

The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Autumn 2021

A few words from Jonathan, Honey's founder

'When dark December glooms the day,' wrote Walter Scott, the raw feeding poet and dog lover, in 1808, 'And takes our autumn joys away.' A sentiment that matches our own every time we think about Christmas deliveries. As you may have read in the news (if you can face reading the news, nowadays) there is a severe shortage of HGV drivers and couriers. The result? Some deliveries are taking longer and more than usual are getting lost. Also, social distancing and other safety measures means that order packing is slower and can be disrupted. We are, frankly, worried about letting customers down over the busy Christmas holiday period. However, since it isn't the Honey's Way to sit and twiddle our paws, we are taking action:



Sir Walter Scott and canine friends worrying about December deliveries...

- We plan to pack our shipments with extra ice packs for the duration. Our packaging is designed anyway to ensure that food remains in tip top condition for 48 hours after leaving Honey's HQ. With the extra ice, should something go Horribly Wrong with the delivery, your food (even if it takes an extra day to arrive) will still be fresh and useable.
- We are hoping that customers with extra freezer space will order extra food during the latter half of November or first bit of December and thus avoid the potential Christmas Delivery Hell.
- We are hoping that customers with December orders will (i) take them in early in the month (say the first 10 days or so) and (ii) will pre-book slots with us as soon as possible.
- We are considering Monday deliveries in late November and during December in order to take the pressure off.

More than anything else, we are planning to schedule November, December and January deliveries well in advance. There is a limit to what we can pack and ship every day (some courier companies have set upper limits on what they will take and when) and we feel planning is all! Before I switch to other subjects, I would like to apologise in advance for any inconvenience and bother. Also, to reassure you that we are working ceaselessly to make sure that, Walter Scott again, 'When short and scant the sun beam throws, Upon the weary waste of snows...' the Honey's gets through safely!

As you may have noticed, this issue of *The Alternative Dog* is our largest yet. Despite its size we still call it our newsletter because its main content is, well, news. News about Honey's and news about Honey's customers. With regard to the latter I just want to emphasise how much I would love to hear from you. My personal email address is below and if you have a comment, criticism, idea or complaint (or simply want to send me a photo of your four-legged family member(s)) please don't hesitate to get directly in touch.

On a completely different note you may be interested to hear that we are currently investigating becoming a Certified B Corporation. 'B-Corps' are businesses that balance purpose and profit and which consider the impact of their decisions on their workers, customers, suppliers, community, and the environment. What attracts us to certification is that it would mean a third party has confirmed that we are living up to our promises (this is why we are ISO certified, carbon neutral certified and 1% for the Planet certified). What puts us off is the paperwork and administration, which is prodigious. Anyway, we are taking advice from the team that work with Riverford Organic Farmers and if we do decide to go ahead, I'll update you in the next newsletter.

As usual I have run out of space. Please excuse me for devoting so much of it to the rather tedious topic of Christmas deliveries but, as you will have gathered, we are concerned. I'll close by thanking you for your wonderful support and custom. We don't take it for granted.

Thank you again.

Jonathan

Jonathan (Self)
Honey's Founder

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AND MUCH,
MUCH MORE BESIDES...


Honey's
REAL DOG FOOD

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HONEY'S NEWS

IMPORTANT DELIVERY INFORMATION



We always worry about December and early January deliveries, due to the fact that Black Friday, Cyber Monday, Christmas, the January Sales and Treat Tuesday (OK, we made that one up) put such pressure on the courier firms. This year, however, we are particularly concerned. There is a shortage of HGV and other drivers and some courier firms have taken to 'throttling' – the practice of limiting the number of boxes they will take each day (often without giving notice). As Jonathan has explained (see page one) we have a strategy in place to ensure that the Honey's Safely Wins Through. However, we would be very, very grateful if you would book your late November/December orders early. Also, if you have freezer space maybe you would consider a larger order ahead of the rush to take you through. Thank you, in advance, for anything you can do to help. Be assured we will be working hard to make sure everything runs smoothly.

Next year: our first (small) price increase in over 3 years (sorry)

We are very sorry to announce that in January 2022 there will be a slight increase in Honey's prices. We hate doing it, but our last price increase was in 2018. Since then inflation has grown by almost 9%. In fact, some of our costs (couriers, for example) have increased in price by well over 9% in this time, while other costs (certain ingredients) have slightly dropped in price. Our plan is to put up the price of things that cost us more and freeze the price of other items and we expect the overall effect to be an increase of 5%. We have managed to avoid price increases up to now by a process of clever buying and slimmer margins. Please be assured we have waited as long as we could. We'll be including a special fact sheet explaining everything in with orders from late October onwards. One final point. We are a small, family run business and if you are suffering genuine financial hardship please let Jonathan know. We can't make any promises, but we will do what we can to help. Finally, this seems an appropriate moment to thank you again for your wonderful support.



The Honey's Wood update

As reported in the last issue of *The Alternative Dog*, we have acquired a small (3 1/4 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. We plan to turn around an acre of the land into a wildflower meadow, and the rest into a small memorial wood. We will be commemorating every Honey's fed dog that dies by planting a tree. 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. The sale was supposed to complete in July, then August, then September. Apparently, there is some hold-up with the Land Registry. Anyway, we had hoped to be sending out certificates by now and must apologise for the delay. As soon as we are able to start planting we will let you know.

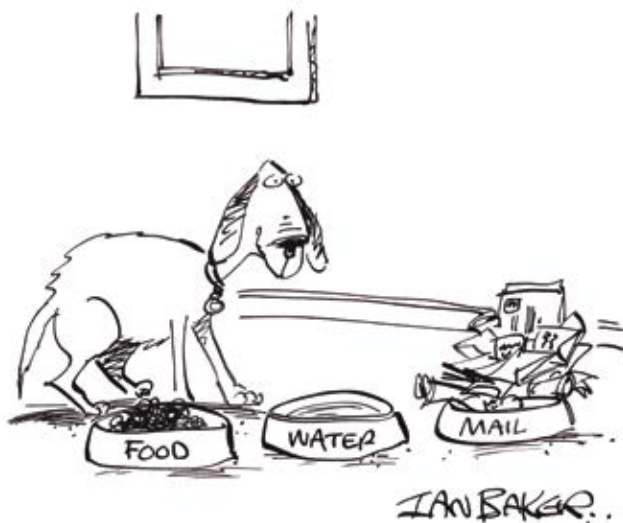


On the farm

We love visiting the farmers and gamekeepers we buy from but due to the pandemic we have cancelled all our usual inspections. 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. Leaving aside the safety issues, it has been a case of all paws to the deck ever since the health crisis began and we simply haven't had qualified team members available to make the visits. However, we are hoping that things will, finally, have started to improve in the new year. The pictures here are were sent to us recently by three of our producers.

WANTED: LETTERS!

A brilliant Honey's customer has suggested that we start a letters page... for which we will need letters. If you have a question you would like answered on anything to do with dogs, cats or the meaning of life (our team is remarkably versatile) please email jonathan@honeysrealdogfood.com – a £25 Honey's voucher and free treats for every letter published.



Honey's Health Team at your service

We were pleased to hear from Elaine Brittain that her beautiful boy Dougal no longer has to take two antihistamines and an Apoquel tablet every day. Elaine says: 'Dougal was diagnosed with severe dust mite and mould allergy in 2018. It was so distressing to see him in the morning with large sore and bleeding bald patches on his rump. He also licked himself until there was no hair on his tummy or inner legs.' Elaine switched Dougal to a Honey's diet with the help of our Health Team and 'within weeks Dougal's skin healed really well. I couldn't believe the improvement'. She also consulted one of our favourite holistic vets, Sue Armstrong and Dougal is now medication free and in great health.

Do remember, 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.

Free draw winners

There were three free draws in our last newsletter. The first was for a collar, lead and personalised name tag from Marley Moo (www.marleymooollars.com), which was won by Jack Yarrow. The second was for an Eileen Gleeson bed (www.gleeson-uk.com) which was won by Jessie Ryder-Richardson. And the third was for one of two copies of Dr Conor Brady's excellent book, *Feeding Dogs*, which were won by Judi Palmer and Milan Adamik. Congratulations to the winners and thank you to everyone who entered.



Tape expectations

It is our proud boast that Honey's packaging is 100% recyclable. This includes the tape that holds our boxes. Normally. The most recent shipment of the paper tape we use has been ripping in transit with disastrous results. We are struggling to get a replacement and may have to go back to plastic tape for a period. Please excuse us. We are working on it!



Raw-friendly recommendations wanted

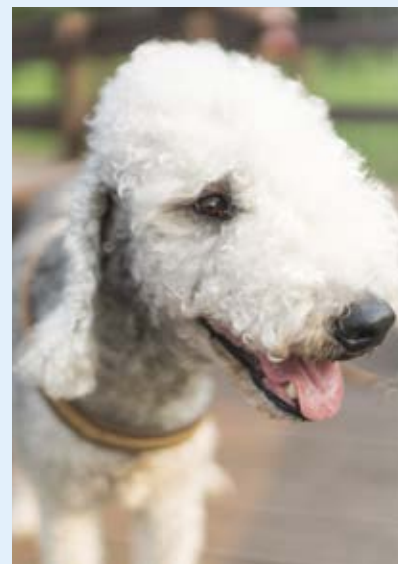


Do you know a boarding kennels, hotel, B&B, restaurant, shop, café or other business that is not just dog-friendly BUT **raw-food, dog friendly**? Please send details, a short review and any comments to Jonathan as he is hoping to run a feature on **raw-dog food friendly businesses** as soon as he has enough material. Your reward? Four packets of Beautiful Joe's in with your next order. A huge thank you, in advance. (Thank you to all previous contributors... we plan to publish your recommendations in the winter issue).

Bedlington

The dogs we had before are gone
And now we have a Bedlington
And how we're smitten by this terrier
Fizzing like a glass of Perrier.
Who passers-by say "Looks so quaint
Is she a poodle?" "No she ain't".
Who hurtles off at fullest steam
Whenever next door's cat is seen,
Who barks at squirrels in the trees
And thinks it a terrific wheeze
To ambush those who pass our fence
With high pitched howling, so intense
But wouldn't really hurt a fly,
And as the days and months go by,
We love her more than other hounds
For, when our Rosie is around
We can forget our daily cares
And what is best – she leaves no hairs.

Richard Allport (poet and holistic vet)



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

80 years of Alsations

By Jenny Moeller



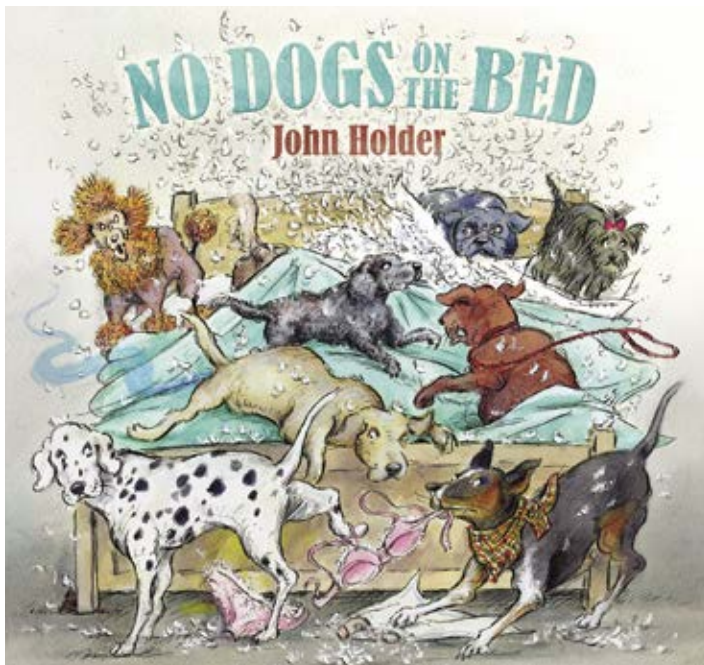
This is about my love for what used to be known as Alsatians, but which we now call German Shepherds. During the Blitz, my mother, brother and I were evacuated to a small cottage in Hertfordshire, away from London. My father was stationed on a minesweeper in Cambletown, Scotland, but he sometimes managed leave to visit us. On one trip he brought Molly, our first ever Alsatian, with him. He had rescued her when he found out that she was to be put to sleep because her family were emigrating to Australia and could not take her with them. Until he could bring her home, Dad kept Molly in his cabin. Whenever he left the ship she missed him so badly that she would jump out of the porthole and swim ashore to find him. We fell in love with her, of course. Thanks to Molly's presence my brother and I were able to explore the countryside – she would never have let anything happen to us.



The photo accompanying this article is of Molly being washed after one of these walks – when she had leapt into a manure pool. There was a type of bomb called a Doodlebug that made a specific purring noise. Molly would hear this before we did, and would dive under the kitchen table, warning us that we needed to shelter. I am afraid she was sometimes quite naughty. Sometimes my mother would arrive home to find Molly had got into the larder and helped herself to whatever she fancied. Another time Molly followed my mother onto a bus – jumping through a closed window and breaking the glass to reach her (amazingly, without harming herself in the least). After the war Molly came back to London with us. We used to take her for walks on Hampstead Heath. She died when she was 10, I think of kidney problems and I can see her now lying on her truckle bed (made by my father) with a sheet over her. German Shepherds became part of my life and later on my husband's life, too. Most recently, I adopted Tilley – like Molly a rescue – who travelled from Australia with her previous owner and who initially suffered from terrible anxiety. When I adopted her I took ten years off my age (I am actually 87) on the application, because I was worried the rescue centre would think I was too old. Tilley keeps me fit mentally and physically. Thanks to her, I have a social life and have met an extraordinarily diverse number of people. The thing about dogs is that they do away with the need for introduction – there is immediately that common interest.



Jenny is a much valued Honey's customer. If you would like to contribute a story and/or photos to the newsletter please send them to Jonathan. Thanks to Erica Byrne for scanning and photos.



Book review

No Dogs on the Bed

Katy Birchall

Occasionally, it is easy to forget that dogs are Man's Best Friend. For example, when your beloved Jack Russell puppy destroys yet another pair of shoes, or when your expensively-trained spaniel develops complete hearing loss during recall, or when your loveable Labrador lifts his leg where he shouldn't. Thankfully, John Holder's latest book, *No Dogs on the Bed* (Quiller), is on hand to remind us that, in spite of their cheeky quirks and calamitous blunders, our canine companions will always have our hearts. A wonderfully comical collection of colourful illustrations accompanied by quotes from public figures throughout history, *No Dogs on the Bed* was inspired by *Country Life* magazine's search for Britain's Naughtiest Dog in 2019. After the judges had made their selection, Mr Holder was called upon to illustrate the winners and other runners-up. His publisher spotted the feature and commissioned an entire book of mischievous mutts. 'It's so much more fun doing naughty dogs,' commented the artist, 'there are more possibilities for the imagination.' As to the debate to which the title of the book alludes, Mr Holder insists he has no problem with dogs being invited up to share the bed, 'but probably not as many rascals as on the cover of the book,' he hastily adds.



No Dogs on the Bed
John Holder
Quiller Publishing £12.95

Katy Birchall is the author of the 'IT Girl' and 'Secrets of a Teenage Heiress' series. Katy also works as a freelance journalist and has written a non-fiction book 'How to be a Princess: Real-Life Fairy Tales for Modern Heroines'.



Why Honey's supports Rainforest Trust

Jonathan (Self), Honey's founder, introduces the work of the Rainforest Trust

My godfather, Colin, a vicar, always wanted to visit the rainforest, but it wasn't until he finally retired aged 85 that, with the help of some grateful parishioners, he was able to afford a two-week trek in the Ecuadorian jungle. 'Didn't you,' I asked him, 'find the going rather tough?' 'Well,' he answered, 'if you had ever taken cub scouts camping you would understand that a fortnight spent with poisonous snakes and killer fish was, by comparison, like a stroll in the park.'

Colin wasn't an environmentalist in the way the word is bandied around nowadays, but he was an enthusiastic bird watcher, and this engendered in him a keen awareness of the environment. In 1972, *A Blueprint for Survival* – a report by some of the UK's leading scientists in which they warned about the threat of global warming – was published, and that year he gave me a copy for my birthday. Other birthday books during my teenage years included *Walden* by Henry David Thoreau, perhaps the first ever environmental manifesto, *Silent Spring*, Rachel Carson's attack on the use of pesticides, and *A Sand County Almanac* by Aldo Leopold, which opens with the words: 'There are some who can live without wild things, and some who cannot.'

I am someone who cannot live without wild things and I suspect that most Honey's customers feel the same way. I find almost everything in the news distresses me at the moment, but I am particularly upset by the damage being done to the environment and the failure by almost every government in the world to take effective action. Experts tell us that reducing, reusing and recycling will only get us so far and I fear they are probably right. But by, say, switching to a green energy provider or refusing unnecessary packaging in a shop we are sending out an important message to politicians and big business.

What else can we do? How else can we turn this negativity into something positive? How, more to the point, can we save the rainforest? One solution is land purchase. In plain English: buy environmentally important land – such as rainforest – and conserve it in perpetuity. Over forty years ago, Colin and I started donating to Nature Conservancy, an American charity that was doing just this. At the time an acre of rainforest in, say, Belize, cost, literally, a few dollars. A few years later we switched our support to the World Land Trust (WLT), a British charity that had been started with the help of David Attenborough. In the end, I spent 20 years as a trustee and council member for WLT before taking a break (I felt I was getting stale) and then joining, more recently, the board of Rainforest Trust, a much larger organisation. Every month, Honey's makes a donation to Rainforest Trust by standing order.

