it. The microbiome is so complex and variable throughout the body, and to such a degree that each surface of each tooth can have a slightly different microbiome!

Diet obviously plays a huge role in keeping your microbiome healthy. Some foods are considered 'alive', whilst others are considered 'dead'. Generally, any highly heated or processed food is considered 'dead' as far as your microbiome is concerned. It gives them nothing that excites them or helps them to flourish. Raw foods are very 'alive' as they have their own microbiome, which can add diversity to the microbiome they join when eaten. This is one reason why a raw food diet is so great for dog and cats, and why it's so important that horses, small furries and ruminants also get lots of fresh foods in their diet. Too much sugar and too many processed foods can encourage more pathogenic microbes to flourish, whereas a fresh whole food diet encourages more healthy microbes.

Another way diet can help the microbiome is through prebiotics. These are foods that contain high levels of insoluble fibre, that doesn't get digested like soluble fibre, but feeds the bacteria in the colon. These are an essential inclusion for health, as there are some nutritional substances that we only get if the bacteria in our colon produce them and they can only do that if we give them insoluble fibre. For example, short chain fatty acids, such as butyrate, propionate and acetate. Great prebiotic foods include dandelion root, psyllium husk, marshmallow root, slippery elm bark, and many others. These foods are also great additions if your dog suffers from chronic anal gland issues.

Fermented foods are becoming huge in the human health industry and they are creeping into the veterinary world too. There are a plethora of pet probiotics available, but many of them only contain one strain of bacteria, maybe 2 or 3 in others. Some human probiotics are like this too, although others contain many more strains. If you just take, or give to your pet, the same probiotic all the time then you are just adding one or a few strains. This is really only useful if you are lacking in this strain, so although it may help short term, longer term you need to get some variety in.

This is why I LOVE fermented foods - each different food that is fermented, creates a different selection of microbes during its fermentation. There is also some variety in the populations depending on the fermentation process. So, by feeding a selection of fermented foods you are adding a plethora of different microbes to your own or your pet's microbiome. It's also fun because these are foods that you can share with your pet to improve the health of you both. Examples include: Sauerkraut (cabbage, although other veg can be mixed in with it), Kefir (milk, coconut milk or coconut water), Yoghurt (dairy or non-dairy milks) and Kimchi (Chinese leaves and/or other veg, usually with onion/garlic and chilli but avoid these in pets). The possibilities are endless as most vegetables can ferment. If you want to try fermenting at home then I would recommend you find a good resource, like a book or website, to guide you until you know what you're doing.

If fermenting seems a bit out of your comfort zone then probiotics can be given, but I always advise to rotate between different products if using them long term, to ensure you are benefitting the microbiome, by adding the diversity it needs. You might be able to switch between a couple of different pet probiotics, and I often rotate in human ones too. Just get in the habit of checking what strains are present so you aren't giving the same strain in different forms!

Finally, medications can have a huge influence on the microbiome, especially antibiotics. These are indiscriminate in the body, killing both good and bad bacteria, so although they can help resolve infections with pathogenic bacteria, they can also knock down a lot of the great & healthy populations throughout the body, but especially in the gut. For this reason, it is so important to use antibiotics responsibly, and where needed only, rather than as preventatives or 'just in case'. It is also important to select the correct antibiotic, and this is where the more modern culture of swabbing to test for sensitivity and resistance is great progress. Antibiotics save lives, there is no doubt about that, but we are depending on them far too much, and they are frequently given unnecessarily. As pet owners, as well as for us as vets, we should always be questioning if they are needed or not, every single time it is considered. Remember, you can always call back the next day or the day after, having not taken any antibiotics away to ask for some, but once you start a course you have to complete it to prevent antimicrobial resistance developing.

Also consider that what you put on your own, or your pets skin affects the microbiome there. This means that even topical antibiotic or antimicrobial treatments can change the longterm health of the affected area. However, they have a lesser impact than systemic antibiotics, which spread all over the body in the bloodstream and can affect the microbiome in many locations at once. Due to the rapid absorption of products through the skin, many advocates of natural health say that 'if you wouldn't put it in your mouth, don't put it on your skin'. This makes totally sense, even more so with pets than humans, as they are prone to licking off whatever you might apply onto their skin anyway! Recently, in the next step forwards in the use of probiotics, there are many topical probiotic treatments being produced.

These have been specialised for use on the skin, in the ears, in the mouth, in wounds, and even as cleaning products, where they out-compete with bad bacteria over time to create a more balanced and healthier microbiome in the affected area. I have recently started using some in my practice and I just love the 'pro-life' idea behind them. Disinfectants target all bacteria, but wouldn't it be better to encourage the growth of all the good bacteria, whether in the ear canal, in the mouth or on the floor?!

Herbal medicines can influence the microbiome too. Immuno-modulating herbs can encourage the body's own immune system to regulate its microbiome, whilst microbial modulators can directly influence the microbial populations. Either way there is discouragement of unhealthy populations of pathogenic microbes and encouragement of healthy populations of non-pathogenic microbes. This is where there is a fine line between what is diet and what is medicine, but as a herbalist it is a line I dance on both sides of with my patients. Any pet that is prone to recurrent infections, chronic low-grade infections, or wounds that aren't healing, might benefit from some herbal assistance, for both immune support, but also for helping to rebalance that microbiome, especially if they have had lots of antibiotics.

If you are interested in the microbiome then *Missing Microbes* by Martin Blaser is a fascinating read. Super geeky, but super interesting!

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A brief history of canine accessories

Dr Kathleen Walker-Meikle

Dog collars, for both ornamental and practical purposes, have been popular for millennia. Early versions were ropes tied around the dog’s neck, serving as both a collar and leash but these developed into leather dog collars, and depictions of dogs wearing them can be find for Mesopotamia and Ancient Egypt. Treasured Ancient Egyptian dogs might have their names inscribed on the collars and apart from leather ones, there were also luxury ones made of gold. In his treatise on hunting, the Greek writer and military leader Xenophon (c. 430 – 354BC) distinguished between collars, leashes and surcingles (straps around girth). The collars needed to wide and made of a pliable material such as leather, to avoid chaffing the fur. The Ancient Greeks devised all sorts of collars for their dogs, from heavy studded ones for guard dogs to dainty leather or silver ones for spoiled pets.



Cave Canem - Beware of dog - sign from Pompeii Guard dog mosaics were a frequent feature of the entryways to houses in Pompeii. Archaeological Museum of Naples.

The first century BC Roman author Marcus Terentius Varro suggested a special collar for guard dogs. It should be of thick leather, studded with nails. He added that leather needed to be added to the inside of the collar, so that the heads of the nails did not chafe the dog’s skin. This special collar, called a *melium*, would not only protect the dog wearing it from wolf attacks, but make wolves who had been injured by the sharp nails avoid all dogs in future, even those who were not wearing this protective collar. A plaster cast of the remains of small dog in his death throes during the eruption of Pompeii in 79AD also preserves the contours of his buckled collar that was covered in brass studs. Roman dog collars benefitted from the Roman invention of the buckle, which made it easier to put on and take off collars, before this leather collars would be bands slipped over the dog’s head or metal ones soldered close. Dog collars could chafe, as evidenced in one of Babrius’s fables, written in the second century AD. In the fable a fat dog meets a wolf. The wolf enquires to the dog’s size and the dog replies that a rich master feeds him. The wolf then asks why there is a bare spot on his neck. The dog replies that his fur has been rubbed off by the iron collar he wears. The wolf laughs at the dog, as he does not need the kind of luxury that would mean having one’s neck chafed with an iron collar.

