

The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Late summer/Early Autumn 2023

A few words from Jonathan, Honey's founder

I somehow doubt that the famous scientist Tim Spector ever mentions to anyone that he sat next to the artisan dog food producer Jonathan Self at school. I, on the other hand, in the pathetic belief that somehow it will reflect well on me, regularly let people know of the arrangement. Recently, this loose and ancient connection has come up quite a bit because here at Honey's HQ we have been looking into (as it were) the canine gut microbiome and although Professor Spector is more concerned with the human gut microbiome, it was his ground-breaking book *The Diet Myth: The Real Science Behind What We Eat* (2015) and its follow up *Spoon Fed* (2020), that really got us interested in the subject.



Of course, it is not unusual for raw feeders to be mildly obsessed with their dog's excrement/waste matter/stools/poo (I never really know what to call it) because there is so much less of it, it's so much firmer and it breaks down so much faster. Indeed, long before the gut microbiome became a hot topic of conversation, a Honey's customer fell into the habit of texting me pictures of his two Irish Wolf Hounds', umm, faecal matter first thing every day with the message 'Is this normal?'. (After weeks of replying 'yes', I eventually plucked up the courage to suggest that while the poo itself was normal, following Tristan and Iseult around until they moved their bowels, photographing the results and sending the images on to someone you had never met was perhaps less so). We were aware that there was a connection between a dog's – let's settle for poo – and his or her health. But we had no idea quite how close a connection. According to Rachel Pila and Jan Suchodolski, who have been studying the topic:

The gut microbiome is composed of bacteria, archaea, viruses, and eukaryotic organisms that reside in the gastrointestinal tract, and which relate with the host in a symbiotic fashion. For example, bacteria in the guts produce short-chain fatty acids (SCFA) that nourish the intestinal epithelium, while the epithelium produces mucus that feeds beneficial bacteria. The gut microbiome contributes with metabolic functions, protects against pathogens, educates the immune system, and, through these basic functions, affects directly or indirectly most of our physiologic functions. Serotonin, a neurotransmitter, is mostly produced in the intestine, which has led to the development of the gut-brain axis concept. A healthy and stable microbiome can simultaneously act as pro- and anti-inflammatory, keeping a balance to prevent excessive inflammation while still being able to promptly respond to infections.

There are only a handful of studies comparing the gut microbiome of cooked and raw fed dogs, but they all come to the same conclusion: raw fed dogs have a richer and more even microbiome compared to kibble-fed controls. This is obviously great news and is obviously one of the reasons why raw fed dogs are healthier and happier. But we would like to know more and so we are investigating running our own research designed to see how a change of diet might help dogs with certain health conditions. Watch this space.

This issue of *The Alternative Dog* covers the usual mishmash of topics. One thing we forgot to include was our new Bespoke service, which is proving surprisingly popular. If you would like to know more, please visit our website or, of course, email or telephone.

Finally, thank you for your wonderful support and custom. We never, ever take it for granted. Please don't hesitate to contact me directly if I can ever be of assistance with anything.

Very best regards,

Jonathan

Jonathan (Self)
Honey's Founder
jonathan@honeysrealdogfood.com

In this issue



Portraits of Dogs

Julia King visits the Wallace Collection exhibition



Interview

We talk to Pippa Williams the behaviourist



Dr Conor O'Brady

On the prevention and treatment of cancer in dogs



Muggs

'The Dog that Bit People' by James Thurber



Healing Animals

Sue Newport on her work as an animal healer



Arunachala

Gabrielle Pinto visits the famous Indian Animal Sanctuary



Catty

Correspondence

Feline-themed letters from the great and the good



Green Paws

Gardening tips from Teilo, our canine horticulturist



Flush

My favourite book about dogs by Jane Lewis



Canine Health Concern

Rob Ellis on the charity's ground-breaking work



In Memoriam

Honey's fed dogs remembered with love



The Alternative Vet

Dr. Sarah Priggen on her life as a holistic vet

AND MUCH,
MUCH MORE BESIDES...


Honey's
REAL DOG FOOD

01672 620 260
info@honeysrealdogfood.com
www.honeysrealdogfood.com

HONEY'S NEWS



Beautiful Joe's update

Since June, when we launched a new, second flavour – Tasty Lamb – much has been happening at Beautiful Joe's. First, we are now offering our subscription service again, meaning free treats if you place a regular order. Second, we are back supplying retailers (if you know of any shop that might like to stock our treats, please let us know). Third, we have a new, dedicated website: www.beautifuljoes.com. Since we launched Beautiful Joe's in 2013, we have given away the equivalent of around 120,000 bags of treats worth almost £500,000 to dogs in need. Thank you for helping us to help dogs in need.



Honey's Wood Update

As longstanding customers will be aware we purchased a little over three acres of pastureland in Dorset nearly two years ago so that we can plant our own memorial wood. When we eventually start planting, a tree will be dedicated to every Honey's-fed dog who has died. The first delay came when it took the Land Registry over a year to register our title. Then, as we were planning our initial planting, we discovered that our land covers 'an area where water meadows of post-medieval date are recorded'. That problem is resolved. As we go to press, however, we are still waiting for our planting plan to be approved. Hopefully, this autumn we will finally get started!

A very, very modest increase

We are sorry to announce a very, very modest price increase from 1st October. The key facts are:

- The average increase will be under 2%.
- It is over 12 months (1.9.22) since the previous increase.
- It is not an across-the-board increase but linked to the cost of certain ingredients.
- There is no increase on the DIY range and certain other recipes.
- Delivery prices held except for Saturdays.
- Food inflation has been running at up to 19.1% over the last year.

The fact that we have managed to keep the increase relatively low is down to a variety of factors but mostly because our main producers have been very kind to us! Indeed, we would like to take this opportunity to thank all the farmers, butchers and other suppliers who – like us – don't want to add to the rampant food inflation the UK is currently experiencing. The Office for National Statistics say that food prices are now only increasing by 17.3% a year – down from 19.1% – as if this were still good news!

Anyway, happily, many Honey's customers will not see any increase come October. Others will see a tiny increase. We apologise for having to increase prices at all. Thank you again for your fantastic support.

Finally, a reminder that we commissioned a special fact sheet on how to cut the cost of feeding from Dr Charlotte Gray a few months ago. Please do ask for a copy if it would be of interest.



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.



If you have a moment...

If you have a moment to review us on Trustpilot, we would be very grateful. Tangibly grateful, actually, since if you identify yourself we will happily send you a little thank you gift. This also seems a good moment to say a huge thank you to all our past reviewers.



Farm Visits

We are happy to say that we are back visiting our producers again. It is our policy to send a member of the production team and a member of the customer care team on each visit and we ask one of them to produce a report afterwards. Here is one such report by Francesca (Franki) Cates after a visit with Guy Ellis (Head of Production) to Traditional Norfolk Poultry.

Traditional Norfolk Poultry

Our visit began with a brief history lesson. Mark, who started the farm with his friend Tony over thirty years ago, explained that they had been motivated by a shared hatred for intensive farming techniques. At the time free range and organic poultry farming was in severe decline. However, they believed that there would be a consumer backlash against factory farming, and they were right! Then we learnt about the farm's free range and organic chickens – Hubbards – which were described as 'curious, outgoing and independent'. Apparently, they are very talkative, easy going and like to live in large flocks. Due to the high standards of farm security we weren't allowed to get close to the chickens but we were able to get close enough to see how they are raised. Traditional Norfolk Poultry have designed their own mobile chicken huts which they move from field to field locating them where the chickens will get shelter from the sun in summer and from the rain in winter. Although there were trees in many of the fields there were still lots of extra perches and plenty of water stations. The fields are full of a variety of wildflowers, grasses and herbs (there is a great emphasis on biodiversity on the farm) to give the chickens plenty of variety (they prefer to forage) although their food is supplemented with various 'extras' such as wheat and corn. This was my first visit to Traditional Norfolk Poultry with whom Honey's has a long and happy relationship and I was very pleased with what I saw. Francesca Cates FdSc RVN CertVNES CFMBV



NEW 'THE EYES HAVE IT' PHOTO COMPETITION Win a month of free food

You know when they look at you with those huge, loving, irresistible eyes? The new Honey's Competition is simplicity itself: submit a picture of your dog on the theme of 'The Eyes Have It'. First prize is one month of free Honey's (to the value of your most recent order) and there are 3 runners up prizes of either 6 packets of Beautiful Joe's or bones or biscuits to the same value. Rules? Barely any. You can submit up to three photographs and the judges' (appointed by Honey's) decision, no matter how unfair, will be final. Please email your entry to competition@honeysrealdogfood.com before 31st October 2023 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



"They're bred to stare all day."



Happy to sponsor...

This year, once again, Honey's was proud sponsor of several summer dog shows that were raising money for a good cause. Shown above is a picture kindly sent to us by the organisers of Tedworth Fun Dog Show, which included several Honey's fed dogs and was held just up the road from our HQ.



Win a Rock & Ruddle Hairbrush

Would you like to design your own hairbrush with, perhaps, a photo of your favourite dog or (if you don't believe in having favourites) dogs? It's a service offered by the luxury hairbrush producers, Rock & Ruddle. The firm's founder (a beloved Honey's customer) has very kindly offered us a bespoke hairbrush as a draw prize. You can learn all about Rock & Ruddle by visiting their website: www.rockandruddle.com. To enter the free draw please email freedraw@honeysrealdogfood.com



FREE DRAW WINNERS

In the last issue we had two Claire Mackie bowls as prizes for our draw. The winners were Jacki Clifford and Helen Cookes. This was one of the most popular draws we have ever run. If you would like to buy a Claire Mackie bowl visit www.notjustjugs.com



Duck, duck, duck!

For the first time in several years, we have lots (and lots) of free range duck in stock. It is one of the leanest sources of protein and low in saturated fat, as well as being an excellent source of amino acids including lysine and leucine, which are great for lowering cholesterol and building healthy bones and muscles. It is high in omega-3 and omega-6 fatty acids, too, and in polyunsaturated fat, a common source of fatty acids found in fish, vegetable oils, and nuts. Plus it contains monounsaturated fats – 'good' fats that supply energy. We often recommend it as an option for dogs that are allergic to the more common meats such as chicken or beef. What else? It is packed full of B vitamins including vitamin B3, aka niacin, which helps regulate glucose levels and convert protein and fats into energy and B6, aka pyridoxine, which improves heart health and increases your dog's metabolism. B vitamins also help prevent cancer. Not to mention the plentiful antioxidants (such as iron, zinc and selenium) it contains. Iron helps your dog produce red blood cells, while zinc is essential for over 300 bodily processes, including cell division, immune response, and cognitive function. Selenium also offers many benefits for dogs, ranging from a healthy coat to improved joint health. There is another benefit to adding duck to your dog's menu: it is a meat that would form part of his or her natural diet in the wild. Indeed, what wild dogs mostly eat is small mammals (shrews, mice, rabbits etc.) and birds. Variety is important for a domesticated dog – beef, venison, pork, lamb and meat from other larger animals all have a crucial role to play – but duck has the benefit of being genuinely species appropriate. Our ducks, by the way, are raised in small flocks and are free to roam through pasture and woodland during the day. Crucially, they have access to either a stream, pond, lake or other freshwater for bathing, swimming and playing. At night, they have safe, farm housing. Their natural diet (which includes seeds, worms, insects, grasses and roots) is supplemented by a specially formulated duck feed. Ducks brought up this way are healthier, more content and, crucially, have a higher nutritional value. Anyway, after what seems like years of having to ration what duck we could get our hands on, we are happy to announce that we have ample supplies, starting at just £1.41 for a 250g serving.



