

# The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Spring/Summer 2022

## A few words from Jonathan, Honey's founder

How many types of working dog can you name? In no particular order, I can think of therapy dogs, assistance dogs, guide dogs, guard dogs, carriage dogs (not much in demand nowadays), turnspit dogs (also, happily, not much in demand), detection dogs (everything from drugs to bed bugs and from cancer to missing people), draught dogs, sled dogs, guide dogs (oh, I mentioned them already), herding dogs (sheep, ducks, reindeer etc.), search and rescue dogs, plain rescue dogs (preferably carrying brandy), military service dogs, hunting dogs, airport runway safety dogs, truffle dogs... the list goes on and on. That there are so many categories capable of performing so many different services, is testimony to the dog's extraordinary intelligence, adaptability, helpfulness, resourcefulness and strength. Yet there is one class of working dog that rarely gets mentioned despite being by far and away the most numerous. For want of a better name I will call it the companion dog.



"Oh, I thought you said *Workies!*"

Companion dogs live with single people, couples, friends, flatmates and families. They are the dogs you see running in parks, riding in cars, playing with children, tied up outside shops, reluctantly being dragged into the vets, chasing cats, rolling in disgusting things, leaping into muddy ponds and staring out of windows waiting for their human companions to come home. They are, to adapt an old-fashioned expression, the dog on the Clapham omnibus. Some people might say they are commonplace, even ubiquitous. They would be wrong. A telling statistic is that around two million British households decided to adopt a dog as a result of the pandemic with three out of four claiming that their four-legged companions helped their mental health.

I happen to believe that dogs and cats are vital to the well-being of our society. They provide comfort, affection, interest, amusement, motivation, company, protection, security and, above all else, love to untold millions. I am a huge admirer of Pope Francis, but he was talking through his Mitre when, earlier this year, he said that couples who prefer pets to children are selfish. Nowadays, the only non-human species that most people come into contact with are dogs and cats. Without them, frankly, the world would be in even worse condition than it is in at the moment.

Where am I going with all of this? I know, from all my many conversations and correspondences, that Honey's customers donate a great deal of time and money to good canine causes. In this issue of *The Alternative Dog* you will find mention of some of the different causes we support, too. For a myriad of reasons that I am sure I don't need to explain – from war to inflation – animal welfare charities are struggling to raise money at the moment. Now, more than ever, they need our support. Although we can't always give as much as we like at Honey's we never turn away any request for assistance. If you know of a charity in need of a hamper to raffle or books to sell, please let me know.

On a completely different note, I must apologise to regular readers for the large gap between the last edition of *The Alternative Dog* and this. My son, Nat, who has been running Honey's for the last three years unexpectedly (well, not that unexpectedly, but six weeks sooner than anticipated) became a father to twins and I suddenly found myself taking over his job as well as my own. Anyway, I am sorry for the delay and promise not to let it happen again. As you will see it is an even bigger (and I hope) better issue.

One more but vital thing: thank you for your wonderful support and custom. We never, ever take it for granted. Also, please don't hesitate to contact me directly if I can ever be of assistance with anything.

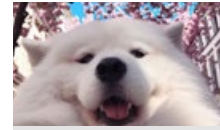
Thank you, again.

Jonathan

Jonathan (Self)  
Honey's Founder

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AND MUCH,  
MUCH MORE BESIDES...

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# HONEY'S NEWS



## Thank you and congratulations to Nat

We are happy to announce that Nat (Self) – our MD until a few weeks ago – is the proud father of twin boys: Iggy and Winston. Just after Christmas the family moved to a new home two hours commute from Honey's HQ and as a result Nat has decided to resign. He will be much missed. Congratulations and thanks for all your hard work over the last three years from all at Honey's.



## Pasture for Life

We have recently become certified by Pasture for Life. Grazing animals on 100% pasture brings positive impacts for biodiversity and carbon, human health and wellbeing, and animal health and welfare. Pasture for Life works on the ground, every day, to restore ecosystems, implement positive change in our food and farming systems, and demonstrate the benefits of 100% pasture fed. We hope, in due course, to be able to launch a special Pasture for Life range.



## Darcy Wong

Sadly, one of our longest standing and best-known canine customers – Darcy Wong – died earlier this year. Her obituary is in the *In Memoriam* column, but here is a photograph of her visiting the Honey's stand at Crufts a very, very long time ago!



## The Honey's Wood Update

Good news! The waiting for the deeds to our meadow is – we have been promised – almost over. For readers not familiar with the background we have – in principle – acquired a small (3 1/4 acre) meadow about an hour's drive from Honey's HQ. The meadow 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. Anyway, we had hoped to be sending out certificates by now and must apologise for the delay. As soon as the sale completes and we are able to start planting, we will let you know.



## Farm visits back on the agenda

We love visiting the farmers and gamekeepers we buy from, but due to the pandemic we were forced to cancel all our usual inspections. However, talking to a number of our producers it appears that we will now be welcome to start calling on them in person again. Not for awhile, sadly, to our poultry suppliers (due to the current wave of avian flu) but to many of the others. Visits will be quite restricted as many farmers are short staffed and don't have time to be entertaining us. Still, it is a start. For readers not familiar with our ingredients policy, 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 health/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. The pictures here, incidentally, were sent to us recently by three of our producers.



## Dax's smart new collar

We thought readers might like to see the collar that Rob Waters (footsoldier13@protonmail.com) created for Dax Knight as a prize in our draw a couple of issues ago! Rob accepts commissions and his prices are very reasonable!



*"That's Roger's therapy dog."*

## HONEY'S HEALTHCARE TEAM – AT YOUR SERVICE

Do remember, that Honey's Healthcare 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 call or email. All part of the Honey's service.



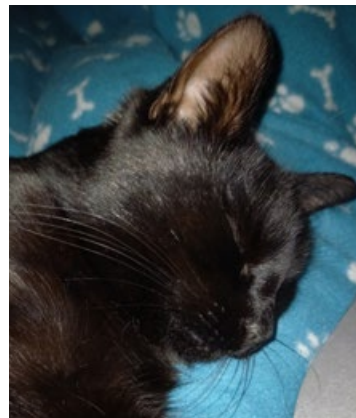
## Honey's stories: Eileen James

I was home alone, had just finished my piano practice and was enjoying a well-earned cup of tea in another room when someone suddenly started to play it again. I more or less had a heart attack. The door to the garden was open and clearly some sort of a psychopath had entered and was murdering 'Three Blind Mice' on the piano before murdering me. Tiptoeing to the front door to make my escape I glanced nervously through the door to where the piano resides... my murderer was a wee, fat, ginger cat with sticky up ears and bushy tail.



## Honey's stories: Lia Webb

Lia Webb arrived from Romania last July. She appeared to be a healthy, happy little puppy aged around five months old – delighted to have been rescued from what was certainly a wretched existence. However, within days she began to itch and itch. Initially, we thought she had been bitten by mosquitoes. Our next guess was allergies. We were wrong. It was worse: severe Demodex mange! She went through two months of sedations, blood tests, skin scrapes, antibiotics and special washing routines. With the help of a holistic vet we started to try and boost her young immune system. Things were going well but then she developed thick, hard, rock-like cracked/broken bleeding skin on her cheeks, near her eyes, on top of her head, behind her ears and in random places around her body. I watched my baby gal bite and scratch herself all over her body until she was bleeding and had no skin or fur left. She was so sick she stopped playing and slept all day every day for weeks. Now thanks to a combination of conventional and holistic care she is, we hope on the mend. In the middle of this journey we switched Lia to a raw diet and so far she is thriving on it. She's got so much more energy and vitality. She played tag with me today for the first time in months. We are able to take her for long walks, too. Since starting on Honey's, Lia has started talking to me while I prepare her meals! She's so enthusiastic I've had to put her food into a jigsaw bowl to slow her down. We are very grateful to our vet for introducing us to raw feeding and, of course, to Honey's. *Juliette Webb*



## Honey's stories: Chloe Spencer

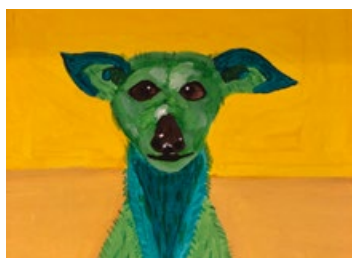
Chloe, my cheeky 3-year old rescue cat, has been in my care since I adopted her from Cats Protection aged 9 months. She's a real character, and her absolute obsession with all things food-related has led to the nickname 'The Labragoat' – half-Labrador, half-goat, but in a feline wrapper! She's been on Honey's for 18 months, having been

recommended by my vet. She had suffered from intermittent digestive troubles since I first adopted her, and was very skinny despite her huge appetite. Now, she is a glowing picture of health – a 'completely different animal', according to my vet! Her coat is a standout transformation: super-soft, shiny, and glossy! She has put on weight, filled out, and is positively loving life - the difference is amazing! Chloe has always loved her food. She loves raw mushrooms, tinned chickpeas and Fab ice lollies – indeed, she chases children with ice creams in the hope of being given some. The photos are all of her sleeping, because she is so full of life and energy when awake, that any picture is a blur! *Naomi Spencer*



## Nickname competition winner!

In our last issue we asked readers to tell us if they had any special nicknames for their four-legged family members. Due to being rather absent minded we forgot to say what the prize was – a £100 voucher to spend with Honey's. Even so we received well over a hundred entries from which, with extreme difficulty, we have chosen our winner: Cudgie aka Jazzie aka Schnoozle aka Jasper Feasey.



## Portrait winners...

Emily Silva has won a portrait of her chosen four-legged companion by artist Alison Purser and Jemma Whalin has won a portrait of her chosen four-legged companion by artist Martine Davis – see our last newsletter for details. Congratulations to both!

## 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



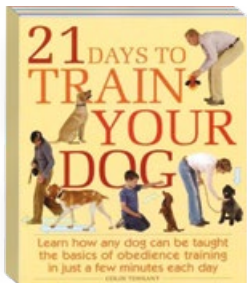
### 10 packets of Beautiful Joe's treats + Tin



### A personalised dog bowl



### Two free shipping vouchers



## FREE DRAW: TRAINING BOOKS!

Colin Tennant has very kindly offered us ten copies of his best seller – *21 Days to Train Your Dog: Learn how any dog can be taught the basics of obedience training in just a few minutes each day* – to give as prizes in a free draw. If you would like to enter email [freedraw@honeysrealdogfood.com](mailto:freedraw@honeysrealdogfood.com) before

the 30<sup>th</sup> July 2022. Colin has also written an excellent article for this issue on play biting.



The winner of our Classic Canes Free Draw is Anjie Taylor. Congratulations! For more information about Classic Canes visit [www.classiccanes.co.uk](http://www.classiccanes.co.uk)



## Trust Pilot Update

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



# Living with a dog who has genetic chronic anxiety

By Colette Lewis

We've cared for a motley crew of dogs over the years. My husband and I live in a rural part of Wales and after re-homing a succession of rescue dogs, happened upon the Large Munsterlander (LM) breed....we were smitten.

I often describe them 'as infuriating as they are addictive'; they are certainly not for the faint hearted! Intelligent, energetic, busy, inquisitive and hilariously funny, they are excellent working gun dogs, each with their own unique characters. Freya our first LM was nine years old, and Digby our second LM was five, when we found ourselves contemplating a third. Enter 'Crumpsbrook Sedge' in September 2017 – who we called Quinn.

From the moment we first had him, Quinn was different. He screamed – loudly and often. He was incredibly active, in a frenzied way. He didn't nap, but collapsed exhausted, and the only way we could offer him any affection was when he was sleeping as he didn't stay still long enough. Freya, a typical matriarch was his canine teacher, Digby, a gentler temperament was confused and kept his distance. It was a challenging time.



We've never chosen to work our dogs in the traditional way, opting for other interests to enjoy with them, and had already started mantrailing with Freya and Digby. Quinn began at 10 weeks old, and to this day absolutely loves it. He's confident, thorough and has developed a lovely bond with my husband; they're a dream searching team! It was obvious

he needed something to 'do', but the problem was he could never switch off – from anything. If a car passed the house, or somebody came to visit he'd bark a warning, but instead of standing down afterwards he'd become anxious. Play exacerbated the intensity of his arousal, any toys to stimulate calming behaviour had the opposite effect. For a very long time we felt we were letting him down; nothing seemed to work. We became more and more exhausted, trying to juggle life, work, other family problems and then of course covid - with each of our dog's needs. Freya was worried about all of us, Digby became more introverted with his own health conditions, and Quinn.....

Quinn lurches from exhausted sleeping to hyperactivity, switching from one to the other in less than 5 seconds. He needs guidance and order constantly; even switching rooms or beds can be a huge challenge for him; he struggles to make a decision. He will pant, eye roll, lip lick, use displacement behaviour when stressed, settling rarely. One night we counted over 120 changes of position in his bed, meaning he wasn't getting nearly enough restorative sleep.

It all came to a head last year when he began to show confrontational signs towards Digby. Freya had unexpectedly passed away and both the boys were as emotionally affected as we were. We had tried various holistic and behavioural interventions over the years that helped to a degree, but this was a new level and needed addressing. Thankfully, through the advice of another LM owner we sought a vet referral, and in October 2021 were introduced to a veterinary behaviourist at Langford Vets, Bristol.

Quinn has been diagnosed with genetic chronic anxiety, a genetic condition that can affect any breed. From what we understand his brain isn't wired in the same way as dogs who don't have this condition, meaning he can't cope with certain experiences because he doesn't know how – and when highly agitated, learning can't take place. He's unable to self-regulate and the confrontational instances with Digby were born from frustration not aggression. In order to help Quinn feel less scared and confused we were asked to begin a trial of a medication called clomicalm, similar to a human anti-depressant. This would take 4-6 weeks to become effective, as it works on the cognitive responses in the brain, changing the level of serotonin and enabling him to become calmer. To be told your dog is in as much mental pain as a suicidal human is very sobering. On the one hand we were heartbroken he'd spent so long with such confusion and distress, yet on the other, we were relieved to have an answer. Now we could help him.

A set back before Christmas meant introducing a second drug gabapentin, to help work on the emotional responses, but he's finding this challenging as it appears to exacerbate his symptoms unless the dosage is very low. This is under review. However, three months down the line and Quinn's noticeably improved. On the positive side as he's matured, he's become more skilled in mantrailing, comfortable with set routine, incredibly loving and affectionate to all humans and curious and playful with other dogs. The confrontational behaviour has ceased. He's more independent, he's thinking more logically and is responsive to some interventions without becoming too aroused. He loves to play 'chase' around the kitchen island rather than the more conventional toy games that cause over arousal, he adores kisses and cuddles, running in the wind, burping loudly and 'helping' around the house! And when I find him standing patiently beside me, looking at me with an expectant, open, loving expression, my heart just bursts with love for him.

My reason for sharing our story is to create awareness around the influence of genetics on mental as well as physical health in the dog world. We've learnt that were Quinn to have sired a litter some of his pups would definitely have been affected. We've learnt that evidence shows there's a maternal link, and experience shows – although doesn't yet prove – there's a paternal link. Other LM owners have shared similar experiences with their dogs, thinking it was a 'breed trait'. It isn't. We know that research into many canine conditions can take years and is challenged by many factors, making it all the more precious when it's available. For us, there's no point in looking backwards. Quinn is as much a part of our family as any other dog we've been privileged to live with and we hope by sharing this it helps others who may have been through something similar. Breeding a litter of puppies in my opinion is a precious gift to be taken with responsibility. Communication, knowledge and education together with collaboration between breeder and prospective owners can make for a very positive experience. After all, who else can be a voice for the Quinns in the world but us?

# Animal Influencers – has yours got what it takes?

By Gideon Roberts

If you haven't heard of Jiff Pom, Nala the Cat or Doug the Pug before let me welcome you to the world of dog and cat 'influencers'! It's a world of global fame, high earners and a few 'rags to riches' stories that are also rather heart-warming. Just to put some figures next to names - this is what the top influencers make per social media 'post':

- Jiff Pom - £40,000
- Nala the Cat - £18,000
- Doug the Pug - £17,000

To add a little perspective - Jiff Pom's earning ability as an influencer is about the same as Tom Hanks. Not to be dogist or catist there is equal opportunity for other species to make it: Juniper the Fox and Mr Pokee the Hedgehog to name but two.

Below I explain how to make your four-legged family member famous on Instagram but there are, of course, plenty of other options from TikTok to Facebook. The key thing to remember is that the whole process should be fun for you and for the star!



@jiffpom 9.9 million followers

## 10 tips to make your dog Insta-famous

Instagram has become a great place to share photos. In fact, it has turned a lot of people, and even pets into celebrities. People love adorable animal pictures, and with the right hashtags, your dog can garnish millions of likes and followers, and become a fantastic influencer. If you are interested in making your dog Instagram famous, here are some tips and tricks to make your dreams come true.

**1. Why is Your Dog Special?** The first question that you should ask is, what makes your dog unique? Does he or she have some special skill (such as hopping or balancing)? Do they look special in some way (large or small or especially cute)? Have they some endearing habit (singing or stealing food)? Social media is a place for you to share what you love about your dog, so it's an opportunity to showcase these attributes. Like any upcoming artist getting the 'bio' right is a good start and then you need to add some of your content.

**2. Post Consistently.** Thirty identical selfies of your dog a week is too much. If you want to grow the right way, then post more than once a day. Test the timing window to determine the best time to put up engaging

photos. The more dedicated you are in documenting your dog's life, the more loyal followers you will obtain. Don't forget to check out social media apps, where you can schedule your post.

**3. Post on Other Dog Influencer Sites.** Don't forget to network with other dog influencers. Message them and ask if you can post a picture on their Instagram page. This will help you attract followers from their platform and convert them into your followers. In fact, a lot of influencers often post at each other's pages to swap followers; that way, both parties will get twice as many likes and fans.

**4. Take Good Photos.** Taking the perfect photo takes practice. Invest in a high-quality photography camera, bring your dog to phenomenal places, and capture every moment of it. It will take experimentation, but it's worth it once you get that special snapshot. Don't neglect the caption, either. The caption and the picture have to work together to get people engaged and make them want to share the post.

**5. Take Advantage of Amazing Apps** Instagram has an incredible filter and editing system to make photos look great and there are also tons of apps that can capture and create fantastic pictures.

**6. Hashtags.** Hashtags are an excellent way to get noticed. Some people say that you can easily go overboard, but if you're starting on this journey to make your dog an influencer, then it's best to put as much as you can. For example, if your dog has an adorable smile, then typing #Doggos and #pupperino or anything dog related can get anyone's attention.

**7. Insta-community.** Take a few moments during the day to share, like, and comment on other dog pages. Whenever you comment on someone else's page, they are most likely to comment back on your page. This process will make your dog's Instagram page appear more active, which is a stepping stone to becoming a dog influencer. After all, it is also an excuse to check out other dogs and enjoy all the cuteness.

**8. Add content.** Aside from taking dog selfies or random adorable pictures, why not provide some meaningful content. If other dog lovers see the value of the information, they are more likely to come back for more. Remember, you can post as a human or as your pet... or both.

**9. Be consistent.** Consistency is key, especially with the Instagram algorithm changes.

**10. Take things offline.** Attend pop-up dog events where you can meet other social media pet stars. It's networking in a sense; if you meet and your pets get along, they might invite you to events you may not have heard of and vice versa.

Gideon, who looks after search engine optimisation for the Honey's website, can be contacted via [www.taomarketing.co.uk](http://www.taomarketing.co.uk)



@itsdougthepug 3.9 million followers



"The days when that'd be enough to go viral are long gone, my friend."



@tuckerbudzyn 3.1 million followers

## Social media confessions...

By Jackie Bromwich

Dogs are a big hit on social media. A 2016 study by BarkBox found that on average, dog people post a picture, or talk about their dog on social media six times a week, and that one in ten have created a social media account for their pup. Since then they have become even more popular.

I must confess that I post myself. It began with a Twitter account for my border collie, Fern. I used it to post about her sassy and sarcastic character – in her words, of course. She was a massive hit during the pandemic, due to her posts about social distancing, and ended up getting several thousand 'likes' on many of her posts. When she sadly died in December 2020, we received hundreds of messages of condolence from people all across the globe. I also felt bereft, not only at losing Fern, but also at losing contact with all the friends that I had made during her time on Twitter, so it seemed right to create a new account for my younger collie and pick up the fun again.

There are times, of course, when it occurs to me that here I am, sitting on my sofa, pretending to be my dog, chatting to someone who is probably also sitting on their sofa, pretending to be their dog, and it is, maybe, a little strange. But it is good, clean, harmless fun, and the distant friendships you make with lovely people that you will probably never meet in person are lovely.

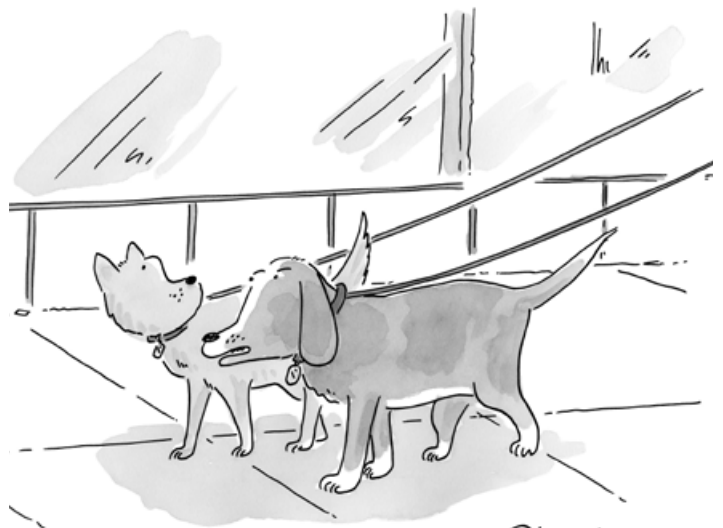
Is there a downside? Well, there are people who can be aggressive, unpleasant, and downright rude. However, they are easily blocked, and you have to make sure that if you are unfortunate enough to receive any negative comments you don't allow them to distress you. Their behaviour is a reflection on them, not on you.

What else can I tell you? There are lots of informative sites, especially on Facebook. There are hundreds of groups for every conceivable breed and mixed breed as well as groups focused on health issues and groups about dog sports, dog training, dog walking and just about any other dog related subject you care to mention. Some are really useful, such as some of the medical problem sites. I joined a group for border collies with epilepsy when my own dog was diagnosed with this disease last year, and found a wealth of really good, sound information on medication and alternative treatment.

If, by the way, you want to look for my own dog's crazy Twitter posts, she's called Wren the dog, and you'll find her under @squirrelnemesi



"Wake up, the cat is annoying the dog."



"Are they still following us?"

# Caring for a Romanian Rescue

By Sara Muncke B.Ed(Hons) MCFBA GoDT(MT) of Chilterns Dog Rescue Society

Since the beginning of the pandemic there has been an unprecedented demand for dogs from people who have felt this is the right time to buy or adopt. Initial estimates at the beginning of 2021 suggested that there were a million extra dogs in the UK, but the latest statistics suggest the figure is closer to three million! As licensed breeders have been unable to keep up with demand many would-be adopters have turned to other sources, frequently abroad. Sadly, the situation has been exploited by unlicensed and irresponsible puppy dealers looking to cash in on the vast prices people are willing to pay for a dog. These dealers have little or no concern for the mothers or puppies. One country that has earned itself a bad reputation for tolerating this trade is Romania, which is not only home to innumerable puppy farms but also takes in puppies bred in other parts of Eastern Europe. RSPCA sources estimate in excess of 60,000 puppies were imported into the UK last year, approximately 40% to 45% of the total of young dogs entering Britain.



"The man at the shelter promised he doesn't bark at all."

Puppy farm breeding bitches are kept in notoriously overcrowded, unsanitary conditions and, despite a requirement for puppies to be a minimum of 15 weeks old before being exported, this is not always the case. It is therefore no surprise that people buying puppies from such sources, be it wittingly or unwittingly, find they have taken on dogs with significant health conditions and deteriorating behavioural problems. These can include one or more of the following: general anxiety and barking, self-mutilation, obsessive or phobic reactions to unfamiliar household items and surfaces, fear of traffic, other dogs and people, resource guarding and aggression.