During the Middle Ages, dog collars ranged from simple leather collars (with or without spikes, the former usually reserved for guard dogs), metal collars, to fabric collars (velvet, brocade, or fabric woven with gold or silver thread). Late medieval art is replete with images depicting very ornate dog collars in precious metals and luxury textiles. The accounts and inventories of aristocratic and royal owners show that these were not a mere artistic invention but that



Portrait of King Charles V, Holy Roman Emperor with a hunting dog.

two gold shields with the ducal arms and his motto *moult me tarde* (much delays me) spelled out in little pearls.

The bill for the collar ordered in 1463 by Louis XI of France for his favourite greyhound Chier detail what a remarkable object it would have been: ‘A collar of ten segments hinged with crimped gold wire, a buckle and its tongue, four spikes in curving leaves, fifty bosses, fifty rivets, three studs with three rivets... ten large red spinels, twenty pearls, one ruby, one jacinth, one crystal panel (provided by the king)’ at the cost of 246 livres, 12 sous and 8 deniers, a tremendous amount of money. The support for all these jewels and metalwork would have been red velvet and there was a separate bill for the velvet for the collar’s lining, so that Cherie’s neck would not be chafed. Anne, Duchess of Brittany *suo jure* and queen consort of France, commissioned in the 1490s for both her hunting greyhounds that were kept in kennels and her own ‘little chamber dogs’ black velvet collars with gold buckles and four ermine paws (ermine were the emblem of Brittany). In England, Henry VIII’s inventory at his death list assorted dog collars, include two of crimson velvet and cloth of gold, two collars with silver and gilt buckles with the initials H and K (for Henry and Katherine, a choice of three of his queens), a leash of a green silk and two collars of black velvet embroidered with roses (a Tudor emblem), a collar with little spikes of silver and gilt embroidered with roses and pomegranates, and one collar embroidered with greyhounds (Tudor emblem). Such luxury collars might have been helpful for Henry VIII’s dogs Cut and Ball, who had a habit of always getting lost, as they could be quickly identified. Velvet was an incredibly expensive luxury fabric in the fifteenth and sixteenth centuries, made of silk from Italy or the Middle East, it was mainly produced in Lucca and Florence. The huge cost was due not only due to the weaving process or the silk but the fact that the sought-after crimson colour came from the red dye made from the dried female Kermes insect, found inside oak trees. Apart from collars, treasured dogs might wear other accessories. Marie de Cleves, mother of Louis XII ordered five jackets (*habillements*) for greyhounds in 1455 and Charles VIII of France ordered a bright green wool jacket for ‘a little chamber dog. Charles VIII was rather keen on ordering accessories for his pets, he had also ordered a red and tan velvet jacket for his pet marmot.

Inscribing a dog’s name and identifying details on a collar could be helpful for all situations. During the Battle of Germantown on 4 October 1777 General Sir William Howe, Commander-in-Chief of the British forces, lost his dog who left with the wrong army. General George Washington had the dog fed and returned to the British lines two days later with the following note, written by his aide-de-camp Alexander Hamilton: ‘General Washington’s compliments to General Howe, does himself the pleasure to return him a Dog, which accidentally feel into his hands, and by the inscription on the Collar, appears to belong to General Howe’. The English poet Alexander

such ostentatious canine accessories could be commissioned and worn by treasured canines. On the death of the French king Charles V in 1380 all his possessions were inventoried which included: one very small blue fabric collar, embroidered with *fleur de lys* (the heraldic emblem of the French monarchy), three bells, and a gold buckle; thirteen silver dog collars; a silver collar with swan for the queen’s greyhound (a gift from the Duc de Berry, whose emblem was a swan); a blue velvet dog collar, with silver; a greyhound collar covered in gold studs, with a gold *fleur de lys* on each stud. Philip the Good, Duke of Burgundy ordered in 1420 a red velvet collar for his greyhound. The collar had



Coat of Arms Held by a Woman and a Greyhound.

Pope owned a succession of Great Danes, all named Bounce. A puppy was once presented to Frederick, Prince of Wales, who was living near Pope at the time in Kew Palace, with a collar with this verse inscribed on it: ‘I am his Highness’s dog at Kew. Pray tell me, sir, whose dog are you?’

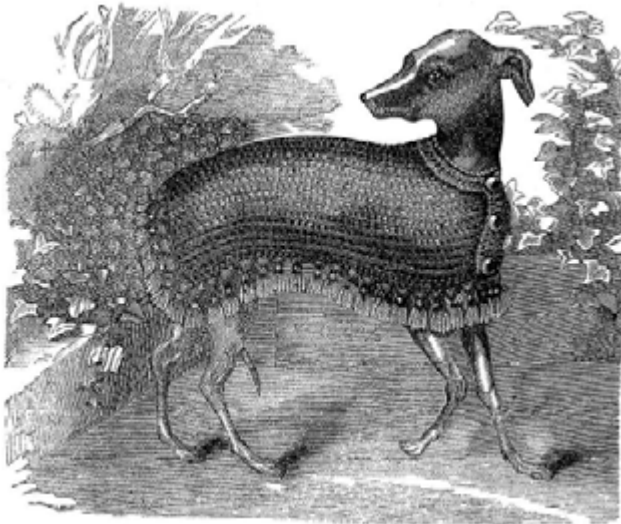


Strand Magazine, 1896

also published a ‘canine fashion book’ so prospective clients could be inspired when purchasing outfits. You didn’t have to purchase an outfit for every dog, but sealskin waistcoats were available for dachshunds to avoid ‘their precious little stomachs’ getting wet. Barrett’s in Piccadilly was the place to go in the UK to indulge your dog-accessory mania. They sold tiny hairpins to dress poodles, gold collars, ivory collars with a black tie, silk handkerchiefs for dogs (to be ‘coquettishly stuck in Fido’s own coat-pocket’), a ‘dress bracelet for a lady poodle, consisting of purple satin bow with diamond buckle, valued at £45’. Dog coats were priced between one and three guineas and brushes were available in steel, silver, buffalo-horn, and



Madame Ledouble’s business card, from an article in *The Strand Magazine*, 1896.



Godey’s Lady’s Book, 1873 crochet pattern for a dog coat.



rubber dog boots, considered to be highly useful for all weathers and pavements, were available. To keep your pug dry in the rain, you could buy a coat with a built-in umbrella that opened and closed at the push of a button at the great cost of five guineas. If short of cash but still keen on your dog looking stylish, Victorian ladies’ journals supplied knitting and crochet patterns for readers to craft their own. Today’s retailers selling a plethora of dog accessories are merely heirs to a very long tradition!

Dr Kathleen Walker-Meikle (PhD History, UCL) is a specialist in the history of animals and medicine in the medieval and early modern period, She is the author of several books, including *Medieval Pets* (Boydell & Brewer, 2021 paperback), *Cats in Medieval Manuscripts* (British Library Publications, 2019), *Dogs in Medieval Manuscripts* (British Library Publications, 2020), *The Cat Book: Cats of Historical Distinction* (Bloomsbury, 2015), *The Dog Book: Dogs of Historical Distinction* (Bloomsbury, 2014), *The Horse Book: Horses of Historical Distinction* (Bloomsbury, 2017).