On the face of it, land purchase is a simple enough activity. However, it is a little more complicated than it looks. Some of the things that have to be considered include:

- How valuable is the land? Not just its financial value but its conservation value. What flora and fauna does it support?
- Is the land of strategic value? For example, will it serve as a wildlife corridor between, say, two other conservation areas.
- Who occupies the land? Who depends on it for a livelihood? This may be very different to the legal owners.
- How easy will it be to buy? Rainforest and other environmentally important land is often located in countries with rather complex legal systems, high levels of corruption and somewhat fluid land ownership rules.
- How stable is the country in which it is located? There is no point in buying land in a country where, say, a new government could confiscate it.
- Having purchased the land, how easy will it be to conserve? Trying to stop loggers and poachers from encroaching on several hundred thousand acres located in a wilderness area is no easy matter!

One of the reasons I am so proud to be involved with Rainforest Trust is that we have a fantastic record when it comes to successful land purchase and conservation. To date, we have helped to save 30.1 million acres – roughly the same area as England. A good deal of our success is down to the fact that we aren't interested in being what might be termed 'green imperialists'. Instead of buying land ourselves, we always arrange for it to

be purchased by a local not-for-profit, which takes on the responsibility of looking after it going forward. This has proved an extremely successful strategy. We are also very concerned about whoever lives on or close to the land we have helped to save. It is important to provide alternative food and fuel sources as well as income to those affected. In some cases, we are able to offer employment as, for example, conservation rangers. Some of the activities we generally wish to stop include burning, logging, mining and poaching.

Another reason I am proud to be involved with Rainforest Trust is that it has an extremely low overhead. Indeed, 96% of all money received goes directly to land purchase and other conservation projects. This is possible because the board and donors meet our overheads separately. Many charities spend a third of their income on fundraising and head office staff – not Rainforest Trust. Indeed, we hold Charity Navigator's highest rating (4/4 stars) for our commitment to transparency, accountability and efficiency. Interestingly, Rainforest Trust has attracted a number of major donors who – for certain projects – will match fund. This means that if I donate, say, £100 for a particular purpose, the donor will also give £100 and maybe even £200. So, my £100 becomes worth £300!

Although my voluntary work with various environmental charities has offered me many, many opportunities to visit rainforests all over the world I have always felt that it was better for me to donate the money I would have spent on the air fares and other travel expenses instead. However, in 2012 I had to visit Colombia as part of my day job as a journalist and I made it to the Serranía de Chiribiquete – now the world's largest tropical rainforest national park. Unlike Colin, having never taken cub scouts camping, I found it pretty tough going. But it was worth it! Indeed, camping in the rainforest amongst all those dangerous spiders and snakes made me even more convinced that helping to save the rainforest is one of the most positive things we can all do to make the world a better place.



**RAINFOREST
TRUST**

www.rainforesttrust.org

Honey's supports Rainforest Trust

Our main commitment at Honey's is to canine and farm animal welfare charities. However, we make a regular, monthly donation to Rainforest Trust UK. We leave it to them to decide how best to utilise it.



Why rainforests are so important

Tropical rainforests are one of the most important natural resources left on Earth. They safely store billions of tons of carbon, helping ward off climate change. Tropical forests remain untapped resources for scientific and medical discoveries—a quarter of all medicines are sourced from plants found deep in the rainforests. They are also home to thousands of unique animals that depend on their protection for survival.

Trees and other plants, like all living things, are made up of carbon. But when forests are cleared or burned, much of that carbon ends up in the atmosphere — similar to burning fossil fuels. This carbon changes the planet's climate and contributes to rising temperatures, stronger storms, more severe droughts and rising sea levels. Tropical deforestation accounts for up to 15% of net global carbon emissions each year and is a significant contributor of climate change-causing greenhouse gases. Nearly 70,000 acres of tropical forest are lost every day, but if you prevent deforestation, all that carbon remains safely stored away in the forests. So, by protecting forests, Rainforest Trust prevents deforestation — and by doing so, prevents emissions.

Studies have shown that halting tropical deforestation and allowing for regrowth could mitigate up to 50% of net global carbon emissions through 2050. By protecting rainforest habitat for endangered species, Rainforest Trust prevents carbon emissions and safeguards the planet's resilience to climate change.



Stopping deforestation is not only one of the best ways to counter climate change but also saves thousands of endangered species.



Rainforest Trust has helped to save 30.1 million acres – roughly the same area as England.



The land we save costs anything 50p to £1500 an acre depending on its location.



This is what we want to stop. Every day 70,000 acres of rainforest are lost.



Why the veterinary resistance to raw?

Dr Conor Brady, BSc. PhD. Anim. Behav.

Forgive me for opening this piece with a few details about myself, but I feel it's important to give you a little background. My name is Conor Brady. Dr Conor Brady, in fact. However, I am not a vet. I use the title partly because I am proud to hold a doctorate, which required an incredible amount of work (and some pain!) at college, and partly because I have found that if one wants to be taken seriously as an expert nowadays it is necessary to prove one's credentials.



I am a fairly vocal advocate for the fresh-feeding of pets. Lots of people say 'raw feeding', but I rarely do when speaking to the non-raw-feeding public and never when speaking to the veterinary sector. They find it too frightening. The term 'fresh food' seems to make more sense – fresh food is important, there's not a whole lot of resistance to that concept, at least in the human realm.

My fascination with fresh-feeding began when I was working for Guide Dogs – my first real job upon leaving college. As a dog fanatic, I adored my time in this sector. I mean, 24/7 dog immersion, who doesn't want that?! Paid to hang out with dogs, the dream achieved! I started as a pup supervisor for Irish Guide Dogs in 2006 and ended all-too-suddenly (we'll get to that) three years later with Guide Dogs Perth, Western Australia. Since then, I've been promoting the fresh-feeding of pets full time, beginning as a raw manufacturer back in 2010 and for the last 8 years as a full time, for want of a better word, spokesperson. In essence, I research, write and speak on the twin subjects of canine nutrition and natural health.

Scientific research is at the core of everything I do. I studied science in college and went on to pursue a doctorate studying the effects of nutrition on the behaviour and gut morphology of group living animals (I used deer as my test subject). What interests me is taking a question and answering it in such a way that people can critique my work, keeping the whole thing honest and offering weight to my conclusions. It took me years to simplify my training down to that core principle and it's really only now, with my book *Feeding Dogs: Dry or Raw? The Science Behind the Debate* that I'm beginning to realise what a useful approach this can be.

The book contains pure research. A common misconception is that there is little evidence for feeding dogs biologically-appropriate food but nothing could be further from the truth. Using more than 1200 references over 500 pages (it took me ten years to produce!), it contains four unassailable truths:

1. Studies show dogs are supposed to eat lots of meat.
2. Studies show ultra-processed, carb-based kibble shortens their lives.
3. Studies show the injection of corporate cash and propaganda into the veterinary sector is now leading veterinary professionals badly astray.
4. Studies show feeding fresh, biologically-appropriate food to pets is not only simple and clearly beneficial but very, very safe.

There are a few solid works that indicate raw outperforms dry, carb-based kibble. These include *Raw Proof* (the study funded by Honey's) and a myriad of small, peer-reviewed, head-to-head works that indicate dogs are less inflamed, suffer less atopy, have more robust gut flora and exhibit better digestion and behaviour when fed fresh, biologically appropriate foods. Countless surveys extol the immediate health benefits witnessed by the owners upon making the leap, with a 74% reduction in skin issues and a 94% reduction in gut issues in the first week alone. A large survey of GSD owners revealed raw is protective of canine hip dysplasia and two very large surveys encompassing thousands of pet owners and many thousands of pet years (it enquired over the life of the pet), tell us all we need to know about how safe it is.

On top of this there is plenty of research to show that adding literally any real food item (such as blueberries, leafy greens, carrots, tomato, squash, fish oil and so forth) to a bowl of kibble results in a range of very significant health benefits for your dog. If the food was truly complete, then nothing you add would benefit them, would it?

This is before we consider the 'circumstantial' evidence. Feeding raw meaty bones is not only very safe but cleans their teeth. Kibble (lack of hassle factor) is undoubtedly the reason 80% of dogs have health-destroying gum disease by three years of age. Feeding high protein to dogs, results in better weight loss, better kidney function (in dogs with reduced kidney function, too) and the more carbs you feed sled dogs the more injured they get. High carbohydrate diets are fuelling the canine obesity epidemic, they are the reason two thirds of healthy cats and dogs suffer some form of pancreatitis by middle age and the reason why dogs are ten times more likely to get cancer than humans. Kibble is the reason bloat has exploded in the canine population since the 1970's with one-in-ten deep-chested dogs experiencing this agonising condition in their lifetime, killing one-in-thirty deep chested dogs. They are the reason kidney disease is rife. On and on.

I say none of this lightly. All these statements are backed up with pages of solid science and references. The evidence has been amassed, made public and like all good science, is open for critique. Interestingly, since my book was published no expert has come forward to challenge a single statement I have made.

The facts are all there. Everything you need to convince you that cereal-based kibble is a terrible scourge on the health of dogs. But the majority of vets either won't read the information or refuse to believe it.

It is said that corporations use science like drunk men use lamp posts, for support rather than illumination. The big dog food companies use the flimsiest of 'scientific' approaches coupled with heavy lobbying of our regulators to get their products onto the market. Once there we, the cash-poor public, must provide copious amounts of evidence to prove it's killing us or, in this instance, our dogs. Such science takes hundreds of scientists many years and millions of dollars. Who's going to pay for that?



"It says here researchers have found we're not as smart as some people believe."

Sadly, actual debate is rarely on the table. Only arguments. The difference between the two is that a debate seeks to find out *what* is right. An argument is about *who* is right. Anyone that ever spent a second on Facebook engaging with someone of a different stance to their own will know what I'm talking about.



"Psst! Wanna buy some people food?"

If I am asked for proof of raw today by someone I deem confrontational I say: 'No problem! But the deal is we go one for one, toe to toe. I show you mine, you show me yours. I'll start...' and I normally set off with the work by University of Helsinki that compared the inflammatory markers (homocysteine) in a group of dry fed dogs to a group of raw fed dogs. They found at rest the raw fed dogs had nearly TEN TIMES less homocysteine than dry fed dogs. Very interesting! Better still, when they changed the raw-fed dogs to dry their levels increased five-fold. Better again, when they changed the dry-fed dogs to raw, their levels dropped by five! Was it the high carbohydrates, strange proteins, poor quality fats, nasty chemicals, decimation of gut flora, who knows, but it's a very interesting finding and one that Helsinki pursued with two more studies showing that raw-fed dogs suffer not only less atopy but have less gene-expression of histamine in their skin. I keep those two works in my back pocket though, should my opponent counter. But they never do as they do not have the evidence they need to engage.



"I THINK HE'S HAD IT WITH DRY DOG FOOD."

Of course, that's just the human cost, over the last few decades dry food has killed TENS OF THOUSANDS of dogs and cats over multiple instances including incorrect chemical inclusions, hypervitaminosis, mycotoxins, melamine and DCM.

So, why this veterinary resistance to raw? I believe the Brisbane Guide Dogs (BGD) story, the chance encounter that ended my Guide Dogs career, tells us everything we need to know about the resistance to raw.

When I joined, Chris Laine, its CEO, had recently changed BGD's dry-fed working dogs – of which there were 200 – to raw food. The difference had become immediately apparent – an 82% decline in veterinary bills. That's correct – 82% (I have seen the data, although it remains unpublished). Moreover Chris had secured free food for her entire dog population by lending the Guide Dogs Brisbane badge to a raw food they had white-labelled, called Leading Raw. A win/win situation.

What happened next? My attempts to get the part of Guide Dogs I worked for to make the same switch were blocked. Chris was replaced with a new CEO and the dogs were moved back to Mars Advance pet food, in line with the rest of the guide dog schools in Australia. Leading Raw lasted five short years. What happened? When I asked Chris in 2020, and she replied: 'I believe my contract wasn't renewed because I would not conform and sign the Mars contract with the other (Australian) states... I was already getting free raw food for the dogs (in my charge), so I saw no benefit to the contract with Mars... only an unhealthy down side.'



Why are the majority of vets so resistant to feeding pets fresh food? It is certainly not based on evidence or facts. In my opinion, it is based in money, and no amount of scientific reasoning can influence that. Only the market can. You. Corporate resistance shrinks in line with decreasing profits. When they feel the pinch, and they are, they will be forced to adapt. It's already happening. Only then will the information regurgitated by our veterinary community change. They may resist but they aren't the resistance. We are.

Dr. Conor Brady on Dr. Conor Brady

After college, I spent five years in Guide Dogs as a pup supervisor and guide dog trainer. It was while I was working in Guide Dogs in Australia that the true powers of raw feeding came to light. That was 14 years ago. The time since bar a couple of years as a producer myself, I have spent as a full-time writer, speaker and dedicated advocate for natural canine food and health, much of which you can find at my website www.dogsfirst.ie. As a dog lover and keen researcher, the subject fascinates and consumes me, providing me with near bottomless rabbit holes that demand exploration. I live with my wife and daughter in Wicklow, Ireland and am proud father to a slightly odd blue roan cocker called Dudley. What he lacks in brains and finesse he makes up with single-minded determination, though that statement is equally true for both of us.

Keep up-to-date with Dr. Conor Brady's invaluable work at: www.dogsfirst.ie

Jewellery for dog lovers

Janet Kipling chooses some of her favourite dog-themed jewellery

It was, frankly, a struggle getting Betty to co-operate. I wanted to commission a necklace with her paw print, but she was against the project as it meant having her feet touched, something she isn't keen on. Eventually (treats came into it) she was persuaded to let me make an impression of her pads on the special ink paper the jeweller had supplied, and a few weeks later back came what is now my favourite piece of jewellery. I love having this little bit of her with me wherever I go. And I'm not alone. Our beloved four-legged companions have inspired jewellers for thousands of years. The ancient Romans, Greeks and Egyptians marked and celebrated special canine relationships with rings, necklaces, broches and even earrings. A practice that continues today. Indeed, if you are looking for a piece of jewellery that captures the loyalty and character of your beloved companion you won't be stuck for choice. Here are just some of our favourites.



Ceramic dog pendants £22 – £24

Joanna Creek makes these miniature works of art by hand. Lots of breeds available. www.white-tree.co.uk



Whippet cufflinks £45

Sterling silver cufflinks for the French cuff wearing whippet lover. www.sweetrosie.co.uk



Walks under night sky necklace £80

From a series of poignant and romantic dog themed pieces by Charlotte Lowe. www.charlottelowe.co.uk



Pug necklace £28.80

Love pugs? You will love this necklace from 'Poppy Kitten Designs' on www.etsy.com



Beaded Cavalier earrings £6

Adorable dog-themed earrings made with tiny glass beads. 'TuxedoKittyHandmade' on www.etsy.com



Labrador bangle £169 - £189

One of hundreds of designs (from Akitas to Yorkies) by Simon Kemp in silver and gold. www.simonkempjewellers.com



Snoopy heart balloon brooch £75

The world's most famous beagle, Snoopy, clutching a heart-shaped balloon. www.tattydevine.com



Paw prints in silver or gold

Hold upon Heart's range of personalised paw print jewellery in silver and gold can be designed to include more than one of your dogs. Opt for the charm bracelet and you have room for 20 dogs! www.holduponheart.co.uk



German Shepherd pendant £56

From a wide range of stunning dog themed pieces made from gold, silver and enamel. www.cotswoldjewellery.co.uk



Poodle charm necklace £28

Delicate, sterling silver charm that will bring joy to any poodle lover. www.francescarossidesigns.co.uk



Jack Russell cufflinks £94.45

From a range inspired by rescue dogs. Geraldine Murphy is an ethical jeweller. www.saba.ie



Border terrier lapel pin £150

Douglas Craig sculpted this from his girlfriend's dog Rowdie. 'CormallenJewellery' on www.etsy.com



Spaniel charm necklace £29

Spaniels, Scotties and Sausage Dogs inspire this talented jeweller. www.hurleyburley.com



Dogs Versus Cats Bracelet £197.39

Sterling Silver and Enamel Reversible Bracelet with Dog and Cat Drawings. Mark Poulin Jewelry from California: 'Marmar' on www.etsy.com



Your dog in silver £300

Send Rosalind Delunyd (a sustainable jeweller) photos of your dog and she will create a unique, miniature silver sculpture that can be worn as a pendant. www.rosalindelunyd.com



Nose print pendant £55

Turn your beloved dog's nose into a unique piece of wearable art! Sterling silver. Easy to follow instructions supplied. www.beachhutcharm.co.uk



Novelty Boxer Ring £11.65

From a range of adorable miniature dog rings by 'YaBeezer' on www.etsy.com



German Shepherd Engagement Ring from £300

How cool is this? An engagement ring with a tiny dog lying next to the diamond. 'ShineSwapCustomRings' on www.etsy.com



Angelic Welsh Terrier – around £100

Esquivel & Fees of Houston, Texas offer over 9000 different dog charms not to mention a huge range of other canine-themed pieces! <https://efsterling.com>



Welsh Corgi Stud Earrings £14.29

From a range of cute dog face stud earrings by 'StatementUK' on www.etsy.com



Chihuahua Personalised Necklace £79

A tiny silver dog (lots of breeds available) together with a miniature, personalised dog tag. Divine! www.scarlettjewellery.com



Dog and bone earrings £12.50

Teensy silver studs of a puppy and a bone (mismatched earrings are fashionable now). www.willowmoon.co.uk

Nose print ring £85

Prefer a nose print ring? Laura Maytum creates permanent keepsakes of noses and paws. www.silverbirdkeepsakes.co.uk



Glass Black Labrador brooch £28.50

Glassblowers, Neil and James (his son) Harris specialise in making one-off dog brooches, sculptures and other pieces in their Stourbridge studio. 'NHarrisandSon' on www.etsy.com



Antique canine jewellery

I had hoped to feature some antique pieces, but they kept being sold. If you are interested in antique jewellery try some of the following websites: www.etsy.com www.rubylane.com www.ebay.com www.sellingantiques.co.uk and www.1stdibs.com



Flower essences

Tim Couzens MRCVS

Tim qualified as a vet in 1980 and as a homeopathic vet in 1991. He is the practice principal at the Holistic Veterinary Medicine Centre in Lewes, Sussex
www.hvmc.info

What are flower essences?