These figures do not take into account the high numbers of adult dogs rescued from Romania and elsewhere by groups of volunteers and welfare organisations. With a brutal fate awaiting many at the hands of the dog catchers, the imperative to get them to a place of safety is easy to understand. In the main, these are dogs that have lived on the streets with multiple other dogs and, on occasion, litters of puppies and individuals cared for by local dog lovers and 'ex-pats' until new homes abroad can be arranged. Dogs in this category generally have very good 'dog' skills and are finely tuned to the 'rules' of the pack. However, while they relate well to other dogs and, in the case of siblings, may be too dependent on their litter mates to the exclusion of everything else, their experience of people and the world as a whole is often limited and not positive. This can be a recipe for disaster for a dog that transfers directly into a UK home.

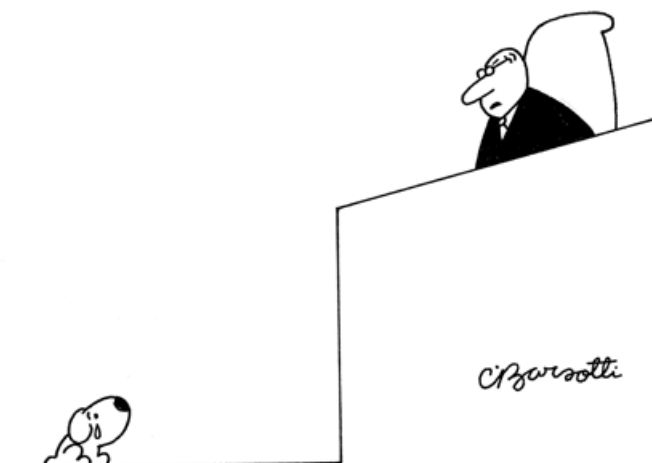
We know from our work at the Chilterns Dog Rescue Society (CDRS) how easily people are enticed into buying an attractive puppy online, even when they may have heard of the pitfalls of doing so. This has been particularly true at a time when dog ownership has never seemed so desirable and acquiring a dog of a certain type has become almost competitive. When dogs arrive here directly from their country of origin, no matter Romania, Bosnia, Serbia, Spain, Cyprus or further afield,

there is generally no opportunity for them to be assessed by a canine professional to determine their suitability for that home, or any home. Excited families instantly make their new puppy the centre of attention with little awareness of any physical and/or psychological issues it may harbour. With their details already on the passport and rarely any help from the importers, owners of international dogs frequently find themselves in very difficult situations without back up. It is disturbing that, on the back of this, vets are now reporting high requests for euthanasia, notably for young dogs and Eastern European dogs that have been in UK homes for only a short time.



"IT'S NICE TO BE WANTED."

Pre-pandemic, CDRS accepted limited numbers of dogs from Romania. Health checks, passports and travel arrangements for dogs felt to be suited to a UK market were made through another charity. However, unlike many other rescue organisations, the dogs coming to CDRS did not go straight into new homes. All underwent a minimum of two vet checks with additional screening to look for conditions that might not have been flagged up previously. These included infected neutering wounds, eye worms and a variety of potentially fatal tick-related conditions. 'Sneeze tests' were also administered to check for the presence of tongue worm, a parasite sometimes found in the nasal passages of dogs that have scavenged on raw meat and, on occasion, transmissible to people.



"YOU WERE NOT YOU WEREN'T A RESCUE DOG."

Equally important, new arrivals were given the chance to settle down and acclimatise to the unfamiliar expectations and surroundings. It was not just a case of teaching them to walk on a lead; each dog's temperament and personality were assessed so that the right socialisation, training and behavioural support could be provided. This process typically took a number of weeks, often longer, but the initial investment developed the confidence, behaviour and skills each dog required to thrive away from the Rescue Centre. Only then would the dog be matched to a suitable new home with adopters who themselves completed familiarisation and training sessions before the adoption was finalised. A full aftercare service ensures help is always available to deal with any unforeseen settling-in issues or other concerns over the life span of the dog. With these interventions and very careful rehoming, the majority of international dogs coming to CDRS showed they really did have the capacity to make gentle, affectionate and well-behaved companions.



While buying a puppy sight-unseen is never to be recommended, what should adopters do if, having offered a loving home, they find their dog starts to show behavioural issues beyond their expectations and experience? Whatever the background of a dog, there are some relatively straight forward measures that can bring about huge improvements. These include:

1. Make a conscious commitment to bring about the changes you are looking for in your dog. Recognise this will require your time, effort and persistence.
2. Don't make excuses for your dog's background or buy into any actual or imagined stories of neglect or abuse. Real or not, the past cannot be changed and trapping a dog in your vision of its history is likely to impact how you interact with him and undermine your efforts to create a more positive future together.
3. Remember your dog does not speak English or even Romanian but he will respond to your tone, timing, touch and the energy you project. In time and with consistent training input, he will come to learn what you expect of him and repeat the good behaviours you are teaching him.



*He's a rescue.*

4. For dogs with no previous home experience, the stress, excitement and endless options in a new environment can be very challenging. Your dog is unlikely to have the experience, background or temperament to deal with these and therefore has only instinct to rely on. Take control of factors such as the areas of the house to which the dog has access, the introductions to people and places you make, what and how you feed him as well as the behaviours you encourage, ignore or correct as appropriate. In this way you only allow your dog to make the positive choices which fit in with your family and lifestyle. Over time, these behaviours should become the norm.
5. Ensure you provide stability, security and consistency in all things. Your leadership will build the dog's confidence, his social skills and his trust in you to deal with any of 'the scary dragons' he feels may be lurking around every corner.
6. Play with your dog every day. Romanian dogs generally have no experience of toys, so you need to make them fun, exciting and interesting to engage and keep your dog's attention. Bring out toys when you start the game and put them away before the dog gets bored. Repeated throwing of a ball and tug-of-war games are not helpful and, in some cases, will create obsessive or possessive behaviours. Instead make your games interactive, encouraging him to bring the toy to you and release it.
7. Exercise is key. It provides physical and mental stimulation, builds a bond between you and your dog, helps to expose the dog to new situations and improves social skills and drains any excess nervous

energy that can lead to behavioural issues. Ensure the equipment you use is safe and your dog cannot wriggle out of it. Once free he is likely to bolt. If he finds certain situations frightening, just relax and walk your dog past or through them, it will be better the next time. Be careful not to reward any anxious behaviours by trying to soothe or calm him, stay upbeat and lead the way.

8. Obedience training will help to build your confidence as a handler making it easier to teach and embed new behaviours. When your dog understands and obeys basic instructions, there will be less stress all round and you will have found the route towards creating the dog you want.
9. Teach your dog to spend time alone. He does not need to follow you from room to room or sleep on your bed. Allowing him unrestricted access to you is likely to exacerbate any separation issues.

Above all, respect your dog as a dog. We invite dogs into our home to give us company, to encourage us to go for walks, to improve our mental health, to educate our children and to be a source of solace in difficult times. For the most part, dogs do this magnificently, but we must always understand that these benefits are not automatically conferred. We love our dogs and our attention and praise are vital to them. However, it is our responsibility to provide more than just love and a comfy seat on the sofa. We do not have a right to expect our dogs to behave as we would wish unless we understand life from the canine perspective and make the changes they need from us in order to fit into our world.



## PLEASE SUPPORT CDRS

Since Chilterns Dog Rescue Society (CDRS) was founded in 1963 it has re-homed over 18,000 dogs! It refuses to have dogs put down except for extreme medical reasons or irreversible behavioural conditions. To this end, it provides extensive veterinary care and training for the dogs that need it. If you would like to support its vital work please visit [www.chilternsdogrescue.org.uk](http://www.chilternsdogrescue.org.uk)

# Street Paws: a cause worth supporting

**We asked Street Paws to tell us about their invaluable work**

According to a recent report from Shelter there are currently an estimated 274,000 people experiencing homelessness in England, and for those who have a faithful animal companion for company that treasured pet is truly their lifeline. When Michelle Southern witnessed for herself the unbreakable strength of the bonds that people living on the streets shared with their pets, she founded a movement which helps to keep them safe, happy and most importantly together. Founded in Newcastle in 2016, Street Paws provides free accessible vet care and support services to homeless people and their pets.



Michelle was volunteering at a soup kitchen in central Newcastle when she first saw a homeless person bring in their dog. The experience stayed with her, and she realised that there were no services in place to help if the animals needed check-ups, support or emergency animal first aid. Keen to make a difference, Michelle, a former veterinary practice manager, persuaded a vet to come down to the soup kitchen with her the following week and the pair worked hard to build trust with the pet owners who were understandably concerned that their best friends might be taken away.

The first pet that the newly established Street Paws team saw was Clyde, a ferret who was a loyal and cheeky companion to his owner. 'We quickly became friends with Clyde who needed nothing more than his nails clipped, and this really won everyone over.' said Michelle. 'We did a lot of research, and the general consensus is that one in ten homeless people have a companion animal with them. This means there are a huge amount of pets on the streets that need support, and we saw that we could make a difference. You have to remember that these people have lost everything and people were very worried that someone would take their pets away. It took months to fully build up that trust. Sometimes people tell us that their dog sees a vet, when you know that isn't true. But the animals are almost always in very good condition. It is all about building trust, and after that people understand that we are here to help.'

Street Paws was born, and the tribe of veterinary professionals and volunteers has grown exponentially since that first Newcastle encounter. The registered charity now provides monthly outreach in the UK across The North East, North West, Yorkshire, Wales and Northern Ireland. But Street Paws identified a huge problem which is directly impacting on the available services and support that homeless people with pets can receive. At the moment fewer than 10% of hostels allow animals to come inside. This creates a terrible choice for pet owners, and fewer than 7% of homeless pet owners said they would give up their pet in exchange for housing in a recent Crisis survey. So in response, Street Paws has launched a drive to encourage more hostels to become Dog Champions,

and accept the animals of people in need too. The scheme's aim is to equip hostel staff with the essential skills that they need to ensure a safe place for residents and their pets. It offers hostels accredited staff training and support, canine first aid training and a first aid kit, advice on pet policies, owner agreements, a welcome pack of pet essentials for residents, Street Paws patient registration and full veterinary care.

Michelle said: 'The bond between a homeless person and their pet is well documented and provides many positive mental and physical benefits to the owner. Despite this most people who are homeless are asked to give up their pet to access accommodation. Street Paws charity believes that owning a dog should not be a barrier to accessing support and a safe place to sleep. It is essential that as many people make it to a shelter as possible, and we believe that skilling up hostels and helping them to become pet friendly is a giant stepping stone.'

Street Paws works with local groups and agents in the area to reach out in the community. The charity funds all treatment for conditions diagnosed by their veterinary teams. Volunteers also refer and fund surgical procedures and neutering to supporting veterinary practices. The charity is now gearing up to celebrate its sixth birthday, and their good works over the years have not gone unnoticed. Celebrity supporters and patrons currently include TV vets Dr Scott Miller, Cat Henstridge BVSc MRCVS and Peter Wright BVSc MRCVS, James Bowen, author of *A Street Cat Named Bob* and most recently Antilly, the German Shepherd who plays Brandy in Ricky Gervais' hit Netflix series *After Life*. James, whose bestselling book about how his cat Bob transformed his life when he was living on the streets was made into two films, said: 'I really believe in the good work that Street Paws does. I think that they provide the sorts of services that really would have helped me if they had been available when I was homeless. I think that a lot of people will be able to benefit from them. I want these services to be available to others and I want to be able to help spread the word about the good work that they do. I think there needs to be much less stigma around homeless people who keep pets. You hear people saying that it's not fair for animals to have to live in those conditions, as if they're not being cared for at all. And as if they don't care about the people that are living in those conditions too. And you hear about pets being taken away from homeless people, as if they're not with someone who loves them unconditionally. It doesn't help that a lot of homeless facilities don't allow animals, they just expect you to abandon your pet if you want any kind of help, which isn't fair. There needs to be more funding available for the kind of services, like the ones that Street Paws provide, that help homeless people and their pets.'



The work of Street Paws was made all the more difficult by Covid, but volunteers worked hard throughout the pandemic to support those in need, and implement the Dog Champions Scheme to ensure that as many homeless people as possible are able to access a pet-friendly shelter. Events are planned for the charity's sixth birthday and are soon to be announced, including a walking challenge of 274,000 steps, to raise vital funds. Michelle added: 'The pandemic has been difficult for everyone, but 2022 is looking like a positive year for Street Paws and continuing our work. We also have a birthday to celebrate, which is actually possible this year! The Dog Champions scheme is a real game changer for so many homeless people who have pets, and we hope that more hostels than ever will accept our support to become pet friendly.'

To find out more about Street Paws and to donate go to [www.streetpaws.co.uk](http://www.streetpaws.co.uk)



## Interview: Jeffrey Moussaieff Masson

Jeffrey Moussaieff Masson (who celebrated his eighty-first birthday in March) has had a long, fascinating and influential career, first as a professor of Sanskrit, then as a psychoanalyst (his book

*The Assault on Truth* was an international best-seller) and more recently as an expert on the emotional life of animals. *When Elephants Weep: The Emotional Life of Animals*, published in 1994, has been translated into twenty languages. Other books on the topic include *Dogs Never Lie About Love: Reflections on the Emotional World of Dogs* and *The Pig Who Sang to the Moon: The Emotional World of Farm Animals*. His most recent book is: *Lost Companions: Reflections on the Death of Pets*. He has explained this radical change in the subject of his writings as follows:

'I'd written a whole series of books about psychiatry and nobody bought them. Nobody liked them. Nobody. Psychiatrists hated them, and they were much too abstruse for the general public. It was very hard to make a living, and I thought, *As long as I'm not making a living, I may as well write about something I really love: animals.*'

In 2004, Jeffrey became vegan and in 2008, a director of Voiceless, a not-for-profit that campaigns for better animal protection. We were delighted when he agreed to an interview with *The Alternative Dog*.

### EMOTIONAL SABOTAGE ANIMALS



**Q.** What inspired you to write *Lost Companions*?

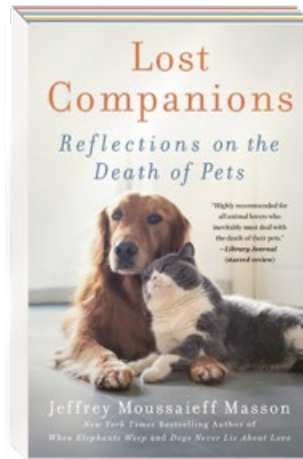
**A.** The loss of Benji, the dog who was the 'hero' of *The Dog Who Couldn't Stop Loving*. PS: I now believe that MOST dogs cannot stop loving! They are, really, our superior! Certainly when it comes to pure feeling!

**Q.** Where do you stand on animal euthanasia?

**A.** I am not a great fan. Mostly because I don't trust human euthanasia. Witness what is happening in both Holland and Belgium: they are allowing minors to choose euthanasia because of depression that they call 'treatment resistant'. Awful! But, of course, it is different for dogs and cats: they cannot choose it. We have to decide. And certainly there comes a time in an animal's life when, could they talk, they would say: enough suffering. But, when is that? I think all of us who love dogs and cats feel it is always too early! But my rule of thumb is this: If your dog can no longer walk, or go to the bathroom, and refuses food, and if even your presence does not make him wag his tail, the time has come. The important thing though is: do not leave him at the vet alone. No matter

how hard it is for you, please stay with him right to the final moment. He will be looking at you and for you, even then!

**Q.** How do you think dogs perceive their own death and also the death of others?



**A.** That is an interesting question, and a difficult one to answer, because the truth is, we don't really know. I believe that dogs can sense death and they don't like it any more than we do! I know that dogs can get incredibly depressed when a dog they love dies, and equally so when 'their' human dies.

**Q.** What is anthropodenial, and how do you think it displays itself?

**A.** Well, critics used to say, about people like me (and probably you, too, and many of your readers) that in attributing emotions to

animals we were engaged in anthropomorphism. I was accused of this sin often when I wrote *When Elephants Weep* many years ago. Today, that accusation is rarely heard. And the tables have now turned, thanks to the excellent recent books by many authors (Frans de Waal, Jonathan Balcomb, Carl Safina, and many more, older authors, including your wonderful Mary Midgley) who believe, and I share this belief, that to deny profound emotions in animals is a form of anthropodenial: the belief that only humans have deep emotions. I think the term is by de Waal, and is wonderful, and convincing!

**Q.** Of all the many wonderful stories about dogs in your *Lost Companions*, which is your favourite?

**A.** I think that it is when my wife Leila traveled back to Germany to see Benji, who was nearing the end (a golden lab, he was 14) who was living with our son Ilan. He had been listless, refusing to walk or do much except lie at Ilan's feet. But when Leila arrived, it was as if he was reborn: they were in the country and he jumped up and wagged his tail and made it clear he wanted to go for a long walk in the forest. They did, and he was deliriously happy, and like a puppy! The next day he died. So, it was clear that he was revisiting, literally, his past. If only humans could do the same!

**Q.** One of your best well known books is *Dogs Never Lie About Love*, which was published a quarter of a century ago. At the time the scientific community was unconvinced by your claims about the emotional lives of dogs and other animals. How do you think things have changed in the intervening years?

**A.** They have changed enormously and permanently. There are now literally thousands of books (and very good ones too!) about dogs, all of them acknowledging the extraordinary emotional quality of dogs in particular. But that is true of other animals as well: elephants are now seen to be as complex in their emotional lives and in their social lives as humans. That is a sea change! I just wish I could be around another 50 years to see what else we will discover. Alas, I am 81, and can only hope for another ten to fifteen years. But even those years will bring change, I am sure.

**Q.** What advice would you offer the human companion of a dog or cat that is old and approaching death?

**A.** Spend as much time with them as possible. Give them what they want most: to be with you. Deny them nothing they like. Even if they want to sleep in your bed (for me, one of the great pleasures of life is sleeping with a cat under the covers and a dog at my feet). And when the time comes, do not leave them for a second.

**Q.** What consolation (or advice) would you offer someone who is grieving for a dog or cat?

**A.** You have every right to grieve as long as you like. Don't let anyone ever tell you otherwise. But at some point, you might consider adopting another animal, and saving their life.

## From the preface to *Lost Companions: Reflections on the Death of Pets*

I have just finished reading the fine book by Frans de Waal, *Mama's Last Hug: Animal Emotions and What They Teach Us about Ourselves*. The title of the book comes from an extraordinary moment in the relationship between two different species: 'Mama' as she was called by the humans who observed her at Burgers Zoo at Arnhem in the Netherlands, was the matriarch chimpanzee in a large colony. She had become close, over many years, with the distinguished Dutch zoologist Jan van Hoof (emeritus professor of behavioral biology at Utrecht University and cofounder of the Burgers colony). A month before she turned fifty-nine, she lay dying. Her friend, the zoologist, was about to turn eighty. They had known each other for more than forty years but he had not seen her for a long time. When Jan heard she was dying, he came to say good-bye. This was in 2016, and somebody who was there took a cell phone video of what transpired. It is astonishing. The chimps actually live on a forested island in the zoo, the largest such structure in the world (to me this is still a form of captivity, but that is a discussion for another day). Mama was confined to a cage since her attendants had to attempt to feed her. She was lying on a straw mat and would not move or eat or drink. What happened next, caught on video and seen more than ten million times, is heartrending. Her carers are attempting to feed her with a spoon, but she refuses both food and drink. She is listless, and hardly responsive. She looks very close to death. But Jan comes in and begins to stroke her. She slowly rouses herself, and then looks up. She looks somewhat bewildered as if not understanding who is there. But then it appears she recognizes him, and she suddenly gives a shriek of delight. He pats her saying over and over, 'yes, yes, it is me,' and she reaches out to him with a giant and unmistakable smile on her face, and reaches up to touch his face with her finger, very gently. He reassures her with gentle words of comfort. She combs his hair with her fingers. He strokes her face, and she touches his head over and over, as he says, 'yes, Mama, yes.' She pulls him closer until their faces are touching. They are both clearly moved far beyond words, and Jan goes silent as he continues to stroke Mama's face. She then falls back into her fetal position. She died a few weeks later.

I defy anyone to watch this encounter without being moved to tears. But why? Why do we cry when we see this love across the species barrier? I believe it is a deep and ancient longing, to bond with a member of a different species. It is something of a miracle that we have created the possibility of doing this with great ease between two domesticated species: cats and dogs. There are many people who

also achieve this with horses and with birds, and a few who experience it with completely wild species. I will write about all of these in this book. But what I am writing about here is not just the fact that we have achieved this miracle, and that we are both astonished and delighted by our success, but that we are as reluctant to give it up, at the end, as we are when the same circumstances force us to depart from our loved humans. There is no greater challenge than facing the death of a beloved intimate, whether it be your mother or father, your child, your friend, your spouse, or the animal you have come to love like any other member of the family. What we see in the video of 'Mama's Last Hug', is that it can happen even with a wild animal, and even one in captivity. Death seems to be the great leveller here, and it does not matter who mourns whom, the grief on both sides is tangible, tangible, and profound.

We cannot look into the eyes of every other animal species on the planet (think of insects and reptiles) and see ourselves echoed. We cannot read what is happening inside every animal whose eyes we meet. I am of course not saying that the animals whose eyes tell us nothing are feeling nothing, simply that we are not attuned to each other. But we are attuned to certain animals. Primarily to dogs and cats, but there are also wild animals whose eyes betray deep feeling that we have little problem in reading. The fear of anthropomorphizing, that is, attributing to animals thoughts and sentiments that belong strictly to humans, has been replaced by what some scientists are calling anthropodenial, that is, the all too common refusal to recognize our similarity to other animals, especially when it comes to feelings and emotions. It could well be, as I will describe later in the book, that some animals actually feel some emotions more deeply than we do (love in dogs, contentment in cats, mourning in elephants) but this is a field of inquiry that has not yet been sufficiently explored.

This is a book about witnessing the end. Are we perhaps the angels of death? Alas, we have no power to bargain on behalf of our loved ones. But we are not helpless. We can do more than simply witness the death of our beloved animals. We can help them in their last moments and that help makes an enormous difference to them (and probably to us as well). In this book I will look at just how this happens, and what I and others have found most helpful that we can do for our animals as they approach the end. Knowing that we are literally 'there' makes an enormous difference to them. This is the least we owe them. It is heartbreaking, but everyone I have spoken to who has been there at the very end is glad, for their own sake, and for the sake of their loved companion, that they were there and fully present.

**Q.** If you had an audience with the Pope, who recently criticised some dog lovers for treating their four-legged family members like children instead of begetting children, what would you say to him?

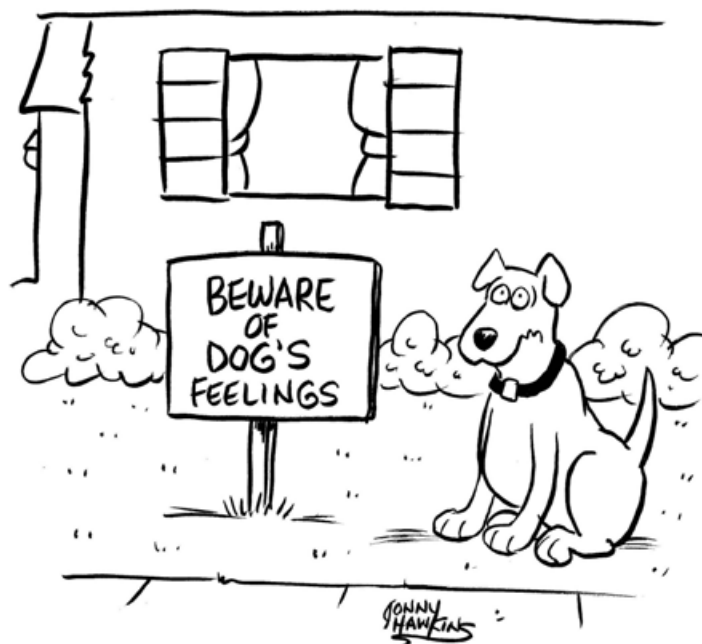
**A.** I have three children, so I am not opposed to having children. But my dogs and my cats have been precious to me and have been family. There are people who would rather live with animals than have children. Who is anyone to criticise that? Not even the Pope can know what is in the heart of another person. The main thing is love: so if you can love a dog, or a cat, how can that be wrong?

**Q.** Do you think dogs love differently to humans?

**A.** I do, I think they are capable of love that has no admixture of anything negative in it. No 'I love you BUT...' for a dog!

**Q.** Although *Lost Companions* focuses on dogs and cats, your preface and chapter six are concerned with the death of wild animals. Do you think there is an essential difference in the way domesticated and wild animals experience death and grief? And in the way humans view the death of a wild animal?