Win a poem about your dog

We have had an extremely generous offer from Rosie Hammond who is, as well as being a longstanding Honey's customer, also a highly accomplished poet. Win this issue's free poetry draw and Ms. Hammond (a Canine Poet Laureate) will compose a poem about your dog. To the right is a sample of her wonderful work. To enter please email freedraw@honeysrealdogfood.com



Conker - The Dishwasher Dog

I'm Conker the Spaniel - your knees may grow weak
At my wide pendant ears both held close to my cheek
I'm active, intelligent, loving and brave
And please rest assured I've been trained to behave
Master trained me with whistles; I learned every pitch
I respond on a sixpence in field or in ditch
I'm a gun dog and I give it welly and clout
Retrieving the game after flushing it out
I'm alert and spontaneous with speckled brown paws
And my feathers could earn me a round of applause
I know I am handsome; a blind man could see
That there isn't a dog more beguiling than me
Oh...! Give me fresh air and my beautiful lake
And the great soaring leaps into water I make
I live in The Borders midst heather and flowers
Where Master and I go out walking for hours
My Master is truly the love of my life
There are those who would envy him his lovely wife
She's an Artist, a Painter and sometimes I pose
Whilst she paints a fine portrait of me as I doze
In our woods with the foxgloves in cool dappled shade
Where the tall grasses sway on their serried parade
When she finishes painting she'll throw me my ball
And I bark with a joy one could never forestall
I love to get muddy and wallow in mire
Then scamper back home to the warmth of my fire
I love my bright kitchen and if I'm alone
Whilst they go out to dine having left me a bone
I don't mind too much if they both go away
For it's then - gentle reader - I come out to play!
When the dishwasher's full with the door left ajar
I break in and enter my square dining-car
With my tail thumping loudly right there on the floor
I inhale the great scent of *le menu du jour*
I get wildly excited; my tongue is so keen
To urgently lick all the bottom shelf clean
I know this is naughty but I'll risk the flak
As I try to climb in to get right to the back
My life is so perfect - I'm safe and secure
My needs are all met so what dog could want more?
I'm Conker the Spaniel, I charm and enthrall
I love and am loved and true love 'Conkers' all...

Rosie Hammond



Great news from Great Grove

'I called Great Grove,' said Guy, Head of Honey's production this week, 'and guess what, I could hear the sound of baby turkeys in the background!' We have been buying our turkey from the family-run, very free-range farm Great Grove from longer than we care to mention. Last year, sadly, the farm couldn't supply us due to bird flu (as an aside we are pleased to report that the UK Health Security Agency advises us that the risk of avian influenza for all poultry has been reduced to low) but this year, they are back up and running. Thanks to other, smaller turkey farmers we have had some stock this year but even as we write this, we are conscious that it is running out. However, come the late autumn/early winter, thankfully, we will be replenishing.



Avoid soggy bottoms!

A brilliant idea from Pippi Murray's human companions. Avoid a soggy bottom when stopping to sit down for a rest or picnic on a walk by taking along a re-fashioned Honey's insulation sheet. Can also be used as knee pads when gardening. They are, Pippi assures us, lightweight and take up no room in a backpack or even a pocket. The curved edges make them easier to handle.



Enzo's Pantry

Hi, I'm Vaneeta and I belong to Enzo, my adorable five-year-old German Shepherd. And together, we own Enzo's Pet Pantry. Our offering is simple: we only source and stock dehydrated, air-dried, natural treats (including Beautiful Joe's) and supplements – **together with skincare and grooming products** – all of which have been vouched for by qualified experts and taste-tested by Enzo and/or his colleagues. We've recently started to cater to our feline friends, too. We launched our pantry after Enzo was diagnosed with Inflammatory Bowel Disease (IBD) and chronic pancreatitis. As a result of his health issues, I began to research the best food (yes, we are longstanding Honey's Customers.) and treats for him. This in turn led me to study for a diploma in Canine Health and Nutrition and a Holistic Health for Dogs certificate. You can be confident that everything in Enzo's Pantry is of the highest possible quality. You don't have to read the labels and assess its value because we have already done the work. Anyway, Enzo and I hope you will visit our pantry! www.enzospetpantry.com



RIP Smudge and Leo

We so loved this painting by Trisha Barton commemorating Smudge and Leo Hill – much missed by all who knew them – that we couldn't resist including it in this issue. Trisha can be contacted on by email: trisha.barton0173@gmail.com



Happy Honey's Cats

Shanee Taylor, a highly valued Honey's customer, sent us this lovely note about feeding her cats. We don't, of course, offer cat food but many cats enjoy our vegetable free working dog food and other recipes.

Honey's is renowned for its dog food, but I would like to mention that my two cats, Tirion and Sammy, have been regular Honey's customers since they were 8-week-old kittens. They are now four years old and are thriving on their raw food diet. Their most recent annual check-up with the vet proved that they are indeed very healthy, including their teeth. When they first came to live with me, I did try them on kibble, but Sammy developed blood in his urine, and I decided to take them both off dried food. They receive a variety of recipes, and their bowls are always licked clean at the end of their meal. Instead of being ravenous and pestering me for their food, they are (mostly) very patient and even let me have a lie in when I occasionally need to sleep longer, before I give them their breakfast. However, it is a joy to see them running towards the house from the garden, when I call them for their evening meal, making happy anticipatory sounds. In fact, while they eat, they purr and make delightful, appreciative sounds. I am very happy about the way all the meat is ethically sourced, which is close to my heart. I hate all the suffering caused by factory farming, and the commercial pet food industry is a major customer of such exploitation, as well as using poor ingredients that are not fit for animal consumption, including cheap fillers like carbohydrates that are not meant to be part of a cat's or dog's diet. I have recommended Honey's to some of my friends and their cats, and those that have taken it up are equally pleased with the results. Sadly, some people are taken in by the commercial pet food advertising or listening to their vet's advice. My own vet sells different kinds of kibbles, supposedly scientific formulas. I wish more vets understood the value of quality raw feeding for pets and reassured people and their pets.



**Chris Day MA
VetMB
CertIAVH
VetFFHom
MRCVS**

We are deeply saddened to report that Dr Chris Day, one of the UK's leading holistic vets, died peacefully last April after battling heart failure for some months. Chris was one of the leading proponents of species appropriate feeding and he was extremely supportive of Honey's – answering questions, making suggestions and referring patients. He was kind, generous, caring and diligent. He will be sorely missed by everyone who knew him.



New artist on the block

Looking for someone to draw or paint your cat or dog? We are happy to recommend Jennifer Starnes, a young artist who has been recommended to us by several Honey's customers. To see more of her work visit: www.jennstarrart.com



"Let me chase the squirrels from now on."



10 years of Compassion!

How the years fly by! We were delighted to receive a lovely card and letter from Compassion in World Farming thanking us for supporting them for the last ten years. In that time, thanks to your support of Honey's, we have donated over £280,000. Thank you, Compassion for your fantastic work. Thank you, Honey's customers!

Why cats haven't evolved with our modern lives



Lisa Hannaby-Aird

I first realised how sensitive cats were when I was given a beautiful reed diffuser as a gift which I placed in my bedroom. Not long after, I noted that one of the cats had been sick in the bedroom.

As cats are hunters, I assumed it was something consumed

outside and a one-off. But it kept happening. Our second cat then started getting sick and so I started to consider other options. Remembering the diffuser I removed it from the bedroom and the cats stopped being sick. I became interested in why the cats were so sensitive to this diffuser (the dogs had been fine) and it turns out there is a biological reason for this sensitivity, and it is all to do with their detoxification pathways.



Every day, ours and our pet's bodies are exposed to toxins. They are produced internally in the body, like lactic acid and waste products from gut microbes, hormones, and neurotransmitters. But there also external toxins like air pollution, the chemicals from cleaning products or volatile organic compounds such as plug-in air diffusers. It is thought that in the 25 years between 1970 and 1995, the volume of synthetic organic chemicals produced tripled from about 50 million tonnes to approximately 150 million tons, and this number has grown year on year ever since. These toxins can disrupt essential biological structures in the body, whether human, dog, or cat. A toxin, by the way, is defined as any substance that must be neutralised and eliminated to avoid its promotion of ill-health if left to accumulate.

Detoxification is carried out by a range of mechanisms, and this comes in particularly handy as when one pathway is overwhelmed, another can take over. In a healthy system, toxins should *always* be able to find a way out. Initially, the body will attempt to detoxify at source. These locations include the intestinal mucosa, the respiratory mucosa, the microbiome, and the skin epidermis. Whilst these also provide a physical barrier to prevent toxin transport, they also express a range of enzymes which are essential in sweeping toxins away.

Then, detoxification falls into three phases. The first two phases are concerned with breaking down the toxin in the body, and phase three is concerned with excreting it. For us to manage ours and our cat's or dog's toxic load, all three phases need to be working optimally. In phase one we are mostly concerned with a range of enzymes. These enzymes attack the toxins and start breaking them down. It's important to note that

this phase generates high numbers of reactive oxygen species, or ROS leading to oxidative stress. So, the more toxins this phase must deal with, the more oxidative stress results. Once toxins have been passed through phase I, they are not yet finished with. Intermediate metabolites are produced, and they sit in the body. It's almost like putting your rubbish in the outside bin, but missing collection day. The rubbish remains. Within phase two there are number of pathways, and they are all responsible for detoxifying different compounds and they include dealing with heavy metals, medications, mould, histamine, hormones, plastics, phenols, medications, antibiotics, smoke and more. Phase three deals with getting rid of them once and for all. This phase is carried out by the gut, skin, liver, and kidneys. All phases need to be working optimally for effective detoxification. Each phase is also incredibly nutrient demanding, so for healthy detoxification, our cats and dogs need a nutrient dense diet.