Flower essences are liquid preparations made from flowers by capturing their energetic imprint and are used to treat behavioral problems and any physical illness associated with or caused by behavioral issues. The way that they work and are prescribed is similar to the way in which homeopathic remedies are used, matching the remedy to the symptoms and allowing the body to heal itself. There are many ranges of flower essences available including the Bach range which comprises 38 remedies (the most famous of which is Rescue Remedy) and the Range of Australian Bush Essences produced by naturopath Ian White.



How are flower essences produced?

The flowers used to make the **Bach Flower Remedies** and the **Australian Bush Essences** are gathered from areas where they can be found growing wild as cultivated varieties lose their powers of healing rapidly. The flowers are picked very carefully when there is a cloudless, sunny sky and at full maturity when the essential energies are concentrated, just before the flowers start to drop. The time between picking the flowers and preparation of the remedies is kept to a minimum so virtually no energy is lost. The whole

process is harmonious, a form of natural alchemy, involving the elements: Earth, Air, Sun (or Fire) and finally Water which serves as the transfer vehicle. Having gathered the flowers, they are then allowed to float on water, transferring their energy to the liquid. The resulting remedy is then used to produce stock solutions for medication by adding a few drops to brandy which also acts as a preservative. The normal dilution is 1:240, water to brandy. The resulting stock bottles will keep indefinitely and are further diluted to make up treatment bottles.



How do they work?

No one really knows for certain, but healing energy is involved in as much the same way as in homeopathy with each flower having a unique vibrational imprint. With illness, stress or psychological disturbance the energetic balance of the body becomes distorted and out of harmony and this can have a negative effect on the whole animal. By carefully selecting the correct flower remedies, then it is possible to correct the distortion in the body's balance and return the animal to a state of health mentally and physically.

What to expect from a consultation

The flower remedy practitioner will take a detailed case history from the owner covering all aspects of the animals physical and mental health including looking at past events. This will be followed by a physical examination and combined with any case notes from the referring vet. From this information the practitioner will come up with a flower remedy treatment plan which will normally involve combining up to five individual flower remedies together. A treatment bottle will be prepared with the owner dosing the animal by mouth or in a small amount of drinking water twice daily. If the correct remedies have been prescribed a response is normally seen within one week, however complete resolution of a problem may take several months of treatment.

THE FLOWER ESSENCES



The Bach Flower Remedies

Dr Edward Bach MB, BS, MRCS, LRCP, DPH. was born in 1886 in Moseley near Birmingham. As a medical student he initially trained at Birmingham University, later completing his training at University College, London. He qualified in 1913. Over the following years he gained membership of the Royal College of Surgeons, became a Licentiate of the Royal College of Physicians and gained both a Bachelorship of Medicine and Surgery as well as a diploma in Health. In 1919 he was appointed to The Royal London Homoeopathic Hospital in Great Ormond Street as pathologist and bacteriologist.

However, he also had a great love of nature and his clever intuition soon led him to recognise the healing power in the plants that surrounded him. In fact, by merely laying a petal on his hand or on his tongue he could feel the vibrating healing energy within the plant, the energy that could be put to use in helping treat states of mind and their physical consequences. From this observation and many more Edward Bach developed the set of 38 Flower Remedies named after him. They are among the best known and most widely available. The most famous is a combination called **Rescue Remedy** which is used to help with acute fear, anxiety and distress. Originally devised to help with psychological problems in people, his range of flower remedies work equally well in all domestic animals. They can be used singly or in combination.

Case history – Cobby, the fearful, indecisive 6 year old Irish cob



Cobby had been rehomed to his current owner in May 2019. At first, he behaved impeccably and responded well to commands, enjoyed his lessons in the sand school, hacks out in the countryside, did not spook at anything and got on well with the other horses in the stables. Then in June 2020 his behaviour changed suddenly. He started to throw his rider

off, started bucking in the sand school, refused to come out of his stable and avoided other horses. His conventional vet scoped him for stomach ulcers but found nothing and having checked his mouth, back and saddle no tangible diagnosis was made and subsequently he was referred to my surgery.

An in-depth consultation revealed a number of behavioral issues; lack of confidence (trailing behind on a ride with other horses, inability to do anything alone, strong desire for company), panic attacks (the cause of the bucking), general fear (observed to be hiding in the back of his stable, becoming reclusive) and the inability to make decisions and to cope with changes in his routine.

He was prescribed the following combination of Back Flower Remedies:

- Aspen (for fear of unknown things)
- Cerato (to help his trust his decisions, to help him make the right choice)
- Larch (for general lack of confidence)
- Rock Rose (for terror and fright, to stop the panic attacks)
- Scleranthus (for being indecisive, to aid the ability to make the right choice)

1ml of each remedy was added to 90ml of filtered water containing 5ml brandy. Cobby was given 1ml directly into his mouth twice daily. Over a period of six weeks he gradually improved and following a total of three months treatment, his behaviour returned completely back to normal.

Contact information: Bach Flower Remedies

The Bach Centre: www.bachcentre.com/en
Suppliers: Available online, multiple sources

The Australian Bush Essences

The Australian range of essences were developed from flowers growing wild in the Bush and have been created by Australian naturopath Ian White. Ian grew up in the Bush region North West of Sydney. Through time spent with his herbalist grandmother, he developed a great respect for the natural flora of this unique area and was astounded by its natural, inherent beauty. Ian was led to certain flowers in the Bush, gradually gaining an understanding of the healing properties of each flower and learning what specific problems each could help with. Today the list of Australian flower essences stands at over 65 with other being developed. They can be used singly or in a combination containing up to five different remedies.

Case history – Arthur the depressed poodle

Arthur was an elderly apricot coloured standard poodle. He had been blind for some time because of dense cataracts in both eyes but had always managed quite well and seemed happy with life in general. In the few weeks prior to his consultation he had become quite miserable and lacked his usual enthusiasm and in the owner's words "appeared depressed". He had been seen by his regular vet who could not find anything amiss even after extensive blood tests. Arthur's owner felt that the problem was therefore genuinely psychological and that he was suffering from depression although she could not pinpoint a reason for this. She felt that an alternative approach might help and was interested in looking at using some flower remedies. It was felt that a number of Australian Bush essences would be useful and he was prescribed:

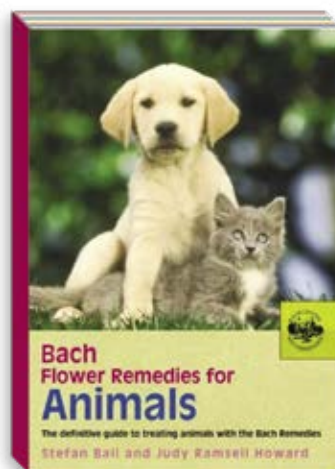
- Banksia Robur (for being disheartened and frustrated)
- Five Corners (for low self-esteem)
- Kapok Bush (for apathy)
- Silver Princess (for despondency and lack of direction)
- Pink Flannel Flower (for life being dull and flat)

7 drops of each were added to a 30ml bottle of still mineral water containing a little brandy. He was given 7 drops twice daily. After a week, his owner rang to say that the effect of the remedies was almost immediate and that he was back to his usual self.

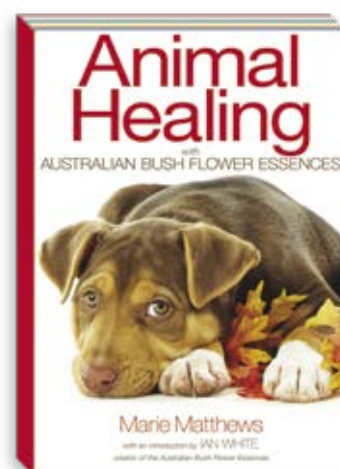
Contact information: Australian Bush Essences

www.ausflowers.co.uk
Suppliers: Universal Essences - www.universalessences.com

Further reading



Bach Flower Remedies for Animals: The Definitive Guide to Treating Animals with the Bach Remedies
Judy Howard and Stefan Ball
Penguin/Random House, 2005



Animal Healing with Australian Bush Flower Essences
Marie Matthews
Bush Biotherapies Pty Ltd, 2007



"I'm looking for an arrangement that says, 'Sorry about the sofa.'"

The Hartsdale Pet Cemetery

By Mary Thurston

Greetings from across the pond! As the historian for the oldest animal burial ground in America, I am delighted to share the story of Hartsdale Pet Cemetery, where I help care for one of the finest collections of monumental tributes to animals anywhere in the world.

The cemetery came into existence because it was against the law to bury animals in the city. In 1896, Emily Berthet, a wealthy New Yorker, decided to set aside part of her country estate in the Hudson Valley for the purpose and went into partnership with Dr. Samuel Johnson, a veterinary surgeon who operated the first full-service animal hospital in New York City. Together they selected a secluded corner of the property in a stand of apple trees. Within five years the little patch had filled to capacity, prompting the conversion of more acreage to accommodate the ongoing demand.

By 1914, the 'canine' cemetery held more than a thousand burials, including not just dogs but cats, birds, monkeys, and even a former circus lion who lived with a Russian princess at the Plaza Hotel. By 1924, with fresh burials blanketing the entire hillside, Hartsdale had transitioned to a stand-alone institution featuring manicured lawns, hedges, ornamental bay trees and a grand promenade from Central Park Avenue to the summit, making it the pride of Westchester County.

Early on Hartsdale Pet Cemetery boasted an array of stone monuments as ornate as any found in burial grounds for people. Photographs of animals embossed on fine porcelain, and detailed figural works in marble and bronze adorn many of the historic grave markers while others bare epitaphs testifying to the profound sense of connection between people and their pets. 'Born a dog, Died a Gentleman,' 'Until We Meet Again,' and perhaps the most heart-wrenching, 'My One and Only Friend Lies Here', are just a few examples commemorating feelings of devotion that endure long after a pet passes on.

Sizes for monuments vary as well. Our smallest, a 1930s six-inch grave marker for a little dog named 'Baby Doll', is just a hop and a skip from a fifty-five-ton mausoleum for two spaniels named 'Sally' and 'Toodles'. Believed to be the largest above-ground structure ever designed for pet interment, this garage-sized, granite structure was finished in 1924 at a cost of \$385,000 in today's money. Legend has it that the plot-holder, a wealthy widow from nearby Mount Vernon, came by limousine every morning to supervise the workers and to inspect every trowel of mortar going into its construction. 'My Dear Little True-Love Hearts Who Would Lick the Hand that had No Food to Offer', reads its inscription in bittersweet acknowledgement of the unconditional love animals bestow on us regardless of our social station.

On the cemetery's summit you will find our beloved War Dog Memorial that was erected after the Great War in recognition of the Red Cross dogs who, with great courage and selflessness, risked their lives to locate wounded soldiers on the battlefields. Unlike its allies in that conflict, the United States did not send trained dogs to the front with their soldiers, a tactical decision many later regretted when learning of the life-saving heroics of canines attached to other armies. News of these 'war dogs' was widely covered

back in the States, so when the cemetery proposed to its plot-holders in 1919 the idea of a memorial tribute, it was embraced with enthusiasm. Barring pandemics, every year the cemetery hosts a special public event in the shadow of the Red Cross Dog to remember all the animals who serve humanity in times of war and uncertainty.



125 years and some 80,000 burials later, Hartsdale is now oldest continuously operated pet cemetery in the world. Here you will find 7,000 monuments, both old and new, along a network of winding footpaths amid stands of majestic maples, oaks, dogwoods and blooming cherry trees. And history continues to be made by this place. In 2013, the cemetery was added to the U.S. Department of the Interior's National Register of Historic Places, making it the only animal burial ground to be so recognized as a place of profound cultural significance. More recently, Hartsdale became the catalyst for the passage of the first state legislation in America to permit the interment of human cremated remains in pet cemeteries, and

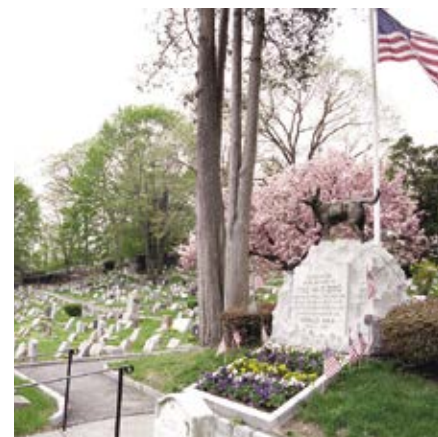
the International Association of Pet Cemeteries and Crematories still cites the impeccable business and gravesite practices first implemented by Dr. Johnson as the gold standard for a pet aftercare industry that today counts more than 800 animal burial grounds worldwide.

Please do come and visit us and let the headstones tell you their stories of love, loss, and remembrance, which despite time's passage, speak with perfect eloquence of the immortal bond between man and animal.

Only a dog but such love he gave
Cannot have perished in the grave
So constant and faithful and true a heart
Must in eternity have some part
And I sometimes fancy when
I've crossed life's sea
I'll find him waiting to welcome me.

Epitaph for 'Rags' a Pomeranian born in London who died in New York.

Cultural anthropologist and former museum curator Mary Thurston published her first book, *The Lost History of the Canine Race*, in 1996. To learn more about Hartsdale visit www.petcem.com.



Honey's Dogs

One of the best parts of being, as it were, in dog food, is that one has an excuse to look at dog photos and count it as work. We can't see enough dog photos! We oooh and ahhh and pass them around amongst ourselves. Over the next four pages are just a sample of dogs we have been admiring since the last issue of *The Alternative Dog*. If you send your photos to Jonathan, he makes a note to include some free treats in with your next order. If he forgets then please remind him! jonathan@honeysrealdogfood.com. Finally, many of the pictures that follow are of new Honey's customers. A very warm welcome to you and your human companions and thank you for choosing Honey's.



Barley Maitland



Bertie McDowell



Cooper Ilic



Basil and Bruno Fitzgerald



Blue Eymael



Crackle Pawley



Bella White



Bronte Cormack



Dougal & Rosie Brittain



Bruce Lee



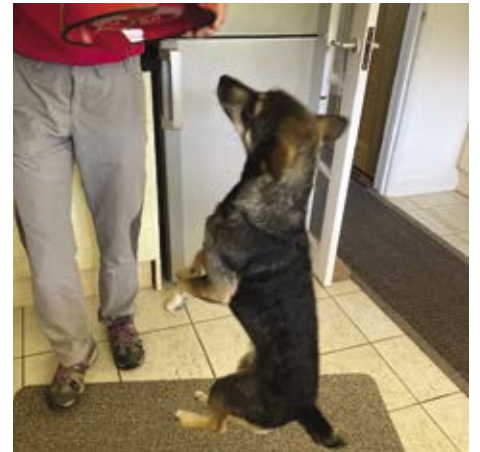
Eric Warren



Enzo Whitehouse



Holly Raper



Jaunty Parker



Frank Tu



Hunter Daher



Jess Kerr



Hank Hewison



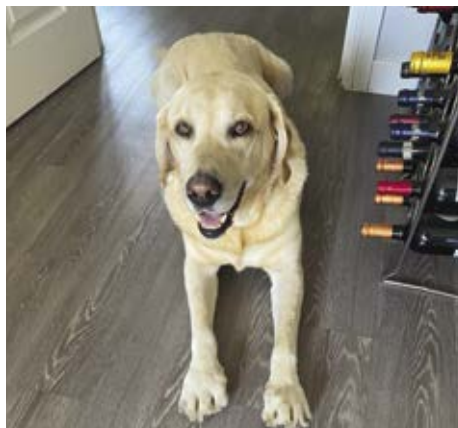
Izzy Grezo



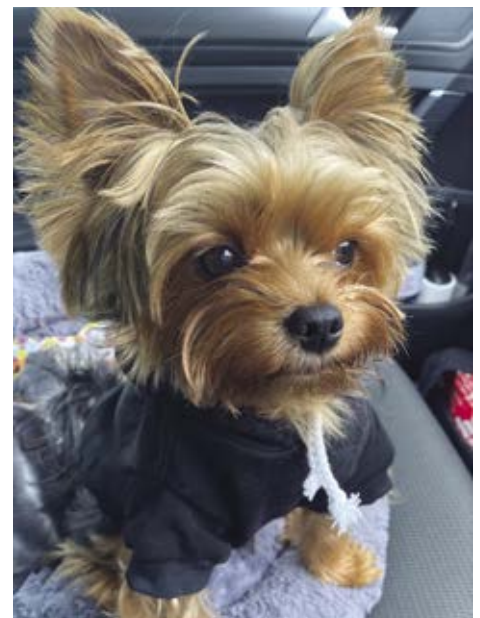
Jura and Millie Morley



Coco Jepson



Jack Squires



Kado Yee Loy



Lottie Hambleton



Missy Astor



Molly Morrissey



Luna Purser



Mojo Steenson



Monty Crane



Magic Maitland



Milo Howe



Murphy Stewart



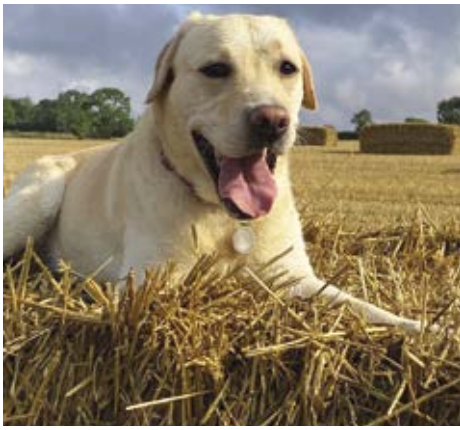
The Smith Family



Newton, Scrumpy and Bobbin Davis



Nudli Fuller



Norah Boulger



Rupert Baggs



Sulla Sorelli



Truffle, Molly and George Fenby



Spud Yates



Sunny Donogue



Tulip Thompson



Winnie and Twinkle Hale



Sunny Schoenlieb



Willoughby Bingham

Honey's cat feeding tips

As most cat lovers will know, our feline friends can be very particular about their food. Put it this way: dogs eat and cats dine! Some cats are delighted to make the switch to raw food, but there are many who are dubious about any sort of dietary change. One of the reasons why some cats have trouble is that they have been eating a predominantly carbohydrate diet (this may not be apparent on the label) and have become addicted to the blood glucose 'high' this gives. They may also be addicted to the flavourings in manufactured cat food. For older and re-homed cats there may be a certain security in eating the same thing every day, too. In addition, cats are 'neophobic' which means that they can be suspicious of new things or change. In the wild they usually live solitary lives other than when breeding/mating and rely on the food they catch themselves (unlike dogs who live as a pack and hunt as a pack). So, if a cat eats something that might make it ill it has no pack to fall back on for support and must just hide away until it recovers. As such it has evolved to be very wary of anything unfamiliar. Very sensible, indeed, for a cat residing in the wild, but it does mean that persuading a domesticated cat to eat a new food requires some patience.