**A.** It is almost impossible to know but I suspect it is not so dissimilar to what our companion animals experience. The big difference is that we humans, to our shame, barely acknowledge the death of animals in the wild, even when we are the cause. I still find sport hunting the equivalent of a crime against humanity!





Mixed Emotions Poodle

**Q.** What advice would you offer to anyone having to explain the death of a beloved pet to a child?

**A.** Acknowledge to them that their love for the animal was a wonderful gift to that animal, and to you, as their parent, to see that they are capable, and let them know that the animal, too, loved them very much, but every animal must one day die, even the human animal, but that if they have experienced love, they have not died in vain!

**Q.** When you are grieving the loss of a pet is it morally wrong to find a replacement?

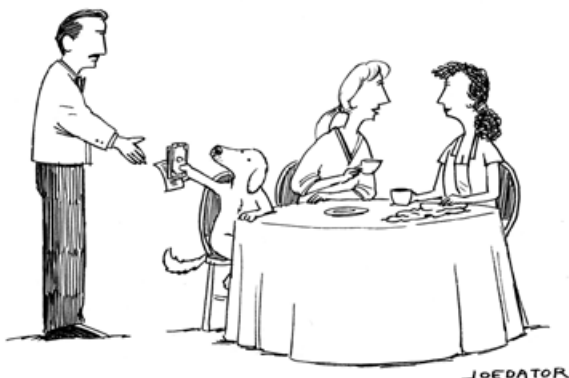
**A.** Not at all. If you rescue another animal, you are saving their life. Some people I know went out the next day to get another animal; others wait for months; some simply cannot bear the thought of 'replacing' their dog or cat. But I believe we should not think of it as 'replacement' but simply saving another life.

**Q.** You have written books on a wide range of subjects from Kaspar Hauser to Freud and from living with several different species in the family home to living with a guru. If you had to pick a favourite, which would it be?

**A.** I think it would be *The Pig Who Sang to the Moon*, because it forced me to change my life, to go vegan, and that was a key moment for me. Also others have written to me to say the same.

**Q.** What are you working on at the moment?

**A.** Well, I would very much like to write a book called *What is Wrong with Our Species*. But I have not been able to persuade ANY publisher, anywhere in the world, to take it! I do believe there is some fundamental flaw in our species which is not shared by any other animal, and I would like to discover what it is, how it came about, and how we could rid ourselves of it. But I have written 31 books, and if I never get to publish another book, I am nonetheless content, and feel I have had my say! Time for others to go deeper. And they will!



"I CAN'T BELIEVE I WAITED THIS LONG TO GET A FINANCIAL SUPPORT ANIMAL."



Teilo after some watery fun at the seaside on a hot day.

## Green Paws

### Gardening tips from Teilo our canine horticulturist

I live with Jim in Oxford which is a very watery place. It was founded on a gravel bank between the rivers Isis and Cherwell. Its very name refers to the ford where oxen would cross. My morning walk is a circuit of Christ Church meadows. During term times my attention is usually caught by shouted instructions of the coxes of the college rowing teams practising on the river. The meadows sometimes flood leaving our raised path just navigable if we are lucky. Our first winter here the waters froze and some Canadian students who had had the foresight to bring their skates from home were gliding across the natural rink. All very confusing to a young pup. I barked and barked from the edge. Another time lost in the exhilaration of my off-lead run I found myself swimming. I had inadvertently found one of the many ditches that cross the meadows. Its surface evenly covered in duckweed had tricked me. Grrrr. I dragged myself out and shook until I lost the green coat I had emerged with. Of course, I come across fellow dogs who voluntarily fling themselves in to the waters at every opportunity. I have noticed they tend to be Labradors and I do not share their profound love of swimming. It is fair to say I remain cautious, happy to sit tight in the middle of a punt and quietly observe the riparian goings-on. There are times though when the weather turns really hot I see water differently. On a summer's day it is refreshing to dip one's paws into some cool water and keeping hydrated is, of course, important. With this in mind prepare for summer by following Jim's instructions for building a doggy paddling area.

So much for drink. What about food? Spring is time to start sowing seed to grow some tasty vegetables to supplement our Honey's raw food diet. My favourites are carrots eaten raw in bite-sized pieces and French beans steamed and cooled. Both are full of fibre and vitamins. Carrots are good to clean your teeth and beans are low calorie for those of you whose owners watch your weight. Start carrots off in March by sowing seed 1cm deep in a patch that has been cleared of weeds and raked over. Don't feel constrained to grow in rows. The fresh green feathery foliage of carrot plants is attractive so why not sow in patches among purely ornamental subjects. And if you forget to harvest a few and they go to seed the flowers are even prettier and similar to cow parsley - very on trend in the garden design world. Jim recommends the variety 'Bangor' for a bumper crop of large tasty roots. For daintier carrots choose 'Cidera', 'Marion' or 'Primo' which can all be grown in pots.

French beans, whether climbing or dwarf, can be sown direct into prepared soil in early May or started off in pots in April and then planted out after the risk of frost has passed. 'Cobra' is an excellent climbing

Continued overleaf

variety with pretty violet flowers and green pods. For a dwarf variety choose 'Mistik' with purple flowers and pods or 'Dior' where they are both a cheerful yellow. These are all decorative enough to add to a flower border and the dwarf types do well in containers.

## How to build a dog paddling area.

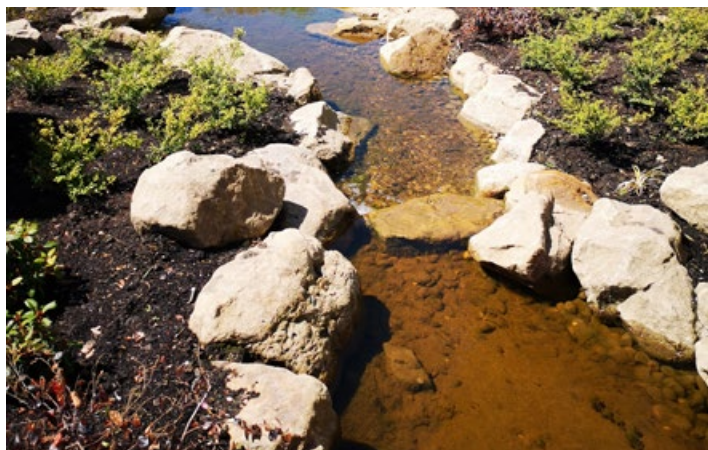
You will need:

A piece of butyl liner 1.5 to 2 times the length and width of the desired pool (depending on how deep your dog would like it)

Builders' sand

Smooth pebbles and cobbles

A spade



A shallow garden water feature can be great for dogs to play in.

### Instruction:

Scrape out a depression to suit the size of your canine companion. Teilo prefers to wade and splash rather than be up to his neck but each dog is different. In any case there needs to be a gentle slope down to the deepest area.

Remove any sharp stones/objects in the exposed soil that could puncture the liner. Spread a layer (about 5cm) of sand over the interior of the hollow to further protect the liner.

Fit the liner snugly in the depression and trim the edges leaving around 20cm around the perimeter.

Add a layer of sand to the inside of the pool along with a variety of pebbles and cobbles which you can also use to cover the butyl liner around the lip. If your dog, and therefore paddling pool, are both large it will be cheaper to add strips of turf around the edge.

Fill with water!



"Can I put the dog in with you?"



Teilo punting.

## Teilo's spring gardening jobs

If you have a lawn there is nothing like redefining the edges to smarten up the garden. Clear the gully around the edge of the grass and use edging shears to trim the perimeter. If there is no gully and your grass just blurs into the borders or flops over paths then use an edging knife to cut a fresh edge. A plank of wood can be used to guide the knife to make a straight edge, a meandering hose to cut a pleasing curve.

If you have paving rather than a lawn, pressure washing the slabs can have a transformative effect. Clean stone reflects the fresh light of spring all the more.

Dog's colour vision is less perceptive than ours. Plants that sway in the wind are more likely to catch their eye than flowers. If you are adding some new plants to your borders include some grass and grass-like subjects such as *Stipa tenuissima*, *Pennisetum villosum* or *Dierama pulcherrimum*.

If you do fancy some new plants try to support a local independent nursery rather than a garden centre chain. Avoid sterile hybrids and instead embrace plants closer to natural species that will self-seed and spontaneously colonise bare spots. Allow your garden to become a dynamic plant community where spontaneous change is celebrated.

While I have advocated for neat edges and bright paving it is pleasing to contrast this with some messy corners. A tangle of climbers provides nesting sites for birds and a pile of prunings shelter for invertebrates. Don't be too tidy and Nature will thank you.



The white flowers in the centre are carrots left to go to seed.

# A different sort of obituary

By Jonathan Self

When E. B. White – best known as the author of *Charlotte's Web* and *Stuart Little* – lost his beloved dog, Daisy, he wrote an obituary for her that first appeared in the *New Yorker* a few weeks after her death and was later re-published in various other magazines and papers. It is the first example that I can find of a different style of obituary – it is light-hearted almost to the point of irreverence – and it is what inspired me to write the obituary of Darling Self, which you will find in our *In Memoriam* column. I was introduced to it by my mother who had an original cutting from, I think, the *New Yorker*. Anyway, I thought readers of *The Alternative Dog* might enjoy (and take comfort, if grieving) a very different sort of canine obituary.



Mrs. White and Daisy taking a walk in around 1930.

## Daisy by E. B. White

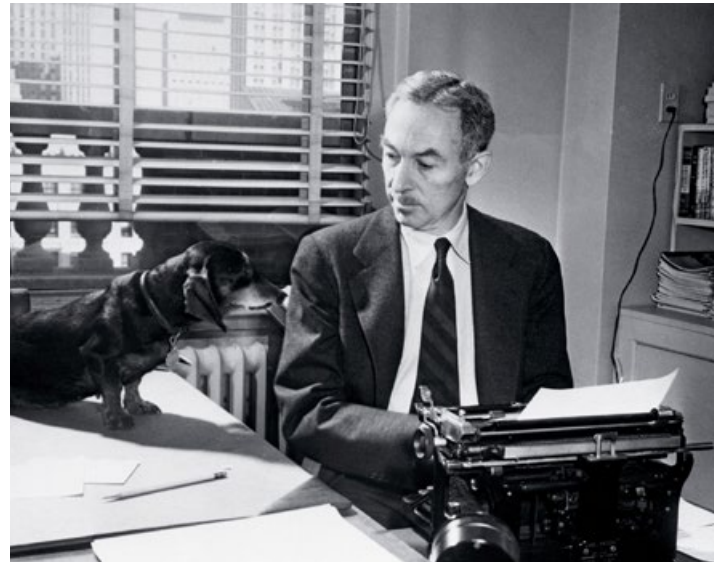
Daisy ("Black Watch Debatable") died December 22, 1931 when she was hit by a Yellow Cab in University Place. At the moment of her death she was smelling the front of a florist's shop. It was a wet day and the cab skidded up over the curb – just the sort of excitement that would have amused her, had she been at a safe distance. She is survived by her mother, Jeannie; a brother Abner; her father, whom she never knew; and two sisters, whom she never liked. She was three years old. Daisy was born at 65 West Eleventh Street in a clothes closet at two o'clock of a December morning in 1928. She came, as did her sisters and brothers, as an unqualified surprise to her mother, who had for several days previously looked with a low-grade suspicion on the box of bedding that had been set out for the delivery, and who had gone into the clothes closet merely because she had felt funny and wanted a dark, awkward place to feel funny in.

Daisy was the smallest of the litter of seven, and the oddest. Her life was full of incident but not of accomplishment. Persons who knew her only slightly regarded her as an opinionated little bitch and said so; but she had a small circle of friends who saw through her, cost what did. At Speyer Hospital, where she used to go when she was indisposed, she was known as "Whitey," because, the man told me, she was black. All

her life she was subject to moods, and her feeling about horses laid her sanity open to question. Once she slipped her leash and chased a horse for three blocks through heavy traffic, in the carking belief that she was an effective agent against horses. Drivers of teams, seeing her only in the moments of her delirium, invariably leaned far out of their seats and gave tongue, mocking her; and thus made themselves even more ridiculous, for the moment, than Daisy.

She had a stoical nature and spent the latter part of her life an invalid, owing to an injury to her right hind leg. Like many invalids, she developed a rather objectionable cheerfulness, as though to deny that she had cause for rancor. She also developed, without instruction or encouragement, a curious habit of holding people firmly by the ankle without actually biting them – a habit that gave her an immense personal advantage and won her many enemies. As far as I know, she never even broke the thread of a sock, so delicate was her grasp (like a retriever's), but her point of view was questionable, and her attitude was beyond explaining to the person whose ankle was at stake. For my own amusement, I often tried to diagnose this quirkish temper, and I think I understand it: she suffered from a chronic perplexity, and it relieved her to take hold of something.

She was arrested once, by Patrolman Porco. She enjoyed practically everything in life except motoring, an exigency to which she submitted silently, without joy, and without nausea. She never grew up, and she never took pains to discover, conclusively, the things that might have diminished her curiosity and spoiled her taste. She died sniffing life and enjoying it.



E. B. White, author of *Charlotte's Web*, being inspired by one of his dogs

## An aide-memoire for obituary writers...

### 1. Begin at the beginning

It often helps to start by writing down the general facts. When and where was your dog born? What were the key incidents in their life? How and when did you lose them?

### 2. How did they come into your life?

How did you find your dog? Or did they find you? What were the early days, weeks, months like? Humans and dogs can form extremely close bonds. Sometimes it happens instantly, sometimes over time. Anatole France said: 'Until one has loved an animal, a part of one's soul remains unawakened.' How your relationship formed and deepened with your dog will be a key part of their life story.

### 3. Who else was important to them?

Who were the important people (including dogs and other species, of course) in your dog's life? It could be interesting to ask other people to provide you with their impressions and stories.

### 4. What made your dog so special?

Dogs have extraordinarily distinct characters and personalities. There is no such thing as a boring dog! What made your dog so unique and special? Was there some trait they had, some little quirk? It may help to think of the different places you went together and shared experiences.



# Veterinary Acupuncture

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Acupuncture involves a particular diagnostic examination in order to select sites on the body to insert very fine needles to a certain depth followed by a degree of needle manipulation and a period of needle retention in order to elicit body reactions that promote the restoration of health. It is often thought to be simply for the relief of pain, but it achieves much more than that.

## Brief History

Acupuncture is believed to originate in China – the earliest known writings on its use come from China approximately 2000 – 2500 years ago. However, there is physical evidence of its use in Europe over 5000 years ago with the discovery of Ötzi, the 5300 year old frozen human corpse discovered in the Alps. Along with the uncertainty of its true origins is the even greater uncertainty of a correct translation of acupuncture theory from ancient Chinese documents.

Since the 1920s it became popular in the western world to translate Qi as Energy and Jingluo as Meridian due to a translation effort from a Frenchman (G Solie de Morant). This gave rise to Chinese acupuncture described as an “Energy Medicine” in terms that conflict with a modern understanding of anatomy and physiology. Most renowned Sinologists since then (Unschuld, Needham, Birch & Felt, & Kendall) have dismissed this as a gross mistranslation and argue that the ancient Chinese metaphors used actually describe anatomic and physiologic phenomena that were brilliant observations and much is compatible with modern medicine.

Here are two examples:

1. *Acupoints* in Chinese Medicine are known as *communication ports* with the organs and are arranged in an anatomically sound manner. They operate via *somato-visceral reflexes* that have been proven by research
2. *Balance Yin & Yang* – in the context of Chinese medicine this is now recognised as the balance between the parasympathetic and sympathetic aspects of the autonomic nervous system and the recognition of the melatonin / serotonin diurnal phases – so important in the restoration and maintenance of health.

Animal acupuncture also developed in ancient China, but evolved from mostly crude blood letting and cauterization treatments. The fine needle acupuncture now used in the western world only began in the 1970s. Human and animal acupuncture has since benefited from medical research that has raised the understanding in body responses to needle stimulation and is leading to further evolution and sophistication in its applications.

## Applications

Acupuncture may be used in any condition that risks or has already caused the body's defenses and healing responses to be impaired. There are some contraindications, e.g. in the very young, very weak and frail, and certain bleeding disorders. While acupuncture is often considered as only a treatment option for pain, it is actually shown to be a very powerful treatment in acute medicine. It is now being used in emergency medicine including “battlefield acupuncture” as an alternative to the use of morphine. There is even an acupoint, GV 26 at the nasal philtrum, known as the “resuscitation point” in cardiac and respiratory arrest.

Its most common use is in pain management where there are benefits in reducing the needs for and risks of long term medication use, especially, in geriatrics where drug tolerance is a bigger concern. It is in the author's view now inexcusable not to use acupuncture in animals with chronic conditions including pain. One important reason being the very low risks associated when practiced by competent trained vets who know the anatomy (to avoid puncture of vital structures) and have performed the essential diagnostics to know the conditions being treated. On animal welfare grounds this is why only registered veterinary surgeons can legally perform animal acupuncture in the UK.

## Treatments

The animal having gone through the necessary diagnostics and with an understanding of the treatment options, risks, and cost to benefit is assessed for acupuncture. The acupuncturist takes account of the relevant spinal segments of the nervous system that most influence the disease. In addition a thorough detailed soft tissue examination is performed in order to identify abnormal tension, tender acupoints (the *ah shi points*), myofascial trigger points, fascial restrictions, ranges of motion, and the animal's emotional responses to the investigation.

The animal's responses inform the best way to initiate the acupuncture session. Needling manipulation or sometimes simple acupressure at certain points can be used to calm and reassure the animal, reduce the potential defensive / aggressive responses, permit the tender points to be carefully needled to release the tension and elicit body reflexes that prompt healing responses. The choice and number of acupoints used will vary according to experience and the progress of the treatment. Many animals become soporific during the treatment and often enter a sedated state during the session. Rarely, an over rambunctious or anxious patient requires a sedative in order to perform the exam and treatment.



*CParratti*  
“I do what they tell me, I eat what they give me. How do I know they're not a cult?”

A young lab suffering from chronic Irritable Bowel Disease that failed to respond to specialist's medical & dietary efforts is successfully treated with a course of acupuncture (some needle sites marked with arrows). Photos may not be reproduced without permission.



Typical treatments take approximately 30 minutes with 5-10 minutes spent on the acupuncture exam and 20 min. including the needle manipulations and needle retention time. Acute conditions can be treated in shorter time and occasionally needle retention may be up to 45 minutes. Chronic conditions need repeat treatments usually, 1-2 times per week and once improvements are evident the treatment intervals become further apart and are gauged by the individual's signs. Electroacupuncture maybe used especially, in more chronic cases and when there is nerve damage.



A spinal cord disc disease in a Pointer unable to stand unassisted with marked hindlimb dysfunction was successfully treated by the author with a course of electro-acupuncture. (Photo may not be reproduced without permission)



### Acupuncture Effects

There are many responses to acupuncture needling that have been discovered through research. The initial consideration is the needle design itself. These are solid with a cone shaped tip that divides tissue rather than incise as a hypodermic needle does. They are much thinner than commonly used hypodermics and tend to follow the path of least resistance on entry – engaging preferentially with loose connective tissue during needle manipulations (e.g. lift and thrust, rotation).

1. **Local effects.** A number of cells respond by releasing various transmitter substances including adenosine, endogenous opioids, and vasoactive amines that reduce local pain and inflammation. Loose connective tissue wraps around the needle activating fibroblasts into a communication role within the fascial network involving mechanoreceptors. This causes human patients to report spreading sensations of tingling, numbness, & dull ache along the fascial plane stretching quite some distance up to the full length of a limb or the trunk. One can only imagine other animals feel similar sensations. More about this later.
2. **Spinal cord.** Local nerve responses, especially. As signals bring about changes in the spinal cord including down regulation of pain signals proceeding to the brain via wide dynamic range interneuron reflexes and endogenous opioids among other effects. This also reduces the risks for central wind up phenomena.
3. **Brain.** The signals passing further to the brain bring about more endogenous opioids that have a potent effect on alleviating pain perception, and also up-regulates the homeostatic mechanisms of the autonomic, endocrine and immune responses. This includes normalizing circulation to the affected areas (via the sympathetic reflexes). Additional pain control occurs by a serotonergic induced descending inhibition mechanism that damps down pain signals from the periphery.

Recent research using functional MRI brain scans has discovered a surprising involvement of the fascial winding on needle manipulation. This results in a profound deactivation of *limbic structures* in the brain and accounts for the reduction of anxiety and sedation signs. In patients with chronic pain or depression this is accompanied by reestablishing connectivity with areas of the brain known as the *default mode network*. This brings the “well being” feelings that occur with successful acupuncture.

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Veterinary acupuncture regulation comes under The Veterinary Surgeons Act and is monitored by the Royal College of Veterinary Surgeons (RCVS). Although no particular acupuncture training has been accredited by the RCVS there is the requirement to justify any treatment of an animal as in the best interests of the animal's welfare.

The Association of British Veterinary Acupuncturists (ABVA) was founded in 1986 by the late John Nicols, MRCVS in order to promote the use of acupuncture in veterinary practice using the principles of evidence based medicine. It has been providing training to qualified vets since then through long standing affiliations with the International Veterinary Acupuncture Society and the British Medical Acupuncture Society. Further information on membership and courses can be found on [www.abva.co.uk](http://www.abva.co.uk). The author is Past President, Education Director and principal lecturer of the ABVA.



*“C’mere, space heater.”*



## Tobermory by Saki

*As a tribute to Honey's very clever feline customers we are pleased to re-publish Tobermory by Hector Hugh Munro, who was better known by the pen name Saki. His witty, mischievous and sometimes macabre stories satirize Edwardian society and culture and often include dogs, cats and other animals...*

It was a chill, rain-washed afternoon of a late August day, that indefinite season when partridges are still in security or cold storage, and there is nothing to hunt—unless one is bounded on the north by the Bristol Channel, in which case one may lawfully gallop after fat red stags. Lady Blemley's house-party was not bounded on the north by the Bristol Channel, hence there was a full gathering of her guests round the tea-table on this particular afternoon. And, in spite of the blankness of the season and the triteness of the occasion, there was no trace in the company of that fatigued restlessness which means a dread of the pianola and a subdued hankering for auction bridge. The undisguised open-mouthed attention of the entire party was fixed on the homely negative personality of Mr. Cornelius Appin. Of all her guests, he was the one who had come to Lady Blemley with the vaguest reputation. Someone had said he was "clever," and he had got his invitation in the moderate expectation, on the part of his hostess, that some portion at least of his cleverness would be contributed to the general entertainment. Until tea-time that day she had been unable to discover in what direction, if any, his cleverness lay. He was neither a wit nor a croquet champion, a hypnotic force nor a begetter of amateur theatricals. Neither did his exterior suggest the sort of man in whom women are willing to pardon a generous measure of mental deficiency. He had subsided into mere Mr. Appin, and the Cornelius seemed a piece of transparent baptismal bluff. And now he was claiming to have launched on the world a discovery beside which the invention of gunpowder, of the printing-press, and of steam locomotion were inconsiderable trifles. Science had made bewildering strides in many directions during recent decades, but this thing seemed to belong to the domain of miracle rather than to scientific achievement.



**"She was my mother's cat."**

"And do you really ask us to believe," Sir Wilfrid was saying, "that you have discovered a means for instructing animals in the art of human speech, and that dear old Tobermory has proved your first successful pupil?"

"It is a problem at which I have worked for the last seventeen years," said Mr. Appin, "but only during the last eight or nine months have I been rewarded with glimmerings of success. Of course I have experimented

with thousands of animals, but latterly only with cats, those wonderful creatures which have assimilated themselves so marvellously with our civilization while retaining all their highly developed feral instincts. Here and there among cats one comes across an outstanding superior intellect, just as one does among the ruck of human beings, and when I made the acquaintance of Tobermory a week ago I saw at once that I was in contact with a "Beyond-cat" of extraordinary intelligence. I had gone far along the road to success in recent experiments; with Tobermory, as you call him, I have reached the goal."

Mr. Appin concluded his remarkable statement in a voice which he strove to divest of a triumphant inflection. No one said "Rats," though Clovis's lips moved in a monosyllabic contortion, which probably invoked those rodents of disbelief.

"And do you mean to say," asked Miss Resker, after a slight pause, "that you have taught Tobermory to say and understand easy sentences of one syllable?"

"My dear Miss Resker," said the wonder-worker patiently, "one teaches little children and savages and backward adults in that piecemeal fashion; when one has once solved the problem of making a beginning with an animal of highly developed intelligence one has no need for those halting methods. Tobermory can speak our language with perfect correctness."