So, where does this leave our cats? It seems the domestic cat possesses certain genetic mutations which mean the above detoxification pathways aren't as efficient as they need to be. We first started to learn more about this when we realised that cats have a particular sensitivity to phenolic drugs like acetaminophen (paracetamol) and aspirin. Cats demonstrate an inactivation of the gene responsible for the phenol detoxification enzyme. What's even more interesting is that it's thought that their diet played a role in this genetic glitch.

Phenols are found in plants and as cats are hyper-carnivorous (they get everything they need from animal tissue), there served no evolutionary reason for them to be able to process these compounds. Cats evolved to detoxify environmental threats, not plants they would never choose to eat, nor human-made synthetic ones (medications). This makes complete sense, but the problem is, this enzyme is involved in a larger pathway, which deals with things like steroids, hormones, plastics, mould, heavy metals, and other medications like non-steroidal anti-inflammatories. What this means is that cats metabolise these compounds at a much slower rate, meaning they are at risk of a build-up. This is why they appear more sensitive and are in fact at a higher risk of conditions like chronic kidney disease and hyperthyroidism.

Hyperthyroidism is widely accepted as the most common feline endocrine disorder. The thyroid gland is part of the endocrine system. It is a small butterfly shaped gland in the neck. One of the main functions is to produce hormones to regulate the body's metabolism (the process that turns food into energy). These are more commonly referenced as T3 and T4. Hyperthyroidism is when the thyroid is hyperactive and there is an increased production of thyroid hormones. One theory of its cause includes the exposure to thyroid-disrupting compounds in the environment, drinking water or diet. Interest in this first appeared with the introduction of fire-retardant chemicals in many household items. The rates of hyperthyroidism seemingly increased with the introduction of these products. The poor metabolism of toxins, including these fire-retardant compounds is thought to alter the structure and function of the thyroid gland. Not only that, but the slower metabolism of compounds, including hormones and therefore the slower elimination of T4 hormone, leads to high circulating levels. Where we really see the issue in their detox systems is when levels of toxins are noted as being higher in the cat than the human they live with; if it was simply environmental exposure, the human too would have the same levels.



" Being finicky has nothing to do with taste - it's about power and control. "



"He's an indoor cat."

With reference to chronic kidney disease, one of the main roles of the kidneys is to filter helpful and harmful compounds in the blood. It stands to reason that the more harmful compounds it must process, the sooner it reaches its retirement party. It is often suggested that chemical exposure is a progression factor in the disease. Cats are regularly exposed to cleaning agents, pesticides, and many more environmental toxins. These can be ingested, inhaled, or exposed through the skin.

Many cats are indoor cats, so they are constantly exposed to what we use in our home, such as: cleaning products, air fresheners, odour neutralisers, beauty products, bathing products, soft furnishing protectants, washing detergents, fabric softeners, floor cleaners, perfumes and fragrances. Airborne particles can attach themselves to fur and are then ingested when the cat grooms themselves. Whilst we may pop out to go shopping or even spend the day at work, for the indoor cat, they have 24-hour exposure, with a system that is already a little slower at metabolising modern day toxins. Luckily, we can limit their exposure, we can opt for non-toxic cleaning products, ditch the fabric softener, opt for a steam mop, and check the labels for any beauty or cleaning products we choose to use. I also recommend avoiding products which contain polybrominated diphenyl ethers, polyfluoroalkyl substances, bisphenol A (opt for glass bowls instead of plastic), parabens and phthalates. Consider using a HEPA air filter in the home to remove harmful particles from the air and vacuum regularly with a HEPA vacuum. Also consider the use of any long-term medications and how you can support their body to metabolise them, keep an open dialogue with your vet if you feel your cat is struggling with a particular medication.

Supporting their gut, skin, liver, and kidney function will also aid detoxification pathways. Cats are hyper-carnivorous, which means they have evolved to utilise animal tissues well. I would always advocate a fresh-food, carnivorous diet for the feline, offering the system exactly what it has evolved to process.

It goes without saying, but if you are concerned about your cat's health then always seek the advice of a qualified professional.

Lisa Hannaby-Aird is a psychologist, nutritionist, researcher, educator and author. Her first book is just about to go on sale. She can be contacted by email: lisa.hannaby@hotmail.co.uk

Save us from hard-line environmentalists



Dogs have a surprisingly high impact on the environment. They require a meat-based diet and contribute in part to the damage caused by the meat farming sector. They use up other resources, too, from food packaging to bedding and from medication to transport.

Unintentionally they may also harm the natural environment by, for example, disturbing nesting birds. According to one estimate, a typical medium-sized dog has a similar carbon footprint to a large SUV. However, dogs also benefit the environment. The philosopher John Berger says a great deal about the value of dogs in his book *Why Look at Animals*. He points out that one of the major effects of industrialisation is that humans in developed nations have almost no contact with other species. Our ancestors lived close to farm animals, used horses for transport and were much more likely to have daily encounters with wild animals and birds. If we hadn't domesticated the dog (and, in so far as they can be domesticated, the cat) many humans would live in total isolation. Dogs serve to remind us that other species exist and need to be protected. In other words, dogs help to promote the environmental message. They also have a positive effect on society, providing comfort and love and promoting responsibility and empathy. It seems to me that the hard-line environmentalists who demand we should no longer keep dogs – thus ending a symbiotic relationship that goes back tens of thousands of years, maybe longer – are completely overlooking the rights of dogs and the value of dogs. Having said this, it is our duty to reduce the carbon pawprint of any dog we care for. By choosing Honey's, of course, you are already ensuring that your food is carbon neutral, the ingredients were sourced in the UK with minimal use of pharmaceuticals/chemicals and the packaging is the least environmentally unfriendly available. Honey's is a member of 1% for the Planet, too. Some slightly less hard-line environmentalists suggest that the answer is to switch all dogs to a vegetarian or vegan diet. This will not necessarily be better for the planet. A study undertaken by John Hopkins University discovered that a meat and vegetable diet is considerably less carbon-intensive than a 100% vegetarian diet. Speaking as a committed vegan there are sound health reasons why your dog (especially if a puppy) should eat a species-appropriate i.e. meat based diet. Dogs require an easily digestible diet that is rich in protein so that nutrients can be rapidly absorbed into their bodies. Dogs that don't eat any meat struggle to digest the high fibre of plant-based diets and are at risk of vitamin D and B deficiencies. Proteins derived from animal products, like collagen, elastin and keratin – all of which are vital for healthy skin, muscles and joints – are difficult, if not impossible, to derive from a non-meat diet. Plant-based protein does not contain the right balance of amino acids. Many dogs are lactose intolerant so should not eat milk or cheese. Eating too many raw eggs can result in deficiencies in essential nutrients like biotin. Puppies have high protein needs (up to five times an adult dog) and require a complex balance of nutrients. Not eating meat could lead to bone disease and/or stunted growth. It can take two years and sometimes longer for any deficiency in a diet to show up. In one study of vigorously exercising dogs, by the way, those eating a plant-based diet showed damage to their blood. The blood remained normal in meat-eating dogs. A non-meat diet often contains high-fibre carbohydrates. The cellulose in the fibre can't be digested (it goes in one end and out the other) and the starches reduce the body's ability to absorb other vital nutrients, such as calcium, magnesium, zinc and iron. Many dogs lose an unhealthy amount of weight when switched to a non-meat diet. Forcing naturally carnivorous animals to eat diets which may jeopardise their health is both counter-productive and, in my opinion, unethical. If we are going to keep dogs then we owe it to them to give them a species-appropriate diet. And a species-appropriate diet for a dog consists largely of prey or its closest equivalent. At Honey's we generally recommend that a third of the diet is non-meat (for health reasons) and this obviously helps to reduce the environmental effect. Rant over! **Jonathan Self**

Ramblings of an Alternative Vet



Dr. Sarah Priggen

I didn't set out to become an alternative vet. Or even a more appropriately named 'complementary' one – the distinction being that a complementary vet uses additional therapies symbiotically alongside conventional ones and works in cooperation with more mainstream minded colleagues. Not as an alternative to them.

Thirty-one (and counting) years ago, when I graduated vet school, I didn't have any knowledge of, or particular interest in complementary therapies. My early posts were in mixed practices where, on the whole, I toed the line without much question. My first two roles were in relatively impoverished communities, where the client's money had to be spent wisely, and all levels of practical treatment options had to be discussed, including the simplest. For example, if a dog or cat had a complicated fracture in a leg which required complex orthopaedic surgery, amputating the leg might be a much more affordable option. I cringe now at the term 'Gold Star Veterinary Practice' where Gold Star means thousands spent on diagnostic tests without consideration of what treatment options are realistically going to be appropriate for the likely outcomes and the client in question.

Working with financial restraints taught me valuable skills. I use my senses. Most of the time I can get a very good idea of what is going on in a patient using my hands, eyes and, sometimes, sense of smell. I recently treated a geriatric spaniel who I knew from the outset had an oral or throat tumour. The necrotic smell from his mouth gave it away instantly, but his regular vets failed to pick up on it because he was not an appropriate candidate for a general anaesthetic, and he was too sore to let his mouth be examined without anaesthesia. I wish vet training focused more on how to do a proper, thorough, hands-on examination.

I'm digressing, but it is relevant. I'm sometimes almost accused of witchcraft with my ability to localise pain. No magic. Just lots of practise, plus taking the time to watch and listen to the patient. And sometimes to the human companions, too!



My earliest experience of alternative medicine was working in a practice where one of my colleagues was encouraged to pursue her personal interest in homeopathy. If she was absent, I might be asked to take one of her clinics. Of course, I didn't have any knowledge of homeopathy, and her clients were not always delighted to see me instead of her, but through reading the clinical notes I observed several examples of skin cases where all the conventional norms had been exhausted and had clearly failed, but Christine's homeopathic remedies had cleared up the dermatitis completely. I still have very limited knowledge of homeopathy—it is so polarising in the veterinary world that I avoided it for a long time. Homeopaths are virtually burned at the stake. As I was trying hard

to drive acupuncture to mainstream acceptance, I avoided a field of medicine that is so controversial. Now my holistic vet social circle widens to include colleagues for whom homeopathy is an everyday treatment modality, I feel it is probably about time that I studied it a little.