You may be lucky enough to make the transition over to raw food straight away or it may take several months. It is worth persevering. A natural, unprocessed diet without artificial ingredients will make your cat healthier and happier. The important thing to remember is not to starve your cat should they decide that they aren't sure of their new Honey's menu. Cats, unlike dogs, are unlikely to give in and eat a food they are not sure of no matter how hungry they get. It can be bad for their health to go too long without eating. Should your cat decide that they really don't like their raw food it could be worth giving them a little break and trying again at a later date.



"What the hell was I supposed to do? I've been declared!"

Seven steps to a raw fed cat

1. If your cat currently only eats kibble (dry biscuit) you will ideally need to make the switch to a tinned/pouched food first so that they are used to eating a 'wet' food before introducing raw – do this gradually, slowly reducing the biscuit and increasing the wet food (chunked wet food is better than mousse/pate). It is best if your cat is used to having specific meal times rather than having food down all the time to graze from so it may take a little while before they are used to this new feeding routine. In the wild cats don't have food down all the time!

2. Don't leave any food out between meals. If your cat doesn't eat the food within a few minutes put it back in the fridge in an airtight container. If it looks a little grey after being in the fridge mix it up with a spoon. Leaving wet food or raw food out for longer than 10-15 minutes can attract unwanted pests like flies, especially in the summer and the food will quickly become stale (cats like food that is as fresh as possible).

3. Try gently warming the food (some cats don't like it cold – when cats hunt their prey is usually eaten at body temperature). You can warm the food up by mixing a couple of teaspoons of boiling water into it or standing a bowl with raw food in, in hot water and stirring it around. Never be tempted to put complete raw food in the microwave, oven or on the hob as this risks cooking the minced bone, making it indigestible.

4. Try mixing it with the existing food. Use a very little raw food (no more than a teaspoonful) to begin with and very gradually alter the proportions. This 'weaning' on to raw food can take a month or more. There is no hurry, go with the pace of your cat. (It's fine to slightly defrost the packs of Honey's in order to chop them up into smaller portion sizes and then re-freeze and lift as necessary out of the freezer - helps reduce waste.)

5. If your cat still isn't sure of their new food at this point you may need to take a slower approach (remember that cats are neophobic so don't always take well to new things). You can take things more slowly by putting a small amount of raw food on a separate bowl near your cat's feeding station at meal times, and as time goes by move this bowl closer and closer. Once your cat is happy with this stage (which may take several days) you can try putting some raw food on the same bowl that your cat eats their current food on. This allows the cat time to get used to the sight and different smell of the new food before mixing it with their meals.

6. Other things you could add to encourage eating include tinned or fresh fish, prawns, or a little scrambled egg. Test different recipes. Some prefer poultry, some love red meat, some cats like variety. Although important in the long term for your cat to have a variety of at least 4 different meats to provide good nutritional balance; in the short term if they only eat one or 2 meats or all poultry etc., this will be fine. Cats will drink less water once they are on a raw food diet because there's more water in the actual food.

7. Feeding amounts: Adult Cat Active 3-6kg – 4% bodyweight. Adult Cat inactive 3-6 kg – 3% bodyweight. Kittens need 5 to 10 % – feed little and often and be guided by the kitten, as they will have growth spurts throughout the growth period.



We offer a Cat Taster Box which includes 3kg of meat in a variety of recipes and is a good way to start introducing raw food to your cat. We are always very happy to help so, should you have any questions or would like to discuss making the transition over to a raw diet with your cat in more detail, please do get in touch.

An alternative history of cat food

Kathleen Walker-Meikle



Given that cats are so independent, it isn't surprising that they took their time deciding whether or not they would live with humans. In 2017 a study was published in *Nature Ecology & Evolution* that examined the spread of domesticated cats. Its authors analysed the DNA of over 200 cats living between 7000BC and today. They discovered that cat genes barely altered in all this time, with one exception: they developed the distinctive stripes and dots of the tabby cat. The cats in the research came, by the way, from all over the world. There were

Romanian cat remains, Egyptian cat mummies, and modern African wildcat specimens. Two major cat lineages contributed to the domestic feline we know today. They appear to have started out in southwest Asia and to have moved to Europe in around 5000BC – settling in with early farming communities in the Fertile Crescent about 8,000 years ago. The crops drew mice and other rodents and the mice and rodents drew wildcats! The farmers must have seen the value of having the cats around and probably started feeding them scraps. This surely led to a closer human/feline relationship being established.



A copy of wall painting found on The Tomb of Nakht showing a cat eating fish under a chair where a woman sits.

Cats seem to have made it clear from the beginning that there were certain foods and treats that they preferred. The Egyptians were probably the first to start feeding them fish. (As an aside, of the extant wildcats, the so-called fishing cat *Prionailurus viverrinus* and the flat-headed cat, *Prionailurus planiceps*, are experienced fishers). One has to remember that the domestic cat's ancestors were desert dwellers with little opportunity to dine on fish. Cats won't hesitate to help themselves to (unkind people might use the word steal) food from other animals, including humans. As one commentator said: 'If small wildcats and their domestic cousins develop a taste for seafood, they could obtain it through thievery. No wetting of paws is necessary.'

There are many stories involving cats and food. Take, for example, the early Irish sea-faring Saint Brendan who spent time with a large and aggressive cat. The cat's giant size was, according to legend, due to eating so much of the local salmon. One of the monks who had brought it to the island as a small kitten cheerfully assured St Brendan that 'Jesus Christ, our Lord, has never allowed it to harm us.'

If there's one thing that seems constant through history is that pet cats were inclined to prey on other pets at mealtimes. John Skelton's (1460-1529) elegy 'The Book of Phillip Sparrow' is centred on the death of a pet sparrow called Phillip who belonged to a Jane Scrope, from the Benedictine nunnery of Carrow, 'Whom Gyb our cat hath slayne'. In 1747 Horace Walpole's cat Selima tragically fell into a large Chinese vase which contained the newly fashionable family pet goldfish. His friend Thomas Grey quickly consoled him by penning *Ode on the Death of a Favourite Cat Drowned in a Tub of Goldfishes*.



Of course, some treasured cats might demand rather special fare. An entry in the late thirteenth-century accounts for a manor at Cuxham in Oxfordshire record the purchase of cheese for a cat. Georgian scholar and author Samuel Johnson, best known for his 1755 *A Dictionary of the English Language*, was greatly devoted to his cat Hodge. His friend and biographer, James Boswell, noted that 'I never shall forget the indulgence with which he treated Hodge, his cat: 'For whom he himself used to go out and buy oysters, lest the servants having that trouble should take a dislike to the poor creature.' There is a modern statue of Hodge, in Gough Square by Samuel Johnson's house, in which the feline, sculptured in bronze, sits proudly on a copy of his *Dictionary*, next to a shucked oyster.



Demanding leftovers has been a prerogative of cats through the centuries. Captain Matthew Flinders' cat accompanied him on travels around Australia in the early nineteenth-century. Trim's speciality was to sit on the table of the officer's wardroom at dinner, demanding a tribute from each person. If any officer declined, Trim would pounce on their fork and take the food himself.

Commercial cat food made its appearance in the late nineteenth century, when companies such as Spratt's, which manufactured dog biscuits in huge quantities, attempted to persuade cat owners to buy ready-made food, rather than giving their cats meals made up from leftovers, purchases from fishmongers or the itinerant 'cat-butcher', who sold meat that was deemed not suitable for human consumption. Canned cat food made its appearance in the 1930s, but really got off the ground in the 1950s when Purina applied the extrusion process when developing its canned cat food Cat Chow.

What do cats like to drink? Some are perfectly happy with water, but many love milk and cream. Raymond Chandler, when he was wasn't writing hard-boiled detective novels, was catering to the needs of the 'tyrannical' Taki, his beloved black Persian. Chandler described Taki's evening routine to a friend: 'She gets warm milk about eight o'clock at night and starts yelling for it about 7:30. She gets it, she drinks a little, goes off and sits under a chair, then comes and yells all over again for someone to stand beside her while she has another go at the milk.' Taki was clearly in charge!

Our super Supervet experience



Jackie Bromwich, a much-valued member of the Honey's Health Team, describes how she and her border collie, Kyte, became television stars!

Kyte is a beautiful, sable and white border collie, who was born in early 2017. He was such a lovely puppy – so calm and easy to train, and I had high hopes for him in an agility career when he was older. I worked very hard on his foundation training, and you can imagine then how gutted I was when he accidentally ran into a gate, injuring his shoulder.

We saw our lovely vet straight away who suggested rest and pain medication, but despite this, he continued intermittently lame, and it was decided that we needed advanced imaging to find out what was going on.



We were referred to Noel Fitzpatrick, the Supervet as he has become known. It was not the first time I had met him as another of my dogs was referred to him previously. Indeed, when Kyte was a very small puppy he had actually met him.

My worry was that Kyte had osteochondritis dissecans, or OCD, a developmental issue that is common in border collies where abnormal growth

of the cartilage can result in a flap of cartilage becoming separated from the remaining cartilage surface, causing pain, lameness and eventual arthritis in the joint.

Prior to our appointment, I was contacted by the producer of the Supervet television programme, as they wanted an agility storyline, and felt that Kyte might be just what they were looking for. After I had given them a bit of background, they invited me to take part. I agreed, with some apprehension, as I wasn't really very keen to appear on mainstream TV, and my main concern was Kyte.

We went to see Noel, and our appointment was filmed, along with interviews with me both before and after the consultation. They also filmed my van arriving and departing, and the other dogs who travelled with me. The producer also wanted to involve one of the other dogs, Fern, in the story, as she had previously been given two total hip replacements by Noel and went on to make history by becoming the first dog in agility to reach Grade 7, the top level, despite 2 hip replacements! So, Fern was filmed as well, and also filmed performing a great 'high five' with Noel, a clip which was subsequently used on the introduction to each programme in the series for quite a long time.



With the help of CT scans and x-rays the diagnosis for Kyte was confirmed. It was OCD and we discussed the way forward for him. Noel proposed surgery to remove the cartilage flap, but also some groundbreaking stem cell treatment to help new cartilage to form and reduce the chance of early onset arthritis in the joint. We decided to go ahead and Kyte was hospitalised during the surgery and for several days afterwards, as he needed a special sling, to prevent him from using the leg at all in the first few days. He came home, a little subdued, and started a long 12 weeks of crate rest together with restricted exercise and intensive physiotherapy.



We were filmed at each follow up appointment and interviewed each time. It made me realise just how much footage is taken to get a relatively short section of the programme! Kyte made excellent progress and we eventually had our last appointment. Noel gave Kyte the go ahead to return to full exercise and then to gradually start training again.

A few weeks after the sign off, the TV crew came to film at home. This was probably the most stressful part, and my house has never been so clean before or

since! Afterwards, we visited a friend's agility training paddock, and they filmed Kyte doing some of his training, as well as 'bionic' Fern showing off her fantastic agility skills.



The final programme was aired in Spring 2018, and we were in the same episode as Mark Owen from Take That, although we never met him. It was great fun, albeit slightly nerve wracking. Although we enjoyed the experience, I wish it hadn't been necessary to be there at all. However, Kyte has subsequently made a good recovery and is now enjoying a fantastic agility career.



Four great Honey's-fuelled businesses

A doggie daycare centre whose clients keep writing to tell us how wonderful it is, two extremely talented artists and a very dog-friendly holiday cottage in Norfolk... in this issue we interview four Honey's customers running dog-related businesses. We would like to feature more! If you are involved with a dog-related venture and would like us to include it in a future issue please email our editor and general dog's body: jonathan@honeysrealdogfood.com

Edita Malowney of Hairy Hounds in Hackney

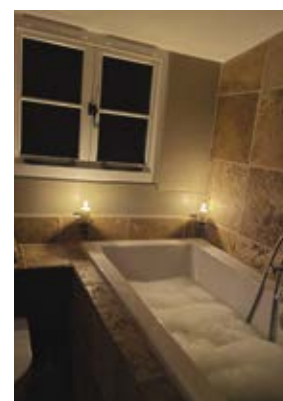
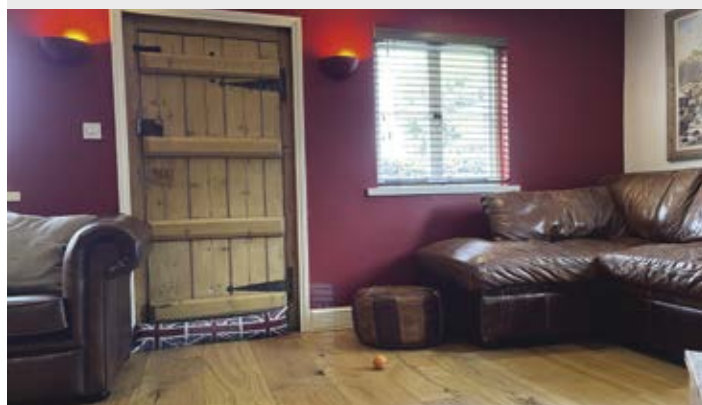
I was born in the Czech Republic and started training dogs when I was just eleven years old. My father had been a dog handler in the army, and he fostered and re-homed injured street dogs. When I came to live in London I started to offer one to-one-obedience training and noticed that many of my canine clients were picking up bad habits and behaviour issues at their daycare centres. So, seven years ago, I launched Hairy Hounds in Hackney or HHH. My idea was to create a 'training' daycare centre. Our overall goal is to create happier, healthy dogs that have a deeper relationship with their owners and other dogs. At HHH we provide doggie daycare and one-to-one training on site. We also train in private homes (no need to be a daycare client) and we run a non-profit Big Dog Training Club, which offers affordable training in a relaxed and sociable setting for our local community. We spend a lot of time with the dogs in our care and we make sure that the experience is not just positive but enriching. One of the things we don't allow is 'rough play', which can be linked to behaviour issues. Also, we limit ourselves to just 25 dogs at any one time. Unlike many inner city daycare centres we have a fantastic outdoor space and this is obviously much better for the dogs. By the way, we subscribe to reward-based, positive training techniques rooted in scientific research. If you are looking for someone to care for your dog in East London and/or a behaviourist please do get in touch. (Images Stephanie Green London). www.hairyhoundsinhackney.co.uk



Victoria Holt of Hound and Human Holidays



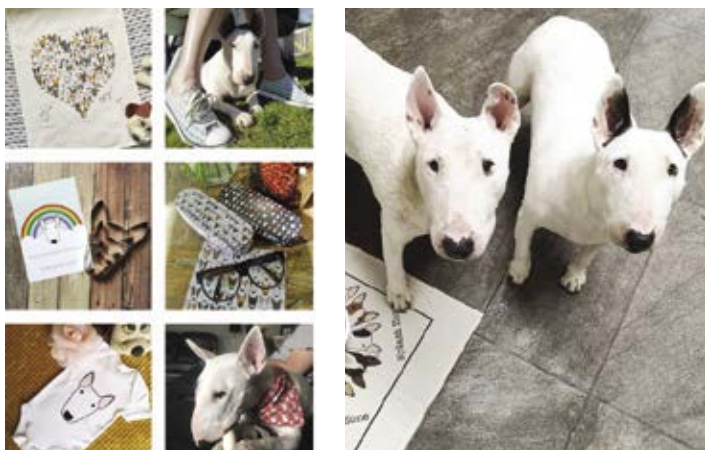
The Zen that dogs bring to our lives has never been more apparent than over the last couple of years. My Honey's fed-pack remain delighted by the obligatory working-from-home and now greet new and familiar faces on my screen. Occasionally, meetings pause as they and other working-from-home hounds enjoy technology facilitated communications akin to the Twilight Bark (the Workday Woof?). Recently, I moved to Wales. The question was: what should I do with my Suffolk cottage? It is located in a beautiful conservation village with lots of great local walks. Knowing from personal experience how difficult it is to find a holiday home suitable for my three dogs, I set about making a place for others to enjoy the most dog-welcoming holiday possible. Naturally, there is a large freezer (with chub size drawers), wipe clean plastic cutting mats, and puzzle bowls to (slightly) prolong raw food enjoyment. If you and your Honey's fed pack would like to visit, we would be thrilled. For bookings of seven nights or more, you can have your food sent straight to the cottage and we will cover the cost of delivery. The cottage sleeps up to six people (aged 12 and over), there are no limits on the number of dog guests, no extra fees and no worries... fully Zen. www.houndandhumanholiday.co.uk



Emily Devine of Candyfloss Cats & Emily Devine Art

I never went to art college or studied business (in fact, I qualified as a teacher) but from primary school onwards I knew that I wanted my professional life to involve dogs, cats and art. Indeed, when I was eleven, I started to sell pencil drawings of Garfield to my classmates. I have two separate businesses. The first is Candyfloss Cats, a cat sitting company. Instead of putting your cat into a cattery, you simply give us your house keys and one of our trained, insured and vetted 'cat concierges' will visit your cat in its own home once or twice a day, as requested. The second is Emily Devine Art. Creatively, I am inspired by the pop art movement and, of course, by my two most important muses: Kasper and Luna, white bull terriers aged 11 and 12. I work on pieces for myself, pieces to sell via my Etsy store and special commissions. I like to work across a variety of media (everything from paintings to homeware, from jewellery to clothing and from watches to accessories). As a result of the lockdown I had much more time to develop my art (there wasn't much demand for cat sitting!) and I have kept up the same routine now things are returning to normal. I also teach arts and crafts three times a week at Goudies, a community owned space in Maybole, where we live. This requires a lot of preparation, but provides me with inspiration and ideas. Of course, as I say, the best source of inspiration are my dogs. They live in the moment, never hold a grudge, are upbeat and happy to be alive! When I look into my dog's eyes I can easily see their little soul inside full of love. As John Lennon once wrote: 'Love Is All You Need'.

www.candyflosscats.com
www.emilydevine.co.uk
www.instagram.com/theluckycluckers
www.instagram.com/kasperandluna



Robert Waters – artist (now specialising in collars!)