This time Clovis very distinctly said, "Beyond-rats!" Sir Wilfred was more polite but equally sceptical.

"Hadn't we better have the cat in and judge for ourselves?" suggested Lady Blemley.

Sir Wilfred went in search of the animal, and the company settled themselves down to the languid expectation of witnessing some more or less adroit drawing-room ventriloquism.

In a minute Sir Wilfred was back in the room, his face white beneath its tan and his eyes dilated with excitement.

"By Gad, it's true!"

His agitation was unmistakably genuine, and his hearers started forward in a thrill of wakened interest.

Collapsing into an armchair he continued breathlessly:

"I found him dozing in the smoking-room, and called out to him to come for his tea. He blinked at me in his usual way, and I said, 'Come on, Toby; don't keep us waiting' and, by Gad! he drawled out in a most horribly natural voice that he'd come when he dashed well pleased! I nearly jumped out of my skin!"

Appin had preached to absolutely incredulous hearers; Sir Wilfred's statement carried instant conviction. A Babel-like chorus of startled exclamation arose, amid which the scientist sat mutely enjoying the first fruit of his stupendous discovery.

In the midst of the clamour Tobermory entered the room and made his way with velvet tread and studied unconcern across the group seated round the tea-table.

A sudden hush of awkwardness and constraint fell on the company. Somehow there seemed an element of embarrassment in addressing on equal terms a domestic cat of acknowledged dental ability.

"Will you have some milk, Tobermory?" asked Lady Blemley in a rather strained voice.

"I don't mind if I do," was the response, couched in a tone of even indifference. A shiver of suppressed excitement went through the listeners, and Lady Blemley might be excused for pouring out the saucerful of milk rather unsteadily.

"I'm afraid I've spilt a good deal of it," she said apologetically.

"After all, it's not my Axminster," was Tobermory's rejoinder.

Another silence fell on the group, and then Miss Resker, in her best

district-visitor manner, asked if the human language had been difficult to learn. Tobermory looked squarely at her for a moment and then fixed his gaze serenely on the middle distance. It was obvious that boring questions lay outside his scheme of life.

"What do you think of human intelligence?" asked Mavis Pellington lamely.

"Of whose intelligence in particular?" asked Tobermory coldly.

"Oh, well, mine for instance," said Mavis with a feeble laugh.

"You put me in an embarrassing position," said Tobermory, whose tone and attitude certainly did not suggest a shred of embarrassment. "When your inclusion in this house-party was suggested Sir Wilfrid protested that you were the most brainless woman of his acquaintance, and that there was a wide distinction between hospitality and the care of the feeble-minded. Lady Blemley replied that your lack of brain-power was the precise quality which had earned you your invitation, as you were the only person she could think of who might be idiotic enough to buy their old car. You know, the one they call 'The Envy of Sisyphus,' because it goes quite nicely up-hill if you push it."

Lady Blemley's protestations would have had greater effect if she had not casually suggested to Mavis only that morning that the car in question would be just the thing for her down at her Devonshire home.

Major Barfield plunged in heavily to effect a diversion.

"How about your carryings-on with the tortoise-shell puss up at the stables, eh?"

The moment he had said it every one realized the blunder.

"One does not usually discuss these matters in public," said Tobermory frigidly. "From a slight observation of your ways since you've been in this house I should imagine you'd find it inconvenient if I were to shift the conversation to your own little affairs."



*"'Grrr' is not a word."*

The panic which ensued was not confined to the Major.

"Would you like to go and see if cook has got your dinner ready?" suggested Lady Blemley hurriedly, affecting to ignore the fact that it wanted at least two hours to Tobermory's dinner-time.

"Thanks," said Tobermory, "not quite so soon after my tea. I don't want

to die of indigestion."

"Cats have nine lives, you know," said Sir Wilfred heartily.

"Possibly," answered Tobermory; "but only one liver."

"Adelaide!" said Mrs. Cornett, "do you mean to encourage that cat to go out and gossip about us in the servants' hall?"

The panic had indeed become general. A narrow ornamental balustrade ran in front of most of the bedroom windows at the Towers, and it was recalled with dismay that this had formed a favourite promenade for Tobermory at all hours, whence he could watch the pigeons—and heaven knew what else besides. If he intended to become reminiscent in his present outspoken strain the effect would be something more than disconcerting. Mrs. Cornett, who spent much time at her toilet table, and whose complexion was reputed to be of a nomadic though punctual disposition, looked as ill at ease as the Major. Miss Scrawen, who wrote fiercely sensuous poetry and led a blameless life, merely displayed irritation; if you are methodical and virtuous in private you don't necessarily want everyone to know it. Bertie van Tahn, who was so depraved at 17 that he had long ago given up trying to be any worse, turned a dull shade of gardenia white, but he did not commit the error of dashing out of the room like Odo Finsberry, a young gentleman who was understood to be reading for the Church and who was possibly disturbed at the thought of scandals he might hear concerning other people. Clovis had the presence of mind to maintain a composed exterior; privately he was calculating how long it would take to procure a box of fancy mice through the agency of the Exchange and Mart as a species of hush-money.

Even in a delicate situation like the present, Agnes Resker could not endure to remain long in the background.

"Why did I ever come down here?" she asked dramatically.

Tobermory immediately accepted the opening.

"Judging by what you said to Mrs. Cornett on the croquet-lawn yesterday, you were out of food. You described the Blemleys as the dullest people to stay with that you knew, but said they were clever enough to employ a first-rate cook; otherwise they'd find it difficult to get any one to come down a second time."

"There's not a word of truth in it! I appeal to Mrs. Cornett—" exclaimed the discomfited Agnes.

"Mrs. Cornett repeated your remark afterwards to Bertie van Tahn," continued Tobermory, "and said, 'That woman is a regular Hunger Marcher; she'd go anywhere for four square meals a day,' and Bertie van Tahn said—"

At this point the chronicle mercifully ceased. Tobermory had caught a glimpse of the big yellow tom from the Rectory working his way through the shrubbery towards the stable wing. In a flash he had vanished through the open French window.

With the disappearance of his too brilliant pupil Cornelius Appin found himself beset by a hurricane of bitter upbraiding, anxious inquiry, and frightened entreaty. The responsibility for the situation lay with him, and he must prevent matters from becoming worse. Could Tobermory impart his dangerous gift to other cats? was the first question he had to answer. It was possible, he replied, that he might have initiated his intimate friend the stable puss into his new accomplishment, but it was unlikely that his teaching could have taken a wider range as yet.

"Then," said Mrs. Cornett, "Tobermory may be a valuable cat and a great pet; but I'm sure you'll agree, Adelaide, that both he and the stable cat must be done away with without delay."

"You don't suppose I've enjoyed the last quarter of an hour, do you?" said Lady Blemley bitterly. "My husband and I are very fond of Tobermory—at least, we were before this horrible accomplishment was infused into him; but now, of course, the only thing is to have him destroyed as soon as possible."

"We can put some strychnine in the scraps he always gets at dinner-

time," said Sir Wilfred, "and I will go and drown the stable cat myself. The coachman will be very sore at losing his pet, but I'll say a very catching form of mange has broken out in both cats and we're afraid of it spreading to the kennels."

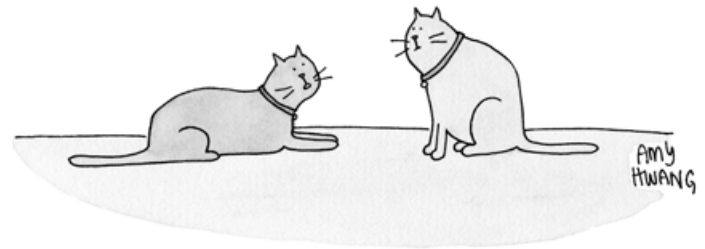
"But my great discovery!" expostulated Mr. Appin; "after all my years of research and experiment—"

"You can go and experiment on the short-horns at the farm, who are under proper control," said Mrs. Cornett, "or the elephants at the Zoological Gardens. They're said to be highly intelligent, and they have this recommendation, that they don't come creeping about our bedrooms and under chairs, and so forth."

An archangel ecstatically proclaiming the Millennium, and then finding that it clashed unpardonably with Henley and would have to be indefinitely postponed, could hardly have felt more crestfallen than Cornelius Appin at the reception of his wonderful achievement. Public opinion, however, was against him—in fact, had the general voice been consulted on the subject it is probable that a strong minority vote would have been in favour of including him in the strychnine diet.

Defective train arrangements and a nervous desire to see matters brought to a finish prevented an immediate dispersal of the party, but dinner that evening was not a social success. Sir Wilfred had had rather a trying time with the stable cat and subsequently with the coachman. Agnes Resker ostentatiously limited her repast to a morsel of dry toast, which she bit as though it were a personal enemy; while Mavis Pellington maintained a vindictive silence throughout the meal. Lady Blemley kept up a flow of what she hoped was conversation, but her attention was fixed on the doorway. A plateful of carefully dosed fish scraps was in readiness on the sideboard, but the sweets and savoury and dessert went their way, and no Tobermory appeared in the dining-room or kitchen.

"He won't turn up tonight. He's probably in the local newspaper office at the present moment, dictating the first installment of his reminiscences. Lady What's-her-name's book won't be in it. It will be the event of the day."



*"Is oversleeping a real thing?"*

Having made this contribution to the general cheerfulness, Clovis went to bed. At long intervals the various members of the house-party followed his example.

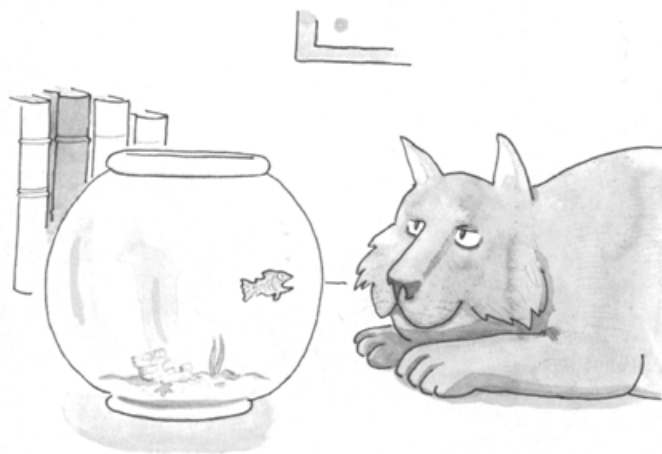
The servants taking round the early tea made a uniform announcement in reply to a uniform question. Tobermory had not returned.

Breakfast was, if anything, a more unpleasant function than dinner had been, but before its conclusion the situation was relieved. Tobermory's corpse was brought in from the shrubbery, where a gardener had just discovered it. From the bites on his throat and the yellow fur which coated his claws it was evident that he had fallen in unequal combat with the big Tom from the Rectory.

By midday most of the guests had quitted the Towers, and after lunch Lady Blemley had sufficiently recovered her spirits to write an extremely nasty letter to the Rectory about the loss of her valuable pet.

Tobermory had been Appin's one successful pupil, and he was destined to have no successor. A few weeks later an elephant in the Dresden Zoological Garden, which had shown no previous signs of irritability, broke loose and killed an Englishman who had apparently been teasing it. The victim's name was variously reported in the papers as Oppin and Eppelin, but his front name was faithfully rendered Cornelius.

"If he was trying German irregular verbs on the poor beast," said Clovis, "he deserved all he got."



*"You really took Muffy and Scott and Todd down to the lake and let them go... honest? Have you got a note or something from them so I could be sure?"*

The sepulchral dinner was cheerful compared with the subsequent vigil in the smoking-room. Eating and drinking had at least supplied a distraction and cloak to the prevailing embarrassment. Bridge was out of the question in the general tension of nerves and tempers, and after Odo Finsberry had given a lugubrious rendering of 'Melisande in the Wood' to a frigid audience, music was tacitly avoided. At eleven the servants went to bed, announcing that the small window in the pantry had been left open as usual for Tobermory's private use. The guests read steadily through the current batch of magazines, and fell back gradually on the "Badminton Library" and bound volumes of Punch. Lady Blemley made periodic visits to the pantry, returning each time with an expression of listless depression which forestalled questioning.

At two o'clock Clovis broke the dominating silence.



*"It just comes naturally. I have good people skills."*

# Worming: is there a natural alternative?

Clementina Davies, director, Verm-X



## The growing problem of resistance

*Anthelmintic resistance* is the term used by vets and scientists to describe a general increase in the levels of resistance to pharmaceutical wormers. For many years, the standard advice given to pet owners has been to use pharmaceutical wormers as a preventative. Many owners have chemically

treated their animals every three months, irrespective of whether their pet is carrying an intestinal burden or not. Overuse of these chemical treatments in the pet world has caused parasitic worms to evolve and develop a resistance to common pharmaceutical treatments.

## Simple steps to take to combat resistance

There is a growing movement amongst vets to reduce the reliance on pharmaceutical preventatives. This will mean that, in the event a chemical wormer is needed, it is much more likely to be effective. Groups such as the Raw Feeding Veterinary Society (RFVS) have suggested that before preventatively worming your pet with a pharmaceutical product, owners should perform a wormcount. Wormcount kits can be purchased online easily and offer you an insight into your pet's intestinal burden. Then you can make an informed decision as to whether your pet requires a pharmaceutical worming treatment.

Another way that owners could reduce the need for chemical de-wormers is by ensuring that their dog's microbiome is naturally balanced and supported. A healthy microbiome will encourage your pet to cultivate a natural resilience to unwanted visitors.

## Your dog's microbiome: what is it and why is it important?

Your dog has a unique collection of hundreds of different types of bacteria and other microbes in their gastrointestinal tract. This is collectively known as their *gut microbiome*. Nurturing the good bacteria and microbes within your dog's gut will help them to develop healthy immune and endocrine systems, as well as impact their behaviour.

Studies in the past decade have shown that the balance of bacteria and microbes within your pet's microbiome can affect their appetite, their anxiety levels, their memory and even how they feel pain. In December 2020, the Institut Pasteur (an internationally renowned centre for biomedical study) published research that showed a healthy gut contributes to healthy brain function (*Institut Pasteur*. "Gut microbiota plays a role in brain function and mood regulation." *ScienceDaily*, *ScienceDaily*, 11 December 2020 and C. Willyard "How gut microbes could drive brain disorders" *Nature* 590, 22-25 (2021)).

There are many obvious signs of a worm infestation in your dog, with the most common being scooting, bloating, increased hunger and even visibly spotting these unwanted visitors in your pet's stool. However, the internal damage that worms can cause isn't something that many pet owners have considered. If your pet's gastrointestinal tract is the host to parasitic worms an immune response is triggered that will negatively impact the balance of the microbes in the gut. This balance can then be further disrupted by the worms' excretions and secretions.

This in turn has an impact on your dog's behaviour, their skin and coat and even their sensitivities to food and other environmental factors (Laura

E. Peachey et al., "This Gut Ain't Big Enough for Both of Us. Helminth-Microbiota Interactions in Veterinary Species", *Trends in Parasitology*, Volume 33, Issue 8, 2017).

## Natural support for your dog's microbiome

Creating and supporting a healthy microbiome in your pet is a key element of their overall health and well-being. A healthy gut will support a greater level of immunity against contagious illnesses and encourage strong cognition. It will also promote a level of resilience in your pet when dealing with parasitic visitors.

The first step towards nurturing your dog's microbiome is to make sure you're feeding them a biologically appropriate, healthy, balanced diet. Feeding your dog, a balanced raw food diet, will provide your pet with the foundations of good gut health. Then, consider pre- and probiotics. Adding these to your dog's food will ensure they have all the right bacteria to thrive, as well as an optimal gut pH.

Finally, use natural products to promote intestinal health in your pets. Herbs play a fundamental role in ensuring a healthy microbiome in your pet. Research has shown that microbes within the gut will digest certain herbs and metabolise them into small, active molecules that will have a beneficial effect on your dog (Xuedong An et al., "The interaction between the gut Microbiota and herbal medicines", *Journal of Biomedicine & Pharmacotherapy*, Volume 118, 2019). Herbs like Cinnamon, Peppermint, Fennel, and Slippery Elm have been documented to have a valuable positive impact on the microbes within the gut, which is why they have been used in traditional human medicine for many years. Adding fresh herbs to your pet's daily feed is a great way to supplement their gut health, or you could use a ready-made herbal blend to support their gut vitality.

## The natural alternative for 20 years

At Verm-X, we've always been passionate about taking a natural approach to animal health and exploring the alternatives to artificial chemical treatments. Working with the National Institute of Medical Herbalists, we learned that, before the advent of modern pharmaceuticals in the 1930's, herbs had been the answer for animal health and wellbeing; their natural active ingredients promoting complete health for generations. Verm-X was developed with this natural approach in mind, a holistic answer to animal health and vitality with a mindful approach to caring for the environment.



Verm-X for Dogs is available as two easy to feed options: Verm-X Original Liquid for Dogs is a hypoallergenic herbal tincture that you can add to your dog's feed for three days per month to support their intestinal health.

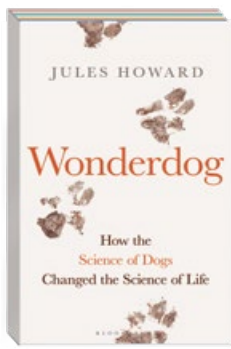
"Really helpful advice given regarding my rescue dog, who I believe has damage to her gut following a lengthy parasite burden. Since being on Verm-X Original Liquid for Dogs, she is a cheeky little monster, her personality is really starting to come through. She has a shiny coat for the first time, which is a reflection of her gut health." – Emma D., 5\* Feefo Review 2022

Alternatively, Verm-X Original Crunchies for Dogs combine the unique herbal blend with other ingredients such as dried poultry, salmon oil, seaweed, beet pulp and prebiotics to make a healthy daily treat for your dog.

"Brilliant product! We started to use Verm-X a month ago and the change in my dog's physique is remarkable! He looks and feels so healthy, his coat went soft, fluffy and shiny! These are really good immune boosters and would wholeheartedly recommend with a raw food diet." – Brigitta O., 5\* Feefo Review 2022

## SPECIAL OFFER

Honey's customers can now use exclusive discount code **HONEYS** at [www.verm-x.com](http://www.verm-x.com) for a 15% discount. (Offer valid until 30/06/2022).



## Interview: Jules Howard

Author of *Wonderdog: How the Science of Dogs Changed the Science of Life*

What inspired you to write *Wonderdog*?

The speed of change. When I first cut my teeth in zoology more than 20 years ago, dogs were still considered little more than 'dumb wolves' and were given short shrift by the science community. In the last decade this has changed dramatically, as dogs (alongside their human companions) have become the beating heart of new discoveries about animal intelligence. I wanted to chart their story – how dogs have come so far. And where, together, we might go next.

Of all the many wonderful stories about dogs in your book, which is your favourite?

I absolutely loved the story of the un-named brown dog, killed in a laboratory experiment in 1906, that stirred up one of society's first culture wars. The story had everything. It had feminists fighting in the streets, scientists burning effigies and vandalising statues, angry marches and speeches in packed-out townhalls. Street dogs, rabies, Crufts. In the background, you had Darwin, Dickens – the newly-founded Battersea Home for Dogs, Queen Victoria. Many of the arguments from this era shaped dog-ownership for more than 100 years. They still matter today.



How has the relationship between humans and dogs changed since they first became domesticated – and has the speed of change increased?

'Domestication' is an interesting word to use here. For me, I don't see dogs as domesticated like horses or sheep. I see dogs as a species that has, ecologically, harmonised alongside human cultures, often feeding upon waste. In fact, most dogs (perhaps 80%) on Earth still live a lifestyle like this. In the UK and other Western nations, things changed enormously in the 1800s as a burgeoning middle class took an interest in dogs of the homes, often specially bred. Since this point, the human relationship with 'owned' dogs has changed dramatically. For instance, pretty much every product we buy our dogs (insurance, toys, dog-beds, nail-clippers, whistles, poo-bags, shampoo) has been invented in the last one hundred years. In evolutionary terms, that's an eyeblink. Who knows where next our relationship might go?

If you could change one thing about the way people interact with dogs (and indeed all animals) what would it be?

If *Wonderdog* has taught me anything, it's that science and culture are not isolated from one another. When it's done properly, science has the capacity to move forward our understanding of animals and how they experience the world. Then it's up to culture to connect with the science

– to adjust, to take in these ideas, to adapt. If I have one wish, it's that this could be achieved within months. Instead, with dogs, it seems to take years, sometimes decades, for cultural ideas to shift. That's partly why I wrote the book – to speed things up!



"Yeah Chief, Hobbs is checking alibis, Vanier is looking into motive and the lab is just getting back to us now with the toxicology report."

What are your views on anthropodenial and anthropomorphism?

On a scientific level, I'm yet to find anything that makes me seriously question Darwin's notion that humans differ in their emotional capacities only by degree to other mammals. In fact, on a personal level, I feel like many of the experiences I had rearing young children had crossovers with raising a puppy. Positive words. Protection from danger. Love and support doing basic things. Patience. Different beasts, same experiences. I guess that means that I lean toward anthropomorphism. In my writing, this is something I have to carefully check for. Mostly, it turns out ok!

How intelligent are dogs? What are they capable of?

Dogs first evolved at the edges of human society, among dung hills and middens. They are intelligent enough to make food from the little that exists, to attach to humans who potentially can provide them the things they need. They have evolved to be loyal, protective and, to a degree, trainable. These ecological conditions have unlocked in dogs many of their finest traits – like us, they are wily and adaptable. It's clear from recent research that they are incredibly intelligent, perhaps even more so than apes, our closest cousins.



Of all the different and fascinating dog-related discoveries which do you think is the most exciting?

That's a tough one because, large or small, every discovery plays a part in the enduring story of dogs and their amazing capacity for learning. Hmm... if pushed I would say it's hard not to get excited about Gregory Berns' experiments involving (trained) family dogs lying down to have their emotions mapped in fMRI machines. The fact that the pleasure centres of dog brains become activated upon seeing human companions in a manner that mirrors human love is just... well, beautiful.



**To quote a chapter in your book: 'What is it like to be a dog?'**

That's a question philosophers will argue about for centuries after our death, just as they have done for centuries before. On a personal level, and this isn't something I included in the book, I wonder if their lives play out like ours do in dreams. Very rarely do we reflect on our actions in dreams, we just wander around doing things. I often wonder if this is what it's like to be a dog. I think dogs live without the trappings of considered consciousness. Their version of consciousness allows them to truly live, for most of their lives, in the moment.

**What can we do to make our own dogs' lives happier, healthier and more fulfilling?**

That's a really important question. I would say that, if modern science is telling us anything, it's that dogs need fun. Stimulation. Sniffing time. Particularly, they need connection with their human companion. If you can achieve enough of these things enough of the time, you'll be doing ok. You'll walk in the door and they'll be giving you the ol' helicopter tail. Then, you'll know!

**I know it is a question you are asked a great deal, but do dogs feel love?**

The big one! That's a question I take enormous delight in answering in *Wonderdog* but, put it this way: two-hundred years ago the answer was no, they cannot feel love. One hundred years ago, the answer was probably... no. Fifty years ago, the answer was still no. Twenty years ago, the answer was probably not. Now, the answer is... well, of course, you'll have to read the book.

**Extracts from Wonderdog**

Dogs are our friends in a way that most other domesticated animals are not. They have captured our hearts and minds for millennia. Theirs is a strange and unique magic. Together, we make sparks. This is not parasitism. It is not commensalism. It is not classically mutualistic, either. It's something else. Strangely, this unusual relationship has not always been of much interest to zoologists. For decades in the twentieth century, dogs were considered unworthy of rigorous study. Academics deemed them broken by humanity's influence. They argued that the very act of our cross-species union muddied their evolutionary back story. Far better to seek out the wild account spawned by nature – the grey wolf, red in tooth and claw – than the 'dumb wolf' that hoovers scraps from under our kitchen tables, they contended. This snobbishness about dogs became widespread – I certainly remember this being the attitude when my zoological studies began in the 1990s. To the old guard, dogs were frowned upon as animals worthy of scientific attention. Focusing on dogs to understand the evolved behaviours of wild canids (the mammal group that includes foxes, domestic dogs, coyotes and wolves) was like trying to understand the adaptations of a chicken's egg by studying the crumbs of a wet cake. Too late, they claimed. The ingredients were forged too long ago. Humanity had corrupted dogs, we were told. We had bred the wild out of them. Enjoy them, sure, but there was no point in studying them. In time, this attitude would change, morphing into something else entirely. It would change what we know about animals. In recent years, many biologists have returned to dogs. In dogs, they argue, we can see elements of behaviours or characteristics that natural selection has whittled into shape through thousands of years of living wild. Crucially, though, in dogs we can see new behaviours, new cognitive skills, new ways of thinking imposed upon them by our close association. In Victorian times, many scientists studied animals to understand the mind of the Creator. Today, we see in studies of modern dogs evidence that that

Creator is us. A creator (note: lower-case) who acted, for the large part, unthinkingly, but also a creator who did not work alone. In fact, for most of their history, we now realise dogs really did choose us as much as we chose them. Dogs have the history of our union built into their genes. But somewhere or other, in fleeting glances, we see this union in ourselves too. In our history. In our sociality. Perhaps, in our genes.