I think it was 2007 when, for no better reason than curiosity, I signed up for a Foundation Course in Western Veterinary Acupuncture. There was some interesting coverage of human acupuncture in the media at the time and we are required to do a certain amount of on-going training each year. This looked more interesting than anything else on offer. It is a quirk of UK law that in this country it is not permitted to stick needles into animals just for the purpose of demonstration or training. This means that although a veterinary course, we practised by needling each other. I discovered that very basic Western acupuncture, done by an amateur, had a profoundly beneficial effect on the neck and shoulder problems that I was troubled with at the time. I realised acupuncture had an important place in the tool kit, particularly for musculoskeletal pain and brought it into my work wherever I could, which was not as often as I would have liked as at this time I was working for an 'old school' vet who was deeply suspicious of any non-medical alternatives. This drove me to start seeing acupuncture patients privately and then, as my business expanded, I realised that I should train properly in Traditional Chinese Veterinary Acupuncture. A knowledge of Traditional Chinese Medicine, which looks for disease patterns in the whole body, is essential to this much more complete study of acupuncture. I trained with the Chi Institute, a worldwide teaching establishment whose European HQ are in Madrid. When I walked into my first class at The Chi, I felt a sense of belonging and acceptance. At last, a group of fellow vets who 'looked like me'. Colourful, friendly, supportive and passionate about animal welfare.

Through the Chi Institute I progressed in advanced acupuncture techniques, such as electro acupuncture and trained in Food Therapy (using the energetics of specific ingredients to tailor a diet to the patient's needs.) I also use traditional Chinese herbal formulas.



Five years ago, I accidentally stumbled upon laser acupuncture. Laser therapy, more correctly known as Photo Bio Modulation, but also called Cold Laser Therapy, has moved at considerable pace through the veterinary world and is a wonderful tool for speeding healing, but using a laser on acupuncture points to do acupuncture, takes things to a whole new level. The variety of conditions that can be treated is as broad as with conventional acupuncture—just about anything. The regenerative effects of the laser are channelled through the energy meridians to exert remote effects in the tissues targeted by the acupuncture. I see particularly love treating geriatrics and giving them another wave of quality, mobile, playful life, but my greatest satisfaction comes from helping spinal patients. I have helped many IVDD (Intervertebral Disc Disease) patients, lots of whom were on the verge of euthanasia because of the costs involved in MRI scans and spinal surgery. I absolutely believe, and my successes support the view that, laser acupuncture has as high a success rate as surgery, with much less discomfort and much lower costs. I have numerous patients who returned to active life with a course of sessions of laser acupuncture when they had been told that there was no option but surgery. In my hands, the laser is much more effective than needles or even electro-acupuncture.

I'm largely self-taught and am one of the first laser acupuncturists in the UK. There is a small, established community in Germany and Switzerland and a few of us elsewhere. I'm excited to share what I do and am very lucky to have ended up with such a rewarding career.

Sarah Priggen MA., MSC., B. Vet. Med. MRCVS can be contacted through her website: www.acupunctureforanimals.co.uk

Arunachala Animal Sanctuary, India Gabrielle Pinto

Gabriel Pinto, a longstanding Honey's supporter, asked if we would include an appeal for the Arunachala Animal Sanctuary in India. Here she explains why its work is so important. You can learn more about the sanctuary here: www.arunachalasansanctuary.com



'We're not only reducing the stray dog population in Tiruvannamalai and treating sick and injured animals of all kinds... we're loving them too. Unless animals feel safe, cared for, and loved, deep healing will not take place. It's the most important blessing we can give.'
Leslie Robinson

In 2006 an American, Leslie Robinson, travelled to Tiruvannamalai in South India. Although he had only ever lived in the United States, Leslie was excited by the idea of retiring to the Himalayas, just renting a small house and spending the rest of his life in quiet contemplation and study. But on the way, he took a long detour south, then his plans and life changed. As long-time devotee of Tibetan Buddhism, Leslie had heard of Tiruvannamalai, its sacred mountain, and he wanted to explore the wonderful temples and ashrams. He planned to remain there for ten days but on the day that he was about to leave, he heard that the municipality was about to cull all the stray dogs - an estimated 4000 of them. They were out of control, so an organised mob armed with clubs and hammers were to go street by street capturing and killing them. Something they had been doing annually for over forty years.

As an animal lover and a spiritual devotee. Leslie was horrified that these outcast animals were to be butchered. It was Friday and the cull was planned to start on Monday morning. He spent the entire weekend telephoning politicians, animal activists and journalists in India, Europe and America. Passed from friend to friend he finally reached Maneka Gandhi (of the Gandhi family), perhaps the most effective activist in the country fighting for animal rights. Maneka immediately involved one of her main associates in Chennai - a lady whom he came to call 'Prema the Tigress of People for Animals' - and together they put began to put pressure on the local community leaders. Meanwhile, the story began to get international traction. Messages came in from all over the world condemning the cull. The town agreed to postpone the cull on the strict condition that an effective birth control programme had to be put in place.



Leslie knew that if he left Tiruvannamalai at that point the cull would soon start. The nearest vet lived 75 kilometres away and there was no money

to pay for a sterilisation programme, let alone to feed 4,000 dogs. He made the momentous decision to stay, to use his retirement fund to help pay for the work that needed to be done and to set up an organisation to ensure that there would never be any culling in the neighbourhood again. He was fortunate to receive some substantial donations, including from Derek O'Neill, the Irish sage and spiritual teacher, who paid for sixty percent of the costs of the building plus the initial operating costs. Volunteers came forward and Leslie took on a single employee (Vishwa - who you will meet if you ever manage to visit). Some land was found, two acres opposite the government art college, and the Arunachala Animal Sanctuary opened for business.

'If a community's Heart opens to animals, they'll also be nicer to each other. It's the nature of the Heart. If it opens in one direction, it opens in all directions. This is the power of demonstrative love.'
Leslie Robinson

I am writing this because like me you are a friend of Honey's and I wanted you to experience some of what I experienced when I visited other friends in Tiruvannamalai and came across Leslie and the Animal Sanctuary.

I was astounded by what the Sanctuary had achieved. I am sure that if you were to visit or volunteer there you would come away as I did - changed by the experience. Leslie's idea is that it's the devotion and the love of the physician that heals and you can feel it there.

The main part of the sanctuary is taken up by a very large room filled with dogs. I would guess there must be fifty of them or more. The fascinating thing is that they never seem to fight. They play and sleep and lie around - but there is no conflict or tension. The energy is soft and loving. No dog is ever put down. Old dogs, dogs who are dying, are surrounded by an atmosphere of love. Indeed, when an animal dies he or she is given a proper burial and prayers are said by Tibetan Monks for 30 days after to speed their souls towards their next incarnation.

'One of the central things my Guru taught me is that it isn't how many people love and appreciate you that is important. The whole world can love you and if your inner state isn't good it does not help a lot. What is important is that your own Heart is open of loving and caring. It is loving and caring for others that is uplifting and gives everything meaning and fills life with joy.' **Leslie Robinson**



The sanctuary has more than met its original promise. There are no more packs of wild dogs in the area. There are no more culls. Over the years thousands of dogs have been sterilised, thousands given vaccinations against rabies and thousands have received free veterinary care. The local community has started to appreciate the dogs and to keep them as pets. The sanctuary has also started a rehoming service so that the dogs it saves can lead full and happy lives with families of their own.

If you love dogs and you would like to make a real and meaningful difference to dogs who might not otherwise get any help, please support the Arunachala Animal Sanctuary. Remember your money goes much further in India. I make a regular monthly donation. You will find lots more information including videos on their website (www.arunachalasansanctuary.com). On behalf of the dogs of Tamil Nadu, thank you!

Gabrielle Pinto
(a friend of Honey's)



Green Paws

Gardening tips from Teilo our canine horticulturist

I have a new friend who lives in the garden. My owner, Jim, named her Mo and she is a Husqvarna 405X robotic lawn mower. To his shame Jim locked me out in the garden one night after a summer barbecue party. It was gone midnight when he realised and he found me nestled next to Mo who was in her charging station.

In a chaotic world I like Mo's predictability. Each afternoon at 2pm she wakes up and starts criss-crossing the Deanery lawn cutting as she goes which keeps the grass velvety smooth and very comfortable for a dog who likes sunbathing. After about 40 minutes she tires, returns to her station to re-charge, and then comes out to work again before calling it a day. As a dog who likes routine, I have infinite respect for her. Jim has come to love her too after initial scepticism. Mo saves him time which he can spend on other areas of the garden. She grazes little and often so there are no visible clippings (or anything to stick to paws) and what is removed stays in the sward so the lawn does not become nutrient depleted. You need an electric power socket in the garden within a few metres of the lawn and initial set up involved installing a guide wire around the perimeter of the grass. Jim had to make a few adjustments to the edges where Mo got stuck in a rut but since then it has been plain sailing.



The Deanery lawn is bordered by paving of one kind or another all the way round. This is ideal for a robotic mower. Mo drives over the edge before detecting the current in the guide wire and reversing. If your lawn borders a flower bed the guide wire would need to be placed further away from the edge. This would leave a narrow strip unmown by the Automower® needing a trim with edging shears or a strimmer. Our lawn is just one expanse of grass which suits Mo. Narrow grass paths joining different areas would be confusing and may trigger an error message and slopes beyond 1 in 2.5 would cause problems too.



Mo can cope with most obstacles. If we were to plant a tree in the middle of the lawn Jim could reroute the guide wire to create a no-go circle around it. If she bumps into a temporary hindrance such as garden chair she just turns around. Jim can check on Mo via an app on his phone where a plan of the garden shows Mo's every movement. There is the option to select an area for rewinding so part of the lawn becomes a meadow to help support bees, butterflies and other pollinating insects. Using GPS wizardry that measures the size of the garden, the app marks out an area that corresponds to 10% of the whole as a starting point. Jim could then choose where to place the rewinding zone, which Mo will avoid cutting, as well as make the zone larger. He intends to start using this feature soon. To ensure the rewinding zone contains a diverse range of wildflowers Jim has placed an order for a few square metres of Meadowmat® from a turf company called Harrowden. He plans to remove a patch of the existing grass and lay the specialist turf which consists of a dense community of established plants such as Yellow Rattle, Birdsfoot Trefoil and Wild Carrot in the autumn. There is nothing like closely mown grass for dogs and humans to play and socialise on but there are many other species using the garden to think of. I am all for wilder zones becoming a natural part of any lawn.



Many flowering plants are forming seed pods and capsules at this time of year. Check they contain ripe and viable looking seed of substance (some garden plants are sterile) and recruit a young member of the family to collect those from your favourite subjects. Sow perennials straight away. Put hardy annual seed in a labelled paper bag and store in a cool dry place to sow either in September or the spring.



If you neglected container plants over the holiday period and they are looking sad or dead re-plant the pots for autumn interest. Small evergreen shrubs, *Cyclamen hederifolium* and ferns such as *Dryopteris erythrosora* are good choices. They can be planted in the garden afterwards to enjoy for years to come.

Take your four-legged friend and forage for blackberries. Brambling is an old-fashioned pleasure and will help stock the freezer for winter.

My life as a botanist – with a dog!