Dr Mark Craig

Skin allergies in dogs

Dr Mark Craig has specialised in veterinary dermatology since 1995 – treating animals (from dogs to hippos!) with challenging skin disorders and carrying out research. He is a member of the Raw Feeding Veterinary Society.

Charlie has always been a scratchy dog, worse in the spring and early summer, but bad at any time of the year. He scratches, rubs, licks his paws, shakes his head. He's fine when out on his walks and playing, and sometimes he goes days or weeks without scratching. But sooner or later, back it comes, just as bad, if not worse than before. You've taken Charlie to the vets many times. They give him tablets which usually help, at least for a while, but you don't want Charlie on drugs for the rest of his life. So, what's going on?

One possible explanation for Charlie's problems is skin allergy. Skin allergies are very common in the modern world, not only in dogs, but also in cats, horses, and not least, in people. The more we discover about allergies, the more we realise how little we really understand, but basically an allergy is a disorder of the immune system. A dog's immune system should protect against external agents like viruses, bacteria, parasites, and fungi. However, it can become disordered, appearing to be both overactive and underactive. On the one hand, it starts attacking what it wrongly perceives as foreign invaders such as house dust mites, pollens, moulds, insects and other familiar, harmless items in the home environment. It may even attack parts of the dog's own body. On the other hand, it becomes less able to keep in check micro-organisms like bacteria and yeasts which cause no harm and may even be beneficial when present on the skin in low numbers, but which can cause serious skin infections when allowed to overgrow. These changes in the way the immune system works lead to inflammation and damage to the skin, making it less resilient and more susceptible to further damage. A classic vicious cycle!

What can be done for Charlie? A detailed veterinary allergy investigation can help provide a diagnosis and enable more targeted, specific treatment. Having Charlie referred to a veterinary dermatologist should be considered. There are three major steps in such an investigation.

1) The history

The first and most important step is for the vet to find out exactly what has been happening. Is the problem restricted to the skin or are there other issues, for example, vomiting, diarrhoea, weight loss, breathing difficulties, lameness? Is the dog depressed or lethargic? When, how and where did the skin problem start? How has it progressed? What exactly are the clinical signs? Which treatments help and which don't? Are people and other animals in the household affected? Where does the dog sleep? Where does it spend most of its time? What does it eat and drink? Have fleas been seen on the patient or other animals in the household? Dogs are not born with allergies, but some are more susceptible to developing them. Most dogs with skin allergies start to become itchy between the age of 6 months and 3 years.

2) The examination

The next step is the clinical examination, in which the skin and the dog as a whole are assessed. The vet may wish to perform tests, such as skin scrapings, coat brushings, swabs and biopsies, to look for evidence of skin infections, fleas and other parasites, and to help rule out conditions that mimic allergy. An elimination diet for around 6-8 weeks, and strict flea control, may be suggested to investigate a possible involvement of food and fleas.

3) Allergy testing

Once a skin allergy has been diagnosed, allergy testing can be carried out to identify specific reactions. There are two types of allergy test, the skin test and the blood or serological test. Both are very informative, but the skin test is generally regarded by veterinary dermatologists as the gold standard. Items tested include house dust mites, forage mites, pollens, insects and moulds, all of which can act as triggers for an allergic dog.

Armed with information from our detailed investigation, we are well placed to start treatment. Although there is no cure for allergy, we can often manage it pretty successfully. Treatment does not always need to be drug-based. Avoiding triggers is arguably the best approach though unfortunately the hardest, particularly for dogs allergic to both indoor and outdoor substances. We should try to reduce exposure to items incriminated on the allergy tests. When reactions to house dust mites are demonstrated, we should try to keep allergic dogs out of bedrooms, and away from bedding and carpets. Having them sleep in a hard-floored utility room or outside in a secure kennel may be helpful. We should aim to clean and vacuum thoroughly and frequently. We should also try to avoid feeding items incriminated in the elimination diet. Many owners report improvements in their dog's skin and coat following a change to raw feeding, with either a home-prepared diet based on raw meaty bones, or one of many commercial raw diets. Any diet must meet the nutritional and behavioural needs of the individual dog.

Treating the skin directly with, for example, shampoos, sprays, creams and ear drops, can help enormously, sometimes even allowing us to avoid tablets and injections altogether. There is a huge range of topical products that can be tailored to the needs of the patient.

Drug-based therapies are typically aimed at relieving the itch and making the dog feel more comfortable, rather than addressing the underlying problem. However, one treatment, immunotherapy, is aimed at influencing the immune system over the long-term and reducing the incidence of skin problems. Immunotherapy is based on results of allergy testing and identification of possible triggers and is customised specifically for each patient. It can be given either by injection or oral solution sprayed into the mouth. Between forty and seventy percent of dogs treated with immunotherapy are thought to show improvement.

For severely affected dogs, some form of symptomatic relief is usually needed, at least in the short term. Steroids have been used for many years to reduce itch and inflammation. They are cheap and typically very effective. However, they can cause a range of short- and long-term side-effects, including eating, drinking and peeing more, weight gain, panting, hormonal alterations, increased risk of infection, behavioural issues, stomach problems and even changes to the skin. In recent years, other treatments have become available which block messages to the brain telling it the dog has an itch which needs to be scratched! These treatments are often highly effective, although less so in some dogs, in particular those susceptible to ear problems and repeated skin infections. Antibiotics are frequently prescribed for skin infections, a common complication in dogs with skin allergies. They can bring about dramatic resolution, albeit temporary, but are now used with greater caution due to worries about the development of resistance and adverse effects on the immune system.

Other treatments include oil supplements and antihistamines. Essential fatty acids help to optimise skin quality and encourage the dog to produce more of its own anti-inflammatory products. Antihistamines are sometimes helpful but their effects in dogs with skin allergies are often disappointing.

The prognosis for complete resolution of canine skin allergies may be poor, but there is a lot that we can do to ensure dogs like Charlie remain happy and enjoy an excellent quality of life.

Dr Mark Craig, who is registered on the Royal College of Veterinary Surgeons list of Advanced Veterinary Practitioners for Small Animal Dermatology, can be reached via his practice: www.refurall-referrals.co.uk

Welcome to...

A huge welcome to all our new four-legged customers – a selection of whom we have featured here. If you have a new canine family member who would like to be included, please email details (first name, family name, age, photograph and a short biography) to welcometo@honeysrealdogfood.com. We'll include some extra, free treats in with your next order by way of a thank you.



Kyla Oswald

Kyla Oswald is clearly super-intelligent as well as beautiful since she actually sent us an email in which she said: 'I'm 20 months old and I'm told I'm a very happy playful dog. I like to go to the beach but I hate the water which mum says is a bonus because of my thick hair style...'



Rupert Heard

Rupert, a divine black Labrador, comes from a longstanding Honey's family (he had an older brother, a rescue German Shepherd, much missed, called Alfie and a cousin called Elsa). His Mum says that: 'He's like a baby giraffe at the moment, all legs, so I suspect he's going to be quite big and tall by the time he's finished growing! Super temperament, he really is the most wonderful dog, especially with our two very young children.'



Riley Moore

Riley (who is perhaps two) comes from Northern Macedonia. He had a pretty tough start in life. First he survived being drowned in a local river with his litter mates, then he was beaten, then he contracted mange before (finally) being taken in by a local charity who arranged for him to come to the UK. He has flourished with the Moore family, become great friends with his new brother George and is a happy, friendly and snuggly sort of a dog (although understandably not keen on aggressive looking men with walking sticks).