I am aware that there are many books about dogs, their behaviours and their impressive cognitive skills. In fact, many of the authors of these books have been a great inspiration to me over the years. These books often focus on what the dog is thinking, on what the dog knows and what the dog does not know. Many are accessories to training regimes – guides for what to do and what not to do with your dog. They are superb, wellresearched, technical guides to 'knowing' a dog. But my aim with this book is different. My feeling is that, in order to gauge successfully where the human relationship with dogs may go from here, we need to see where we've come from. We need to remind ourselves how we came to know the mind of dogs. Only then can we prepare and plan for where we might go next. I would argue, with a nod to my own pomposity, that understanding animals is a bit like understanding the solar system.

A book about the moon is interesting, sure. Vital, even. But the story of how we got to the moon adds a different context – that is a story of achievement, as emotional as it is technological. Both stories have value, but only told alongside one another can stories like these spur us on to even greater achievements, to be a better species. In this context, history really matters. I would argue that it's the same with dogs. Knowing what dogs do and perhaps what they know is one thing, but knowing how we have come to comprehend such things about their minds is another thing entirely. It puts into context our understanding of them, and it forces us to acknowledge that what we know about dogs might change in future, as more facts and insights become available. In fact, our relationship with dogs is almost certain to change again, hopefully in a way that is beneficial to both species. The scientists (alongside the dogs) are particularly important characters in this book. Knowing them helps us to understand the junctions, the circuits and the parameters of intellectual travel. These individuals help us to understand that much of what we know about dogs is framed within the mind of the human experimenter, a species that is changing at its own pace – that is changing its own perceptions of place – in the modern world. My belief is that knowing all these things will help us be better companions to dogs, and help us succeed in making the lives of dogs as happy and as healthy as they can be. The message of this book is straightforward. It is simply that the more compassionate we have become in our explorations into the minds of dogs, the more intelligent they have shown us to be. It's that simple. I have come to see that dogs are a message to all of us in how to study nature, in how to throw open the gates of evolutionary thought, in how to gauge our place in the world, in how to make this planet a better place, perhaps, for all species. It is a story of how the quality of science improves when we treat animals with empathy. And how the greatest feats that dogs have shown themselves capable of have been at the hands of humans who know and love them. Perhaps I'm biased, but there is a certain beauty to this observation.

*Wonderdog: How the Science of Dogs Changed the Science of Life* by Jules Howard (Bloomsbury Sigma) is published in hardback, ebook and audiobook on the 12th May 2022



# Competition winners

In the last issue we held a photograph competition in which you had to submit a picture of a cute (aren't they all) Honey's fed dog. The response was overwhelming! We received hundreds of brilliant entries 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 cute 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 can get a little confused at times) 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!



Cassie Simpson



Pepper Fletcher



Benji Weeks



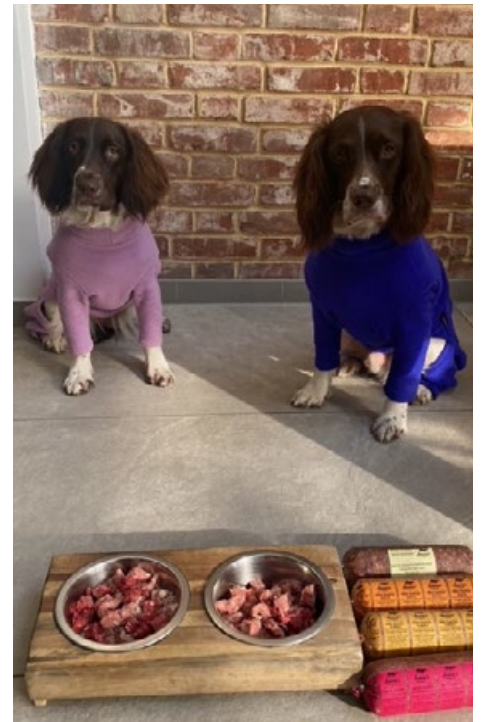
Ruach Gunn



Aston & Jenson Evans



Brimley Levelle



Chester and Lilly Jakubaityte



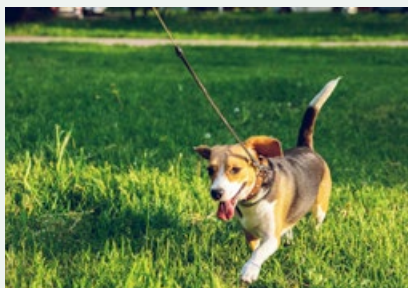
Bakewell and Truffle Pugh



Barbara McClelland



Casper Bhudia

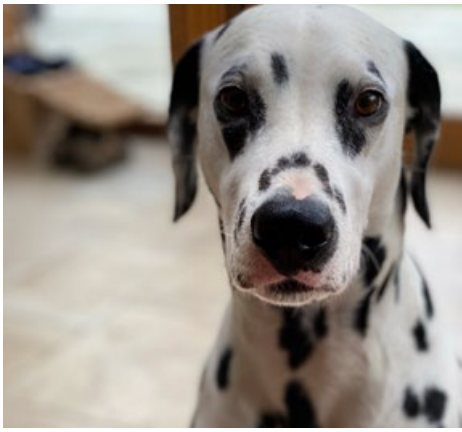


## NEW 'WALKIES' PHOTO COMPETITION

### Win a month of free food

The new Honey's Competition is simplicity itself: submit a picture of your dog on the theme of 'Walkies'. 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](mailto:competition@honeysrealdogfood.com) before 30 July 2022 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.





Cooper Fletcher



Harry Honey



Humphrey and Lenny Carr



Dolly Knight



Harvey Cope



Jaff Trenchard



Evie Cookes



Hetty and Dora Ward



Jasper Young



Freedom Hazlehurst



Himba Lewis



Cookie Christodoulou



Shrimp & Tocho Marchant



Clover Pryce



Jasper Feasey



Kalli Vet



Maisie McKenzie



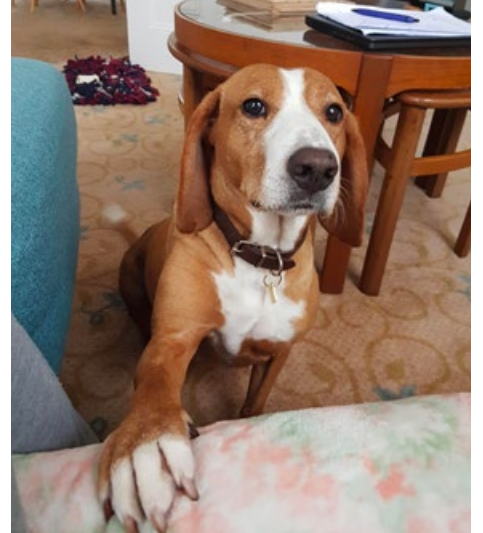
Minnie Stoneman



Lady Milner



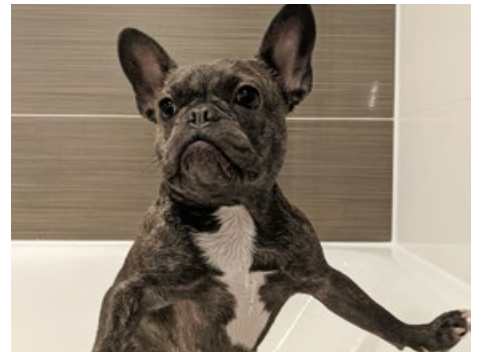
Max Lowe



Momo Chan



Luna White



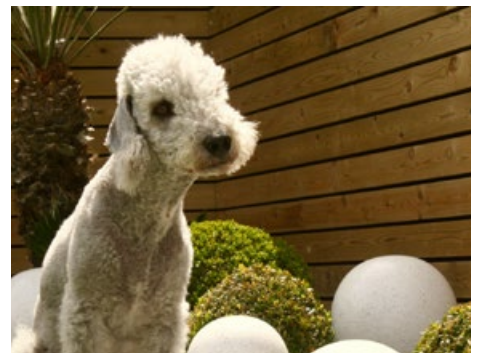
Olive Tan



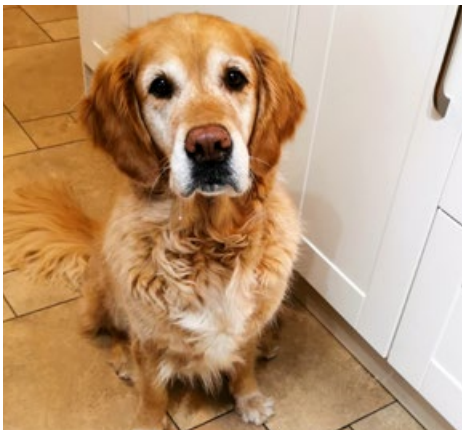
Mabel Winmill



Murphy Lindell



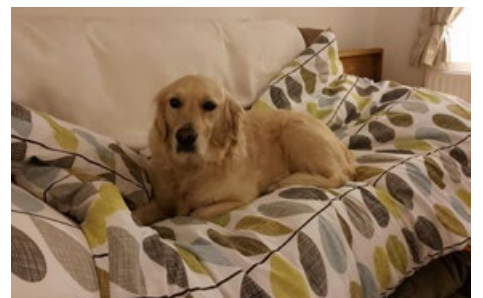
Oscar Tomlinson



Maisie Cookes



Nina Sullivan



Millie Harvey



Pepper Forbes



Vera and Mabel Winmill



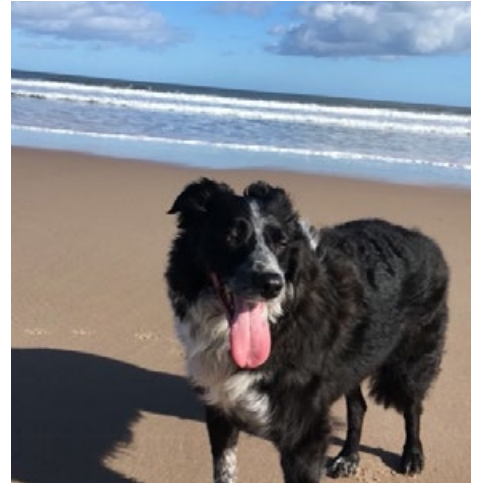
Pippa Taylor



Ruby Turner



Stig Palmer



Quin Plews



Slinky Silva



Wagstaff Berry



Tallulah Burnside



Wizard Le Drezen



Gem Eardley



Tsar Winterbottom



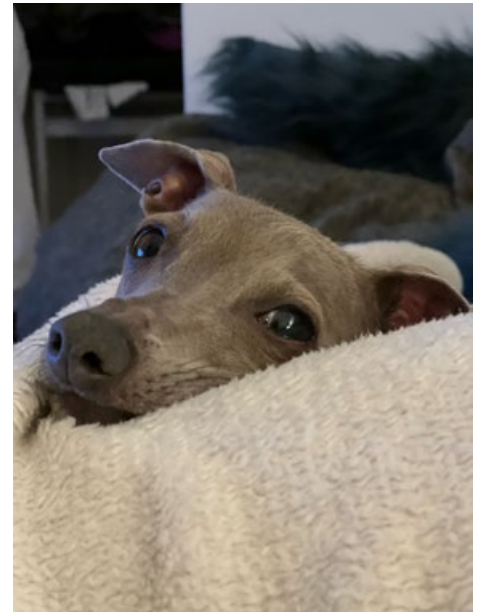
Shrimp and Toto Marchant



Alfie and Archie Bowyer



Amba Firbank and Jenna the Hen



Sasha Ratodiarivony



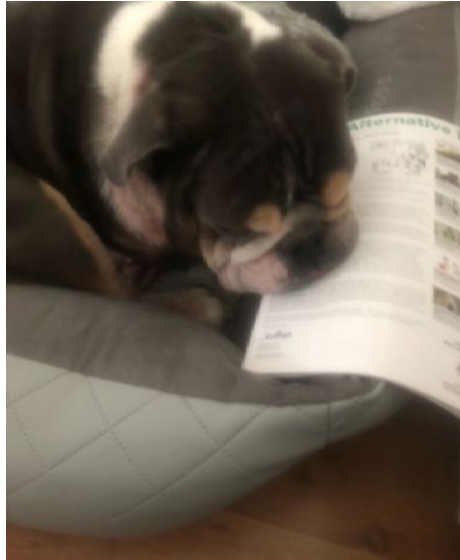
Angus (L) Bruce (R) Laurie



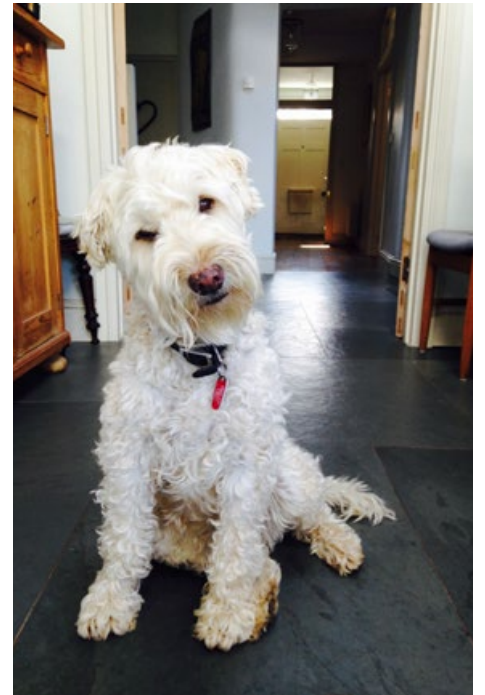
Sarah Franks



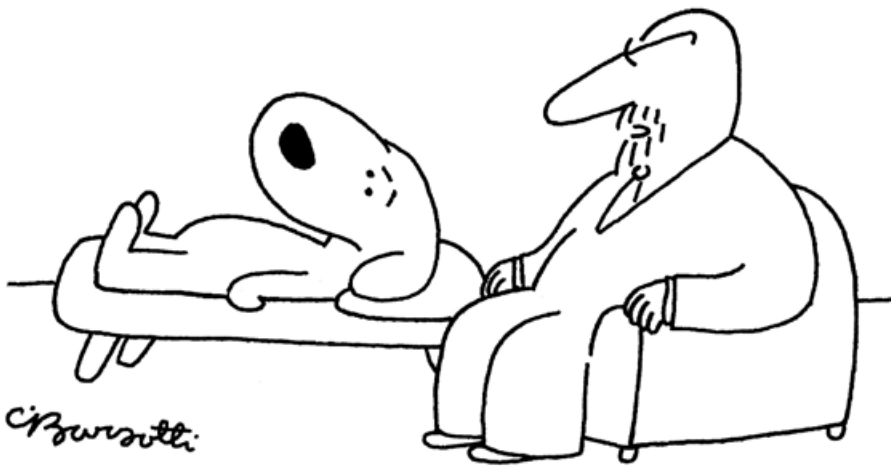
The Armstrong Family



Rocco Wadey



Dudley Franks



*C. Burwell*

*"And only you can hear this whistle?"*



Wilfred Haigh



# Do Dogs Have Mental Health Problems?

By Dr. Ilse Pedlar

When I was asked to write this article on the homeopathic treatment of mental health problems in dogs, it got me

thinking about the type of issues we suffer from and how these differ or are the same as our canine companions. I would say the commonest sorts of mental health problems we encounter in dogs are fears and phobias. We probably all know a dog that is scared of fireworks or thunderstorms for example. Phosphorus is the classic remedy to try for fear of thunderstorms, particularly if the dog is one of those who can sense the storm approaching and becomes anxious and clingy. If it is just fear of the loud noise itself however, Borax might be the remedy to try.

Borax is also a useful remedy for travel sickness, or anxiety when travelling. Travel sickness is interesting in that it's always good to ask the question, is the dog ok getting in the car and then becomes anxious and may vomit while actually travelling, or is it anxious about getting in the car in the first place? True motion sickness may well respond to remedies like Cocculus, Tabacum and Petroleum; these are all remedies associated with dizziness and nausea. If the dog has had a bad experience in the car and is genuinely scared of getting in it, then Aconite, where fear and restlessness are the keynotes, or Argentum nitricum where it is the anticipation of something scary may be the answer. It is always important to combine homeopathic medicines with a behaviour desensitising program in the case of travel sickness, i.e. playing with your dog in the car, giving it treats, just sitting with it without going anywhere and then building up to sitting there with the engine running for a couple of minutes, to driving to the end of the road and back and finally trying longer and longer journeys. If at any point the dog looks scared or nauseous, go back a step until it is happy.

Other fears may include separation anxiety. Some dogs can become quite anxious when left on their own and there has certainly been an increase in cases due to people returning to work after lockdown. Again, a behaviour desensitising programme really helps but you can also consider remedies like Pulsatilla and Phosphorus and if destructiveness is involved, remedies like Tuberculinum may help.

A common mental health problem in humans is depression and it's interesting to wonder if animals can become depressed. I would say a definite yes, the depression may be caused by different factors but I have certainly seen dogs who have become lethargic, don't want to interact and would prefer to stay in their beds all day rather than go for walks or play with toys. I have also known dogs that are grieving for lost companions or owners and Ignatia is the most obvious choice of remedy here. Whenever I had to euthanase a dog, I made sure that the owner went home with some Ignatia tablets both for any other dog they had at home and for themselves! Nat mur is another common grief remedy, the picture here is often an animal that closes itself off and doesn't want to interact.

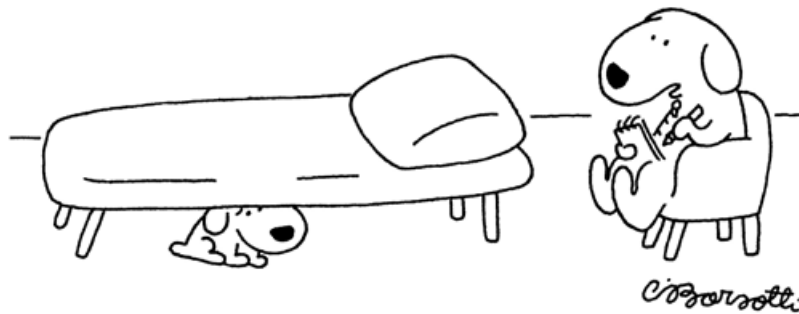
It is interesting to think if other traits in dogs can be classed as mental health problems. Aggression is the classic one but is that due to genetics, or a dog's home environment and past experiences? Some aggression

is certainly due to fear, some is due to a bad experience a dog has had in the past and some is unexplained. I have certainly used homeopathy in these cases but it is vital to get veterinary input and consult a homeopathic vet before prescribing. An aggressive dog can become a dangerous dog and should never be put in a position where it could harm someone.

I've also had people ask me if dogs can be autistic and again, I would say a definite yes. I have treated dogs that have no awareness of social boundaries, seem incapable of interacting 'normally' with other dogs and some that show ritualistic or repetitive behaviour. These dogs often have responsible loving owners and have been to training classes and seen animal behaviourists, so it isn't a question of just being inadequately trained. There are many remedies that could be useful in these cases; spider remedies like Tarentula hispanica, or remedies like Tuberculinum, Lycopodium and a group of remedies called the lanthanides.

When giving homeopathic medicines, it is important to handle them as little as possible and give away from food. I tend to start with the 30c potency but sometimes acute situations may need a higher potency like 200c or 1M.

Mental health problems are often deep seated and difficult to treat and I would say it is important to talk to a homeopathic vet to rule out any underlying medical problem first and to have a proper homeopathic consultation as constitutional rather than first aid prescribing is nearly always necessary.



*"And what do you think will happen if you do get on the couch?"*



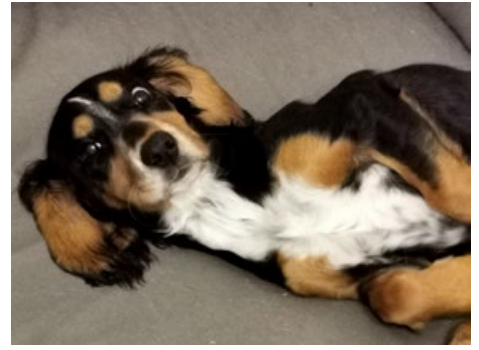
Ilse retired as senior partner at Mercer and Hughes in Saffron Walden in 2020. She is qualified as a homeopathic vet as well as in herbal medicine, Chinese traditional medicine and acupuncture. She is currently president of the British Association of Homeopathic Veterinary Surgeons (BAHVS). Ilse is also a well-published poet. [www.ilsepedlerholisticvet.com](http://www.ilsepedlerholisticvet.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 following 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](mailto: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.



Daisy & Cole Patching



Evie Cookes



Bronte Cormack



Dora Hunn



Flo & Harvey Raby



Caspar Bhudia



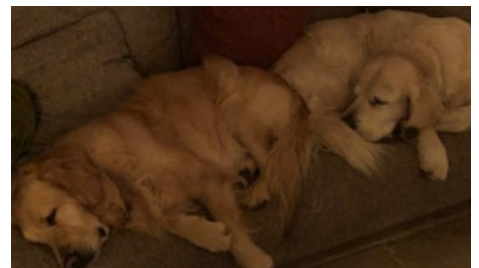
Eddie Corke



Gus Greenwood



Harry Honey, Maggie & Winnie Bowling



Nellie & Ted Richardson



Horace Oglieve



Pippin Danaher



Shaheen Gunn



Lia Webb



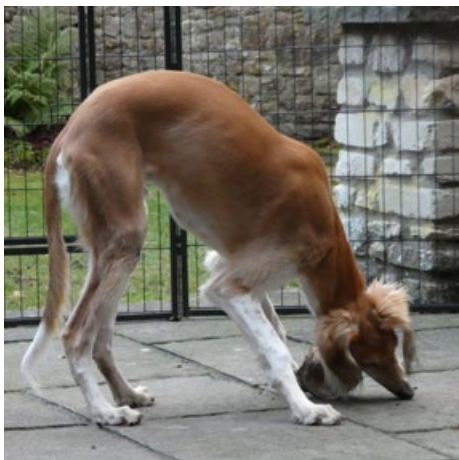
Pirri Aldgate



Skye Myers



Minnie Stoneman



Ruach Gunn



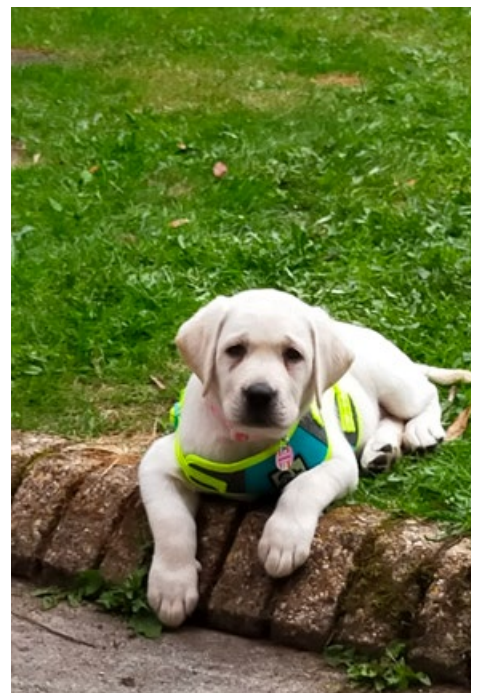
Ralph Whalin



Arthur Oglieve



Tallulah Burnside



Ella Bowers

# How to socialise your puppy

By Ross McCarthy

The inspiration for this article came from something I read in Charles Darwin's *The Descent of Man* (which, coincidentally, was published exactly 150 years ago). In it, Darwin examines how humans and animals have evolved. One area that fascinated him was whether animals that socialised together developed, as it were, a moral sense or conscience. He put it like this:

The following proposition seems to me in a high degree probable—namely, that any animal whatever, endowed with well-marked social instincts, the parental and filial affections being here included, would inevitably acquire a moral sense or conscience, as soon as its intellectual powers had become as well, or nearly as well developed, as in man. For, firstly, the social instincts lead an animal to take pleasure in the society of its fellows, to feel a certain amount of sympathy with them, and to perform various services for them.