Ann Sankey

We had had dogs (Labradors) in the family but in 1997 I got the first puppy of my own: Gussie. So began what turned out to be a fairly steep learning curve on how to train a dog properly. I enjoyed it immensely. Gussie was a well-bred dog from working lines and was a joy to train. It was soon after this that I started field botany in earnest. I have a botanical degree and have always had a love of plants – wild and cultivated. My parents were keen gardeners, and they must have passed this onto me. I live in Surrey which in spite of its proximity to London, has a rich and varied landscape with an abundance of wildflowers.

It was in the early 2000s that the Botanical Society of Britain and Ireland started a project to record all of the plants growing in the wild in every 10km square in the British Isles. This project continued until 2019 and has resulted in the publication of the *Plant Atlas 2020*. I had responsibility for coordinating the very many sessions that took place to record the very many species, for databasing all of these records. Sometimes we would go out in groups, on other occasions I would record on my own, notebook in hand and one or sometimes two Labradors by my side. The exceptions to this were when we were on some highly protected land or sensitive areas such as heathland where dogs can cause considerable disturbance. This can include to breeding birds and to wet areas. Although my dogs are well-behaved, in such circumstances, I prefer to leave them at home.

Having a well-behaved dog is essential, of course, but especially when one is concentrating on identifying plants. The dogs love being involved. I have tried to teach them to actively help me by using their scenting ability but there are just too many plants to make this practical.

As well as going out recording plants, I also work with a number of organisations in Surrey such as the National Trust and the Surrey Wildlife Trust. One current project with the latter is to produce an Inventory of the Irreplaceable Grasslands in Surrey. One of the results shown by the *Plant Atlas 2020* is that the plants associated with grasslands have shown the greatest decline than of almost any other habitat in the British Isles. Another is that it is our native species that have declined the most, whereas non-native have increased their distribution. As well as being important in their own right, it is the loss of the native species and their habitats is the cause of the massive decline in a wide range of animal species, including insects and birds for example, resulting in the biodiversity crisis. The plant conservation charity Plantlife runs various campaigns to protect and enhance plant populations. These include those to promote better management of road verges and 'No Mow May' which seeks to encourage us leave certain areas in our gardens and elsewhere to flower and set seed. This fosters an interest in plant species and the flowers can provide food for insects. Much is made of tree-planting to help reduce the amount

of carbon dioxide being released into the atmosphere from a variety of sources. Trees can do this as they mature but well-managed species-rich grasslands are already very good carbon stores, locking much of this in their deep, humous rich soils.

Britain has lost so many of its trees and woodlands in comparison with many areas of Europe, so in areas where there is a paucity of tree cover, increasing this is very important for both the climate emergency and biodiversity loss. There are two main ways of increasing the abundance of trees and shrubs. One is simply to allow areas to grow into woodlands. This is known as natural regeneration when an area is allowed to scrub up and then slowly develop into woodland. Self-sown trees usually establish much better than planted ones. As the woodland develops, it benefits a whole range of wildlife over time. If planting is considered desirable, then the selection of tree species is very important. It is recommended that only those species native to the locality and of local provenance be used. Hence the phrase 'Right tree; Right place'.

As for getting advice on what to plant, asking a local botanist is often the best option. Also, aftercare is so important. Then, it can take 100 – 200 years before a tree plantation can be described as a wood, with for example its lovely display of bluebells and other spring flowers. It will be helping to absorb carbon dioxide during this time but its soils and biodiversity value only gradually increase.

All dogs who are customers of Honey's will know how much pleasure they give their human companions. Sadly, all dogs have a harmful effect on the environment. What I try to do is to minimise this impact. Having a garden helps as I always encourage my dogs to relieve themselves there before taking them out for a walk in the countryside. One thing that has become so noticeable in recent years, especially around me, is how much paths have become wider and more trampled and how many people think that they have the right to walk across farmland. In some instances, this can result in abortion in cattle, as well as to damage to crops. Something I have never done is to routinely apply 'spot-on' treatments for fleas and ticks. Fleas are mercifully very rare and while there are many ticks near me, daily inspection and tick removal using the freely available little tick removers has been sufficient so far. My dogs always enjoy the extra cuddles they get during the tick season as I search for the tiny beasts. The chemicals Fipronil and Imidacloprid are **toxic** and are poisoning our rivers. A recent study has shown that Fipronil occurred in 99% of samples taken from 20 rivers. In addition, routine use of these toxins will surely encourage resistance to these chemicals in fleas and ticks, in the same way that overuse of antibiotics has stimulated bacteria to develop antibiotic resistant strains.

A quick online search will indicate the range of harmful impacts on the environment that irresponsible dog owners can cause. It is so unfortunate that they can give the rest of us a bad name. Perhaps we can become ambassadors for responsible and informed owners? Being a botanist is so enriching. It increases my enjoyment of walks with a dog. I feel blessed to have these two complementary interests.



A patient Jessie waits while botanists investigate a rare plant and bemused donkeys look on

Interview: Philippa Williams

When Philippa came onto Honey's first stand at Crufts in 2010 (or maybe 2011) it was a bit like being visited by royalty. Everyone walking past stopped to watch her and people moved close so that she could hear what she was saying. She introduced herself, which was unnecessary since we had all been watching her demonstrations for at least a decade, and explained that she raw fed. Back then the raw feeding movement was starting to get established but nowhere near as strong as today and its advocates tended to go out of their way to say hello to each other. Anyway, we invited Philippa and her crew to come out to dinner with us and ever since there has been a close association between Castleman's Gundogs and Honey's. An association of which we are extremely proud because Philippa is widely recognised as one of the leading behaviourists and handlers in the world. Between April and August she runs her residential training holidays and the rest of the year is made up of trials, demonstrations, judging and working with private clients both here in the UK and overseas. If you ever have an opportunity to participate in something she is involved with or watch her at work our advice is: take it! To learn more about Philippa and Castleman visit www.castlemansgundogs.co.uk.



Did you grow up with dogs?

Yes, we always had loads of dogs at home. Mostly, Jack Russells, Fox Hounds, Beagles, Boxers and German Shepherds.

What was your first job ever?

Cooking.

When did you first decide that you wanted dogs to be your career and how did you set about making it happen?

When I was seven I became the mascot for a military display team which is when I first started working with my mother's German Shepherds. When I was twenty-one I was training with a competition Obedience Club and was asked to take a class. When I looked at the failure rate I decided to teach in a different way and not long after that I was contacted by the council to set a course. It just went from there.

What are your qualifications?

Cert Ed, BIPDT Instructor, Kennel Club accredited Instructor at advanced level in Companion Dog Training, Working Gundogs and Field Trails and a KC "B" Panel judge.

What is your proudest canine achievement? (Don't be modest.)

Qualifying for obedience at Crufts with a German shepherd back in the day and gaining a Diploma of Merit at the International Gundog Championships in 2011. To be giving displays in the main arena at Crufts at the most prestigious time just before 'Best in Show'.

Why the fascination with gun dogs?

Gundogs is my most recent (and ultimate discipline. I started with obedience competitions, then Agility and a bit of Flyball. Because of my horsey background I like the freedom of the Gundog work and watching the dogs using their natural ability. Plus, of course, it gets me invited to some really amazing estates!

What dogs do you have at home?

At the moment I have four Labradors and two Golden Retrievers. Unfortunately no Cockers at the moment... but I'm not sure how long that will last.

Do you have a favourite breed and if so, what is it?

No, not really. A wonderful dog is a wonderful dog. A good temperament is the main thing for me.

Describe a typical day in your life.

Well, no days are the same. However, if I am at home then I start the day very early walking the dogs and grooming them. I run a WhatsApp teaching group so preparing for that and other administration stuff comes next. Most of the day will then be taken up with either teaching or training. In the evening I do the kennel work, feed the dogs and groom them... they all live in the house with me but no mucky paws on my cream carpets, thank you.

What is your opinion of Crufts?

I have a love hate relationship with Crufts. I have been giving displays there for over twenty years and even longer for the Kennel Club. I am very proud of having given the display before 'Best in Show' so am grateful for the opportunity. Crufts serves a real need and there is a lot more going on behind the scenes than people realise. For example, there is a whole team of vets checking dogs and monitoring breeding traits. There is a much bigger emphasis these days in responsible dog ownership and on the best health advice, which is a fantastic development. My decision to retire from Crufts was really motivated by the fact that I got to a point where the crowd were just overwhelming.

What is your happiest canine memory?

I couldn't possibly single out one memory. Every day my own dogs and the dogs I work with bring me joy and happiness.

What advice would you give to someone choosing a new dog?

People tend to focus on the cost of buying a dog (assuming they aren't taking on a rescue) but forget that looking after them and keeping them healthy is not cheap. Dogs are an affair of the heart, of course, but before you fall in love I urge everyone to do the maths. The second thing I would say is do your research. If you are going for a pure bred dog be aware of its likely personality traits, character and any breed issues. If you are taking in a rescue bear in mind that the dog may have experienced trauma and hardship and could require special care and training. In short, do your research! If you are going for a puppy you must see the mother and visit the breeder in their own home. If possible meet the father as well. An interesting question to ask is whether the breeder is keeping a puppy for themselves (if yes, this is a good sign, because it means they aren't doing it for the money). Finally, find a good training class. Remember, though, you can't train a good temperament you can only breed it.

What is the most common issue you see with dogs and how can it best be resolved?

I believe that the most serious behaviour issues are a result of a dog not receiving sufficient mental or physical exercise. Another problem is that many dog lovers really don't understand their dogs and what motivates them. There is a lack of communication. By working with a puppy from 12 weeks you can build in good behaviour traits that will last the dog's whole life. My main role is to give people skills to prevent problems rather than fix them.

Do you believe that diet and behaviour are connected?

Oh yes definitely our gut is our second brain as the old saying goes "we are what we eat".

Can you summarise your training philosophy?

I could talk about this for hours! In a nutshell, what I aim to do is give dog lovers the opportunity to learn and communicate successfully with their dogs. I believe prevention is better than cure and that patience will be rewarded!

Suppose someone can't come and visit you... can you still help them?

Yes. I offer a video mentoring service. The client sends me a few short videos and after I have had time to study them we go through an online training session. I can provide tools and advice and support. We can monitor the programme with additional videos.



The challenge of training a wolfdog

Steven James

I was recently asked to train a wolfdog. For those unfamiliar with wolfdogs they are half wolf, half dog and physically they are stunningly beautiful. Training a wolfdog can

be difficult especially if they have more wolf DNA than dog DNA. In the UK, F1 generation wolfdogs where one parent is a wolf are subject to the Dangerous Wild Animals Act 1976 and require a licence to own. It is legal to own a wolfdog without a license so long as they are three generations (F3) away from the original parent wolf. There are two types in Britain, the Sarloo and the Czechoslovakian wolfdog. They are smarter than most domestic breeds of dogs, very self-aware, especially of their surroundings and stubborn. Bruno, the wolfdog I was asked to help train, was no exception. He wasn't aggressive... just in an almost constant state of panic. High-content wolfdogs are often fearful, preferring to hide from strangers. They often bark a great deal, warning you that there is a stranger present before retreating. Wolves themselves are quite nervous and fearful animals preferring to stay hidden unless hunting.