Devon and Willow Rodwell

The devilishly good looking and clearly adorable Devon was already on Honey's when he joined the Rodwell family. Indeed, his food looked so good that his elegant and stunning big sister, Willow, is now on Honey's, too. They have both taken to raw knuckles and marrow bone, too. They love playing together although the rough and tumble can get a bit over excited at times!



Percy Bourne

Percy, who is as handsome as he is smart, is a nine month old lurcher. He emigrated from Essex to Devon at a young age, where he now lives on an organic smallholding surrounded by children, chickens, sheep and the occasional pony. His hobbies include paddle-boarding, football and eating sticky weed. He is a recent, but committed, Honey's customer and is (of course) also partial to Beautiful Joe's.



Gemma Tarboton

This sweetheart is Gemma, a 7-year-old Jug (Pug x Jack Russell). Gemma packs a lot of energy, character and (let's face it) cuteness into her little body. Some of Gemma's favourite things include going on walks, seeing her friends in the park, going to agility classes and getting lots of cuddles and treats. Gemma always likes to be helpful and when a mini taster box of Honey's turned up she was more than happy to assist with its opening and, ummm, inspection!



Samson Poole
Samson may look like a puppy and is definitely young at heart but has written to us (he is a dab paw on the laptop) to say that he is, in fact nine years old: 'I'm not 'new' but am new to Honey's.' He is, of course,

an English Setter (tricolour) and he was born at Upperwood Kennels in Derbyshire. Dom, Becky and Dawn have bred Setters for generations. Samson lives in Sheffield and says that Honey's is definitely the tastiest food he has ever had. Apparently the meal queue in the kitchen forms early three times a day.



Groot Flint
The gorgeous and super-smart Groot, an Entlebucher Mountain Dog, recently turned one. A belated Happy Birthday from all of us at Honey's.



Harrison Pugh
As you can see, Harrison is a charming, elegant black male standard poodle. He is, according to his Mum: 'An absolute joy, so happy, confident and intelligent. He loves cuddles and just being with us.'



Sunny Rich
The highly photogenic puppy Sunny (of course, it helps if your Mum is an award winning photographer) is the smallest and youngest member of the Rich household and perhaps the cutest... no, we can't say that... but she is clearly extremely cute!



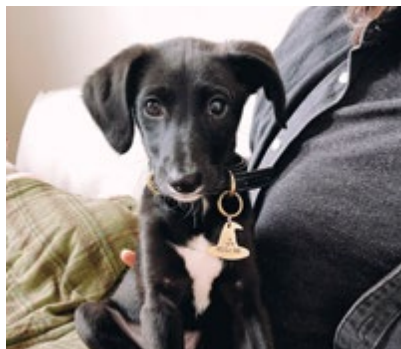
Lily Hawkyard
Lily, a staggeringly beautiful Saluki puppy, is not yet five months old. She was born in Cornwall but now lives by the sea in Wales (lucky dog!). According to those who have met her she not only has super model looks, but is also very sweet natured.



Willoughby Brogue Bingham
What can we tell you about Willoughby Brogue Bingham? He is a three year old Cockapoo and deep red... but going ... blonde. His Mum says: 'He treasures all cuddles, our walks are spent with him standing on his hind legs with his front paws wrapped around someone he has met (a new friend or an old friend) and likes. He is also very resourceful when it comes to getting treats.'



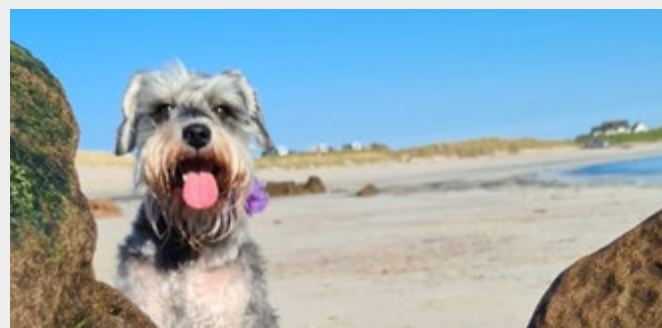
Sprint Collins
Sprint isn't just a pretty face. He also does valuable work as Husky Ambassador at a London (Shepherds Bush) community garden called The Green Project (www.greenprojectsb.org) which we have fallen in love with (and intend to support) at Honey's HQ.



Wizard Le Drezen
We weren't surprised to hear that there are over 1000 pictures of Wizard – wouldn't she melt your heart? – on her Mum's phone and it has not been easy choosing.

We also have to mention...

Macy Macdonald isn't really that new to Honey's but she is so gorgeous we had to include her in this newsletter and we also feel the same way about Dillon Carte, another Honey's-fed stunner!



Macy



Dillon



How to draw a cartoon dog

Nishant Choksi

First things first. Spend some time studying the dog.

There are a few tricks you can use. Think about what the dog is doing. Then break down the skeleton into shapes. I think of the torso like a potato, the head as two circles, ears as triangles and the legs as the number 2 & 1. Once you have broken down the shapes, gradually add details until completed.

In the last panel, you can add details to give the drawing a professional touch. Movement lines around the tail suggest wagging. Dripping saliva creates anticipation. A simple line in the background implies an environment. My 7-year-old son says: 'How do you make your drawings 3D?' The answer is by adding shadows. The back legs and under the bowl brings out the form.

Famous cartoon dogs

As in real life, cartoon dogs are often Man's best friend. During the last lockdown, in an attempt to lighten the mood, a well-known US website asked its visitors to vote on their favourite cartoon dogs of all time and the winners were...



1.Snoopy



2.Scooby-Doo



3.Pluto



4.Muttley



7.Huckleberry Hound



8.Pongo



5.Gromit



6.Brian Griffin



9. Deputy Dawg



10. Santa's little helper



From *Magnum Dogs* (Thames & Hudson, 2021, £16) a wonderful compilation of dog photographs featuring 180 photographs of dogs from across the world. This one shows a meeting in a New York advertising agency in 1959!

In Memoriam

The following few pages are devoted to a number of extremely moving and deeply personal remembrances for much-missed, much-loved canine family members. They vary in length (some short, some long) and content (some factual, some full of stories and reminisces), but they all contain a common element: they have been written from the heart. We will be dedicating a tree for all the dogs mentioned here, and for any other Honey's fed dog who has died, hopefully (see page 2) in the new Honey's Wood. If you have lost a dog (even if it is some time ago) and would like him or her mentioned in the next newsletter please email me direct. I will also arrange a tree dedication. Finally, if you are bereaved at the moment please accept my own heartfelt condolences.

With very warmest regards,

Jonathan
j@jonathanself.com



**TARA BOWERS
2008 – 2021**

'We hadn't realised we had a Labrador-shaped hole in our lives until a colleague said that she might have to rehome a Labrador puppy as she had bought 3 puppies at the same time.'

Tara was the biggest and the hardest work! We agreed to take her for weekends and the rest, as they say, is history. When she was just 14 months old she was attacked by two terriers. She slipped her collar and ran into the road to escape and was hit by a van and a car. She had a broken leg, a torn dew claw and wound on the other leg. Even when she was in pain she kept wagging her tail. She healed well, and went on to be a PAT (Pets As Therapy) dog. She received certificates for helping primary pupils who were reluctant readers. We reckon at least 150 children had their confidence increased by reading to Tara. She loved all 6 grandchildren and all of them at some point crawled into her bed and fell asleep with her. She was my best friend and whilst working at home during lockdown was always by my side. Her illness was very sudden and she stopped eating on a Wednesday morning and on a Wednesday afternoon she had to leave us.