I did my degree in fine art, and went on to train as an art teacher. I'm a member of an art group that regularly exhibits at the Burton Art Gallery in North Devon. I mainly work in oil paint but have recently (two years or so now) also ventured into custom leather painting on leather products. Painting on leather requires the use of specialised products, paints and processes which I've really enjoyed exploring. Learning to make bespoke stencils and using an airbrush in tandem with hand painting techniques has taken my work in a new direction, which has been very exciting. The first collar I made was for a rather handsome Rhodesian Ridgeback and designed around a 'Tinga Tinga' inspired theme to evoke his African roots. Some other collars I have created include an 'English Hedgerow' inspired collar for a lovely chocolate brown Cocker Spaniel and, for a pair of Portuguese Waterdogs, I created a collar based on Portuguese 'Azulejo' ceramic tiles and another on a Caribbean theme to reflect the dog's name. Prices range from £50 upwards depending on size and complexity. Rob's Instagram page is [footsoldiercustoms](https://www.instagram.com/footsoldiercustoms), and he can be emailed on footsoldier13@protonmail.com



FREE DRAW: Win a Rob Waters collar

Rob has generously offered to design a collar for the winner of our monthly draw. To enter, email: freedraw@honeysrealdogfood.com before 30th November.





Dog Expert Witness Criminal and Civil Law

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

In the second of a two-part article on dogs and the law, Colin Tennant, a leading Canine Behaviourist and Psychologist, explains your rights and your dog's rights in the eyes of the law.

My background

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.



"Come on out, Duke ... last chance for a ride downtown in the front seat with the window open! Don't make us use the bully stick or the squeaky toys!"

You have no rights to visit your dog if seized

I will explain how the legal system executes its work. If a Police Officer (Dog Legislation Officer) assesses a dog, considers it a banned breed and/or believes that your dog is dangerously out of control then it may legally be seized and impounded at an anonymous kennels. The dog's owner has no rights to see the dog under any circumstances. That's draconian and the Police response is that in the past some criminals whose dogs were seized threaten the kennel owners with violence or break in to where the dog was ensconced, hence the no visit rule. The fact that the majority of owners I have interviewed and defended would not be violent cuts no ice with the lawmakers and enforcers.

The court procedure after a dog has been seized

Once a person has been charged (it is irrelevant whether the dog is isolated in police custody or, as some good police forces do, allowed to stay at home under a strict agreement order until the date of the court hearing) the Police and defence prepare their evidence. A court hearing date is set and the owner must attend.

As I generally work for the defence, I will explain what happens from my perspective. I am sent the evidence from the Crown Prosecution Service (CPS) via solicitors, which I read very carefully so that I fully understand the rationale for prosecuting the owners of the dog. My job is primarily

to conduct an independent assessment of the dog in question – its temperament, characteristics and whether I feel the CPS claims are accurate. If I feel the dog has been wrongly assessed or the evidence is inaccurate I will thereafter write evidence to support my expert opinion. The Police will have their own experts at the hearing too.

The proscribed (banned) breeds

The breeds of dog currently illegal in the UK are the Pit Bull Terrier, Japanese Tosa, Dogo Argentino and the Fila Brasileiro, however, crossbreeds including any of those types of dog may also be subject to the law, depending on their size and characteristics.

Most dangerous dog cases I deal with are appertaining to the American Pit Bull Terrier as described in the breed standard by the US Breed Society. Most cases I deal with are about cross breeding of that breed with other bull breeds like Staffordshire bull terriers. In essence a Police expert witness will state that the dog they have seized is a derivation based on observing the dog's physical characteristics and or behaviours. It is to be noted that genetic sequencing is not accepted in English Law.

This Police opinion is arbitrary and varies a great deal – even the Police Dog Legislation Officers may have different opinions about the dog seized. My job is to go, by appointment, to the kennels where the dog is kept (often for months and sometimes over a year in isolation). The Police allow me to examine the dog, which means getting it out of the kennels on a lead and collar. Most dogs are fine, but some are very aggressive, because they have been traumatised by the entire experience and the conditions they are kept in, which in my view is cruel.

If the dog attacks me, I use my skills to avoid being bitten, which to date have been successful; I still have complete arms, legs and fingers! Some dogs are easily spooked, because their family pack security is gone and most suffer various levels of extreme separation anxiety. Eventually many adapt to the primitive conditions and 24/7 boredom and isolation. They often look forlorn and sad locked in these cages. They may get a walk for 30 minutes or more on or off lead. However, at one of the kennels I visited for the West Midlands Police the dogs were confined to an extremely small area and received less than 30 minutes 'freedom' in a fenced yard for so-called exercise. The remaining 23 hours and 30 minutes of each day they were locked in a small kennel.

These incarcerated dogs are mostly fine with people though some are very aggressive to dogs as their owners have taught them – this is often deliberate. Once I have made the assessment I return to my office and write a full report of my view including the dog's temperament, my handling experiences with the said dog and how it interacted with my associate Judy Cooper.



"O.K., O.K., house arrest."

Bad dog owners

The owners of some of the dogs seized are criminals and in many cases are often difficult to deal with. Many believe that my role is simply to get them off the offence for which they are being prosecuted. I quickly disabuse them of this misconception and describe my role. Other defendants are genuine dog lovers, and simply don't understand dog care standards or welfare. It's quite disheartening at times trying to make

them aware of what is basic common sense in canine management. Of course, I have to be mindful that my expertise as an expert witness is to always stay within my remit about the dog and not judge the owners – be they good or bad. Nevertheless, magistrates do ask my opinion on the dog owners from a handling stance. This is outside the remit, but it is what goes on in courts. This is the fuzziness of court experience and dog law.

When laws are injurious

The Government extended the Dangerous Dogs Act (1991) a few years back to include our homes, which to me was wrong on every level. In essence, it laid open every home and garden to trespass by nefarious criminals who could say that the property owner's dog attacked them, and the dog should or could be euthanized. Leaving aside the injustice of this (no one asked the criminals to enter the property) it means that innocent dog owner's end up with criminal records.

In principal the law should give homeowners some protection from such a prosecution, but in reality it doesn't. Let me offer you a simple example. A criminal comes through the rear gate to your garden, opens your kitchen door and enters with criminal intention (although, of course, this is very difficult to prove). Your dog sees an intruder and barks and/or bites him. You are, naturally, shocked by the intrusion and your dog picks this up and reacts. Perhaps the intruder attacks you, although, again, this is very hard to prove. When the Police arrive the intruder simply states he was trying to get your attention innocently by opening and entering the kitchen or maybe he says he was lost and looking for directions. When the Police arrive they find a man with a bite, which is evidenced and your word against his. Remember criminals lie for a living, the public don't. There can be endless scenarios to this, but the interviews and post incident traumatic experiences for the homeowner can spiral out of control.

To offer a couple of other examples. If you have a party at which you serve alcohol and one of your guests over does it and, somewhat tipsy, steps on your dog's paw and your dog, surprised, reacts by biting the guest (a normal reaction) then the Dangerous Dogs Act has been breached and you can be prosecuted. You also need to be mindful of what happens inside or outside your car. If someone enters or places their hand in your car and your dog nips them the Act is also broken. Of course, this is seriously taking away your rights, but law intrusion seems to ever creep into our lives.

I can state without equivocation that dogs have become more unruly over the past two decades. This is borne out by both the statistics and from me and my colleagues' interactions with dog owners through our profession. There are a number of reasons, of which ineffective dog training methods and lack of socialisation are the top two. If you would like to learn more about this then the Canine and Feline Behaviour Association (CFBA) published the first scientific report ever on the social interactions of dogs in Great Britain this year. You can read the results at www.cfba.uk



"OK, OK, you've made your point. I'll admit that sometimes when I feel threatened, I snap."

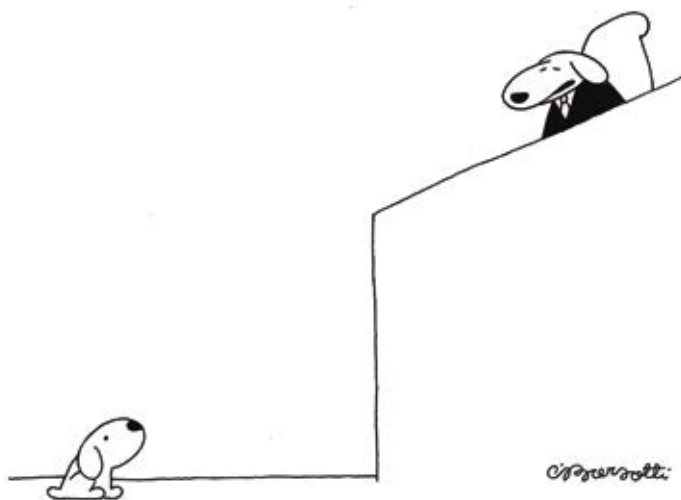


"Objection! The Prosecution is attempting to lead the witness!"

A few final words of advice

My advice to all dog owners involved in an alleged offence is to put nothing in writing or indeed say very much to the Police until you have taken legal advice. I have seen it go badly wrong for so many nice and responsible dog owners.

If the Police have evidence that they feel is convincing they don't need your help to convict yourself. Call a solicitor immediately. Do I convey that all Police Officers are conniving to prosecute you? Certainly not – I have formed many friends in the Police service and in my work delivering law courses. Many are genuinely kind and do not wish to unnecessarily make life difficult for you or your dog. Some extend this to the limit and put themselves at risk of being accused of being too soft or too reasonable. The fact that, as a member of the public, you are unlikely to be aware of this, so always call a solicitor. If you love your dog, you will, I hope make the right decisions, including socialising your puppy appropriately, training with a professional dog trainer and perhaps most importantly, choosing a breed you can manage and keep for its entire life in safety.



"NOT GUILTY. VISITORS MAKE EVERYBODY NERVOUS."

Canine and Feline
CFBA
Behaviour Association

Dogs in Religion

Kathleen Walker-Meikle

In Zoroastrianism, the dog is revered as a kind, clean and righteous creature. Believers are instructed to feed and take care of all dogs, which are honoured for their work in the home and seen as having special spiritual virtues. A dog's gaze, by the way, is considered to be purifying and to drive off demons. Dogs are also believed to have a special connection with the afterlife (the bridge to heaven is said to be guarded by dogs) and when someone dies it is traditional to feed dogs in order to commemorate their passing. Zoroastrians have an expression *lhtiram-i sag*, which means 'respect for the dog'. What of other religions? In this article Honey's canine historian (how smart are you obtaining your dog food from a producer with its own historian!), Kathleen Walker-Meikle, provides a quick summary of a dog's place in religion throughout the ages.



In ancient Mesoamerica

Dogs feature in many religions and mythologies and are particularly associated with the afterlife. The Nahuatl name for the Xoloitzcuintli, a hairless dog from Mexico, is derived from Xolotl, the Aztec dog-headed god of lightning and death, and itzcuintli, or dog. Mesoamericans believed that Xolotl created the hairless dog to protect the living and guide souls of the dead in their journey through the nine levels of Mictlán, the Aztec underworld. The tenth day of the Aztec calendar was itzcuintli, the day of the dog and was particularly auspicious. The Mayas also believed in dogs guiding the souls of the departed, and dog skeletons have been found in excavated burial sites, so that the dog could literally aid that person in their voyage to the underworld. Dogs are still associated with guiding spirits after death in many parts of Mexico.

In ancient Egypt

In Egyptian mythology, the African golden wolf-headed god Anubis weighed the heart of each deceased against the feather of truth, to decide whether they were righteous enough to enter the otherworld or evil and thus be consumed by the Devourer, a hybrid of a lion, hippopotamus, and crocodile. In Egypt his cult was centred around a town that the Greeks called Cynopolis, 'City of the Dogs'. The Roman author Plutarch claimed that a big fight erupted between Cynopolis and neighbouring town of Oxyrhynchus after people from Cynopolis were accused of eating the sacred fish of Oxyrhynchus. The latter retaliated by eating dogs *en masse* to anger their neighbours. The Roman governor had to send a military expedition to the towns to calm down the tensions.



Plate 26: Psyche enters the underworld giving an offering to Cerberus, with two elderly women at left, from the *Story of Cupid and Psyche* as told by Apuleius 1530–60

In Greek mythology

In Greek mythology, Cerberus is the multi-headed hound that guards the entrance to the underworld. He's traditionally described as having three dog heads, but some authors allot him even more heads (fifty or a hundred!). Visitors to the underworld always had to work out a way of how to get past him. In Virgil's Latin Epic *Aeneid*, Aeneas sneaks in after his guide the Sibyl has thrown Cerberus some drugged honey-cakes to munch. The combination of honey, bread, and soporific herbs caused the hound to sleep, so the Trojan hero could bypass him in his quest. Honey-cakes were clearly Cerberus' predilection. In Apuleius' 2nd c. AD *Cupid and Psyche*, honey-cakes are stuffed into Cerberus' eager jaws by Psyche to guarantee safe passage. When searching for his dead wife Eurydice, Orpheus plays his lyre to Cerberus, who goes to sleep, and thus Orpheus can sneak past the snoring hellhound. The hero Hercules was tasked with capturing Cerberus by King Eurystheus as the final labour of the twelve that he had been set. Hercules headed to the underworld, accompanied by the god Hermes as a guide, and negotiated with Cerberus' concerned owner, the god Hades. Hercules promised that he would not injure the hell hound nor use weapons against him. With his great strength, Hercules manage to bring Cerberus up the land of living. On seeing daylight for the first time, Cerberus threw up and the deadly poisonous plant aconite sprung up from his vomit. Poor Cerberus was taken to meet King Eurystheus, with huge crowds cheering Hercules on. The slathering huge hellhound clearly had an effect on the monarch, who leapt into a large jar in terror and would not come out until Hercules headed off to return Cerberus home.



The Vikings and dogs

In Norse mythology Garmr is a terrifying hound that stands by the gate of Hel. Nevertheless, in the poem *Grímnismál* he is described as 'the best of dogs', just as the eight-legged Sleipnir is 'the best of horses', and, for that matter, the Bifröst is 'the best of bridges'. As an aside, in Welsh mythology the Cŵn Annwn are the dogs of Annwyn, the otherworld. They go out hunting on certain nights of the year when they might be observed by terrified viewers.



Filippino Lippi. *Tobias and the Angel*, c. 1475/1480

In the Bible

The most pleasing reference to dogs in the Bible is in the Book of Tobit, when Tobias travels to get a remedy to cure his father's blindness, and is accompanied by a faithful dog. The dog makes a regular appearance in iconographic depictions of the story, usually at Tobias side but sometimes even snoozing on the marriage bed of Tobias and Sarah.



Saint Roch early 16th century

The Christian saint most associated with dogs is St Roch, the patron saint of protection against plague. Stories of the saint's life tell how he developed plague after tending for the sick in Piacenza in northern Italy. Thrown out of town by ungrateful locals who feared catching the disease, he wandered around in a forest, famished with hunger. There in the woods he met a friendly dog with a loaf of bread in its mouth. The dog gave him the bread to eat and licked his buboes (the painful swellings caused by the plague).

The kindly canine came every day with a fresh loaf. The dog's noble owner, Gothard, spotted that his dog was coming to the dinner table every day and removing a loaf of bread. Gothard followed his dog, and on seeing St Roch eating the bread, gave the saint shelter. Imagery of St Roch regularly depicts both his plague sores and the dog. His feast day, the 16th of August, is celebrated in Bolivia as a festive day for dogs (San Roque, Día de las mascotas: St Roch, Day of pets). The dogs are dressed in colourful ribbons, given treats, and are the centre of many events around the country.

St Roch was not the only saint whose diet was improved by a friendly dog. When living in a forest in Kent, the thirteenth-century Carmelite Saint Simon Stock was fed by his dog, who similarly turned up with bread.

The Dominican order of mendicant preachers have a canine connection. Hagiographies of their founder claim that when the mother of St Dominic (1170-1221) was pregnant, she dreamed that she was bearing a dog holding a flaming torch, which was keen to set the world alight. The story is likely a pun on the name of members of the order *Dominicani* which can also mean 'Dogs of the Lord' (*Domini cani*). A similar story is told about the mother of St Bernard of Clairvaux, who likely dreamed while pregnant that she was giving birth to a dog who would bite his enemies.

The legend of the Seven Sleepers of Ephesus tells of early Christians who escape Roman persecution by hiding in a cave outside the town, and miraculously fall asleep for over three hundred years, waking up only when Christianity is fully established in the region. In the Islamic version of the tale, they are accompanied by their faithful hound Qitmir, who also shares their miraculous sleep, stretching out his paws as he dozes in the cave, and wakes up with the humans.