The key thing with wolfdogs is to start handling them early, preferably when 10 to 14 days old. Research has demonstrated that if a puppy is not handled during the critical bonding period of its first 21 days, it may respond with very fearful behaviour toward people later on. Between eight and twelve weeks of age, the puppy should also be introduced to the places, situations and conditions that they are likely to have to face as an adult. For example: children and hoovers, cars and other dogs. Unfortunately, many wolfdogs – including Bruno – are bred and reared in rural areas where they simply aren't exposed to the sort of factors they will face when they leave home. The first time I met Bruno he was clearly frightened. On his lead he dragged and pulled and leaped in the air yards from his own front door. He was a large dog (about the size of a GSD) and powerful. It took a great deal of strength to ensure that neither he nor anyone else came to harm.



A wolf dog with a high wolf content can never be a family dog, living in the home and safe to leave. I know some people have achieved it but the risk to people and home make it a wholly unacceptable risk. Although loving animals they have little interest in pleasing you so the usual trade off with treats does not work. They often howl a great deal – which was something Bruno did, too. Mid-contents may work out better but, really, if someone is determined to get a wolfdog they should only ever consider a low-content. Only low-contents have some change of being integrated happily and safely with a human family. John, who had taken on Bruno, was 73 and life was very difficult for the two of them. Bruno was often afraid and would bolt (dragging John behind him). He also needed a great deal of mental stimulation (imagine being locked up for days on end without anything to do and anyone to talk to), which he wasn't receiving.

How could life be made better for John and Bruno? My training philosophy is based around how dogs think and I consider their Energy, Instinct and Emotion. The word Energy can sometimes be confusing. Energy is how any animal, that includes us, presents itself to the world. For humans, energy is what we get when our emotions create a feeling followed by action. Within your energy that emotion has created information, reflected by your feelings and it's on display for your dog to read. If you're happy, angry, ill, sad, weak, or strong, you will reflect this outwardly in your energy before you have done or said anything. You can communicate with a dog without saying a word. Pharmaceutical companies are researching our energy now, with regard to future medicines.

When I meet any dog, I communicate with it via my energy. I try to reflect calmness, confidence and authority. You cannot fake confidence like you can to a person, you have to feel it, be it. You cannot simulate authority through shouting or anger, to a dog you've just lost control and are resorting to intimidation – authority is a presence. To honour a dog's instinct, you will get there through discipline. In other words by establishing boundaries and limitations and commanding respect. Crucially you have to earn trust. Engaging a dog in an activity that appeals to its breed is an excellent way to start. For example, for a herd dog, it is important to focus his physical energy on satisfying his instincts, which will help make them calmer. Dogs are happiest when we allow them to be dogs. Honouring their instincts is the best way to do this.

Wolves stay as far away from human activity as possible, and an urban life was not ideal for Bruno. The first thing to do for him was to get John to remain calm and to build his confidence. This was no easy thing but gradually we got there. At the same time, I encouraged him to reward, praise and show affection to Bruno. Although emotion is not a high priority for a wolf they will respond positively to the right stimuli and treatment. Over a period of months their relationship changed. At home Bruno is much calmer, much happier. He will walk on a lead and listen to instructions. He enjoys life and is no longer afraid. Had John asked me before he took on Bruno, I would have advised him against it. If only dog lovers would think first and do their research. But at least in this instance a happy ending.

Steven James can be contacted via his website: www.Steven-James.org



Review: Portraits of Dogs: From Gainsborough to Hockney

Julia King

Over the last hundred years or so only a handful of British art exhibitions can be said to have been truly inspirational. I am thinking of the *First and Second Post-Impressionist Exhibitions* (1910 and 1912), the *International Surrealist Exhibition* (1936), *This Is Tomorrow* (1956), *Sensation* (1997) and *Modern British Sculpture* (2012). Now, however, one more really extraordinary show can be added to the list: *Portraits of Dogs: From Gainsborough to Hockney* at the Wallace Collection in London. Its curators have brought together the largest collection of dog portraits by the world's greatest artists ever to be shown in one place. It is comprehensive. It is lavish. It is epic. It is entertaining. Of course, it is aimed at dog lovers. But, in truth, it would be of equal fascination to anyone interested in art, history, human/animal relations and even psychology.

Do not be fooled by the name. The show covers a much wider period than its title suggests. It opens with a drawing by Leonardo da Vinci of a dog's paw seen in detail from different viewpoints, providing an excellent example of his extraordinary, scientific eye for detail. Right beside this is a life-sized ancient Roman marble sculpture of two dogs, one tenderly nibbling the ear of its companion, whilst resting a paw gently on his back. Known as the Townley Greyhounds this is so realistic you expect them to spring to life. Close by again is one of the most arresting images: the grizzled head of an elderly mastiff with clipped ears, looking intensely and appealingly up towards its unseen master. It was originally attributed to Velasquez, but is now acknowledged as being by the seventeenth-century Flemish painter, Pieter Boel. Gainsborough, by the way, is represented by a beautiful portrayal of his two dogs, Tristram and Fox. Hockney has a whole room devoted to images of his two dachshunds: Stanley and Boodgie.

The exhibition's curator is Xavier Bray (himself a dog lover and owner of two pugs who occasionally accompany him to the office) and is divided not by period but by subject: Aristocratic Dogs, Royal Dogs, Lap Dogs, Artists' Dogs, the Allegorical Dog, the Heroic Dog, the Immortal Dog, and 'Until Death'. Each of these different shared one thing in common: they revealed the profound bond, friendship and abiding love that exists between dogs and their human companions. They also revealed how often dog and human companions seem to look like each other. The sense of two and four-legged subjects being twin souls was repeated time and again.

Another theme of the show was the way in which humans anthropomorphise their dogs. According to an early biographer of Gainsborough: 'Whenever he spoke crossly to his wife...he would write a note of repentance, sign it with the name of his favourite dog, Fox, and address it to his Margaret/s pet spaniel, Tristram. Fox would take the note in his mouth and duly deliver it...' In Jean-Jacques Bachelier's 'Dog of the Havana Breed' (1768), an arresting and obviously pampered poodle regards us haughtily in the 'sitting up to beg' position. Surrounded by various items, including stolen slippers, and with his elaborate top knot hairdo decorated with a pink ribbon he instantly reminded me of some modern day 'influencer'! Moving into the nineteenth century there are numerous paintings by the prolific Victorian artist, Sir Edwin Landseer, who used dogs to tell stories. In 'Hector, Nero and Dash with the Parrot, Lory' (1838), Queen Victoria's favourite dogs parody The Queen and her loyal courtiers in a sumptuously regal setting, whilst Lory, perhaps representing a court jester or royal toddler, simply cracks nuts and makes a mess in the foreground. Landseer's ability to humanise the dogs he painted was one of the main reasons for his great popularity with the Victorians. He also tutored Queen Victoria, Prince Albert and the Prince of Wales in drawing and etching and the exhibition displays some charming examples of their work, too.

Towards the end of the exhibition the section on the Immortal Dog demonstrates the way in which dogs have been honoured and immortalised in a huge range of memorabilia – statuettes, bronzes, taxidermy, jewellery, cravat pins, even calling cards. 'Until Death' explores the moment every dog owner dreads, and the extraordinary depth of the relationship between human and dog through touching portraits of dogs and their owners in mourning. Landseer, for example,

poignantly conveys a dog's continuing loyalty and love, and his sense of loss after his owner's death, in 'The Old Shepherd's Chief Mourner' (1837). While Lucien Freud's image of his greyhound, Pluto, as a puppy in 1988 with the autumnal depiction of the spot where he is buried is particularly poignant.

As if to lighten the mood the final room is dedicated to David Hockney's series of vignettes of his beloved dachshunds, Stanley and Boodgie, from 1995. The dogs helped Hockney cope with a difficult period in his life, when he lost four close friends within a period of six months. 'I wanted desperately to paint something loving,' he stated. 'I felt such a loss of love I wanted to deal with it in some way. I realised I was painting my best friends.'

Just before the exit door, a jaunty Landseer dog, of indeterminate breed, entitled 'Low Life', and smoking a clay pipe, winks us out. Apparently the Wallace Collection has over 900 representations of dogs in its permanent collection, only a fraction of which could be displayed in the current exhibition

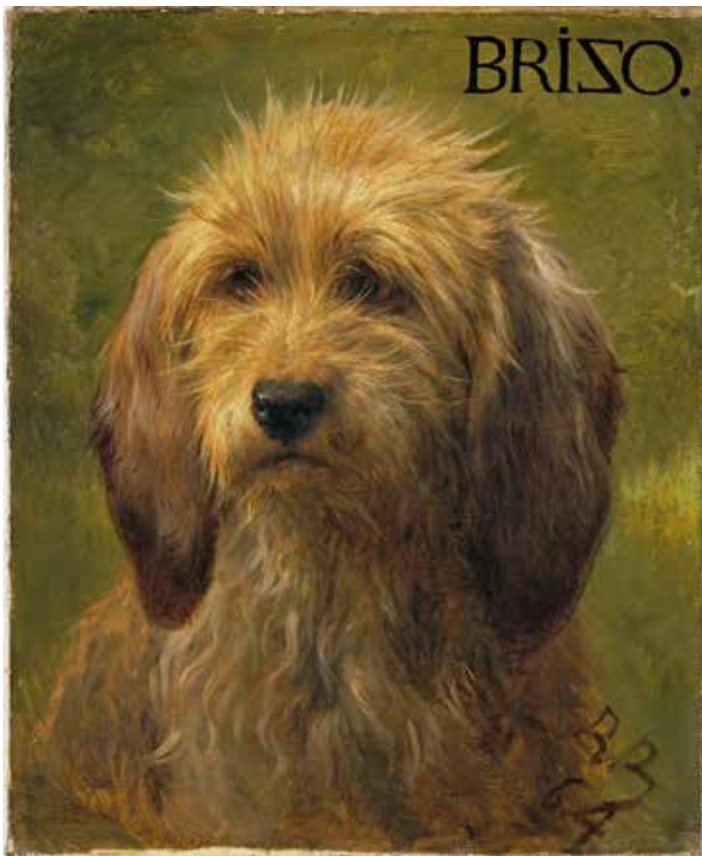
The exhibition runs until 15 October, and the gift shop offers not only the excellent catalogue and selected images from the show, but a range of products, toys and treats to take home for canine friends, inspired by this informative, entertaining and thoroughly heart-warming show.