**WOOSTER
BUXTON
2002 – 2021**

'Wooster was a blue Border Terrier and a much-loved member of our family.'

We do not mind admitting we thought he was the most goodlooking boy ever with a wonderful otter head. Back in 2002 we had lost our first Border terrier, Busby, who had

been tragically killed on a local road aged just 19 months. We were devastated and so when our breeder rang to let us know that Busby's brother had fathered a litter of puppies, we travelled north to Scotland to collect Wooster at eight weeks old. We drove south to Dorset with Wooster on our lap together with a small sheepskin rug from the breeder that has remained with him all his life. He very quickly wheedled his way into our hearts being a very affectionate dog full of character and mischief. Wooster also enjoyed London life with friends in Hyde Park (and the odd foe!) as well as squirrelling if given half a chance. He was much at home in Dorset where he became good friends with our neighbour's Border terrier and their marmalade cat. They played together and we were always amused to see Wooster wagging his tail at the gate when Oscar the cat came to call and yet he would bark and chase any other cat. Wooster travelled widely with us to many horse trials and game fairs where he became an additional member of staff keeping guard on our trade stand. He adored Scotland and in particular the beach at Bamburgh, where he ran with the wind in his ears. Wooster loved his walks in Dorset and was lucky to have miles and miles of footpaths and bridleways through bluebell woods and over rolling hills. He was always alert to any scents and in particular the deer and if he heard the local hunt he would yelp with excitement. Given half a chance he would have joined in. When Wooster was three, he was joined by Bussell, his aunt! They became the very bestest of friends and would always egg each other on and loved to dig together in the hopes of finding mice (not micel!). They have both given us years of pleasure and friendship. Bussell is now 15 and misses him terribly. We are all missing Wooster more than words could ever explain but we were so lucky to have him in our lives for so long.'



**ZERO
McDANIEL
2017 – 2021**

'Having been totally in love with bull terriers for many years, I collected Zero as an eight week old puppy, and he was with me every day since.'

When he was around one we discovered that Zero had been born with kidney disease. With the help of raw food, holistic and complimentary medicines, Zero stayed his cuddly, excitable, happy self for 3 years after his diagnosis. We devastatingly lost him very quickly a month before his 4th birthday.

Zero's favourite things were sunbathing in the garden, snuggling on my lap under a blanket, playing with his dog brothers, zoomies round the living room, popcorn, and getting thoroughly spoilt at Grandad's house! He came to work with me every day, road shotgun in my car (he would wait for me to lift him in!), and took up all the room in my bed! I feel like the luckiest person in the world to have had such a

cuddly, loving boy – he was an absolute baby and the most patient big brother. We all miss him terribly. Love you always my gorgeous boy.'



**HOLLY COPE
2006 - 2021**

'Holly was a wonderful dog. She came into my life as a puppy from Pet Welfare a local rescue.'

She blessed me with 15 years I only wish it could have been longer. She

gave me some of the happiest days of my life and only broke my heart once. She touched my soul and taught me valuable lessons in life. Joy in the simple things like a walk or just living in the moment. Friendship in the form of reliable warm companionship that is the most precious thing in anyone's life. Dogs are custom built to walk by our sides and I hope that she will walk by mine always.'



**MOLLY
KNEPPER
2011 – 2021**

'Molly (2 April 2011 – 10 Feb 2021) was the archetypal Andrex puppy. However, unlike the Andrex puppy, she was very timid and sensitive.'

She used to bark at statues and also airplanes going overhead. Whilst she was a Retriever-doodle, she took on most of the retriever characteristics. For example, she had an infinite appetite for food, could easily play fetch all day and loved swimming. In fact, wherever there was water (even if it was only a muddy puddle) she would throw herself into it and come out as a two-tone dog wriggling her whole body like crazy and wagging her tail. She also loved to hug and cuddle up to people and would lean into you moulding herself into your side. She would wake up literally at first light which was particularly annoying in the summer months and if I didn't respond to her 'good morning', she would paw at me until I was fully awake, too. This was all with one purpose in mind – breakfast! Once that was down, she would cheekily go straight back to bed after a quick sniff around outside. She leaves behind her best friend, Hutch, who is a 13 year old Jack Russell and of whom she was very protective to the point that she was almost a guide dog for him with his failing sight and hearing. The two of them would like nothing better than to stand on the window seat in the upstairs sitting room barking madly at the brightly coloured canoes braving the gushing River Dart and that is how I will always remember her.'



**DEMI FIELDS
2007 - 2021**

'Demi is sorely missed. She was gentle, calm and a friend to everyone.'

She would have failed miserably as a guard dog but a kinder companion, you couldn't imagine. The dedication of a tree in Demi's memory is a marvellous idea and this fine gesture is very much appreciated. It is apt and satisfying the dedication is in the form of something living and thriving, as for most of her life Demi was a bonny soul, full of vigour (except when replete after a Honey's supper assuming starfish pose on the sofa). She delighted in frolicking on the beach and some of our most treasured memories (and indeed photos) feature her in this favourite setting. We believe she was happy and throughout most of her life, healthy, because along with lots of love, she was fed a high quality BARF diet.'



**KITTY
HOLLAND
2010 – 2021**

'Kitty is, indeed, a great loss to us. The house seems very empty and still without her.'

I have always worked from home so the last 10 years have been very

much about me and my girl being together. She had a bed under my desk which we called her office and she would often go in there to do some filing or other admin! Silence when the postman knocks on the door. No need to watch every step to make sure I don't step on my little shadow. I can leave a sandwich unattended which breaks my heart! Everything I do reminds me of her. I thought I would have a few more years with her, I had hoped she would get to a venerable 14 or 15. Kitty was born in spring 2010 and moved to the Kent coast with us from Leeds when she was 2. She loved walking on the beach with me, in all weathers, trotting along gamely in her little red coat. She also regularly accompanied me on bike rides – sitting up in her basket. Later her Cushings Disease made her more anxious, and so we got her a chariot (one of those dog pushchairs). She would take the air in this, looking very calm and noble. She LOVED her food from the moment we changed over to raw in 2013 and I am certain that her good health and energy can be attributed to her diet.'



**WILBUR CALVERT
2009 - 2021**

'We have had to say goodbye to wonderful Wilbur, our PBGV.'

He has left a massive hole in our family and hearts, but we are taking comfort in the

very many happy memories we have throughout our eleven and a half years together. One of his quirks was to steal milk cartons from the recycling bucket and carry them by the handle to a 'suitable' spot to remove the lids, which he managed despite how tightly we screwed them on! All this effort just to lick out the dregs. He'd devour his Honey's and we always knew EXACTLY when it was 4.30pm, because he'd tell us. RIP Wilbur, loved and adored by Justine, Mark and Anna.'



**INDIE MURRAY
2011 – 2021**

'Indie was our stunningly beautiful German Shorthaired Pointer, her eyes deep chocolate brown, her coat super-shiny black.'