"The Seven Sleepers of Ephesus", Folio from a *Falnama* (Book of Omens) 1550s

In the Far East...

In the Sanskrit epic the Mahabharata, the Pandavas, five brothers who are the centre of the poem, are ascending the Himalayas. Four perish along the way, leaving the eldest, Yudhishtira, with his dog. The deity Indra appears in his chariot and offers to let Yudhishtira into heaven. But the dog is denied entry due to old age and infirmity. Citing the dog's faithfulness, Yudhishtira refuses to abandon it. Impressed at his righteousness, the dog transforms into Yama, deity of death, and Yudhishtira enters heaven via Indra's chariot. Today in Nepal dogs are still revered as the messengers of Yama during the Kukur Tihar festival. Tilaka, a coloured paste is applied to their foreheads, and flower garlands are placed around their necks. During the festival dogs are given treats such as milk, eggs, or dog biscuits. Popular custom holds that one must be nice to all dogs during this festival.

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).

Win a month of free food

PLEADING (HONEY'S DOGS DON'T BEG) PHOTO COMPETITION

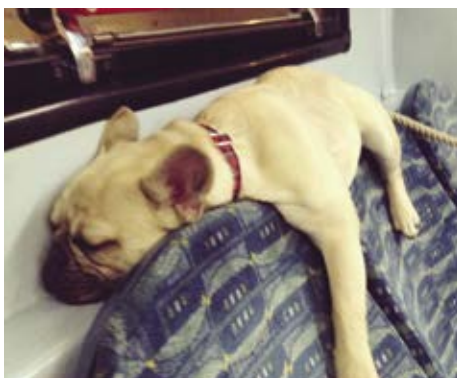
The new Honey's Competition is simplicity itself: submit a picture of your dog asking you for something – maybe even pleading with you. If we weren't discussing Honey's fed dogs – famous for their manners and restraint – we might have used the word 'begging' to describe the sort of photos we are hoping for. 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 unfair, will be final. Please email your entry to competition@honeysrealdogfood.com before 30th November 2021 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



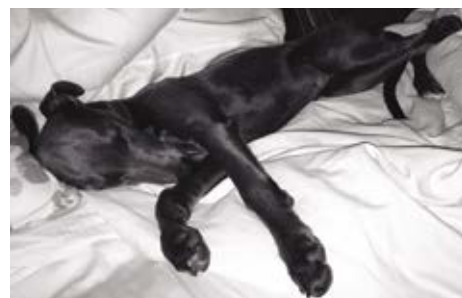
Competition winners

WHILE THEY WERE SLEEPING

In the last issue we held a photograph competition in which you had to submit a picture of a sleeping dog. The response was overwhelming! We received hundreds of brilliant entries (indeed, there were days when we began to wonder if Honey's fed dogs were ever awake!) of which just a sample are featured here. Thank you, thank you to everyone who entered. We have made a note to include some free treats in with each sleeping dog's next order. If we have missed you it is a mistake on our part (well, on Jonathan's part because he was in charge and he made a bit of a hash of the administration) so please let us know in order that we can put it right. The winner, chosen with great difficulty will receive a month of free food. Thank you again!



Vinnie Boardman



Wattle Alice Clarke



Sunny Donoghue



Tim Cox



Tulip Thompson



Jet and Ember Carcary



Troy and Brego Wilson



Tosia and Tadek Bochenek



Juno Lord



Bunny Power/Pride



Wilbur Gabriel



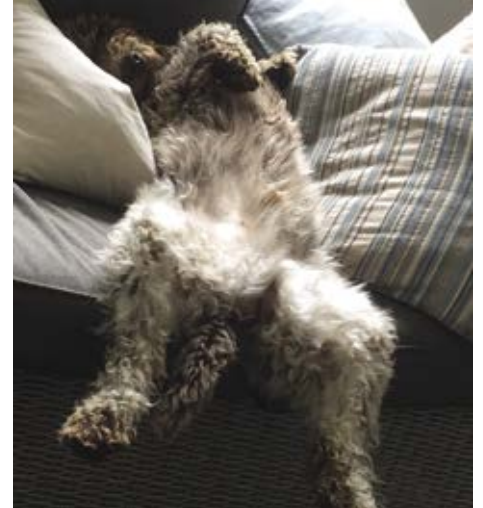
Sufi Vahrmeyer



Dudley Franks



Bisbee Ashton



Enzo Whitehouse



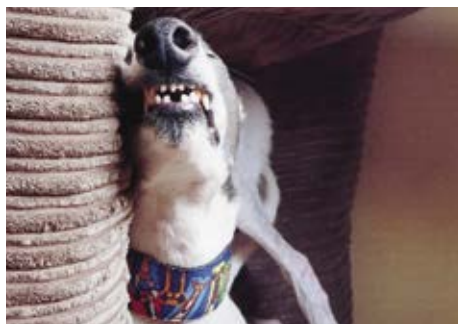
Duke Palmer



Gem Eardley



Eric Warren



Blue Eymael



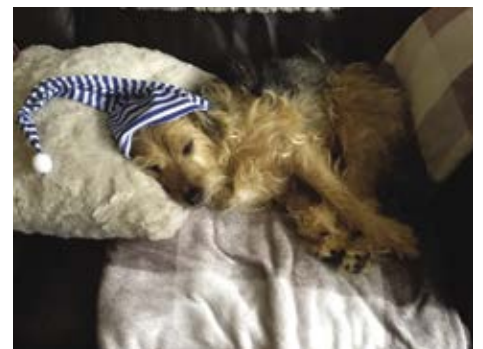
Flint Noke



Alfie Maldonado/Taylor



Cookie Lam



Harvey Cope



Frankie Aspinall



Henry McCrossan



Kyla Oswald



Frida Jones



Izzy Cunningham



Juno Lord



Groot Flint



Jackson Henderson



Lady Lola Foster



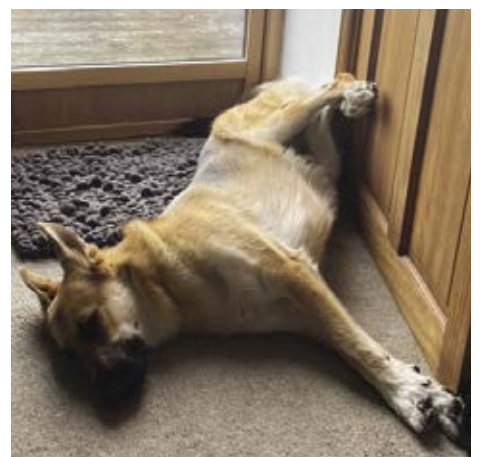
Honey Franks



Jackson Henderson



Dotty Power/Pride



Lawrie Bodman



Millie Vernon



Lily Smith



Nala Powell



Mojo Steenson



Olive Davis/Humphrey



Molly Greenwood



Luna Hartley



Ralph Natrass



Sid Hunter-McIlveen



Monty Bochenek



Meg Dowling



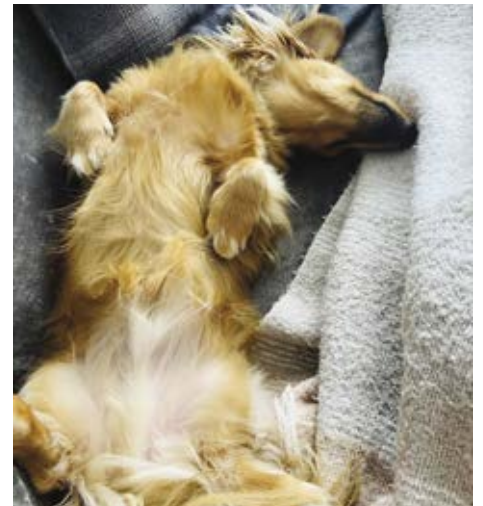
Millie Mitson



Monty Crane



Mildred Cook



Slinky Silva

Book review: Walter Chandoha. Dogs. Photographs 1941-1991.

Fashion has Helmut Newton, architecture has Julius Shulman, and dog photography has Walter Chandoha. Born in New Jersey in 1920, Chandoha taught himself how to use a camera, left school to work in a photography studio and spent WWII as a combat photographer. After the War he enrolled in college and one wintery night, on the way back from an evening class, he rescued a stray kitten who had become stranded in a snow drift. Over the next few days he started to photograph the kitten and he enjoyed the process so much that he decided to make a career of it. By the early 1950s, Chandoha had become the most famous and highest paid cat and dog photographer in America, if not the world. His output was prodigious: 30 books (many best sellers), 300 magazine covers and at least a thousand advertisements. What made him so successful? In the introduction to Taschen's brilliant book about the photographer – *Walter Chandoha. Dogs. Photographs 1941-1991* – Jean Dykstra points out: 'Whether they were used to advertise dog biscuits or to illustrate a magazine story or whether they were for his own projects, Chandoha's photographs conveyed real affection for and affinity with his canine subjects. Regularly photographing them at (their) eye level, he put them on an equal footing, so to speak.' If you love dogs, you will love this book!

Title: *Walter Chandoha. Dogs. Photographs 1941-1991*
Authors: Walter Chandoha, Reuel Golden
Publisher: TASCHEN (www.taschen.com)



West Highland terriers, New Jersey, 1974



Dalmatian and the photographer's son Enrico, Long Island, New York, 1958



Chihuahua, New York, 1952



Weimaraner, Long Island, New York, 1955



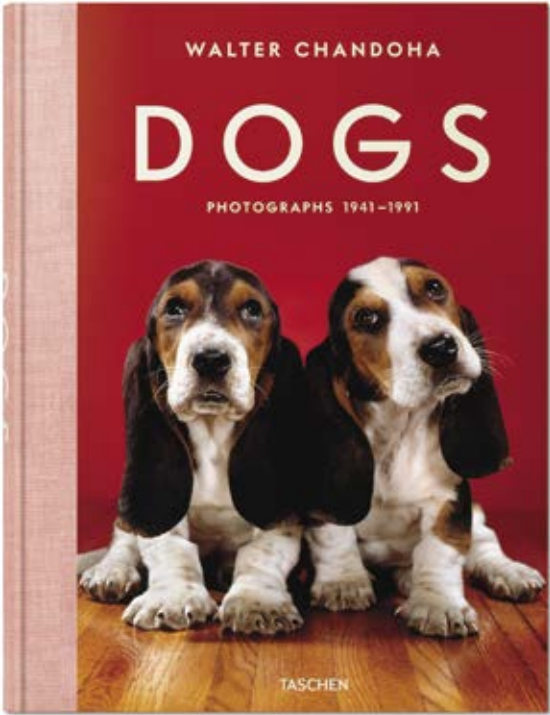
Kodak Colorama, Grand Central Station, New York City, 1956



Mixed-breed and the photographer's daughter Maria, Long Island, New York, 1956



Chandoha in the studio with his rescue dog, 1975



Basset hounds, New Jersey, 1964 cover



Pugs, Long Island, New York, 1957



Poodle, beagle, cocker spaniel, and mixed-breeds, New Jersey, 1985



Bulldogs, Long Island, New York, 1952

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, 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

Jonathan@honeysrealdogfood.com



**ELLIE SPONG
2007 – 2021**
PAW PRINTS
UPON OUR
HEARTS

In March of 2008 a very pretty little lady burst into our lives.

We were visiting a Doberman Rescue Centre in

Guildford, Surrey, run by an amazing lady named Chris Omar. Chris led a six-month-old puppy into a muddy paddock and let off her leash for us to observe. Her name back then was Snoop. Before coming to the centre, Snoop had already had two previous owners. Through no fault of her own she had landed up in Rescue. No sooner had Chris unclipped her lead she was sprinting around the paddock reminding me of a ball in an old-fashioned Pinball machine. She even bounced off my hubby Andrew as she flew around the enclosure, leaving him covered in mud! She was so full of life and after being confined to her kennel for so long, boy, was she excited to be let loose! Snoop was adorable but we were concerned that she would be far too excitably for my elderly father who was living with us and who suffered with numerous health issues. Therefore, we reluctantly left the centre that day without her – but not before I said my farewells to her, and she had smothered me in kisses. I remember tears streaming down my face because we had left dear little Snoop behind.

A couple of weeks later, however, we received a phone call from Chris telling us that Snoop was still at the Rescue Centre. Would we reconsider? We discussed it and, without much hesitation, decided we would. Soon after, we were back in Guildford collecting our 'little package of dynamite'! The name Snoop never suited such a pretty dog, so we renamed her 'Ellie' (baby girl). Ellie settled into our home extremely well. We really needn't have worried about my Dad. He loved her to bits, and she was very careful around him. She enthusiastically greeted anyone who came into the house and was brilliant with the children. Once she was with us, Ellie went with me everywhere. We took a long daily walk in Thetford Forest and beyond. This little doggie was born to run, and she covered mile upon mile each time we were out together. She was a joy to watch. She was also highly intelligent and excelled in her Dog Training and Agility classes – the trainer commenting on the wonderful bond we shared. She also greatly enjoyed running alongside Andrew when he cycled and frequently joined him for the Saturday Park Run too.

When she reached four years of age, we decided to get her a doggie companion and into our home and hearts came dear little Zeus, aged twenty weeks, from

a Dobie Rescue Centre in Bradford. We renamed him 'Yonni', which is Hebrew for Jonni and short for Jonathan. From the word go, Yonni adored Ellie and she became his adopted mummy/big sister/playmate. We have so many precious memories of their fun and loving times together.

I took Ellie for a walk on the morning of the 10 August and she was her happy little self. Later that day Andrew said he would take her for a stroll during his break from work. Ten minutes later Andrew burst into the house frantically calling for me to come outside. Our precious Ellie was lying on the ground motionless. She was dead. She had collapsed and died instantly on her walk and Andrew had carried her back home in his arms. We were in shock. Although she was elderly (just four weeks shy of her fourteenth birthday) we were not expecting this. In retrospect it was probably the kindest way for Ellie to pass like this. She would have suffered very little and she was doing what she liked best at the time – being outdoors on a walk. We kept Ellie indoors for a couple of days to allow Yonni to come to terms with what had happened. He was so very sweet with Ellie during this time, gently sniffing her and licking her ears. We buried her on Thursday 12 August in a lovely location close to our house, under a beautiful tree. I have been taking her a wee bouquet of flowers from our garden each day since she passed. The pain is deep, and this helps me to grieve. In the book of Psalms in the Bible it talks about our Heavenly Father collecting all our tears in a bottle, showing that He cares deeply about the pain we go through at times like this.

We continue to comfort Yonni through this sad time with much love and gentleness. We are aware that he misses dear Ellie and the companionship they shared. We are relieved, however, that he has most definitely NOT gone off his Honey's food. Greedy Boy! Ellie has left beautiful paw prints upon our hearts and they will remain there forever. We thank God for trusting Andrew and myself with her care all these years. It has been an amazing experience! Farewell our very beautiful little lady!



**ALFIE
WINGRAVE
2012 – 2021**

Alfie had an impact on everyone who ever met him. He had the most chilled attitude to people and other dogs – everyone was his newest friend.

Even when he had had an accident some years ago he lay on the stretcher wagging

his very expressive tail! He was a dog who would drag you into a field, find something particularly nasty to roll in and then look affronted as he was being washed with ketchup to remove that eye watering smell of, say, fox poo. You could tell he thought he smelled gorgeous. He would lie in front of the fire until he was so hot you would have to move him. He would act like a big black furry slipper and lie on your feet. He loved rock pools. He would pinch socks or slippers, run into the garden and see if you could catch him (I never could). He loved the lawns being mowed. He could have been a champion soccer player – a natural defender - he was so adept at catching balls. His joy for every day. He loved his food (which he more or less inhaled). His unconditional love was beautiful. We really miss Alfie. XXX



**LOLA
MORRISSEY
2011 – 2021**

Lola was a gentle giant that was loved by all that knew her. We had ten wonderful years with her.

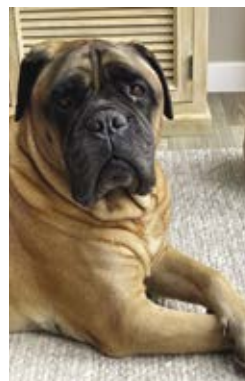


**POPPY
LOWTHER
2006 – 2021**

In May this year we received a letter in the post advising us that Poppy Lowther had died, aged fifteen.

She was a lovely, lovely dog and we know that

her family are bereft. Poppy and her family are in our thoughts.



**HARVEY BAILEY
2015 – 2021**

As a puppy we took him to puppy class weekly, where he learnt the usual obedience tasks, and he did very well at this, but from the get go you could see that he would only follow commands after he'd given it some thought.

We would ask him to sit, and then he'd weigh up what might be in it for him! Even

though he came across as a bit slow, it was obvious that he was really very clever, understood everything you said to him, but just a bit stubborn! But that just endeared him to us more. He loved to go camping, and especially loved holidays by the sea. He loved a good splodge through the tide pools, and into the surf, but would never get his tummy wet if he could help it! We all miss him so much, and look for him still every morning when we get up. He really was the best dog I've ever had. He was only young really when he died, and as such it hit us out of the blue.



**MINTY BRIGGS/
JAGO
2019 – 2021**

We still miss Minty dreadfully. We scattered her ashes around a tree near our home on the most beautiful night of the year and often go there to think of her. Until we lost her, I never thought one could feel such grief

over a pet. Our middle daughter, Jasmine, chose Minty from the litter of 7 we had with Pippi. Minty was her dog, although Minty spent a LOT of time on my knee as well. We all adored her.



**SKIP BLASE
2010 – 2021**

Skip. Thank you for the wonderful time you gave us, my boy. We will never forget you.



**CASPAR TORTZ
2010 – 2021**

**LOUIE TORTZ
2013 – 2018**

Both greatly missed by family and friends.