My personal experience supports Darwin's theory. I believe that dogs do have a moral sense or conscience and my instinct is that it is as a result of their intelligence and social development. If you want your dog to grow up kind and considerate of others the ability to socialise could be key. However, wanting your puppy to be 'good' in the broadest sense of the word is only one reason to encourage socialising and socialisation. Socialised dogs have a much richer and fuller life and – as a result – are much happier.

## What do we mean by socialisation?

Socialisation is such a commonly heard term that most people who take on a new puppy are aware of the general concept. What do we mean by it? Is it just a case of getting the puppy out and about seeing life, or something rather more complex and structured? The official definition is:

Providing an individual with the skills and habits necessary for participating within his or her own society.

Which is a good start so far as people are concerned, but not sufficient when it comes to puppies. I would suggest, instead, something like this:

Providing a dog with the opportunity to develop to their full potential and become used to (appropriate engagement with) other dogs, people, and other species.

Another word that gets bandied about, and which is connected to socialisation, is 'habituation'. This refers to the process of making sure that dogs respond appropriately to a range of objects and events such as, for example, the doorbell ringing or the Hoover. The objective of habituation is to get puppies used to non-threatening environmental stimuli so that they ignore them.

## The critical period

There are several sensitive periods within a dog's life, but by far the most important is the 'critical period' of temperament formation which runs from about five to twelve weeks of age. The reason that it is known as the 'critical' period is that it is CRITICAL! Some people find it hard to believe that this tiny window of six or so weeks has such an impact on the temperament and behaviour of the adult dog, but it does! It is an opportunity to create a balanced, social and well-behaved dog and its importance should not be underestimated – everything that you do within this period has an impact for life.

## The art of socialisation

During this essential period of learning combined with the ability to adjust to changing environments and the scope to overcome fear through intrinsic curiosity we need to know exactly what we are doing and what we are aiming for. It is very easy to make mistakes – mistakes that could have a worrying long-term effect on your dog's life.

For example, not so many years ago something called Puppy Parties became very trendy. Most took place in veterinary clinics or dog training classes. These were a free for all – allowing all manner of puppies to run about together for half an hour or so. Sadly, they were responsible for innumerable behavioural issues in dogs as they matured. Why? Because a great many dogs learnt to be fearful of other dogs – and subsequently used aggression to keep themselves safe. Conversely, some puppies learnt to bully other puppies with the result that they became a menace when out in public.

Socialisation is the process of dogs interacting with each other and learning through play, the language of their own kind. This does not happen when puppies of different breeds, sizes, ages and temperaments are all released loose into a room. In these circumstances, some puppies get bullied, some learn to bully and to dominate whilst most, if not all, learn to ignore their owner in the presence of other dogs. This is the exact opposite of what most people require. Free-for-all socialisation plays a large part in the increase of dog on dog aggression that we have to deal with, whether through trauma, these dogs have learnt that the best defence is attack or through successful repetition of dominating other dogs.

Socialisation should occur one-on-one with dogs selected for each other, based on their temperaments. Small groups of equal size/temperament dogs can be selected and managed carefully by people skilled in canine body language. Your puppy must learn that he needs to pay attention and respond to you despite distractions around him and not that when other dogs are present he or she can do as they wish and ignore you! Whilst the puppies can sniff and meet – on-lead play is not encouraged at this critical phase in their learning and development – you as their human companion need to be the centre of their world – not other puppies!

So, socialisation is not just a case of the getting out and about or the more the merrier. It has to be a thorough thought-out process of development.

## Be specific

I believe in breed specific socialisation. By breed specific, I simply mean that you have to do the correct amount of socialisation for the breed/type of dog that you are working with.

The herding breeds, for example, tend to be very sensitive and need more socialisation with other dogs and people and exposure to environmental stimuli than some of the companion breeds.

Gundogs, to offer another example, are generally a hardy group with intrinsically gregarious natures so need less engagement with dogs and people – although there are exceptions, notably the Vizsla, Weimaraner, and Spanish Water dog who are quite sensitive.

Guarding dogs, to offer a third example, are bred to guard and therefore have an innate predisposition to do just that. Therefore, if we choose to own a dog of this type, more investment of time will be needed in integrating that dog with people of all different types and in different situations and locations during this critical window of opportunity.

Incidentally, the Akita and Staffordshire Bull Terrier are known to need vastly more socialisation with other dogs than many other breeds. The Akita, originally a hunting dog and the Staffordshire Bull Terrier, a baiting/fighting dog, will need more physical play and engagement with other dogs of different types to develop the type of temperament and character that fits in with living with humans.

## A question of balance

If you 'under socialise' your puppy, you will end up with a dog that is not confident in some situations and potentially aggressive through fear – depending on the makeup of the breed.

In my view, it is also possible to 'over socialise' a dog. I have seen this, in particular, with Labradors, Weimaraners and Staffordshire Bull Terriers – although it can happen with any breed. What happens is that the dogs have met so many people, had so many strokes and cuddles, that they now launch at everyone in the street expecting a fuss. Unfortunately, as the dogs mature into adults, people may not want to cuddle them, and could even be afraid.

I have actually made the same mistake with my young Rottweiler. I 'socialised' him with horses during his critical period of development. What I should have done was 'habituated' him to horses i.e. allowed him to learn that there are horses that we may encounter in the environment (such as in fields that we walk past) but that we do not engage with them. Unfortunately, through his early experiences he has learnt that horses are nice to engage with! Not what I wanted at all and so I had to work hard to undo my silly mistake. It pays to think hard about what you are doing with your puppy – before doing it!

## Look at what is happening

In addition to being breed specific – socialisation has to be individual specific. Study your puppy. If he or she appears to be too manic and excited around other dogs when seeing them, you will need



less engagement. If your dog is shying away from other dogs, more engagement with appropriate adult dogs is required. If your puppy is jumping at all people who pass by, they will need less interaction with people, more learning to ignore them and so on.

Incidentally, socialisation isn't something to do in isolation. It should go hand in hand with training.

### A dilemma

Because the period of between five and twelve weeks of age is the most powerful learning time in your dog's life – and because some vets recommend that the puppy remains in the home environment until 12 to 14 weeks of age – a whole life stage can be missed.

You will need to speak to your vet and your behaviour practitioner and do what is right for your puppy physically AND psychologically.

Personally speaking (I tend to own guarding breeds) my puppies are out and about in Central London as soon as I have them. I see a great many puppies who stay with the breeder to 15 weeks of age or later and have a very hard time adjusting to a life away from a kennel or home environment. In my view the optimum age to adopt a puppy is not younger than seven weeks and not older than eight weeks of age. A balance needs to be sought. Your new puppy can be taken in your car to the local town and stay sitting in the rear of the car watching the world go by, seeing all manner of people and becoming accustomed to vehicles and the sights and sounds of the town and the large array of different types of people, children the elderly and the like.

### Maintenance

Not all aspects of socialisation are covered within the critical period window. It should be maintained throughout the dog's life in conjunction with training and normal routines. However, the more novel stimuli a puppy encounters and overcomes, the more their ability to overcome new situations and encounters will be perfected.

### To conclude

Socialisation can be a little bit of a minefield and too much can almost be as harmful as too little. Do your breed research and socialise appropriately and keep changing your schedule to counter any areas of weakness.

In my view, the very best way to socialise your dog is in the real world. Dog training and puppy playgroups can be excellent, but this does not replicate nor replace the normal environment in which your dog resides.

Up to the age of twelve months, your young dog needs to be exposed to a variety of sights, sounds and situations with care and control. Thereafter maintenance is required. A good deal of hard work applied in the early stages prevents far more work later on. It creates a calm, well-mannered dog who will be accepted socially and will have a far greater quality of life, as will you!

## The different stages of socialisation

### Phase 1. Weeks 3 to 5

The puppy learns to play and starts reacting to sound. The mother will begin disciplining the pups with a low growl when necessary. The first teeth are erupting and towards the end of this phase, the pups will start to play chasing games with each other.

### Phase 2. Weeks 5 to 8

The puppy begins to use facial and ear expressions and becomes more coordinated. Play becomes rougher and the pups start to establish a dominance hierarchy within the litter. The puppies are weaned and, in the wild would be starting to learn to hunt for themselves. This is the ideal time for a pup to leave the litter and start life in its new home.

### Phase 3. Weeks 8 to 12

The pup continues to explore the world around it. It will begin to assess its position in its new family and is eager to please. The pup forms strong impressions of people and objects it meets and should be experiencing and enjoying a wide variety of new situations. The puppy continues to learn through play. This is an ideal time to form a strong bond between human companion/carer and puppy, to teach the puppy to respond to its name and other signals and to commence basic training. The puppy should be house trained.

### Juvenile Period. Between 3 and 6 months.

The puppy continues to learn through experience and becomes increasingly independent. The pup will initially stay close to the human carer but will start to explore further afield as it gains in confidence. The pup starts changing teeth and chewing behaviours develop.

### Adolescent Period. Between 6 and 12/18 months.

The dog is a teenager! This is the time that, in the wild, the pup would be leaving the mother and developing a life of its own. The pup becomes increasingly independent and will test its position in the pack hierarchy. The pup becomes sexually mature, bitches will have their first season and dogs will develop an interest in the opposite sex.

### Maturity!

The dog has developed its basic character, although behaviour patterns will continue to be refined for a few years. The dog is still capable of learning new things, but is less flexible than the younger puppy. This is the time when all the hard work put in during puppyhood should pay off and you can relax a bit and enjoy life with a balanced, happy family companion.



"Schmooze!"

### Socialisation checklist

The following checklist acts as an initial guide to help you socialise your puppy with as many people and experiences as possible. It is important to ensure that these experiences are pleasant for the puppy, a frightening experience could have the reverse effect...

- Adults (men and women)
- Young adults, elderly people
- Children
- Loud, confident people
- Shy, timid people
- People in uniform
- People wearing hats
- People with beards
- People with crash helmets
- People wearing glasses
- Delivery people
- Joggers
- Larger adult dogs
- Smaller adult dogs
- Black/brown dogs
- Yellow/white dogs
- Ducks and other birds
- Livestock
- Horses
- Cats

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# Fabulous fungi

## Medicinal mushrooms and their use in our pets

Dr Amy Watson

Mycotherapy, the use of mushrooms in a therapeutic context, has a long history spanning many cultures. The Greeks burnt medicinal mushrooms on 'therapeutic points' on the body in 455BC; in Europe there are reports of their use from 55AD, and in China they are mentioned in the herbal classic text, the Shen Nong Ben Cao, around 200 AD. There are a variety of mushrooms that are used in Chinese herbal medicine, and they are highly regarded including: Fu Ling (Poria), Yun Zhi (Coriolus), Ling Zhi (Reishi), Zhu Ling (Polyporus) and Bai Mu Er (Snow Fungus). These and others are chosen for their excellent therapeutic action with few or no side effects. Moreover, they can be taken safely for long periods of time and the Chinese believe that prolonged use will lighten the body and confer longevity!

One of the main areas that medicinal mushrooms find use is in cancer treatment, and there have been numerous studies investigating their anti-tumour properties for a variety of cancers in humans. However, mushrooms can also be of benefit in supporting our patients – and ourselves – in a much wider range of conditions than just cancer. There are around 14000 species of mushrooms that have been identified, and of these it is estimated that 5% may be of benefit from a therapeutic perspective. My aim with this article is to give you an overview of medicinal mushrooms, which ones we might consider using and how they can be of benefit for our patients.

Although we might consider mushrooms to be more closely related to plants, genetic research suggests that fungi are more closely related to animals! Both fungi and animals derive carbon and energy from the breakdown of organic matter, unlike plants which derive carbon from carbon dioxide in the air and energy from sunlight.



### Anatomy of a mushroom

Mushrooms are of benefit from a nutritional perspective, being full of vitamins, minerals, antioxidants and proteins, as well as containing a large number of pharmacologically active compounds that can be of benefit for various health conditions. A mushroom can contain:

- Polysaccharides – these form the major class of immunologically active molecules in mushrooms, particularly the beta glucans polysaccharides, which have anti-viral, anti-bacterial and anti-tumour properties.
- Essential oil – triterpenes – these have a variety of actions including being anti-inflammatory, anti-tumour, antihistamine, hypotensive and sedative.
- Proteins.
- Phenols – sometimes considered to be antioxidants, though some research now suggests that they have more of an effect via their actions on cell signalling pathways.
- Sterols – can have anti-tumour effects as well as some suggestion that they can be anti-aging.
- Statins.
- Chitin – immunological effects, antibacterial, antioxidant activity, and has been shown to help speed wound healing.
- Enzymes – these can be antibacterial.
- Vitamins (vitamin B's, vitamin C, folic acid, pro-vitamin-D) and minerals (potassium, selenium, sulphur, sodium, zinc, phosphorus).

### All about polysaccharides

Probably the most important of all of these groups is the polysaccharides. These predominantly have a modulatory effect on the immune system. Immune modulation means that if an immune system is showing signs of immunodeficiency it can 'stimulate' or boost it, whereas if an immune system is overactive (as in immune mediated disease), mushroom polysaccharides can restore it to a more quiescent, 'normal' level. Extracts from 650 mushrooms have been taken that all showed the ability to modulate the immune response via compounds in the mushroom cell walls that interact with receptors on the surface of major categories of cells in the immune system. There is a lot of overlap between mushrooms and the polysaccharide compounds that they each produce; however, mushrooms all produce secondary metabolites and these can vary from mushroom species to mushroom species. So, whilst all mushrooms contain immunologically active polysaccharides, each will produce different secondary metabolites that will have differing effects, conferring different effects within our bodies. Mushrooms not only support the immune response directly but can also act as a prebiotic, thus increasing the level of beneficial gut bacteria and reducing the levels of pathogens - i.e. they promote a healthy gut microbiome. More and more research is demonstrating the importance of a healthy, varied gut microbiome for overall health (gut health, mental health, immune health to name but a few) both for ourselves and of our pets. There has even been some research suggesting a link between a poor microbiome and aggression in dogs (I'm not suggesting that feeding mushrooms alone will resolve aggression!).



### Some interesting mushroom facts

It is worth noting that several widely used drugs are derived from mushrooms - including some antibiotics (penicillins and cephalosporins), statins, immune suppressants (Cyclosporin A) and anticancer treatments (Krestin and Lentinan).

There are various types of mushroom extracts/products and knowing which to pick dependent on what you want to achieve is a skill. This is where utilising the knowledge of a herbal vet, or vet experienced in the use of mushrooms is important, in order to pick the product that will have the best chance of benefitting the patient. Fruiting body, mycelium, mycelial biomass, aqueous (hot water) extracts, ethanolic (alcohol) extracts, spores and spore oil are all types of mushroom products, and the compounds within each can vary significantly. For example, a hot water extract contains high concentrations of polysaccharides but low levels of the more poorly water-soluble triterpenes, whereas the alcohol extract contains higher levels of triterpenes but lower levels of polysaccharides. In addition, using combinations of mushrooms often gives a lovely synergy gaining a greater therapeutic benefit than using single mushrooms alone. The challenge is picking which combination of mushrooms to use.



### Practical uses

What can we use them for? The short answer is a lot! They can be a lovely adjunct to conventional treatment in a variety of conditions including but not limited to:

- Cancer support – probably where they are most commonly used. In Japan a polysaccharide from coriolus (psk, commercially known as 'krestin') is a mainstream treatment for cancer in humans, used both during and after chemotherapy. Lentinan, from shiitake mushrooms, is another extract used in the human cancer field. All medicinal mushrooms can be beneficial in cancer cases but reishi and coriolus seem to be used more prominently. In women, there is some research that suggests eating just 10g of whole cooked button mushrooms a day (about half a button mushroom) can reduce the incidence of breast cancer by 65%! In dogs coriolus mushroom, the turkey tail mushroom, is used increasingly in dogs who have been diagnosed with haemangiosarcoma, a type of malignant tumour most often affecting the spleen.
- Immune deficiency and immune mediated disease – the beta glucans in mushrooms can have an immune modulating role rather than an immune stimulating role, and so bring the immune system back to a 'normal' level.
- Neurological conditions – lions mane mushroom has neuro-protective and neuro-regenerative properties. It can be used for conditions such as canine cognitive dysfunction, nerve damage, neurological disease and cancer (particularly in the brain). Reishi can also be neuroprotective and can be beneficial in epilepsy (shown in mouse models), as can the honey fungus (armillaria mellea).
- Kidney disease – cordyceps and reishi can both be of benefit in patients with kidney disease.
- Liver disease – reishi, cordyceps and shiitake can all be useful in these patients.
- Heart disease – reishi, cordyceps and snow fungus can all support cardiovascular health.
- Diabetes/pancreatitis – the button mushroom seems to have a pancreas protective role, as well as potentially benefiting diabetic patients. In one study it was shown to be of benefit to mice with diabetes. A hot water extract from the common button mushroom given to induced diabetic mice increased blood insulin by 78.5%.
- IBD – by improving the microbiome with the use of mushrooms as a prebiotic, it is possible that an improvement in gut health could be seen. Ibd also has an immune dysfunction component, and by their effect on modulating the immune response it is possible that mushroom use may be of benefit in these cases. Traditionally

lions mane was used for stomach pathology and is considered gastroprotective.

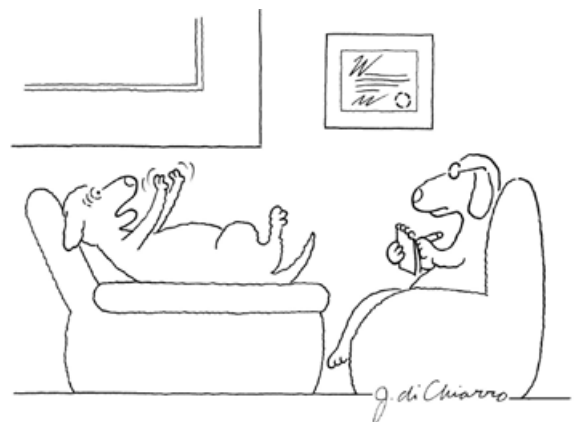
- Support for geriatric patients – it is worth remembering that these mushrooms contain many vitamins and minerals as well as proteins, sugars, lipids and enzymes. They are a good micronutrient and macronutrient food source quite apart from the compounds within them that can benefit our golden oldies from an immunological, mental and physical perspective. They can improve stamina, improve digestive functions, improve adaptation to stress. Many of our older pets may also have concurrent disease processes already listed above, and these can be supported with the use of medicinal mushrooms.



### A close-up look

Let's look at a few of the mushrooms mentioned above in a little more detail.

- Reishi (*Ganoderma lucidum*). Reishi is known as the mushroom of immortality (bet that got your attention!). It is a powerful medicinal mushroom that has been used for thousands of years in Chinese medicine. It is NOT a culinary mushroom (many medicinal mushrooms are also culinary ones) and it is worth bearing in mind that it can have anticoagulant effects, so should probably be avoided in patients with clotting problems, or those on medications that could affect their clotting. In Chinese medicine, it is usually given as a hot water decoction (ie a tea) - this is very bitter and tastes horrid! It has anti-tumour effects, anti-inflammatory effects, anti-viral effects and, as all mushrooms do, immune modulating properties. It can be used for cancer, kidney disease (both acute and chronic kidney disease, and ischaemic and inflammatory protein losing kidney disease), liver disease (a study on rats in Taiwan demonstrated a reversal of liver fibrosis), immune modulated disease, neurological disease (it has been shown to be of benefit in epilepsy in mouse models, and to help with Alzheimers), chronic infection (cat flu for example) and as an adjunct to chemotherapy (please check that your vet or veterinary oncologist is comfortable with this if you are considering using it).



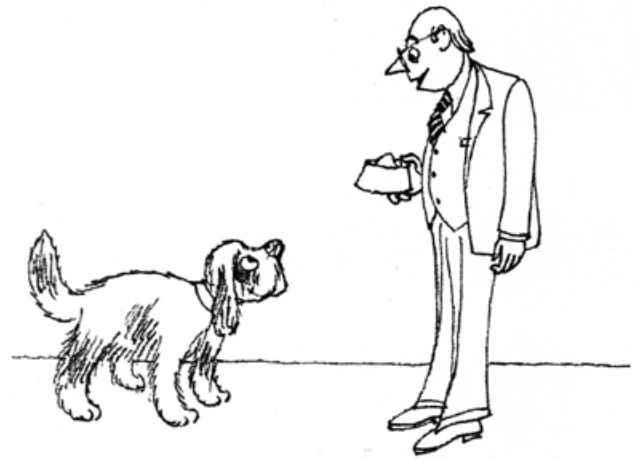
"Sometimes, when I'm upset with her, I'll have a 'quote' accident 'unquote'."

- Cordyceps (*Cordyceps sinensis*). Cordyceps is known as the caterpillar fungus because it grows in/on – and out of – caterpillars. Wild ones are very expensive, and there is now a sustainability issue with wild Cordyceps as a consequence of over over-harvesting – it is now considered endangered by CITES. So cultivated cordyceps is the way to go, from a sustainability perspective and also from a cost

perspective. Cordyceps can be super for respiratory conditions, even in chickens! Cordyceps contains cordycepin, which seems to have good anticancer properties, and is found mainly in the mycelium as opposed to the fruiting body of the mushroom. Cordyceps can be used for lung disorders, geriatric support, cancer, kidney disease, recovery from disease or exhaustion (it seems to increase ATP production – the energy of our cells). It does promote testosterone and other steroid hormones, which may be worth noting for any hormonally dependent conditions/cancers.

- Turkey tail mushroom (*Coriolus* or *Trametes versicolor*). Probably the most widely used anti-cancer mushroom used in dogs, partly because of the University of Penn State study from 2012 that looked at using a turkey tail mushroom extract in dogs with haemangiosarcoma. This research did find an increased survival time that was dose dependent in dogs that took Turkey tail mushroom extract, however it is worth saying (again!) that this research only consisted of a small number of dogs. However, given the safety index of turkey tail mushroom, I wouldn't hesitate to give my own dog turkey tail mushroom if she developed haemangiosarcoma. And PSP – the polysaccharide extract used – has been approved as an anticancer drug in Japan and China, whilst PSK is used under the commercial name Krestin as an anticancer drug. This mushroom is not just good for cancer however, it could also be of benefit in patients with immune deficiency, liver disease, old ages, and IBD amongst others.
- Lions Mane (*Heridium erinaceus*). This was traditionally used as a gastroprotective mushroom (support the stomach), but it is also considered a neuroregenerative and neuroprotective mushroom. It contains Eriandrin, which stimulates nerve growth factor and reduces amyloid deposition, making it potentially beneficial in neurodegenerative conditions and Alzheimers. We know that Canine Cognitive Dysfunction has a similar pathological process to Alzheimers, and so for those golden oldies showing signs of cognitive dysfunction, Lions mane could be a lovely mushroom choice for adjunct support.
- Shiitake mushroom (*Lentinula edodes*). This an edible mushroom which in Japan is also considered an elixir of life, possessing the ability to enhance vital energy and cure colds. Lentinan is a polysaccharide from Shiitake mushrooms that is used as an extract in cancer treatment in humans. Ertadenine is a polysaccharide that lowers cholesterol, removes lipids and improves circulation. This mushroom is considered an antioxidant, anticancer, antibacterial and anti-viral, anti-aging, anti-inflammatory and immunomodulatory (as we are seeing with all mushrooms) as well as being supportive of the kidneys and liver. It can be used for pets with liver and kidney diseases, cancer support (though there is more research for Reishi than Shiitake) and for chronic infections. The additional bonus us that they are really palatable - a delicious addition when cooked to food (though be aware that eating large amounts of raw Shiitake has been linked with causing 'shiitake dermatitis' in humans).

"SING FOR YOUR SUPPER."



"OL SOL A MEO..."



### Safety first

Whilst the data from several large-scale clinical trials suggests that the side effects from mushrooms are minimal, care still needs to be taken when using mushrooms as a supportive treatment. Firstly, it is vital to ensure that the mushrooms are medicinal and that the ones used are the correct species - there are many mushrooms that are highly toxic. Mushroom products that are going to be used as a supplemental treatment should also be produced to good manufacturing practices (GMP) so that quality is assured. As with any substance, there can be allergic reactions, and if there is a history of confirmed or suspected mushroom allergy then these medicinal mushroom supplements may be best avoided. Reishi is not a culinary mushroom and can have an anticoagulant effect, so is not advised if you have a pet with bleeding issues.