She was greatly admired wherever

we went, people curious of her breed, solid black GSPs being relatively rare. Indie was always a slightly shy and very gentle girl, ever polite and careful to not put a foot wrong. To all she appeared very well trained, but this was not in any way down to us; her amazingly biddable nature made it so easy. From puppyhood she fast grew in size and we quickly realised that being greeted at the door by a large and enthusiastic black dog is not everyone's cup of tea. So, we suggested to her that carrying a soft toy might help to reassure dog-shy visitors. From then on, she would greet everyone with a fluffy white baby seal toy in her mouth. What an adorable sight, who could possibly be scared? It worked. Indie came with us everywhere and on all our holidays, we had countless wonderful times together. She was a joy to be with out on our walks, beautifully athletic to watch; then quiet and gentle in the house. Everyone loved Indie and she loved everyone. One moment super-fit, she declined suddenly from some sort of brain inflammation. We would not put her through pointless diagnostics; during these pandemic times all alone at the vets. It was clear to us this was the end, for her sake there was no question of what we must do. She went peacefully with our arms around her. Six weeks on, our hearts are still broken and we miss her dreadfully. She was such a special girl, we were so very lucky to share her life.'



**COOKIE JOY
2010 - 2020**

'Cookie, a beautiful black Labrador, 8 weeks old, arrived in our chaotic household to join Monty Bulldog, Lily Pug, Ollie cat and two lively children.'

She became part of our family immediately loving everyone and the other animals. Biddable, intelligent, kind, empathetic, fun and a friend to all of us. Cookie was diagnosed with severe elbow dysplasia at 8 months and had a number of operations performed by Noel Fitzpatrick - it was heartrending to see our Cookie confined to her crate for months but there was no alternative. It was worth it

in the end although a long, long journey. Her limp disappeared and she had a wonderful life chasing her squeaky toys and playing carefully with other dogs. My daughter suffered a terrible whiplash injury and Cookie literally did not leave her side for months other than for her walks. We then had some family trauma and Cookie was always there for me and the children giving each of us what we needed in her special way. This girl was an Angel who had suffered so much herself but did not hesitate to give to her family. Highlights were taking her to the Isle of Wight and swimming in the sea – oh, gosh, the delight of Cookie and my daughter and me! She loved my son and he was her greatest admirer - they were inseparable. Taken too early but we celebrate a wonderful 10 years with our perfect girl who we will love forever in our hearts.'



**LILY PUG JOY
2006 – 2021**

'Lily Pug arrived and never stopped running! She loved the children and life - such a fit lady.'

She did not like our Monty Bulldog but he just ignored her. I remember doing the school run with the children on their bikes across Clapham Common and Lily running alongside the bikes until she saw a tractor and then would race across the Common to chase it - she was crazy and wonderful. She absolutely adored her family and was extremely loyal. She was with me for months as I visited my dying Mum never wavering and sitting quietly as I cried into her fur. She was a big character who hated all newcomers to our furry family and was appalled by the arrival of Ollie ginger cat - he won her around and she mothered him. Loyal, strong, determined and cheerful despite going blind and deaf, she loved her life and never complained. She relied a lot on Cookie Labrador in her final year for comfort and guidance. Lily fought her final battle with a virus and lost – she wagged her curly tail and kissed my daughter and me before dying peacefully in my arms. A very special lady who was deeply loved.'



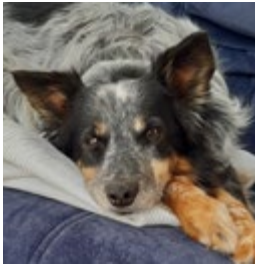
**CASPAR ELSON-
RIGGINS
2010 –2021**

'We first met our dear Caspar in July 2010. We had recently lost our lovely German shepherd.'

We found Caspar in a rescue centre

in Peterborough, where he had been brought as a stray. He was about 6 months old, a bedraggled, skinny little thing. He had never been in a house and really didn't know what to make of it. But boy, did he come round! Caspar LOVED his comforts and cuddles. After a teenage-hood that included destroying a couch, he grew into the handsome saluki cross he was meant to be. He boasted Egyptian looking eyes, magnificent, feathered tail, fluffy beard and pantaloons. He could run like the wind and we soon figured out why he probably ended up on the street. One day, walking in the fields, we spied a cat ahead of us. Caspar took off and our hearts sank. However, once

he caught up with the cat, Caspar overtook it and raced it! Maybe he was a failed courser? Caspar settled into a happy home routine. He was very much a creature of habit, but certainly no push over. Any bit of paper that hit the floor was immediately and ceremoniously ripped to shreds, but his toys were only gently mouthed. He was certainly not impressed when in 2012 a new addition to the household arrived. “What horror is this?” he thought, looking at the pink, unfurry, bawling creature that had just come home from Luton and Dunstable Hospital. He kept well away from “it”. However, by the time “it” got to about 4 years old, he realized that “It” had an additional pair of hands that could be used to his advantage. He gradually started to sidle up to her, but on HIS terms only. By the time “it” was seven years old, he was to be found outside her room first thing in the morning. His new job description was “Alarm Clock”. I would open the door and he would take up his position next to the bed, and she would wake up every morning by reaching down and stroking him. When our other dear dog, Gelert, died, Caspar was depressed. So, we got him a new friend, Lexi, a 3 year old German shepherd. They had so much fun together, racing around the garden. They were however, complete opposites. Caspar was a “morning dog”. He would be in his bed by 8 PM and did not wish to be disturbed. Lexi is a “night dog”, always up with me until last thing. But she is still in her bed first thing, whereas he would always be waiting for us to get up, outside the bedrooms. The one big problem Caspar had was his gut. Every week, for the first 5 years we had him, he would go off his food for a few days and be really depressed. On those days, his stomach would make the most awful gurgling noises, which you could actually hear from across the room. The vets we went to back then did every test they could think of and all came back negative. Our insurance shot up, but no diagnosis was to be had. We tried foods for sensitive systems, but nothing worked. The vets did not suggest feeding raw. I was at my wits end. But one day, I asked a friend, who is an animal and human chiropractor, what she fed her dogs. She showed me Honey’s. Well, it turned out that Caspar could have been a poster boy for Honey’s! Honey’s succeeded where all the other pet foods failed. Caspar had become a rather slow, middle-aged man with a pot belly. After we realized that he could only eat the lower fat Honey’s (no beef or lamb), we never looked back! He never again got a stomach upset, he lost weight, and started to run again. It took years off him and he was so happy! He had nearly 6 years of a carefree life and I thought he was going to go on forever. However, he suddenly became ill in April this year and deteriorated fast. Right to the bitter end though, he wolfed down his Honey’s. X-rays showed that he had osteosarcoma on his spine, so sadly we had to let him go. He is terribly missed. Thank you, Caspar, for being such a great dog and thank you Honey’s, for giving Caspar such a great, trouble-free life!’