JAKE KERR
2010 – 2021

Jake (19th April 2010 – 11th April 2021).

Ten years, three hundred and fifty-seven days,
not nearly long enough and yet forever,
everything and always.
Love at first sight,
my one eared dog.
From those first tentative days,
a visceral bond,
built on garrulous silence,
a look, a feeling, a proximity.
Trust.
Your deep, musky smell and the brilliance in your eye.
Such joy, such energy,
such a zest for life,

such an irrepressible force to the very end.

We travelled a million miles or more; spiritually and geographically you and me.

My unequivocal comrade through the brightest and the darkest days,
endless patience without judgement or recrimination,
your demands so simple.

In the end just an extension of my own being.

The truth though is that life must end; but not love,

love persists endless and enduring,

There will never be another like you.

How I crave your muffled 'shouts' to play and those precious moments we shared each night,
but I know that you are etched within me.

Death separating us and yet binding us,

And though the cracks in my broken heart will never mend,
true love transcends both time and space.

So, we are one and the same; here and now.

My unique, gentle, inimitable, steadfast, big hearted, ebullient creature.

My constant, wonderful shadow.

Rest quietly in the sunshine my beautiful and know I am near.

Roger Kerr

(I have attached a picture of him though from when we had been running in the Dolomites a few years ago. He doesn't have collar on as he had been in a harness. We got him from the Dog's Trust in Shrewsbury and in his photo on their site he had one ear up and one down so it looked like he only had one ear. When I asked at reception to see the one eared dog they were a little confused but he was always my one-eared dog even though as you can see from his photo he had two.)



FREYA HART
2007 – 2021

Freya was 'my' first puppy. She was quite serious for a munsterlander – the breed is generally known for having a strong sense of humour and also for being excellent 'hunt, point, retrieve' dogs. She was intelligent, loyal, affectionate and highly energetic.

Freya was a special soul and her sudden and unexpected death has left a very large hole that, as the weeks pass, seems to intensify. She was in reality, the glue that held us all together, humans and canines. Company to our last rescue dog, she was certainly the matriarch, and was incredibly nurturing as well as firm with the two boys when they came

along, now aged 9 and almost 4. I had breast cancer when she was 2 years old and she was my protector; other surgeries over the years strengthened our bond. She and I enjoyed agility, scentwork and up until two weeks before she died, mantrailing. Her quiet - and sometimes loud! - company was both settling and exasperating depending on what mood she was in! She certainly loved us all unconditionally, and spoke to us often, both verbally and through her eyes. She had a great loyalty to all of us, and would often be a quiet presence in the background, making sure we were all OK.

Freya loved her toys and would take great care of them. She enjoyed playing with the others, teaching them her very unladylike ways as well as her unladylike habits. In fact in that respect she was a bit of a thug! She was an incredibly strong character, both mentally and physically, overcoming some physical problems during the first year of Covid with incredible stoicism and tenacity. One day she was chasing a ball and rolling on her back in the grass, the next she was a little off colour. Twenty-four hours later, we were making the hardest decision: to let her go and say goodbye.

Her presence is all over the house; she's made me aware that she's still watching over us on a few occasions, and I find that incredibly comforting. Freya, my missy moo. I love you and miss you more than words can say. Run free my gorgeous, courageous, precious girl.



RAMSAY CORMACK
2008 – 2021

BREIGH CORMACK
2008 – 2020

Ramsay and Breigh did everything together. They are both sadly missed.

Not the least hard thing to bear when they go from us, these quiet friends, is that they carry away with them so many years of our own lives.

– John Galsworthy



OZ WHITE
2006 – 2021

Please spare a thought for Oz, who is much missed by her whole family including Bella and Millie.



RORY OUTLAW
2008 - 2021

He was full of mischief (although he since been called a 'gentleman' by our vet and another dear friend).

He loved his runs! The flat feels empty without him. He is much missed.



JESS GIBBS
2006 – 2021

We miss Jess dreadfully. She had a good life. Towards the end she was deaf, had pins in a back leg (from breaking it as a puppy), and also had dementia – but it didn't stop her going for a little walk twice a day.



ALFIE ROGERS
2017 – 2021

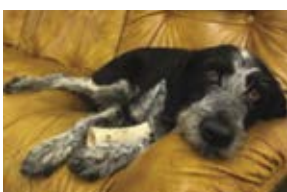
Thank you for choosing us to be your people for a while Alfie, you gave us more laughs and adventures and love than we could ever have imagined



ALFIE YATES
2009 – 2021

Alfie was our dog of a lifetime and we are still in bits. It was all a very sudden and unexpected end.

We will be planting an apple tree with his ashes in the autumn. He loved his agility and made it to the main arena at Crufts, bless his heart.



LISSA TUCKER
2014 – 2021

We and Kebi are coming to terms with it slowly. It was very out of the blue. We miss him dearly.



HIGGINS COLLINS
2010 – 2021

The house is silent without him.



LILY FENBY
2012 – 2021

Lovely Lily. Sweet, gentle, happy lady. Died suddenly 31/07/2021.



HENRY HALL
2011 – 2021

It is so sad that we lost him, we thought we would have him for longer.

I have honestly never met a dog like him. He was my best friend and shadow. It isn't same without them by your side. He was my 'silver ghost'.

You think dogs will not be in heaven?
I tell you, they will be there long before
any of us.

– Robert Louis Stevenson



**BEKKI HEWISON
2007 – 2021**

Bekki's story begins in South Africa. She didn't have such a great start in life.

She was picked up by an animal rescue unit.

When my mother-in-law and wife chose her at the animal shelter, they thought she might be two. We all decided that she was half Dachshund and half Yorkshire terrier. Unfortunately, she reacted to her full set of vaccines and had a seizure the moment she got home. However, it didn't worry Bekki! She may have been wee, but she was a force to be reckoned with. She loved to run and chase things and had the most ferocious, raspy bark but there wasn't a mean bone in her body. She came to live with us in Scotland in 2013, after Denise unexpectedly passed away. She brought us so much joy and was a terrific teacher. She continued to suffer with seizures, despite the medication she was on. Then she received a diagnosis of Osteosarcoma. Within days she had deteriorated to a point that we had to let her go. I cannot put into words how incredibly special she was. Despite having had such a rough start in life and the ongoing 'medical mountains' she had to climb, she remained happy, loving and friendly to any animal (apart, perhaps, for mice). We will miss her deeply until our chance to meet her again and give her the biggest cuddle and kiss on her pink freckled, pot-bellied tummy! Bekki was approximately 15 years old when she left us, not too bad for a street dog with seizures. She travelled many miles living on two continents. When she joined us we travelled through the highlands, she enjoyed ferry trips on Loch Ness, over to Mull, holidays to Cornwall and York, to mention a few. She even served as a maid of honour when we got married in 2017.



**BAYLEY COLE
2007 – 2021**

Bayley was the light and soul of our family. My husband and I feel that she has taken our hearts with her, leaving a huge void that we now, somehow, have to try and fill.

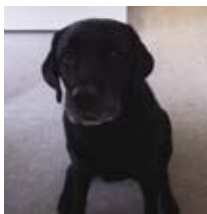
She came to us as an eight-week-old puppy full of life, vigour,

mischievous and enthusiasm and that's how she lived the rest of her life right up until her last morning. We had no inkling that she was unwell. There were no symptoms of the tumours inside her. Indeed, at lunchtime the day before she died, she went out with both of us for a wonderful walk at one of her favourite places. She even carried several sticks (this was her trademark!), swam and sniffed out squirrels! It was only on our return when (uncharacteristically) she refused to eat her lunch that we both thought she was a bit under the weather.

She passed an uncomfortable night, and in the morning I noticed that her stomach had swollen up drastically. I was very worried that it was bloated so rushed her straight to the vet. After scanning her, they gave me the devastating news that it was tumours and that they were bleeding and inoperable. She wasn't in pain and she wasn't suffering but the time had come to let her go.

She was peacefully put to sleep in her Daddy's arms with both of us by her side in a quiet, beautiful garden with birds singing. The last thing she heard was both of us telling her how much we loved her and the life we had with her and how privileged we both felt that she had come into our lives and let us love her. It was everything I could have wished for her final sleep. Our vet said it was one of the most peaceful and beautiful endings he had witnessed.

Since that day the tears have flowed, but she has let us know in many, many ways that she is still with us and that she knew how very much she was and is loved.



**TED SPAKE
2008 – 2021**

Ted was thirteen years and four months old, and my husband and I had him from when he was just eight weeks old.

He came from the Isle of Wight, and at that time we

also had an older black Labrador Zak, who was ten. When Ted was about sixteen weeks old he was pinned to the ground by another dog. He wasn't hurt but the growling and barking frightened him, and from then on he avoided other dogs! I found a safe field where he could exercise without fear and on Fridays he went to DoggyPaddle, a hydrotherapy pool for dogs! He loved swimming! Totally spoilt! He never left my side and provided me with a great deal of comfort. Ted's passing was totally unexpected. He was fine all day, but I found him collapsed and although I rushed him to the emergency vets it was no good. I miss him terribly.



**JET CARCARY
2018 – 2021**

Jet was born on 9 August 2018 and was one of three males I had pick of the litter from.

I was invited to climb into the pen to meet the three puppies, but it was Jet in his red wool string collar who claimed me. He circled, sat on my lap and saw off his two brothers when they tried to come over. I was more than happy with 'his' choice. My sensible, calm boy sat gazing into my eyes for most of the journey home and the love affair never ended. In his short two and a half year life Jet grew into a fantastically handsome and large Doberman, weighing in at a very fit 50 kilos. Aside from his stature, he stood out as he was unusually black for a Doberman. He lacked the tan pointings on his chest and had less tan on his legs. This – for me – added to his appeal. I was often asked if he was a Doberman crossed with a Dane. Sensible, stubborn, highly intelligent, calm and always with one eye on me, I sometimes thought I should have named him Dragon because it was like having a dragon as my constant, doting and fearless companion! Jet, thank you for picking me, for getting me through the loss of Tazz, for being an amazing brother to your half-sister Ember – who misses you so much – for being the most awesome, gentle and loving boy and for making me feel so lucky to have had you in my life. I see you everywhere constantly and miss being near you.

The misery of keeping a dog is his dying so soon. But, to be sure, if he lived for fifty years and then died, what would become of me?

– Sir Walter Scott



**PEANUT GRIFFITH
2003 – 2021**

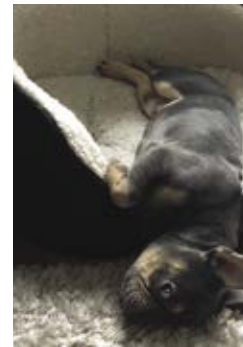
Peanut had some serious health issues but after a very worrying period, one day my boy raised his head and uttered a muffled bark at the postman – I was overjoyed! He made a full recovery and lived to July 2021 – just 3 weeks short of his 18th birthday. A feisty little terrier to the end!



Winnie



Francis



**WINNIE CORFIELD
2007 – 2021**

**FRANCIS WILLIAM CORFIELD
2010 – 2021**

Winnie and Francis William died within two weeks of each other.

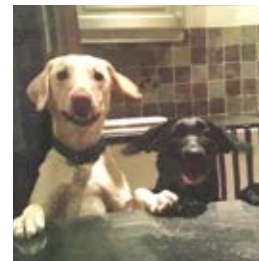
They were both wonderful and loving dogs and are much missed by their four and two-legged family members and friends. Please remember both of them.

**BEAR MARSDEN
2018 – 2021**

*In Memory of Bear
Oh our boy, our big boy Bear. We all miss you so very much, the house is so quiet without you.*

We miss your snoring, we miss your laps around the garden to find the perfect spot. We will miss the Boss Dog of the Sofa, our seats are no longer as

warm as they were when you were around. Your newly born little ones got to spend a precious month with you, which they won't forget. They each have one of your special traits, Zeus has your Springs, Lola has your Enthusiasm, Livy has your Bashfulness Luna is lost without you, but will be looking after your protégée Zeus now that you have gone over the rainbow bridge. We love you Big man always will, there is an empty feeling without you, Zeus will do his best to keep the memory of his father to live on. Eva will look after you up there, run free, run free.



**JESS LOCKWOOD
2008 – 2021**

**LUCY LOCKWOOD
2006 – 2021**

It is the first time in forty two years that we haven't had a Labrador in our home. No one to comfort us.

Lucy, Jess's sister died last April, she was fourteen. Jess was hopelessly lost without her companion as are we. We feel very sad and our home is missing something.



**MIA DODD
2010 – 2021**

We all miss her dreadfully. She was Purdey's mum and they were incredibly close.

Mia was very demonstrative and very cuddly. She would lie down immediately behind you, and jump on a seat as you were about to sit down on it – she loved to be close. She was a gentle character, a real athlete, a superstar at scent work and she loved to gallop. She was a huge part of all of our lives.

Dogs come into our lives to teach us about love, they depart to teach us about loss. A new dog never replaces an old dog, it merely expands the heart. If you have loved many dogs your heart is very big.

– Erica Jong



**ROMEO VLAICU
2010 – 2021**

In the living memory of Romeo. You have left my life, my beautiful prince Romeo, but you will never leave my heart! You no longer greet me as I walk through the door.

You are not there to make me smile, to make me laugh. Life seems so quiet without you. You were far more than a pet. You were a family member, a friend, a loving soul, whom I will never forget. It will take time to heal, for the silence to go away. I still listen for you and miss you every day. You were such a great companion: content, loyal and true. My heart will always wear the pawprints left by you... I love you and miss you, my baby. You are forever in my heart and I cannot wait to meet you at the Rainbow Bridge so we can be together forever!!!! With all our love: Mummy, Daddy, Angel, Lola, Bella and Fifi!!!

**TOM RIORDAN
2008 – 2021**



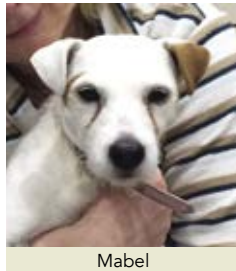
**EVIE HUTCHINS
2018 – 2021**

Our darling baby girl has left a massive hole in our hearts and home. Very sadly missed by all including German Shepherd brother Sam and Westie sister Maggie. You were our first poodle and you had such a wonderful character.

All dogs are beautiful, of course, but you were stunning! Unusually, you were a parti-coloured poodle and wherever we went you were admired. We took hundreds and hundreds of photographs and videos of you over the last three years... how we wish it was you we still had. You made us laugh (and sometimes swear) every day with your various antics. You had so much love to give. You made every minute count. You loved your toys and you loved other things that you shouldn't (we're still not changing the chewed-up carpet, as it reminds us of you). We just wish you were still here and that we still had to make sure there was nothing left on the worktop for you to grab! We miss your liveliness and your bark and the way you followed me around the house and the way you sat on my lap for cuddles in the evening. It doesn't feel right at all that you've been taken from us so early in your precious life. We will miss you and love you forever
Evie xxx

If you have a dog, you will most likely outlive it; to get a dog is to open yourself to profound joy and, prospectively, to equally profound sadness.

– Marjorie Garber



Mabel

**MABEL PHILIP
2003 – 2018**

**CHARLIE PHILIP
2004 – 2021**

Sadly, three years ago we said goodbye to our beautiful fifteen-year-old Jack Russell, Mabel.



Charlie

She was the very first dog in our family and once settled in, ruled with a feisty, iron paw. She was game for most things and was included in as many of our three young sons' activities as possible, from sledging in the snow to paddling in a pedalo and from football to tennis! She loved to chase balls! She hated the vacuum cleaner, the lawn mower and the hairdryer with a passion. She also wasn't keen on our postman. Crucially, she embraced life and all it had to offer.

Having realised how much fun it was to have a dog in the family, we decided that she would benefit from having a playmate. We decided to choose a rescue dog. It all happened a lot quicker than we expected. Whilst we were shopping for a new television in one of those giant electronics stores an advertisement came on for the RSPCA featuring an abandoned puppy. An hour later we (by which I mean the whole family and Mabel, of course) were driving to Bristol to meet our new puppy. It was love at first sight for Mabel and 'Charlie' – they got on like a house on fire. A fortnight later we had become a two-dog family. Charlie was a real people dog. He loved to play with the boys and urged them to throw balls for him all the time. He loved sleepovers and was always in the middle of anything that was going on.

Move on a few years and we decided to adopt another little puppy. Eric came from an unplanned litter. He is a lovely little character and settled into the family well with his lovely, lively puppy ways. The three dogs were the best of friends and enjoyed life together. Then, sadly, Mabel, who was well over fifteen years old, became unwell and we had to make the most awful decision to let her go. Our family would never be the same again and we were completely devastated. Poor Charlie never really seemed to get over losing her. He developed arthritis which slowed him down and then lost interest in his ball, which at one time would have seemed impossible.

We moved home to near some beautiful walks, which Charlie enjoyed albeit at a slower pace. In June, the time came for him to join Mabel. He was approaching seventeen and had lived a wonderfully full, active and happy life with us. He gently fell asleep in our eldest son's arms. Our little family was devastated once again. But we were honoured and privileged to have had Mabel and Charlie share their lives with us. We now have our delightful Eric and Anna, a Romanian rescue who is a real challenge but very loving and rewarding nonetheless. We look forward to many more happy and active years with them both.

A good dog never dies. He always stays.
He walks besides you on crisp autumn days when frost is on the fields and winter's drawing near. His head is within our hand in his old way.

– Mary Carolyn Davies



**BELLA MOORE
2008 – 2021**

Our girl came to us from Pointer Rescue Service in 2011 as a three year old.