Many medicinal mushrooms are also considered food sources, and in most cases there are no reported interactions with medications. In human medicine in Japan and China mushroom extracts are routinely prescribed alongside prescription drugs, particularly chemotherapy. However, do ensure that your holistic vet is aware of all medication that your pet may be on prior to starting any mushroom supplementation, so that any potential mushroom - drug interactions can be determined.

### In conclusion

Hopefully this article will have shown you the huge potential of medicinal mushrooms to be used to benefit our furry patients in a variety of ways. I would always advise using them under the direct guidance of an experienced herbal or holistic vet, or a vet with knowledge and experience of using medicinal mushrooms. They will not only be able to ensure safe use with the appropriate mushrooms, but also choose a product that has been manufactured to good manufacturing practice standards, with an appropriate choice of extract form for your pet and their health condition.

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# 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 reminiscences), 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

PS I have finally managed to write an obituary for Darling. I just couldn't bring myself to put pen to paper until now.



**Archie Smith**  
2010 – 2021

*I was heartbroken when my much loved Archie died.*

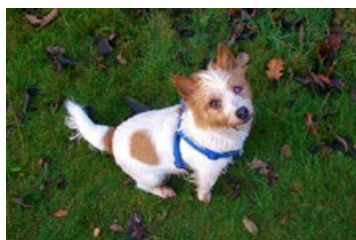
He wasn't just a dog he was my best friend and confidant. We went through quite a few very sad episodes together in the past few years and I want to thank him from the bottom of my heart for all his love and support.



**Rusty Hones**  
2005 – 2022

*Rusty was a rescue dog, very independent and not food orientated.*

When he first came to us we couldn't let him off the lead (it took him a long time to learn to walk on a short lead, preferring something long and stretchy) but eventually we managed it. How he loved to run and explore! You wouldn't have thought he was particularly affectionate but he would lean against you in a very loving way. His favourite exercise was racing my husband when he was on his bicycle and also hunting for hidden tug toys. Officially, he was seventeen (he lived with us for fifteen and a half years) but our vet believed he was probably two years older than his paperwork. The house is very empty and quiet now. His brand of humour and fun is much missed.



**Rosie O'Brien Hones**  
2008 – 2021

*Rosie passed on the 5th of May 2021, she was 12 and half years old.*

Rosie chose me, whilst I sat on the floor playing with some puppies I'd gone to see. She leapt off the

settee, walked across the back of her brothers and climbed on to my shoulder. She met all challenges with a wagging tail, breaking hearts everywhere. Although she had a pacemaker fitted and lost her sight whilst young she never complained or allowed it to hold her back. She loved her vets. Rosie never liked sitting on the ground, preferring to sit on a lap or her brother Rusty. Her unexpected departure has left a serious hole in our lives.



**Hudson Milner**  
2005 – 2011

*Hudson was a rescue greyhound – young, gorgeous, something of a show-off*

– who had been rejected by the racing community for 'messaging about' He was the gentlest, kindest, most loving dog imaginable. Unlike any of the other greyhounds we have adopted, he

didn't arrive anxious or depressed. Rather he was bursting with life clearly excited and delighted with his new home. Hudson turned out to be a very patient, kind dog with a sense of irrepressible joy and a genuine sense of humour. We had some wonderful years together packed full of fun and laughter and affection.

Hudson was larking about one day (pretending to frighten cattle hidden from sight by a high fence) when he had a terrible accident and shattered one of his hind legs very badly. He was extremely brave when it came to the treatment – never complaining, although he must have been in discomfort and pain. Then, to our horror, it turned out he had osteo-sarcoma and, on the vet's advice, his leg was amputated. He was so sick that we decided against chemotherapy – it just didn't seem fair – but investigating alternatives we made some huge changes to his treatment. A local nutritional expert – Ros Waters – introduced us to raw feeding and also to a holistic vet called Richard Allport. Richard agreed to treat Hudson's cancer by telephone if the local vets would agree to provide support, which, rather reluctantly, they did. He prescribed CV247 (which had had great success in trials on humans as well as dogs) and the amazing mushroom *Coriolus Versicolor* (Yun Zhi).

Hudson recovered fully and despite only having three legs had no problem chasing rabbits! However, about six months after he had received the all clear he suddenly lost the use of his hind quarters. We believed that it was certainly a spinal problem. His decline was rapid, but his spirit remained shining until the very last night. Hudson remained full of love and optimism and joy until the very end. As an aside, the vets were determined to prove that cancer had killed Hudson and not a spinal injury, and they asked to be allowed to x-ray him to look for the evidence post-mortem. There wasn't a single trace of cancer in his little body.

**Max Curtis**  
2007 - 2022

*Max came to us as a two-year-old rescue and gave us his unwavering loyalty, love and protection at home and on holiday for over 12 years.*



**Lola Aldgate**  
2011 – 2021

*We adopted Lola from Erin Greyhound Rescue in August 2013.*

I'd seen a picture of her on their website and she had a jet black face with the most beautiful, bright sparkling amber eyes you could imagine. I contacted the rescue to say we were interested in adopting her and the home checkers who came to see us had also been fostering Lola and described her as a bit of a diva! I'd never heard anyone describe a dog as 'a bit of diva', so I thought it would be interesting to see what this meant in dog form!

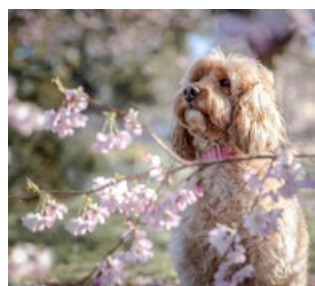
Lola had actually been raced in Ireland before we got her but she wasn't very good, so she was dumped and she wandered the streets until someone found her and the rescue took her in. She was two years old when she came to us and full of life and energy. She quickly adapted to the home life, our sofa and our bed! She quickly taught us the true comforts that every greyhound deserves. I think the description of diva came from the fact she knew exactly what she did want to do and exactly what she didn't and there was no persuading her once she'd made her mind up! She made us laugh over the years with all her little foibles, it was just the dog she was, and we loved her so much for it.

I went through quite a career change because of Lola, too, as I wanted to find a way to help greyhounds that had raced and all the injuries they suffer from as a result, so I ended up on a course for 2 years studying to be a Canine Massage Therapist and starting my own business. Lola went through the whole course with me, she sat by me for endless hours studying, she encouraged me to take breaks to walk her, she came on all my

practical days and trusted me to treat her as I was learning. Lola really did change my life and saw me through a lot of soul searching and just stuck by me through thick and thin as the loyal companion she was.

Lola was sadly diagnosed with a brain tumour over 2 years ago. The vets weren't that hopeful for how long she had left and we made the decision that any intensive medication and treatment just wasn't the right route for her. Instead I wanted to try the holistic route and found a vet in Leeds who in turn recommended us to raw feeding. Despite the tumour she looked in the best condition she ever had in her life and she went on to live for a further 2 years – feeling really well and enjoying the time she had left. It was only the last couple of days of her life when her balance went that you could actually tell there was anything wrong with her. We managed to let her go at the right time, very peacefully at home.

Lola was such an amazing dog and will be forever in our hearts.



**Darcy Wong**  
2011 - 2022

*Darcy was my first pet – the first time another being has totally relied on me.*

I was told they become your best friend. They are loyal and love unconditionally. I was also warned it would be a HUGE commitment. I was ready, or so I thought.

By week two, I needed a reality check! I could not have a lie-in if I felt like it. I could not get into pjs until the after her last walk. I could not just head off to the cinema without a worry in the world. I felt a loss of control. I had had no idea that taking on a puppy was such a commitment. I contemplated – very briefly – re-homing her – but not seriously. When I was away from Darcy – even for a few minutes – I thought only of her. She had become part of me, my life. I never minded giving up anything for her. All she wanted was to love and be loved. In short, Darcy had me wrapped around her little paws.

We shared everything. I never went anywhere without her. If she couldn't accompany me – I didn't go. Darcy was an exemplary dog. Quiet, kind, friendly and well-mannered. Because she was so polite, she had the effect of changing non-dog lovers' opinions about dogs. She became a sort of unofficial canine ambassador. She was so good at winning hearts and minds that we started a blog.

During our walks, I also noticed that whenever we met a cockapoo or any other doodle cross, they would delight in chasing each other in circles. We called it the doodle dash! It was such a joy to watch that we started a sort of unofficial doodle club – bringing together as many as 50 doodles together in the local park so that they could play and hang out together. We went on to organise all sorts of events: morning coffee, afternoon tea, Valentine's day lunches, Christmas parties. Soon there was a community of London-based dog owners who saw each other regularly. Life was full. Along the way I like to think that we helped to make the world a bit more dog-friendly.

Just a week before last Christmas, Darcy was diagnosed with two lumps in her belly. When they opened her up, it was confirmed hemangiosarcoma. She was given days, weeks, at most, two months. However, she recovered quickly from the surgery. The vets called her their warrior. We celebrated what was to be our last Christmas in style. Then we went to Cornwall for our annual beach walk. All seemed to be going swimmingly well until the last day when, for the first time in her life, she wasn't interested in taking a walk. The next few weeks were a roller coaster. We tried all sorts of remedies including homeopathy but we knew that the cancer was aggressive. Still, I was seeing signs of improvement and then one morning her rear legs began to give and by the end of day, no longer supported her. The next day the vet advised it was time to let her go. I needed the weekend to say goodbye, keeping in mind that if she deteriorated further, I would not wait till Monday. Sure enough, she struggled through the night. Still very much a lady till the end, she was embarrassed about not being able to control her bladder. She struggled to sit up and would fall over. She hated sleeping on the wet training pads. It was heartbreaking to watch this once happy, free-spirited, who elegantly ran like a lunatic the circumference of the park was reduced to a mere shadow of herself. I knew it was time to say goodbye exactly a month since they diagnosed the cancer. For that I am grateful. We had time to say goodbye. She knew I love Christmas and our New Year traditions - she gave me that.

I am at peace because I know she is in a better place. We were inseparable in life and in spirit. She was mine and I was hers. We were walking in tandem till she had to go. So, while her body was laid to rest, her spirit still lives on within me.

**Bonnie McDonagh**  
2011 - 2022

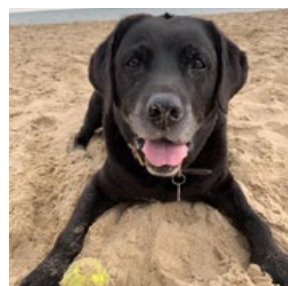
*Please take a moment to remember Bonnie McDonagh who is greatly missed by her family and friends.*



**Louie Sands**  
2005 - 2022

*Louie is still missed very much for a little dog.*

She had a big presence always making herself the centre of attention and lording it over the two border collies that we still have. As with all Jack Russells, she was very disobedient always doing her own thing – digging where she shouldn't, for example – and no recall unless, of course, she wanted to come in.

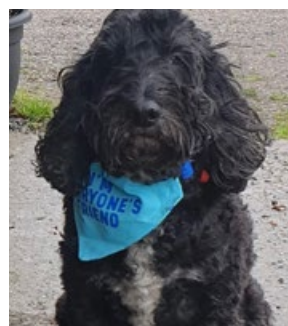


**Totti Nicoletti**  
2010 - 2022

*We are all still adjusting from the loss of our twelve-year-old Labrador, Totti, who gave us all such immense joy. He was an explosion of energy and happiness all his life and adored humans.*

**Sally Wolstenholme**  
2007 - 2022

*Sally was a rescue dog and came to us aged eleven months (although we were told she was fourteen months old) and we were her fourth home. She had 'issues' and we loved her even more because of these. We managed to sort out everything except her recall, which was excellent when she wanted and not so excellent when she didn't. We had many hours of fun/stress sometimes trying to catch her! In all her escapades, (there are many) unlike any 'normal' dog, she never once headed home, but would just run and run until exhausted (as she was a super fit dog, this would take time). She was born on the 31<sup>st</sup> May 2007, she taught us so much!*



**Huxley Hart**  
2011 - 2022

*Huxley was a very kind and loving dog.*

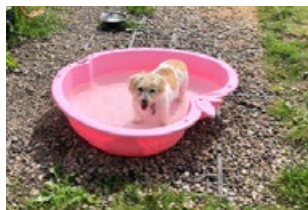
He was our first dog and we loved him so much. He travelled to lots of lovely places with us and his best mate, Rufus. He had lots of fun and love. He was a true gent and my big boy. He was everyone's friend. We miss him hugely, but he will always be with us in memory.



**Kim Baldwin**  
2008 - 2022

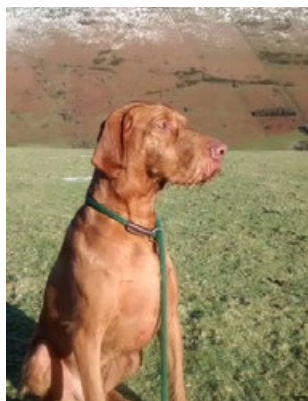
*We took in Kim in from an elderly relative who sadly couldn't look after her anymore. We were very grateful to be able to give her two wonderful years. We took her everywhere with us especially on holidays in the Highlands. Indeed, she came loch swimming and hill climbing*

(in a carrier when the going was too hard for her). She was a little rocket! Kim left a paw print on our hearts and we miss her every day, but we are grateful for the time we were privileged to have her in our lives.



**Grub Masters**  
2006 – 2021

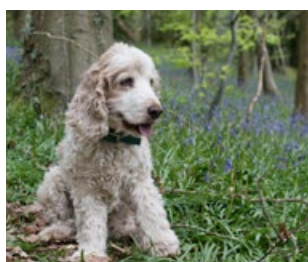
*She was the gentlest person with a wonderful character and we miss her dreadfully.*



**Finn Conway**  
2011 - 2022

*Finn was a very special dog and we miss him greatly.*

He had a huge loving personality and always wanted to please us. Also, he was an expert footballer, clutching a soft toy in his mouth and flicking the ball to us. A superstar! He was our beloved noble hound.



**Bunch Gibson**  
2006 - 2022

*Bunch was an extremely gentle and sensitive dog with an impeccable sense of timing.*

His little nose would appear around the corner when it was time for food, or his 8.30am cuddle. You could set your watch by him!

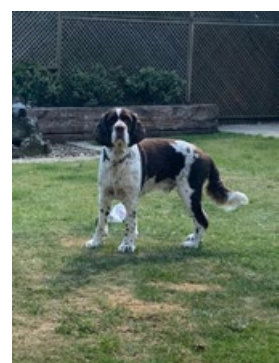


**Milo Cooper**  
2003 - 2021

*Milo was a rescue dog.*

When she came to live with me, she was both scared and aggressive. She had been taken joy riding and badly mistreated in other ways. However, after months of hard work and socialisation she turned into a wonderful companion – trusting, loving and kind.

She found out that cars can be fun and that people aren't all bad! Milo was a joy to live with and never left my side. I have had many dogs, but with Milo it was a once-in-a-lifetime relationship. I will never get over the loss.

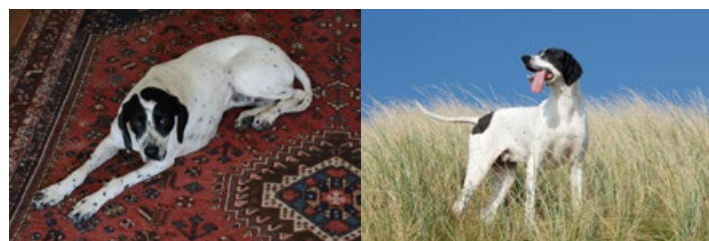


**George Alecks**  
2011 – 2022

*George was an English Springer Spaniel (show breed) he was born in Soest in Germany in 2nd May 2011,*

his pedigree name was Quandor Von Soest (the breeder went through the alphabet with each litter,) but we called him George after the English saint: St George! We are a military family and lived with George in Germany (where he learnt to travel in chair lifts), Essex and Wiltshire.

George brought laughter and adventure into our lives. He was always perfectly behaved and very eager to please. He loved to swim and to hunt for tennis balls (he could sniff them out wherever we hid them). His family consists of Iain (Dad), Naomi (Mum) and brothers and sisters Shannara, Jake, Sophie, Riley and Isobel. He is greatly missed and has left a huge hole in all our lives.



**Darling Self**  
2003 – 2021

*The inspiration for Darling's Real Dog Food, since renamed Honey's.*

Darling Self (Gardenfield Jauch), English pointer, aged 18, peacefully at home in Glandore, Ireland, on 14th May 2021. Survived by her brother Cosmo, who she adored, and her sister Elsa, who she resented. She was born in a shed on a small farm in County Wexford. Her parents had hoped she would make shooting her career, but she had no aptitude for it. Even moderate noise, such as the banging of a door, caused her to bolt under the nearest piece of furniture and shake like an aspen leaf. At six months she took a position as family dog to the Selves, who named her Darling, because it allowed them to make jokes such as 'Don't point, Darling, it is rude.' In fact, Darling was an expert pointer, especially at things she liked to eat. She could stand frozen, one paw up, tail extended, nose aimed at, for example, a plate of biscuits or, to offer another example, a strawberry bush (she had a penchant for soft fruit) for minutes on end.

Darling was highly intelligent and self-educated. She came if called, walked to heel and waited patiently until given the release command without any training whatsoever. She was always keen to please, except when she wasn't, such as when she didn't want to get off a couch or wished to roll in something disgusting. Darling was a pacifist. She never bit anyone or anything in her entire life. She was delighted to see pheasant or rabbit on the menu but disdainful of them as quarry. She rarely barked, by the way, but when happy made a sort of 'woo-woo' noise, a bit like a train whistle. She was extremely distrustful of cars and before any journey had to be lifted onto the back seat where she would lie prostrate, soaking the upholstery with her drool. On the other hand, she adored boats and would sometimes fetch a lifejacket from where they were kept in the barn and bring it into the house in the hope of persuading someone to take her out. At sea she would sit in the prow, ears flapping in the wind, watching for birds (she was a keen ornithologist).

Darling liked routine. She generally spent the morning pottering about the house and farm. The moment she heard the midday Angelus (the Selves live opposite a church), she would make her way via various fields to visit her boyfriend, an Irish setter called Toby Flavin, and to partake of a light lunch. At three o'clock she would be waiting at the Flavin's gates to join her master (ha, ha) for his afternoon walk, popping back to say goodnight to Toby on the return journey. She had fixed views, incidentally, about where she wished to walk. If she didn't like the route, she would get in front of her master and attempt to trip him up. If he disregarded her, she was inclined to sulk. She expected her supper to be on the floor when the evening Angelus was rung and became annoyed if it was late. She expressed devotion to the family, but it was generally recognised that she would abandon them in a dark alleyway full of muggers for a half-eaten sandwich.

Darling loved children and would allow them to poke their fingers into her eyes, pull her tail and ride her like a horse without raising the slightest objection. She was scared of cats. At one point the Selves took in a rescue kitten, Millie, whose habit it was to wait patiently on a table until Darling (never any of the other dogs) walked underneath. Millie would then drop onto Darling's back, claws extended, leaving little bloody marks. Darling tolerated this for several weeks before issuing an ultimatum: it was either her or the kitten. Millie was re-homed. Darling made it clear from the beginning that she would take no responsibility for household security. She was not a brave dog and ran from danger, real (thieves) or imagined (ramblers... she distrusted anyone wearing Lycra).

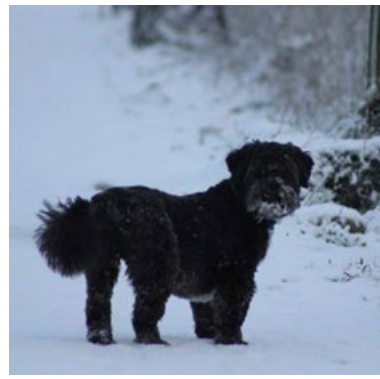
She was exceptionally affectionate and empathetic. She would listen to your troubles for hours on end (especially if you were stroking her and had some treats to hand). Darling was companionable. If you sat or lay down, she would join you, resting her head on your lap and sighing with satisfaction. In her latter years she suffered from senile dementia. Her memory became so poor that any time she saw a member of the family she greeted them as if they had come home after a long absence. If, for instance, you were unpacking groceries from the car you would have to stop and make a fuss of her each time you came in through the front door or she would take offence. She bore the indignities of age, such as incontinence, with great equanimity. She left three beds, a selection of stuffed toys, a red-nylon collar, thousands of little white hairs (she was a shedder) and any number of broken hearts. Darling was loved by everyone who knew her. Her family and friends are bereft.



**Freddie Corke**  
2010 – 2021

*Freddie loved everybody and everybody loved him.*

Love beyond measure. Thank you for sharing and being part of our lives, we had such fun had such joy with you. You were the Angel glow that lights the stars. So deeply missed, but grateful that we had you for the time we did.



**Nero Forde**  
2012 - 2021

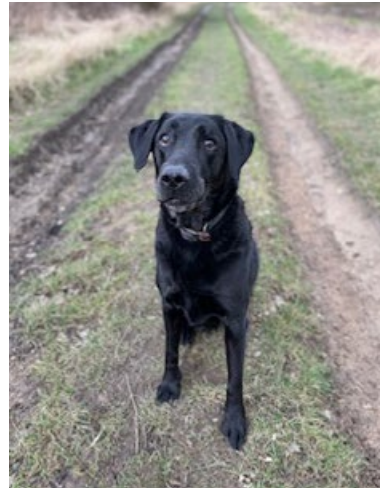
*Nero those paws may be small, but you were mighty and will never be forgotten.*



**Harvey Ruddy**  
2007 - 2022

*Sadly, I lost my best friend Harvey in January this year.*

He reached the grand age of nearly 15 years old. He was a very happy, extremely friendly and lively Goldendoodle right until the end of his life and I miss him dreadfully. He was brought up on Honey's food and was one of their first customers. He loved his food and was a very healthy boy with very few health issues. He will be sadly missed by all the family. Rest in peace gorgeous boy.



**River Peacock**  
2011 - 2021

*River is much missed by all his family. He was a very special dog.*



**Amy Kirkland**  
2008 – 2022

*We are here today to celebrate the life of Amy not to say goodbye for she will always be with us in our thoughts,*

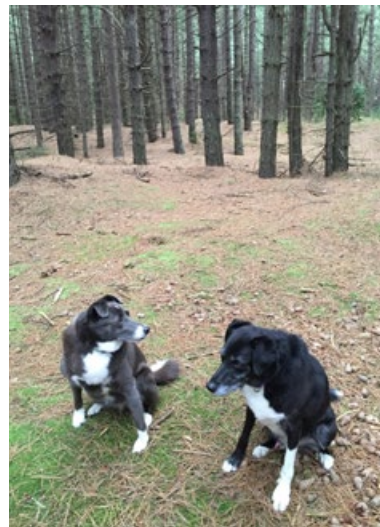
our memories of her, and in our hearts. Amy was born on 16th January 2008. Her mother was a champion called Beatty

Blues Lanansim, and her father was a dog all the way from Israel. She had several brothers and sisters in the same litter and her kennel name was Make a Wish – she was a black and silver miniature schnauzer.

Everyone who met her loved her and she was always eager to meet and greet people, even the postman, she didn't have a bad bone in her body and liked everyone, and was always inquisitive, when she came to us at 8 weeks we knew she was a beautiful gift.

She was our best friend and companion and we were truly blessed of the time she spent with us, she never complained just got on with it and in the end we knew it was time for her to leave us.

On 15th January 2022, a beautiful light went out in this world and we know she has gone to a better place where such goodness goes, to be with her family, where the days are full of cool spring sunshine days, golf balls and sausages...

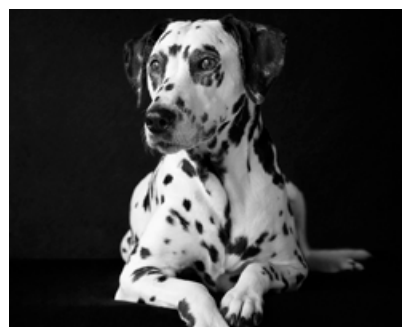


**Moss Eardley**  
2005 – 2020

**Badger Eardley**  
2004 – 2020

*Moss is the little grey girl and Badger her brother the handsome one on the right.*

Both had health problems but were brave, amazing dogs. Both were wonderfully supported by Richard Allport and Honeys. They filled my life with love and happiness. Moss left me on 19th January 2020 and Badger 11 days later on 30th January 2020. They would have been 15 years old the following 23rd April.