MADDIE WALKLIN
2012 – 2021

‘We were told Maddie’s owner died when she was quite young. She stayed in the same area in

the north of England and could often be seen sitting behind a bus stop on a busy road near to where she had lived. Perhaps she was waiting for her owner? She fended for herself, roaming the fields and villages for about five or six years. People tried to catch her without success but, thanks to the tireless dedication and persistence of a few locals and rescue organisations across the country she was finally caught in June 2019. We found her on a local rescue Facebook site, her photograph just popped up. We were not really looking for a new dog, but I could not stop thinking about her and something in her eyes caught my heart. Maddie eventually came home to us in December 2019, just in time for Christmas. Considering her past, Maddie had the most wonderful personality, she was calm, polite, always wanted to be with us and was the gentlest dog we have ever known. She was a truly lovely girl. When she came to us, she was terrified of traffic, most household noises, and as we spent time with her, we realised she was also very scared of other dogs and cats. But she loved people and, funnily enough, she had no problem with our local foxes – of which there are many. Most of them seemed to want to meet her on our evening walks and would walk towards her or just sit and watch as we walked past. It took her a while to become more at ease with sounds of cutlery, cooking, and gardening tools, but she could never cope with the iron and ironing board. Someone had to take her for a drive whilst I hurriedly ironed something that couldn’t be left..... good news for me, I stopped ironing most things! Maddie soon loved going out in the car and insisted on sitting on the back seat, even if it meant being squished between two people – she wasn’t going to miss out! We always let her choose the route on our walks, she insisted on being in front leading the way, we just kept her safe. She followed us everywhere, we never left her alone, not even for five minutes whilst we put the bins out – she came too. There are four of us in our family, so it wasn’t a problem. She’d had enough loneliness in her life. We took her everywhere with us, Pandemic allowing, and she loved everyone she met. Between lockdowns we managed to take her on a cottage holiday to West Wales and she took everything in her stride; long car journeys, motorway services, new places, pub lunch – no problem! She was always calm, interested, and a dream to take anywhere. She insisted on choosing her own treat in the pet shop and loved every bed we bought her – and there were many! She loved being brushed and her shoulders massaged. When we initially went to meet her, there was an immediate connection with our adult daughter who suffers with migraines. Maddie came straight over and leant her whole body against her as if to alert us, and yes, there was one brewing. She did this frequently if a migraine was developing. She also learned that if she leant against our knees, she usually got a shoulder massage, so there were often days where we would ask: “So am I going to get sick or do you just want a massage?” It made us all laugh and of course we gave her all the massages she wanted. The more comfortable she became, the more frequently she asked. Her personality flourished, and she certainly developed a cheeky streak when it came to things she wanted. She never barked but used to ‘woo’ at us if we weren’t leaving the house quickly enough, or if we went into a room with a “scary dog”, aka a mirror, and she sometimes tried to sneak pastry or bread, which she loved. It was lovely to see her change from being timid

and stand-offish at the start to loving cuddles and just being close to us at all times. She was a delight in every way.’



AVA GEPPERT
2012 – 2021

‘As you can imagine we are devastated at the passing of Ava. She was such a gentle, kind, loving dog and she will be sorely missed.’



TESS TURNBULL
2008 – 2021

Tess was a wonderful, cheerful, friendly soul who led a happy life.

She was poisoned at five, and nearly died, but recovered. Perhaps there was some connection between this and the fact that in her last years she suffered from paralysis in her back legs and may have had dementia. At any rate, she is much missed by her family – who are bereft – especially a feline ‘brother’ who was devastated by the loss.



BELLA COLEMAN
RIP 2009 – 2021

‘Bella was a lovely Miniature Schnauzer, just like her mother – who was owned by friends of mine and with whom I fell

in love, so when she had puppies I just had to have one like her! Bella was friendly with everyone and much loved. Bella lived for food!! Her days revolved around it. I hope she also loved me of course!’



BETTY CLAESSENS
RIP 2021

‘We didn’t know how old she was when Betty came to us five years ago.

She had been a breeding bitch in a puppy farm

and had been rescued and placed in a foster home. When she first got to us, she hid behind a sofa for several days, only coming out for food and, when no humans were in sight, to sidle up to either Lewis or Hettie our two other dogs. Slowly she came to understand that she was safe after all. She became Hettie’s little shadow and was rarely seen alone; she stopped hiding behind bushes on our walks or attempting to run back to the house. She learnt to trust, to enjoy the sun on her back and the wind in her curly hair. She didn’t know how to play, but she stopped getting scared when a ball or a stick was thrown. Her two great loves were Hettie and food. She had an internal clock for mealtimes. When her Honey’s was being dished out, she started doing a little dance and then barked loudly as if to say: ‘Hurry up! I can’t wait

any longer!’ As soon as the bowl touched the floor she was on it and hoovered its contents in seconds! I often wondered whether perhaps she had been left hungry and what horrible food she was given. Maybe she even had to compete for it! Those thoughts made me sad and then furious. How could anyone mistreat such as sweet, little dog?! Betty struggled with her health: she had horrible hot spots, especially in Summer where her skin became raw and itchy in patches. She had two operations, one where several tumours, one malignant, were removed from her breasts and another to take out another lump which turned out to be a hernia. Then she had to have seven teeth extracted. But she was a trooper and was not fazed by any of this. After the first operation I was told she may be a bit fragile and off her food for a few days. None of that! Coming home from the vet, she rushed downstairs and wolfed down all her Honey’s dinner. Then, she asked for more! She relished chewing her bones with the few teeth she had left. Only chicken wings were beyond her, but even then, she made sure she buried hers for a rainy day. She went for walks and when she could not go far anymore she was carried in a special rucksack or in a pushchair. She liked that very much, I think it made her feel really important. When she started losing control of her rear end she continued to sleep on my bed with the others, on a combination of sheets and incontinence pads. We tried to accommodate her difficulties and to make her feel loved. Sometimes she drove me mad as she would poo everywhere, but I knew it was not her fault and always apologised if I had raised my voice. I am still sorry about that. In August last year I found another small lump. Our wonderful vet, Veerle, who helped her with complementary therapies, acupuncture and massage advised against another operation. So we managed her with herbs and potions, love and care. The lump grew nastier and she, weaker. Towards the end it started ulcerating and seeping. She had to wear bandages that had to be changed many times a day and a tee shirt. She let me do all that without a moan, as the brave little girl she was. When it was clear she’d had enough, on the 15th of May, our vet came out and helped her slip away. She was in her bed with us all around, Hettie and I right next to her. I told her I loved her, cuddled her and offered a final oatcake, which she characteristically wolfed down. It took less than a third of what the vet thought would be needed for her to go. She was ready. Bettie was a little dog, but she had a big presence. She was vulnerable, but fearless: nothing fazed her: she just bounced back. She taught me to be more patient, tolerant and kind. Without her the house is a bit quieter and I miss her so very much. Goodbye my darling girl. I will always love you.’



PENNY PUGH

‘Penelope, our dearest Penny. You had such a fun-filled and happy life all the way to the end.

How quickly 15 years disappear. It seems it was just the other

day you were playing in the snow, tail wagging away, chasing snowflakes and balls. You were the most amazing dog a family could ever have

wished for, with all the love in the world to give and with those puppy eyes that no one could resist. You really were a dog in a million. You will never be forgotten nor replaced, and your happiness will always live on in our hearts. Rest in Peace Penny.’



SUNNY PALFREY

‘Sunny was a very, very special boy.

He’d had a few owners before coming in to foster with Scruple Whippet Rescue and three fosters before me but no-one seemed interested in adopting him. He was six years old when he became a member of the family. Initially, he suffered from separation anxiety and fear aggression, but he overcome these problems. Losing him through Lymphoma was devastating, he’d had three months of chemo and was doing so well. Indeed, he seemed fit and happy and looked really well. My poor sweet boy , I really loved him very much.’



TURPIN GIBBS/ JONES
2015 – 2021

‘Turpin was found on a railway

crossing when he was about three months old by some English friends who couldn’t keep him.