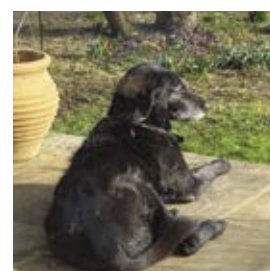
She was very thin and undernourished, and seriously

lacking confidence. Her early experiences had not been positive. However in true Pointer style she quietly and determinedly established a place in our home and our hearts. Both she and our older dog, Tero, travelled well and came happily on holiday with us. An out of season outing to Cornwall was established and became an annual event, turning into the dogs' special winter holiday! All things dog and a jam-packed car with minimal human necessities for the few days away, and the very best of Cornwall. Big beaches, rough seas and winter weather. Bella loved the seaside. Ears flying, legs dancing and sighing contentedly into the moment, feeling the joy! Pointers are made for these moments, and Bella got that! In 2014 Tero passed away, a very sad time for us all and for Bella she lost her absolute rock and close companion. In time though she drew closer to our Greek street dog, Whizz. In due course the puppy, Lobero, joined our ranks. The trio complete, hierarchy was established albeit it could vary depending on the matter in hand. They became close and firm friends. Interestingly, Bella preferred to leave day to day or more serious matters to Whizz, as long as her comforts and needs were fulfilled to her satisfaction and the world was good! Rural day to day life at home in Devon meant that her natural pointing skills were often engaged, especially by the abundance of pheasant during the winter months. Bella was a girly girl, preferring to be found relaxing in the sunshine or by the fire, always with an eye and an ear to nice things coming along, keeping her in the lifestyle that she had soon come to enjoy! Incidentally, Bella wore purple well. She was very intuitive and could often be found gazing at the door in anticipation of my husband's return home. She loved her comforts, especially the warmth of the Aga and the fireside in the winter. Bella did not like the rain and many is the time she had to be gently eased outside for nature's call on a wet winter evening! She commanded pole position and controlled the two boys with just 'a look'. She was a girl who always got her own way! Only a few weeks ago she enjoyed a week in Northumberland with us, especially her last jaunt to the beach at Banburgh. It was the warmest day that week and the day she danced again! The recent months have both been happy and sad as we knew her time was getting ever closer for her inevitable crossing over the Rainbow Bridge. Right up until just her last few hours, she enjoyed a tasty piece of Stilton and sausages. Bella had health issues throughout her life, but but bore them well. She lavished a great deal of affection on my husband, and rather less of it on me. Except, of course, when I had Stilton on my plate...! She remains in our hearts and is greatly missed.



**DAISY TUNNEY
2006 – 2021**

It was very sad to lose her but she was almost 15 and had always been very healthy until her last few months. She is much missed.



**FLOWER HALE
2007 – 2021**

Here is our gentle, loving weimardoodle, Flower, enjoying her favourite sunny spot on the terrace. We were blessed to enjoy over 14 years with this beautiful soul. Truly everyone's best friend.

Book review: The Levitators by Ruth van Beek



If you are looking for a slightly different approach to dog photography, consider buying a copy of Ruth van Beek's witty and thought-provoking book: *The Levitators*. A passionate dog lover, van Beek (a well-known Dutch artist with many exhibitions and publications to her name) wanted to explore the whole area of selective breeding. As she says: 'It is hard to believe that dogs descend from wild animals, these pets are now bred in all possible shapes.' She was also interested in the spiritual nature of dogs. 'In our photos they pose patiently for the camera, looking good, tail up. But when we are not looking, I imagine them hovering just above the ground – levitating like Tibetan monks.' Van Beek specialises in creating collages. Her book contains 35 images – each a compilation of other photographs, cut and folded together. The result is a reminder of how much we control our dogs' lives – even the way they look. At the same time, it is a celebration of all things canine – there is something very endearing about these made-up dogs. *The Levitators* can be purchased from RVB Books in Paris for €25. www.rvb-books.com





A beginner's guide to Mantrailing

Linda Nicholls is a much-valued member of the Honey's Health Team

If there were a Canine Olympics, then one of the most popular events would be Mantrailing. In the last few years it has taken off not just in the UK, but all over the world. In fact, its history can be dated back to monks in the seventeenth century – and even before that. In this article Honey's own Linda Nicholls provides a beginner's guide to the sport.



What is Mantrailing?

Mantrailing is an exciting dog sport, which involves you and your dog searching for a missing person by following their scent. The wonderful thing about it is that it is open to all. You don't have to be especially fit or active and nor does your dog. More than this, it is ideal for dogs with confidence and reactivity issues, since dogs are always worked one at a time on a harness and long line. As long as they are mobile enough to follow a trail, they can take part. I know of a dog who has lost the use of his back legs and Mantrails with the help of a set of wheels!



Why it is so wonderful

The great thing about Mantrailing is that it:

- Builds a great relationship with your dog.
- Increases your dog's confidence.
- Uses your dog's natural abilities.
- Is a great social activity for you and your dog to enjoy.

How it works

As we humans move around, we leave a unique scent trail (it is actually made up of our perspiration, pheromones and so forth). I like to think of it as being a bit like a coloured vapour trail. Animals do the same thing. My trail might be red, yours might be green, a rabbit might have an orange trail and so forth. Each trail settles on whatever surfaces it comes into contact with and, of course, gets blown around by the wind. So, as you walk around your trail is being left on the earth, walls, cars, trees, hedges etc.. Trails get mixed up together and over time each one thins out and

dissipates. Mantrailing involves asking your dog to follow a particular trail. He or she must avoid becoming confused by all the other trails twirling about and by other scents. Dogs are good at this because they have around 300 million scent receptors in their noses, compared to the six million we humans have!

Four levels of skill

The sole objective (apart from having fun) of Mantrailing is for the dog and his or her human companion to track down and find a 'missing person' referred to as a Misper for short. Dogs that achieve this are rewarded with praise, treats and/or a toy to play with.

The first stage of teaching a dog is for someone to handle something extensively – say a glove or shoe – drop it and then run away. The dog must watch this and then be encouraged to chase after the person.

Over time you make the process harder. The Misper is further away and then hidden from sight so that your dog only has the scent trail to work on.

There are currently four levels of skill, each progressively more difficult, and presenting greater challenges to the dog and handler. Greater challenges include busy environments with lots of trails from people, animals, wildlife and even cars; split trails; difficult starts; and Mispers in strange places such as up trees, down holes and under things.

Some participants really want to advance through the levels, and others just want to go out every now and then and have a bit of fun with their dogs. This sport allows for either.



My own experience

I currently work two of my dogs.

Pip is an eleven-year old Border Collie, who took up Mantrailing in 2019 after he retired from agility. He is currently working at Level 3. Pip is one of those collies who loves to have a job to do, and he really enjoys using his nose and his brain to work out who his Misper is and where they are. He has worked in a variety of different environments including towns, woods, industrial estates, open countryside, residential areas and even inside large buildings.

Peachy is an eighteen-month old Border Collie who was only a few months old when she started Mantrailing, and is currently working at Level 2. She is a very promising trailer and will, no doubt, overtake Pip at some point in her career. Peachy was quite a timid puppy and Mantrailing has really helped her to develop her confidence in new places. Indeed, she takes most things calmly in her stride now, putting her little nose down and searching down her Misper! She rarely gets distracted when she is following a trail and get very excited when she know she is near to the goal.

We regularly trail with a huge variety of breeds, Collies, Labradors, German Shepherds, Spaniels, Retrievers, Staffies, Schnauzers, Beagles, Hounds and even a couple of Corgis. The human companions include people of all ages, able bodied and disabled. This sport really is open to anyone. If you are interested it is easy to sign up for a trial session. You may be amazed at how much you and your dog enjoys the experience.

More information

The best place to start is the Mantrailing UK website (www.mantrailinguk.com). You will be able to find local instructors and sign up for an Introduction to Mantrailing Course. Finally, I would just like to thank our instructor at Lupo Academy (www.lupoacademy.co.uk) for the use of their photos and ongoing training. We couldn't do it without you.

Sally Morley, a Honey's customer, explains why she loves the sport

It's a great thing to do with your dog. Not only is it fun, but also it helps cement the bond between you and your dog. The dog can be rewarded with either food or play. Mine are both quite food orientated so sardines are the treat of choice for finding the missing person. It is still very early days with my two. Millie can trail but as a sight hound she quickly loses focus if something (anything!) moves in front of her while she is scenting, so at the moment we are keeping trails very short and simple. We want her to associate the fun part of trailing with the food reward. Hopefully she will soon be more focused and will be able to undertake slightly longer trails. Jura being part-beagle (and also obsessed with food!) has taken to it like a duck to water. Despite her small size she can pull like a train and positively drags me along she is so keen for her sardine reward. She has already moved on to longer trails, delayed starts and more complicated trails. Incidentally, your dog will always be on a long line so if recall is an issue you don't have to worry. I have found Mantrailing to be a brilliant way to strengthen my relationship with both Millie and Jura, who are rescue dogs. By the way, the age and fitness of dog and the handler are not a consideration. You can trail at a speed that suits you both.

Further reading

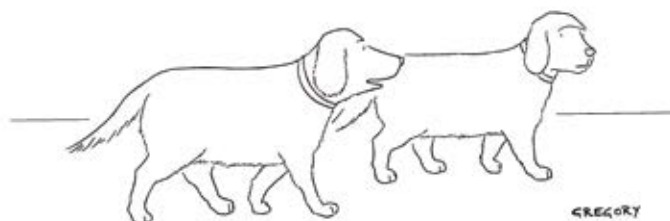


Mantrailing: a training handbook Roberta Bottaro and Ivan Girardon

The authors, very experienced instructors, explain their training philosophy with examples gathered from all over the world (yes, Mantrailing is an international sport!).

A brief history of Mantrailing

The highest church in the world sits 8,000 feet up in the Alps on what was once the most dangerous mountain pass in Europe. Today, climbers and hikers come for the challenge, but for hundreds of years, the monastery of the Grand St. Bernard was a lifesaving refuge from the cold and snow for everyone from local hunters to Napoleon. In the 1600s, the St. Bernard monks decided they needed help rescuing snowbound travellers. So, they bred a burly but reliable dog, which they named after their patron saint. Before the 1900s, there were no skis, so the dogs made paths even if there were one or two meters of fresh snow. They helped the monks to save lives. Indeed, over a span of nearly 200 years, about 2,000 people, from lost children to Napoleonic soldiers, were rescued because of the heroic dogs' uncanny sense of direction and resistance to cold. The St. Bernard monks were by no means the first people in the world to breed and train dogs capable of following a trail. Thousands of years earlier dogs were used to hunt for food, enemies and escaped prisoners. It was really in the nineteenth century that dogs became involved in police work and then in search and rescue. It was in the twentieth century that their extraordinary ability to identify scents was harnessed to identify everything from mines to drugs.



"What I do as an artist is take an ordinary object—say, a lamppost—and, by urinating on it, transform it into something that is uniquely my own."

A dog's sense of smell

A dog's sense of smell overpowers our own by 10,000 to 100,000 times! At a mere 10,000 times, if we were talking about vision, what we could see at a third of a mile, a dog could see more than 3,000 miles away! Dogs can detect some smells in 'parts per trillion'. In her book *Inside of a Dog*, Alexandra Horowitz, a dog-cognition researcher at Barnard College, explains that while we might notice if our coffee has had a teaspoon of sugar added to it, a dog could detect a teaspoon of sugar in a million gallons of water, which is two Olympic-sized pools worth. Another canine scientist likened their ability to catching a whiff of one rotten apple in two million barrels. What do dogs have that we don't? Up to 294 million olfactory receptors in their noses than us – we only have around six million. Moreover, the part of a dog's brain that is devoted to analysing smells is, proportionally speaking, about 40 times larger than our own. Incidentally, dogs' noses work differently. When we inhale, we smell and breathe through the same airways within our nose. When dogs inhale, a fold of tissue just inside their nostril helps to separate these two functions. When airflow enters a dog's nose it divides into two different flow paths, one for olfaction and one for respiration. Another thing, we can't wiggle our nostrils independently but dogs can. This helps them to locate the source of a smell and, to top it off, dog's possesses something called a Jacobson's organ. Located in the bottom of a dog's nasal passage, this identifies pheromones, the chemicals unique to each animal species.



"Sometimes, you have to stop and smell the roses, as well as the other flowers, and the bushes, and the trees, and the sidewalk, and the fire hydrant, and the trash on the side of the road..."

The Honey's Directory of Everything



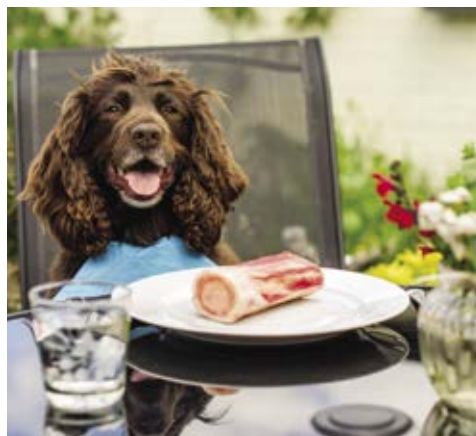
Free books. Free advice. Free goodies.

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.



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

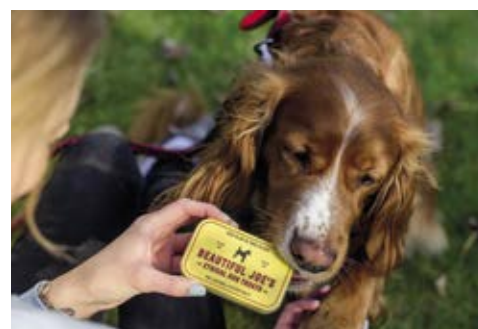
Don't say it with flowers, say it with Honey's! Prices for Gift Hampers start at £45 including delivery. We'll be happy to include a personalised card, too, and lots of little extras (such as book and treats).

%s!

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



"I suppose an explanation is in order?"



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.



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.





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

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

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



"That's where we differ. You'd eat our food, but I wouldn't touch dog food."



RAW PROOF

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



The Real Honey's Dog Food story

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

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



REAL DOG FOOD

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.

Green paws

Gardening tips from Teilo our canine horticulturist



Hiding in the autumn border

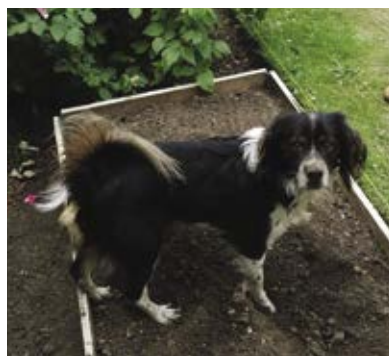
I like this time of year. I can sunbathe in the mellow autumn sun for long periods without overheating and having to move. If I am feeling more active the overblown garden provides ample opportunity to furtle (who says dogs have a limited vocabulary?) and explore. Over the summer there were areas that were off bounds to me but now Jim doesn't seem to care much. He leaves a lot of the herbaceous plants to die back naturally. I can hide and stalk among the yellowing stems. And there are rich smells in every corner.

There is one corner near the compost heap where he actively encourages me to dig. He buries treats and toys there when I am not around leaving me to excavate them. Jim likes to dig too but less than he used to. He keeps referring to an approach to gardening known as 'No dig'. What a mad idea! But Jim likes it. Says he is getting older. If he were a medium-sized dog, he would be 9 so I guess he has a point.

It is not just that digging is hard work. Apparently, there is a lot more to that mud on our paws than you might imagine. Soil is teeming with life. It contains mycorrhizal fungi that team up with plant roots. The fungi obtain a share of the energy generated by photosynthesis in the plants and they, in turn, help the plants to find moisture and nutrients. It is a symbiotic relationship like the one between Jim and I. Digging, it seems, interferes with the delicate network of fungal filaments. It also brings weed seed to the surface where they can germinate.

A weed infested patch can be converted to a plot producing vegetables and cut flowers without the hard work of turning the soil. The first step is to cut down the vegetation and cover the area; first with cardboard and then a 15 – 20 cm layer of organic mulch. This could be homemade compost, well-rotted manure, straw, grass clippings or a mixture of all these. Leave the light excluding mulch to rot down over 6 months to a year depending on the vigour of the weeds you have covered. Some weeds such as bindweed may still return but will be weakened and if you repeatedly hoe them off, they will disappear eventually. You can then sow or plant into the friable top layer and as long as no humans tramp over it the soil organisms will keep the soil underneath open and aerated. Add a thin (5cm) layer of organic matter to the surface each year ideally in autumn.

Jim is busy planting bulbs. He started with daffodils that benefit from planting in early October but will carry on planting tulips up to Christmas. This is my second experience of this annual ritual in my short life. Burying round objects seems like fun to me but I remember him getting very cross when I ran off with a daffodil bulb. Lilies, daffodil, tulip and hyacinth bulbs are all poisonous and can make a dog very poorly indeed. So, keep an eye on your four-legged friends when planting – patches of bulbs in the garden should be designated 'no-dig' for everyone!



A dog likes somewhere to dig



Tulip 'Menton'



Teilo's Garden Jobs for October/November

Bare root trees and hedging plants will be available from November and autumn is the ideal planting time. *Fagus sylvatica* 'Purpurea Pendula' is a weeping purple beech suitable for a small garden. Perfect for a dog to doze under on a summer's day.

Organised gardeners will have made a note over the summer of rampant herbaceous plants that are swamping more refined subjects. The rest of us can still assess our borders now with a view to some editing. While many plants will have collapsed and be in disarray, we should be able to recall their summer peak. Over exuberant herbaceous plants can be dug up and divided. Replant or give away sections with a healthy root system. The modern take on the traditional herbaceous border errs on the prairie/meadow side with lots of repetition of small clumps of the same plant to achieve a naturalistic tapestry effect.

Autumn sown sweet peas and broad beans make strong plants that will romp away when planted out next spring. Use a peat-free compost in individual pots or deep modules. Protect the young plants from the worst of the winter weather by placing them in a cold frame or unheated greenhouse.

Teilo shares his home with gardening journalist James Cable from whom, we suspect, he has inherited his green paws.



'David! The dog's digging up the lawn again!'