**Millie Morris**  
2007 - 2022

*My aged Dalmation, Millie, passed away just after Christmas. It was very peaceful, she just drifted off eating what was left of the Christmas ham.*

She lived to eat not the other way around. She came to me from Dalmation Welfare aged 7 from loving owners

that could no longer afford to keep her in the standard that they thought she deserved. She arrived with a tearful letter from her previous family's seven-year-old son telling her how much he loved her and would never forget her. I buried the letter with her in our garden. She was very beautiful and was quite a diva and very elegant. She was also accident prone, if she could knock it over and break it, she would. Only the brave and foolhardy take on a Dalmation! But life was never dull with her around. She was my third Dalmation. I must be a glutton for embarrassing situations. She was also a compulsive thief, a food thief that is. She would take ice creams and biscuits out of children's hands. I did a lot of apologising.





**Morse Clifford**  
2008 – 2021

*Morse, a Bavarian Mountain Hound, had a working career and carried it out extremely well, much to his human companion's delight.*

In his lifetime he tracked lots of injured large animals and became quite a celebrity amongst this community, to the point where he was called upon by others to perform the task he was bred to do. He will be sorely missed by lots of people including his family and their remaining dog. Thank you, Morse, for being so lovely and for teaching us so much, we feel so privileged to have known you and lucky that you shared your life with us. We will be forever in your debt, we will forever miss you, we will forever love you.

**Rexxy Kindcade**  
2012 - 2022

*Please take a moment to remember Rexxy (her nickname was Habibi) who is greatly missed by her family and friends.*



**Kendall Loftus**  
2009 – 2021

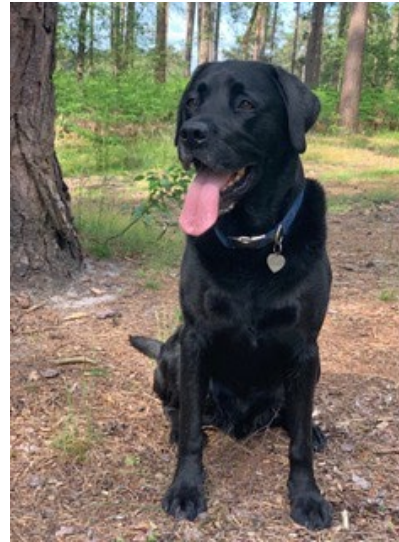
*Kendall came into our life in January 2009, he was the most fun loving, gentle and loyal soul.*

Everyone who met him loved him instantly and said they had never met a dog like him. He had a crazy top knot (his trademark) and the only dog I've met that actually laughed when you tickled his belly. Kendall was well travelled and came everywhere with us (even overseas), he loved the beach and digging in the sand. Kendall, has left a huge hole in our lives, however as someone said to me, as we remember each of our memories they will in time bring a smile to replace the tears.



**Coco Hayden**  
2009 - 2021

*Coco was a fun loving, sociable, happy-go-lucky, scruffy, lovable, cheeky, noisy, beautiful soul. We shall miss her forever.*



**Rolo Hughes**  
2012 - 2021

*Rolo was the kindest, gentle and most loyal soul that any family could ever wish for.*

We all loved him dearly and he was an integral part of our family and we miss him every day. He gave us all so much happiness, so there is great sadness with his parting, but so much joy and love in remembrance of him. He was a beautiful boy that will always hold a special place in our hearts.



**Merlin Coakley**  
2009 - 2021

*I miss my lovely Merls every day, we all do.*

His last day was a good one a lovely walk on Hampstead Heath and nestling in a muddy spot – always a favourite activity – I never minded him getting muddy it made him so happy. Until the cancer on his paw he was a very healthy dog, and even when he went into surgery last year the oncologist remarked on how good his blood was for a dog of his age. I've been very lucky to have had such a wonderful sentient being as part of my life for nearly 13 years. He has been much loved by all the family and people who met him.



**Inka Minchin**  
2016 – 2016

*You walked with us here for only a while, our world was complete, our hearts they did smile.*

We helped you arrive, we watched as you grew, we looked forward to life, to share it with you.

'A Night Star' that sparkles so bright. We shall look for you darling, forever at night.

Shine a Night Star. Silently you may go, but together we are.

Tragically gone too soon little Inka...but forever you live on in our hearts each day. Inka's life was short, but she has taught us all so much about life. Take each day as a special new beginning, we believe our little Inka guides us every day and shows us that beauty exists in tiny things. She was and will always be our 'Tiny dancer' xx

# Honey's (more or less) Annual Review

Jonathan Self



One of the things I like about Patagonia, the outdoor clothing brand, is its openness: 'We know that our business activity – from lighting stores to dyeing shirts – creates pollution as a by-product. So, we work steadily to reduce those harms.'

At Honey's we also believe in being open. Not just about our environmental record, but about every aspect of our business.

A couple of years ago we published a brief summary of the challenges we face, our successes and our failures – meaning it to be an annual review – but what with life, the pandemic, my appalling memory etcetera, etcetera, it is only now that we are getting around to producing this, our second (albeit updated and extended) report.



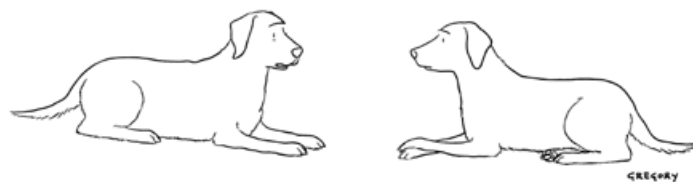
## What are we?

We have always been very reluctant to call ourselves ethical, partly because we feel the term has been appropriated by some less than ethical companies as a marketing ploy, and partly because it is such an imprecise term. For the same reason we shy away from calling ourselves 'green' or 'environmentally friendly'.

So, what are we? We consider ourselves a not-only-for-profit business that is deeply concerned about all sorts of issues from canine health to farm animal welfare and from over-farming to climate change. As such we aim to do as much good and as little harm as we can. To achieve our goal we depend on our customers and this is probably a very good opportunity to thank you. We could not manage without your support. By the same token, we could not manage without the support of our farmers, producers, veterinary professionals, canine professionals, other suppliers and team members – so, if you fall into one of these other categories – thank you, too.

## Can we make a difference?

Businesses wield power – the power, amongst other things, to control and exploit resources, create employment, transfer wealth and influence



*"There they were, sitting around the dinner table, knocking off a bottle of Côte-du-Rhône and blathering about the Middle East—you've never heard such shallow, simplistic reasoning in your life—and one of them turns to me and says, 'And what do you think, Barney? What do you think we should do?' and all I could come up with was 'Woof.' I felt like such an ass."*

human behaviour. In most respects, a company's power is linked to its size, but there are exceptions. Small businesses, individually and collectively, can, for example, have a major effect on what people think and do. As proof of this one only has to study the green movement, which started at the grass-roots level and has always been closely linked with alternative, artisanal businesses.

We know that we can't make a massive difference, but we believe we can make some difference. There is a version of Loren Eiseley's essay *The Star Thrower* in which two men are walking along a beach covered by thousands of washed-up, dying starfish. One of the men starts throwing individual starfish back into the water. The other man points out that there are so many starfish in trouble nothing his companion can do will make any difference. The first man replies that it will make a difference to each starfish he saves. It is an oft-repeated story but that doesn't make it any the less true.

By any measure you care to choose – economic, financial, environmental, agricultural, political or social – the world is in crisis. However, no matter how dreadful the situation appears, we are, none of us, powerless. We can educate ourselves. We can support the causes we believe in. We can lobby. We can protest. We can vote. We can choose how we spend our money. We can choose how we earn our money. Sydney Smith, the nineteenth-century parson, put it in a nutshell when he said: 'It is the greatest of all mistakes to do nothing because you can only do a little – do what you can.'



## What is important to us

To list of all the things which are important to us would be impossible because it changes (and grows!) all the time. Here, however, is a sort of *Reader's Digest* concise version (in no particular order) of our key concerns:

- Canine and feline health and nutrition.
- Farm animal welfare.
- Minimising our carbon footprint.
- Minimising our use of resources and the damage we do to the environment.
- Educating ourselves on relevant subjects and sharing our knowledge.
- Providing a genuinely personal customer service.
- Admitting it when we make a mistake and putting it right.
- Making sure that the role played by all our stakeholders (customers, suppliers, friends and team members) is properly acknowledged.
- Giving the Honey's team a share of the business and a say in how it is run.

- Never turning away a good cause.
- Providing hard, independent evidence of any claims we make in relation to our activities.
- Supporting small, local businesses.

### Hard evidence

There are a hundred ways in which a company can mislead its customers. To take an example from another sector, the jewellery chain Pandora recently announced that they were switching from natural diamonds to lab grown diamonds for ethical and environmental reasons. Leaving aside the fact that lab grown diamonds are probably less ethical and less environmentally friendly, to the best of my knowledge Pandora has never incorporated natural (i.e. real) diamonds in its jewellery designs. To offer another, rather more relevant example, many dog food producers plaster their packaging and marketing material with Union Jacks in order to imply the ingredients are British when they are not. Other producers boast about being regulated by Defra, which they have to be by law. A third group make much of compostable packaging even though it is almost certainly less environmentally friendly than certain alternatives. Another common practise is to brag about using Red Tractor Assured Standard ingredients... a standard so low that it is more or less useless.

The fact is, companies fudge and obfuscate to such an extent that even the most dedicated and informed consumer can be taken in. For this reason, at Honey's we never make a claim we can't back up – ideally with evidence provided by a third party. So, when we say, for instance, that all our meat and vegetables are produced/grown by British farmers we can prove it by showing you all our invoices. We also believe in certified standards. This is why we are signed up to ISO 14001, why we are organic certified and why we recently joined Pasture for Life.

### Some practical examples

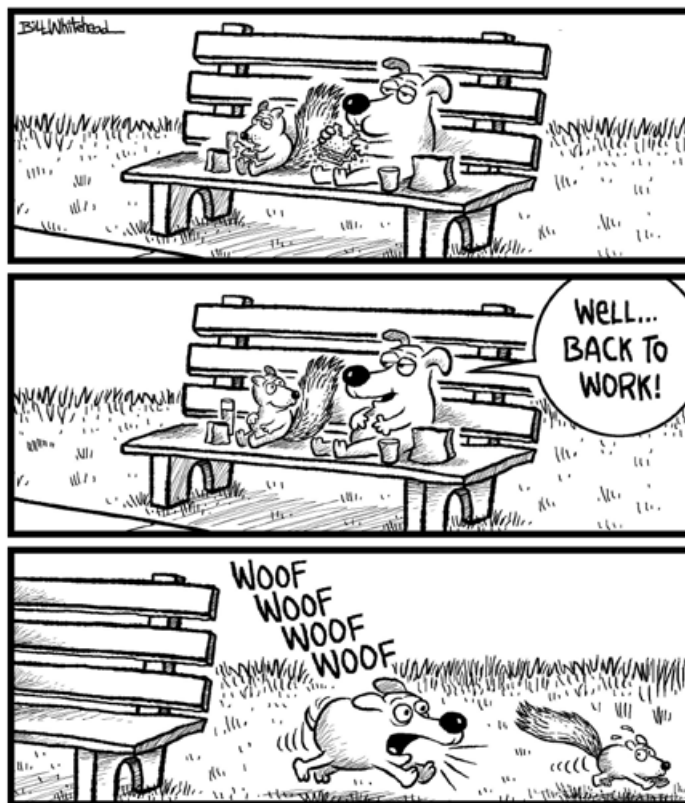
How do we put our principles into practice? This is probably best explained with a few policy examples:

- We have invested heavily in educating ourselves about canine health and nutrition and we employ a health care team, whose services we offer free to anyone who contacts us – there is no need to be a customer.
- We are happy to show anyone who approaches us (again no need to be a customer) how to make their own raw dog food and we are happy to give anyone who asks a copy of *Honey's Natural Feeding Handbook*.
- All our customers have my personal email in case I can help with something.
- We never, ever send out marketing material (such as emails) and we have no sales function within the company.
- The Honey's team have been given a 20% interest in the business via an Employee Incentive Plan.
- We have invested heavily in research and education. At the moment, for example, we are funding a Continuous Professional Development programme for vets and vet nurses (see below).



### Honey's and the environment

I generally spend about two hours a day answering customer emails. I have to admit a high percentage – the majority, in fact – of these are more social than work related. Indeed, my correspondence is a source of great joy and interest to me. What of the rest? By far the most popular subject is the environment, that is to say: packaging, shipping, our carbon footprint and so forth. It features in all our regular management meetings, too. This week, for example, Guy, our production manager, and I have been discussing his experiments with dry ice and a particular type of insulation called TempGuard.



Before I summarise our environmental care policy, a quick point. Our aim is to do as little damage as possible and to seek out the least bad option. We are not concerned with the optics of a situation but by the hard facts. For example, our single use but re-cyclable plastic packaging is, we believe, more environmentally friendly than any of the alternatives (if you would like to know more about this please ask for a copy of our booklet on the subject). Anyway, our key environmental policies can be summarised as follows:

- Honey's is, so far as we know, the first raw dog food producer in the world to have achieved ISO 14001 certification – the international standard for environmental management. We implemented our environmental management system (EMS) in 2013 and use it to ensure that we are measuring and minimising our environmental footprint.
- In 2020, we became the first raw dog food producer in the UK to become carbon neutral. We confirmed this in a signed pledge that was sent to the Executive Secretary of the United Nations Framework on Climate Change secretariat, in Bonn, Germany. The pledge requires us to monitor and measure our greenhouse gas emissions, reduce them and compensate any remaining emissions by offsetting, including through use of Certified Emission Reductions (CERs).
- Our internal Ethics, Environment & Sustainability Working Party which stopped meeting due to the pandemic will be resuming its activities this year so as to regularly consider how we can improve our carbon footprint.
- We use two external resources: a specialist environmental consultancy, Ryeden, and a separate carbon expert: Dr Simon Forsythe.
- In 2019, we joined 1% for the Planet – a global movement inspiring businesses and individuals to support environmental solutions through memberships and everyday actions. As business members we have *Continued overleaf*

committed to donating at least 1% of our sales to environmental causes.

- One of the many ways in which we have reduced our carbon footprint is by finding local producers to supply us and thus keeping dog food miles to a minimum. For example, a third of our ingredients are sourced from a farm just 17 miles from Honey's HQ in Pewsey, Wiltshire. All our ingredients are British.
- Our packaging is 100% recyclable.

Last year we announced that we planned to become a Certified B-Corporation. We employed some consultants to help us achieve this but due to pressure of work we haven't yet been able to start the application process. However, we have high hopes of starting the process this autumn.



### Honey's and animal welfare

As you may be aware, I have farmed myself and written about it extensively as a journalist. This is not the place to describe what I have seen in factory farms... I will simply say that we reject intensively farmed meat on ethical, health, environmental and nutritional grounds. Our animal welfare policy can be summarised as follows:

- We only buy pasture fed, free range, organic and wild meat and we have a strict ingredients policy, which we publish.
- We make regular farm and abattoir visits (we have just started these again) to see for ourselves that our welfare standards are being met.
- We are certified organic and also certified with Pasture for Life.
- We donate 1% of our sales to Compassion in World Farming a not-for-profit that campaigns for higher farm animal welfare standards.

### Honey's and education

In the past, we were focussed on research (please do ask for a copy of the main study we funded: *Raw Proof*), but more recently we have put our resources into education. For example:

- We have formed a partnership with the Canine and Feline Behaviourists Association (CFBA) to jointly fund education projects.
- We have commissioned two BBC journalists to help us create a Continuous Professional Development programme for veterinary surgeons and nurses.
- We have lost count of how many copies of *The Natural Feeding Handbook* we have given away – but it is well over 100,000.

We recently launched a Career Support Programme for Honey's team members who wish to further their education.

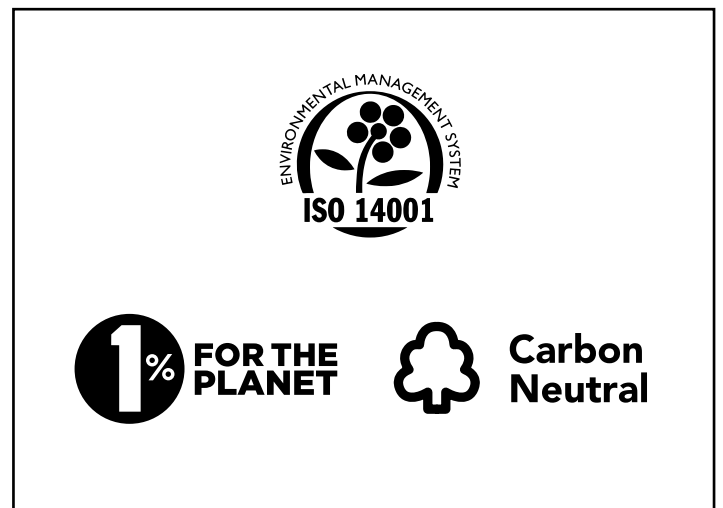


### Honey's and good causes

We never, ever turn away a good cause. We don't keep track of how much we donate in this way as it varies from week to week. As explained above, 1% of sales is also donated to Compassion in World Farming. We also make a regular monthly donation to the Rainforest Trust UK, of which I am a trustee. We support a number of other charities and not-for-profits on a regular basis including The British Association of Homeopathic Veterinary Surgeons (BAHVS), Complementary and Alternative Medicine for Animals (CAM4Animals) and The Raw Feeding Veterinary Society (RFVS).

### In conclusion

I hope that this gives you a feel for where we are when it comes to the way we run Honey's, our beliefs and interests. Please don't hesitate to contact me directly if you would like to share your thoughts on any of the above and/or for more information. My personal email address is [js@jonathanself.com](mailto:js@jonathanself.com)



# Puppy dogs play biting

## By Colin C. Tennant M.A. MCFBA

Most dog owners have experienced that little nip on one or more of their fingers as they try to play with their new puppy – something that can be especially painful for small children. Because the new puppy arrives with the most adorable expression of innocence, the exuberance and accompanying mouthing is often forgiven.

Puppies develop sharp needle like teeth which appear to be rather excessive for such a small creature. Though teeth are for eating food, another theory is their use to help teach pressure bite inhibition, which means that the puppies, when play fighting in the litter, learn how hard they can bite without upsetting their play partners. If they bite too hard then the partner will respond by becoming aggressive or will cease playing – whichever happens, the fun and tumble is over.

Puppies also instinctively wish to dominate their litter mates and biting/nipping is also a part of their rank establishment armoury and early on its amazing how the pack positioning takes place. The puppies learn how and when to use their teeth with their litter mates and useful instinctive rules for future canine relationships and harmony. Interestingly, it is the same with very young children who, when playing, soon learn what is and isn't acceptable behaviour.

Children also use games of strength – push and pull – to assert their little human pack positions. If one watches very young children at play, they learn a similar set of rules as puppies: over-aggressive children are avoided by the others and moderation promotes inclusion, the basic tenet of group mammals pack behaviour.

When puppies leave the litter and arrive in our homes, they bring with them their litter experiences, one of which is using their mouth on each other – after all, they don't have hands! Instead, they use their natural, investigative mouthing behaviours to explore their new world. Smell and taste are learning tools when using their mouths on new objects. What happens when humans take the place of litter mates? From a puppy's perspective it is a little confusing. Which is why, without correct training continued mouthing can develop into habitual play biting. I have often seen such rough games with adult dogs grabbing people's trousers or sleeves in the belief that this is great fun. For the person, of course, it is not!



"I'd like to get my bark and bite in harmony."

### Two common examples

One of the most common examples of how this works out in practice is when a puppy wishes to initiate play with or attract the attention of someone human. Believing that humans are, essentially, eccentric dogs the puppy will nip. The human generally reacts to this by pushing the puppy away. The puppy will see this as a willingness to engage. In other words, the human's response is contributing to the 'play biting'. Another example, referred to by behaviourists as 'early rank behaviour' involves the puppy growling or snapping – with a similar human response. Although both these behaviours are natural for the puppy, they need to be discouraged and stopped.

### What is play biting?

Though it is termed 'play biting' what we are really talking about is dogs and puppies actually biting people: which hurts! Dogs use their mouths for innumerable purposes including affection, touching, taste and play. If we watch dogs at play, we see what appears to be a plethora of play biting puppy on puppy and mouthing, especially around the neck area, as rough and tumble games ensue. People who are experts on how dogs interact, like dog trainers or breeders and behaviourists, will have seen many times that sudden aggressive, verbal outburst in a game between two dogs, when one of the dogs bites too hard and the recipient becomes angry and bites back, generally bringing the game to a close. You could say that the aggrieved dog is now ignoring its friend. If play is to continue, the biter will have to curb the harsh use of its jaw pressure and teeth.

Children exhibit a similar kind of play behaviour when they come running into the house complaining about their best friend who has just played too rough and hurt them. They will need to take note of each other's sensitivities if friendship and play are to be continued. However, children can and do use reason, dogs/puppies do not have this rational ability as humans do.

Dogs have their own natural response mechanisms to various interactions with fellow canines; we don't. They have those innate skills like pressure sensitivity, speed and timing. Therefore, it is not a good idea to begin imitating dog behaviour in this area, though we can use some of the canine psychology to deter play biting and hopefully be a little more subtle.



"He won't bite, but he carries with him a large repository of judgements."

### Puppy mouthing young children

I know many dogs which play bite gently and may even 'hold' their human companion's hand in their mouths. For some adults this is not an issue. But it is not safe around children. Moreover, around children it can lead to other problems. It can frighten the children and may result in them being physically hurt. It can also, in rare cases, lead to more serious predatory and aggressive behaviour in the dog. By nipping it, as it were, in the bud one prevents all sorts of later problems.

I don't know anyone who actually likes being bitten, even in fun. Unfortunately, a human's reaction to play biting and mouthing often encourages rather than discourages the dog. For example, if a child screeches or yells and makes sudden 'episodic' movements the puppy is likely to interpret this as a desire to play or even as the way in which a prey animal may respond. The point is, it is rewarding for the puppy. Because it is rewarding, they will keep the behaviour up. This may lead to a tug-of-war, which is even more fun!

*Continued overleaf*



# The Honey's Directory of Everything



## Free books. Free advice. Free goodies.

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



## A personalised Honey's Dog Bowl

A personalised Honey's Dog Bowl with your dog's name on the outside and Honey's on the inside. Price: £20 for small, £22 for the medium and £24 for the large BUT free, of course, if you recommend a new customer who orders from us!



## Our original Superdog Cape/ Towel Thingie

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

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



## Good things come in small sizes – 250g to be precise

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



## Please send us your photos!

We love to see pictures of our four-legged customers. Please email them to: [info@honeysrealdogfood.com](mailto: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!



"The good news is we were able to remove the homework from his stomach. The bad news is, your kid can't write worth a damn."



## Beautiful Joe's Ethical Treats

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

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



"I appreciate having Mr Fluff in the office helps reduce your stress levels, Miss Turner, but it's not doing much for mine."



## 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	£1.15	£1.89	£2.30	£3.77
Free range Duck	£1.29	£1.89	£2.57	£3.77
Free range Pork	£1.41	£1.89	£2.82	£3.77
Free range Turkey	£1.29	£1.89	£2.57	£3.77
Pasture fed Beef	£1.36	£1.64	£2.72	£3.28
Pasture fed Lamb	£1.44	£1.64	£2.88	£3.28

Wild Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Rabbit	£2.15	£2.56	£4.29	£5.12
Game	£2.14	£2.43	£4.29	£4.79
Venison	£2.15	£2.56	£4.29	£5.12
Pheasant	£2.00	N/A	£3.99	N/A
Pigeon (NEW)	£2.68	£3.75	£5.35	£7.49

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	£2.30
Free range Duck	£2.57
Pasture fed Beef	£2.72

## 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	£5.05	N/A
Chicken	N/A	£2.95	£4.51	N/A
Turkey	N/A	N/A	£4.51	N/A
Beef	N/A	N/A	£5.06	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	£1.72	£3.43
Lean, free range Pork	£1.67	£3.35
Lean, free range Duck	£1.52	£3.05
Lean, free range Turkey	£1.52	£3.05
Washed Tripe & Ox Heart	N/A	£3.60



## 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.



"You can't go wrong with the traditional dead mouse."



## 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](mailto:info@honeysrealdogfood.com)  
[www.honeysrealdogfood.com](http://www.honeysrealdogfood.com)



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