They never said why but we soon discovered the reason: he was a tearaway. In human form he would have ridden a Harley Davidson. Many is the time we’ve stood and prayed to the god of dogs as we watched him do something dangerous! At six months he swam a river in full spate. When he was a little bit older, we heard but couldn’t see him getting into an argument with some coypus deep under a riverbank. Another time he disappeared for seven hours – presumably hunting (or trying to hunt). In the early years he didn’t have much time for us, but gradually he focused on us and noticed that we liked him. Eventually, he decided he liked us. Of all the dogs who have shared their lives with us, Turpin was the funniest. He actually made jokes! It is true. He knew when he was being funny and revelled in it. He liked to dance, too, and was brilliant at hosting visitors to the house. When he came to England, he managed to adapt reasonably well to a more constricted life but the FOOD! NO. Well, he was French. We spent a fortune on kaolin pastes and antibiotics and potions and pills. Nothing would cure the poor dog for almost a year. Then a friend suggested we try Honey’s. A little doubtful but frantic, we did. Within twenty-four hours Turpin was back to normal.’



TEDDY TONER
2007 – 2021

Teddy – 14 years, 5 months. The sweetest boy. XXX



SUZIE HILL
2004 – 2021

This diary entry says it all:

9 July 2012.
Today Suzie arrived! She is a 6½ year old (going on six months) black Labrador and is settling in as though she has always lived here. She doesn’t leave my side. I am ashamed to say that she spent the first two nights with me but after a severe ticking off from brother Neil she now sleeps happily in the kitchen, as she did in her previous life. She’s been here for a week and her coat gleams like a piece of polished jet. I cannot imagine life without her and I feel privileged that she loves me as much as I love her. ‘Look!’ she seems to say when we are out on a walk, ‘I’m Tigger! Boing! Boing! Boing!’

Well, almost all. More recently:

‘Suzie led a long, happy and healthy life and is much missed. She nearly reached her 16th birthday, remarkable for a Labrador. Suzie provided wonderful companionship and so much love. We found each other at the right time when we needed it most.’



WEMBLEY COX
2008 – 2021

‘Wembley was the most adorable little sausage dog!’

He was the last of the litter to be picked up and it was love at first sight!

Wembley was always

so loving , he adored being with his family but was always shy when it came to meeting new dogs or people. He just had to be by our side (or preferably in our arms!). He brought us so much happiness. A year after he joined the family we picked up Wembley’s half-brother. Wembley and Dapple were inseparable from the get go. They spent their lives cuddled together and sharing lovely family walks and holidays. Wembley, in particular, loved nothing more than to be snuggled up on the sofa every evening with us. That was his passion - cuddles and snuggles! Wembley did not like the rain and certainly did not take kindly to any intruders in the garden (pigeons, squirrels were all under his watchful eye) .. he’d bark at a leaf should it dare land on his patch! Wembley (our very own ‘silly sausage’) was the soppiest, most loving boy and our family all miss him more than words could ever say. I credit Wembley (& Dapple) for helping our two young boys through lockdown. My boys would read to Wembley as part of home school life. Precious memories we shall never forget. Sleep tight my baby boy.’

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: £20 for small, £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 Thingie

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
Pasture fed Beef	£1.28	£1.54	£2.55	£3.08
Pasture fed Lamb	£1.35	£1.54	£2.70	£3.08

Wild Work-ing 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
Pasture fed 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, pasture fed 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 pasture fed 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 pasture fed per 1kg	£3.50
Beef liver pasture fed per 200g	£1.50
Beef tripe pasture fed 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 pasture fed per kilo	£4.90
Lamb trachea pasture fed 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 pasture fed 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.



"Hopefully this will not have a negative impact on my dinner."



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).



Honey's Natural Feeding Handbook

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.

Our packaging is 100% recyclable. We use packaging that takes up 20% less space in a freezer than a tub and weighs 90% less.

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.



Me, resting

Green Paws. Honey's new canine gardener.

Hello! I am Teilo and I live with Jim, a gardener by profession. He likes to talk about his three years training at Kew gardens. That was long before I arrived. There is a photo on the kitchen wall of Jim's first dog, a Tibetan Terrier called Oscar, running on Kew Green, during Jim's lunch break. Apparently, Oscar would spend the rest of the working day in a VW camper van parked by the Thames.

Jim's second dog, another Tibetan Terrier, was a female called Marnie. Jim always looks sad when he refers to her. She developed a nasty form of lymphoma and went downhill rapidly, dying when she was only six. Jim worries one of the garden chemicals he occasionally used caused her illness. He is very much an organic gardener now.



Jim and I (this time he is resting)

Jim and his partner, Richard, took me on just before the first lockdown when they realised the exotic holidays they had planned, without Marnie to worry about, just weren't going to happen. I, too, am meant to be a Tibetan Terrier and have the paperwork to back up that claim. However, everyone tells me I look like a small Collie. Either that or a King Charles Spaniel. I have also been told I am an 'atavistic throwback' where the genes from many generations back have come to the surface, so to speak. Jim and Richard are not convinced by this and think my dad was

not a TT. One thing is for sure. I am a Covid pup, which means I have spent an awful lot of time at home with Jim in his garden. I feel well qualified to share with you some ideas for your outdoor spaces from a canine perspective.

After that cold wet spring I am looking forward to lazing in the sun. Jim is ridding a former vegetable patch of bindweed by covering the entire area with a permeable black membrane. It heats up rapidly and I love to stretch out on it and soak up the rays. When that gets a bit too hot, I favour the lawn where Jim has encouraged small-leaved white clover (*Trifolium repens*) to spread into a springy carpet. Jim likes the fact that, being a legume, it fixes nitrogen and stays green without feeding or watering. It is resistant to me and my friends' rough play and if one of my female companions has a wee on it, unlike grass, it stays green. Honey and bumble-bees love the white flowers. You can buy *Trifolium repens* in bulk from Emorsgate seeds. Give your lawn a vigorous raking and sow the clover over the thinned patches at 2/3g per m². You will need to keep the newly sown areas moist until they germinate.

When the underlay of green clover is not enough to counteract the heat of the sun I retreat into the shade of a weeping white mulberry (*Morus alba* 'Pendula') It forms a cool shady den from which I can survey Jim working in the garden. He has promised to construct a paddling area for me. More of that in another issue.

Have a chilled summer!

Teilo

Teilo's Garden Jobs for July/August

Alchemilla mollis is a useful ground cover plant for shade. If the frothy lime green flowers and pleated fan-shaped leaves are beginning to look tatty cut the whole plant right back. If the ground is kept moist, fresh new foliage will appear.

If you are going away, group patio containers together in shallow trays of water in a shady spot. Give them a good soaking before you leave.

Gaps in a border left by early performers such as oriental poppies or delphiniums can be filled by standing planted up pots amongst the permanent planting. *Argyranthemums*, cosmos and *salvias* are good contenders for this.

If your garden generates a lot of woody waste and you don't have a shredder consider starting a dead hedge. Drive some posts into the ground to demarcate a thin rectangle and use it to contain prunings laid in it lengthways. It could be used to keep a dog out of an area, as a windbreak or to screen off a compost heap. Dead hedges make excellent habitats for wildlife.



Alchemilla mollis can be refreshed now with a severe 'haircut'.



Patio pots such as this one, containing *Nemesia* 'Myrtille', will need special provision if you go on holiday.



GARDEN ROLLER