Hills Saunders, Minna (1869-1873), 1872 Royal Collection Trust _ © His Majesty King Charles III 2023



Thomas Gainsborough, Tristram and Fox, c.1775–85 © Tate Images



Rosa Bonheur, Brizo, A Shepherd's Dog, 1864 © Trustees of The Wallace Collection



Jean-Jacques Bachelier, Dog of the Havana Breed, 1768, oil on canvas, French School, © The Bowes Museum, Barnard Castle



Unknown artist, Dog lying on a ledge, 1650-80 © Ashmolean Museum



Leonardo da Vinci, Studies of a Dog's Paw (verso), National Galleries of Scotland. Purchased by Private Treaty Sale with the aid of the Art Fund 1991 © National Galleries of Scotland



Unknown artist, Roman, The Townley Greyhounds, 1st-2nd century CE © The Trustees of the British Museum



Canine Health Concern

Rob Ellis

Canine Health Concern (CHC) was formed in 1994 by Catherine O'Driscoll and husband John Watt. They had previously been following conventional veterinary advice to the letter, but their dogs died at a young age or were suffering from ill-health. After they lost their four-year-old Golden Retriever Oliver in 1991 Catherine started writing a book to celebrate Golden Retrievers. By the time it was published

they had also lost Pru, who was just six, to leukaemia. During the course of writing the book she established a number of veterinary contacts that provided her with research that showed her something was not right within the veterinary world, and pointed to the answer she had been asking – why are our dogs ill and dying?

One of those questions answered was by the wonderful homeopathic vet Chris Day (who so sadly passed away in April 2023) who suggested there could be a link between illness and vaccines. Catherine and John launched the 'Canine Health Census' and the results were published in her next book, which was on canine health. In addition to possible issues with vaccines, Catherine's research highlighted problems with pet food, veterinary drugs, and with chemicals applications (such as flea and worming products). It also opened up a whole new world of natural alternatives including homeopathy, herbs, 'real' (raw) food, and alternative therapies, that showed you can raise a long-lived healthy dog without the risk of ill-health that was accepted by so many as part of healthcare. Catherine and John had already adopted Ian Billinghurst's BARF diet for their dogs and they invited Ian to come from Australia in order to promote his book *Give Your Dog A Bone*. The Canine Health Census became Canine Health Concern (CHC). Its mandate was to highlight the potential issues with conventional veterinary medicine and to promote prevention and a more holistic cure.

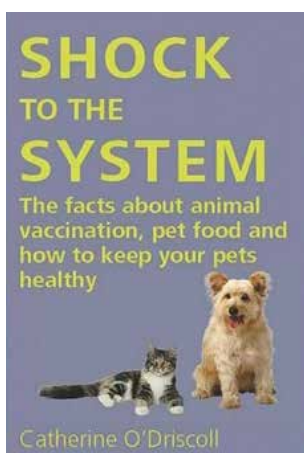
There was a great deal of resistance to CHC and its message. As you can imagine it was not popular with conventional vets, the animal pharmaceutical sector or the big pet food companies. They worked hard to prevent CHC getting any publicity. Nevertheless, in 1998 the tide began to turn and CHC was featured on ITV's prime time 'World In Action'. More interestingly, in 2000 the AVMA (American Veterinary Medical Association) announced that annual vaccination of dogs was unnecessary! This was one of several veterinary associations that would eventually confirm that CHC's findings were indeed true. One announcement quoted 'a UK campaigning group' as one of the reasons for making their statement (CHC was the only campaigning group in this respect in the UK).

At this point I should probably explain that Catherine and John ended up separating and divorcing. This is the story of CHC and not my romance with Catherine, so I will simply say that in 2004 we became a couple and later married. It was, as it happens, the same year that 31 UK vets wrote an open letter to the *Veterinary Times* calling for an end to annual vaccination (to no avail) and CHC's Foundation in Canine Healthcare education course was born. CHC was listed as a course provider as part of the Kennel Club KCAI Scheme and for several years was rolled out across the UK and even as far as Canada. We published more books and Catherine gave endless talks and lectures. CHC's job was to ensure people had all the facts and indeed, for pet owners to become their own experts. That's very much a CHC motto – not to tell people what to do but to give people the information that allows them to make their own informed choice for what is best for their loved ones.

Slowly, CHC's message began to get traction. In 2010, the WSAVA (World Small Animal Veterinary Association) and their Vaccine Guideline Group (VGG) published new vaccine guidelines that not only stated that re-vacci-

nation was unnecessary and provides no benefit, but also at the risk of adverse reactions and listed the range in-keeping with the CHC survey results. They also issued the statement seeking to avoid vaccination where it was not needed and for vets in practice to receive further education on the topic. They were also in support of the use of titer testing as a tool to show immunity and therefore no need for re-vaccination.

CHC then formed the Pet Welfare Alliance (PWA) bringing together a worldwide community of vets and animal advocates. All animal bodies (vets, boarding establishments, local authorities, breeders, dog clubs etc) in the UK were sent letters asking them to follow the WSAVA guidelines and promoted the use of VacchiCheck titer testing in place of blindly re-vaccinating. Later the PWA would successfully lobby for the CIEH (Chartered Institute for Environmental Health) to have titer testing included in their kennel vaccine guidelines. Progress was also made with the Kennel Club. Although the KC refused to update its own breeder guidance, it did include links on its website to the WSAVA guidelines. Sadly, little progress was made with the Veterinary Medicines Directorate (VMD) which is responsible for licensing vaccines in the UK despite a 350-page document to support our case. Another campaign we ran was against the Royal College of Veterinary Surgeons (RCVS), which tried to prevent the use of Complementary and Alternative Medicine (CAM) by insisting that UK vets must offer the drug route first.



Our work at CHC was supported by a long-established branch network and later by our own website with video as well as written information. A large Facebook group is run by some wonderful volunteers, and an online store provides a range of safe, natural and ethical products. CHC was at the forefront of the 'natural feeding movement' – helping to spread the word and acting as the forerunner of the RFVS (Raw Feeding Veterinary Society). We also promoted homeopathy and were instrumental in introducing many natural therapies and products to a wide audience.

Canine Health Concern is a non-profit organisation and relies on subscriptions, donations and funds raised through the online store. There is still a great deal of work still to be done and I hope very much that you will consider joining us and/or perhaps buying things from our shop.

To learn more about CHC visit: www.canine-health-concern.org.uk.



Remembering Catherine O'Driscoll

Catherine O'Driscoll devoted her life to the health and welfare of animals and her death in 2020 was a huge loss to all who knew her. As Ilse Pedler the well-known holistic vet said: 'Rarely do you meet someone with such determination and dedication in improving the life of animals. Her selfless and committed campaigning on vaccine issues and improving nutrition by raw feeding have had far-reaching consequences. Protocols on vaccination have changed dramatically and are continuing to do so and the movement she started will carry on gaining momentum for many years to come. She had the ability to turn talk into action, to cut through doubt and prevarication and showed huge bravery in tackling difficult issues.'

Catherine was a writer and researcher, experienced and well qualified in understanding scientific documents and translating them into layman's terms. So, when her beloved Oliver died, she did what she did best – write and research. Her first book, *The Golden Retriever Companion – A Chronicle of Joy*, was published in 1994 and written to celebrate this lovely breed (although Catherine loved all dogs, and all life). The survey to test the theory that ill-health correlated to when a vaccine, was given was meant to be a one-off project but led to twenty-five years of researching, writing, lecturing and publishing that would directly reach tens of thousands and indirectly, who knows, maybe hundreds of thousands of people. She went on to write several other books including *What Vets Don't Tell You About Vaccines* and *Shock to the System*. She also produced short films and her DVD, *in Search for the Truth About Dogs* won a prestigious American award. In 2012, she published *The Animals' Agenda* a book that included a description of the Emotional Freedom Technique, an energy therapy. Catherine was also an Animal Communicator and was an assessor for James French's Animal Communication Training (ACT) courses. In 2018, she published her final two books. *The Tip of the Needle* and *The REAL Epidemic: Preventing and Treating Allergies and Autoimmune Diseases in your dog (and yourself)*. Catherine appeared regularly on television and radio was also a regular writer for various dog magazines such as *Dogs Today* and *Dogs Naturally*. She was credited with being a catalyst for the formation of CAM4Animals.

In July 2019, Catherine was diagnosed with bulbar-onset motor neurone disease and tragically she passed away on 12th November 2020, leaving husband Rob and her two other favourite people (dogs are people too) Freddie and Ruby.

Catherine was a true pioneer whose legacy will be forever embedded in all our lives and the lives of future generations. Truly missed by so many.

'We first heard about CHC from our new pup's breeder even before he came to join our family. Having researched our breeder thoroughly to make sure that our views on natural dog raising were compatible, we were intrigued to follow up any useful tips to help us with our dog raising questions and experiences.

We read a few books written by Catherine and found her natural approach fascinating. Everything she said made perfect sense to us. We love the ethos of CHC. Everyone tries their best to help each other out, especially newbies like us with our first furry friend! Through Rob and his CHC network, we found a puppy class owned by a CHC member as well as a vet who was very open-minded to how we wanted to raise him in a natural manner. Our pup is every inch a 'CHC dog'. We follow in Catherine and Rob's footsteps and many other CHC members too. We're not afraid to swim against the current of 'conventional' dog rearing, because we have so many like-minded people behind our back to help us do whatever is best for our fur baby.

We have nothing but total gratefulness to CHC, for guiding us through all our challenges and providing us with lots of valuable knowledge.'

Shirley and Hamish Robertson

'Everyone has that eureka moment in their life - and mine happened when at the very last minute I got the very last ticket to listen to Catherine O'Driscoll talk at a CHC local Group Meeting on what vets don't tell you about vaccines .. and to think I nearly didn't go because everyone trusts their Vets don't they!? As I listened to Catherine talk, I started to realise that I had really contributed to my first dog Senna's demise.... every time he had his booster, he would curl up in his bed and sleep all day. I just put that down to him having a quiet day, which in hindsight really was the stupidest thing I could have thought....but hey! it couldn't have been the booster could it? Of course, it could..... he died aged 10 from splenic cancer and I really was not ready for him to die so young in my eyes. Did the booster contribute to that? Who knows? All I know is I will never forgive myself for giving him all those pointless boosters. Since that talk I have questioned flea treatments and chemical wormers. I don't take drugs 'in case' I have something so why should my dog??? I also changed my dogs from kibble to raw overnight.....my other half said they would never like it, they took a chicken carcass out of my friend's hand before we could blink, and that was the end of our kibble days. So why do I support CHC? because it really changed my life and my dog's life for the better. I try to spread the word to anyone that will listen.'

Jeannie Ninis

'I heard about CHC because we had our one and only visit to Crufts in 1997 and in the Crufts brochure was an advert for the book *Give Your Dog a Bone* available from Canine Health Concern. I rang the number to order the book and spoke to Catherine for over an hour – I can't tell you how many pennies dropped in that hour and how many other thought-provoking facts she shared with me. I joined CHC that same day and after reading Ian Billinghurst's book – I was onto Catherine's tomes. I said then and still say it now – nobody should contemplate having a dog until they read her works. I think everything I read was confirming various gut feelings I had. It felt like the case histories of my dogs and cats were all on the pages of *What Vets Don't Tell You*. You want to beat yourself up but no point and I do honestly believe that our pets come to teach us – it is just up to us to listen. Thanks to CHC since 1997 all have been fed a raw diet and no chemicals go anywhere near them. Back in 1997 it was much harder to read about alternatives so CHC quarterly update was just the best source of the latest things we could use for ears, teeth, fleas, worms etc. Catherine shared so many amazing things that to this day I still use – Thornit (ear powder) for example – in the early days we ordered from Miss Betts in Thornham Norfolk – this ordering involved a lovely chat with Miss Betts who formulated the powder for her dog! Being a member of CHC certainly improved things for my dogs and for me too as a doggy guardian – I was empowered to be their guardian and make right decisions and that involved amongst many other things learning the basics of homeopathy and using it very successfully for many years now. I was part of the Somerset Local Group but in 2010 we retired to a new life in Cornwall and 2012 we started a new group here. I asked Catherine if she would come and give a talk and of course she agreed and was fabulous. We filled a local village hall with over 100 people. In 2013, the *Vacci Check* was born – this is an in-house titre test. Catherine wrote all about it in the CHC Update and we were all asked to send letters to our local vet informing them about this test. I sent loads of letters, but I am pretty sure that not one vet thought this was a good idea! My thought was I need to find a friendly vet and then I'll set up the clinics – the Universe heard me! I met a lovely vet that did acupuncture and so I put it to her and she said what a good idea and so our *Vacci Check* clinics were born. Our first clinic was in February 2014 all run from the summer-house in my garden here in Newquay. We have tested well over 1500 dogs now. We are also on our second vet as the first retired and so I put the Universe to work again and it was not long before Joanna a lovely Polish vet was happy to step in for us. News of our *Vacci Check* clinics travelled around the Cornish dog world and CHC membership grew.'

Barbara Storey



Cancer in Dogs

Dr. Conor O'Brady

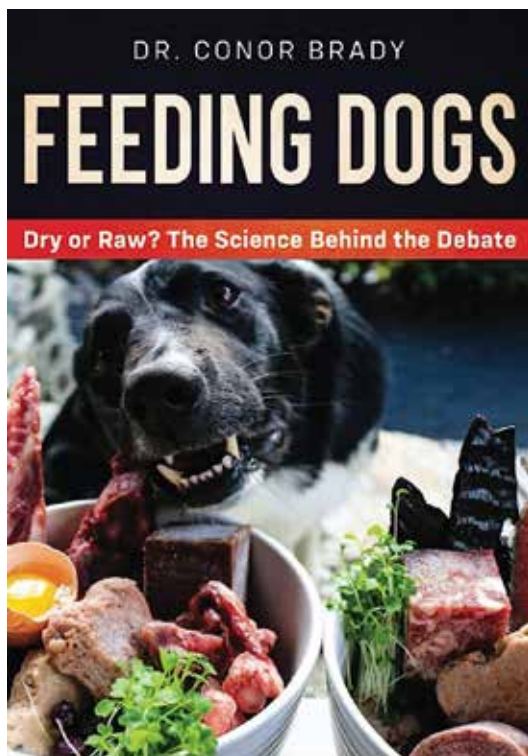
Domestic dogs have never had it better. The best kibble and veterinary care, monthly parasite prevention, annual boosters, all the things we are told to do to preserve their health. Yet, unbelievably, dogs are sicker than ever. More pancreatitis, more autoimmune diseases, more skin and digestive issues, and more kidney disease. Perhaps most staggering of all, domestic dogs are ten times more likely to get cancer than humans. Indeed:

Out of every 100,000 dogs in America, 5,300 are diagnosed with cancer every year. Out of every 100,000 humans in America, 500 are diagnosed with cancer every year.

Our pampered, adored dogs have never consumed more specially created food, have never consumed more pet pharma, yet they are sicker THAN EVER. Something doesn't add up; it's time we take a different approach.

High carbohydrate diets are the biggest culprit for most cancers in dry-fed dogs today.

It's a fact that environmental factors cause more than 90% of cancer; the worst is the wrong food. Diet plays a very significant role in cancer development. Poor quality ultra-processed meats, rancid fats, high salt content (to name but a few of the guilty ingredients) and most of all, too much refined carbohydrate in ultra-processed canned and kibble food is fuelling these shockingly high rates of cancer that we see in dogs today, 9 out of ten of which are fed these biologically inappropriate diets. The following is taken from my book *Feeding Dogs* (references available on request):



Tumours are total carb/sugar junkies. In fairness, all cells need sugar to operate, but cancer cells use glucose at 10-20 times the rate of normal cells (Bäck 2011, Connealy 2017). Their high sugar uptake is actually the main way we look for them, using a method called a PET-CT (Positron Emission Tomography and Computed Tomography) scan. PET scans use radioactively labelled glucose to detect sugar-hungry tumour

cells. When patients drink the sugar water, the mix gets preferentially taken up by the cancer cells, and they light up. This helps physicians see where it is, evaluate the extent of the disease, deduce which treatments to use and check if those treatments are working. In fact, all the way back in 1931, Otto Warburg won the Nobel Prize for his discovery that cancer cells have a different energy metabolism to healthy cells, notably a greater rate of glycolysis (the process of converting glucose to energy) compared with normal cells.

In this way, a high-sugar diet and cancer are the best of friends, but the relationship goes much deeper than that. Macrophage-mediated programmed cell removal (PrCR), or phagocytosis, is essential in tumour surveillance and elimination. These are the 'seek, engulf and destroy' cells of the immune system. We've known since 1971 that just 100g of sugar via sucrose, honey or orange juice significantly reduces phagocytosis in humans, and the effect can last up to five hours (Sanchez et al. 1973, Ringsdorf et al. 1976). This is most welcome if you're a cancer cell thinking of getting up to mischief.

Studies show that reducing carbohydrates prevents dog tumour growth (Ogilvie 1998).

So, with all this in mind, a diet high in ultra-processed kibble and canned food, which is often up to 50% in tumour-loving carbohydrates, will not play any part in preventing your dog from getting cancer and will certainly not help support a dog already battling with the disease.

But wait.... a magical new ultra-processed prescription diet for dogs with cancer hits the market...

With the recent announcement by the AVMA (American Veterinary Medical Association) of a completely new, ultra-processed food for dogs with cancer by Hills called 'ONC Care', many people rushed with eager anticipation online to find out what medicinal and wonderful properties this prescription cancer diet surely must contain and all the studies to back up their claims... there were no studies available.

These are just a few of the ingredients:

- Chicken – well, that's a start... just a shame that it is heated at extremely high temperatures several times, chemically preserved, then sprayed with rancid fats, high levels of salt, etc, and then pushed through an extruder to give it the little round kibble shape. Not to mention that the chicken that ends up at the rendering plant, where ultra-processed pet food is made, will not be nice cuts of fresh muscle meat. It will be the parts that the butcher cannot sell to humans.
- Whole grain wheat – refined carbohydrate... the second ingredient in a food for pets with cancer....
- Corn gluten meal – this is often added to pet foods to raise the protein level. Corn gluten is a source of protein; however, this type of protein is not bioavailable and completely indigestible for our dogs, fuelling inflammation – the enemy of cancer.
- Additions such as fish oil and coconut oil – these ingredients are fantastic... in their fresh form. Fish oil heated several times at high temperatures and left to sit in a bag on a shelf for months will not even come close to the huge benefits of feeding your sick dog some fresh sprats full of much-needed omega-3 fatty acids. Once those fats are rancid, they will make your dog more inflamed and sicker.
- Carrots and cranberries – again, fantastic in their fresh form, although starchy vegetables such as carrots aren't the ideal vegetable for a dog who needs to avoid carbohydrates. Again, not sure how much benefit any of these will be when they are pulverised and cooked at high temperatures.
- Ground pecan shells - Not sure what to even say here. I can think of absolutely no reason why ground pecan shells would be added to any dog food, let alone one for cancer. Adding the actual pecans, you could argue, would be adding some good fats, some vitamin e etc but the shells...?

Not only is this food, and most ultra-processed foods, full of tumour-loving refined carbohydrates, but most of the ingredients are also indigestible (you try digesting a ground pecan shell!); the worst possible diet for an animal who is sick, whose body is already inflamed. What such animals

need is wholesome, fresh, species appropriate food to enjoy and, most of all, food that is full of natural vitamins and minerals to nourish and heal their bodies.

So much for the connection between highly processed food and cancer in dogs. But supposing your dog has already been diagnosed with cancer? What can you do? Here are some suggestions:

Feed a fresh diet

This now needs to be higher in fat, moderate protein and virtually zero carbs. That means a fresh meat, organ and bone diet. Remove all sources of sugar, including rice and starch-rich vegetables such as peas, carrots and potatoes. Feed them like a carnivore as this will starve tumour growth. Consider higher-fat red meats such as beef, pork, duck, oily fish, and maybe lamb, depending on the pieces used. You could also add some eggs and mussels. Also think about the quality of the meat. Organic, high welfare, pasture/outdoor reared meat is a must. Studies show that intensively reared meat, particularly chicken, causes inflammation in dogs. Organic, outdoor-reared meat contains much more omega 3 and these fatty acids are vital for dogs with cancer as they help to reduce chronic inflammation. We now need to fight inflammation by keeping the amount of omega 3 up (and 6 down) in our diet. Omega 6 comes from vegetable oils so we now avoid these in cancer dogs. However, there are some other oils that are good here – something like coconut oil is fine, lower in omega 6 and full of fantastic MCT (medium chain triglycerides). Also, stop feeding any pet store treats that contain cereal/dairy/sugar or anything that has been chemically preserved.

Cut out the unnecessary chemicals

Chemical flea and worm treatments and all boosters have been linked to cancer in dogs. Move to the many natural treatments available and stop piling on chemicals for parasites that your dog does not have. Think about the chemicals you use inside your home, scented candles, air fresheners, and all of that anti-life cleaner you wash your floors with and that your dog lays on every day. Now's the time to switch to probiotic floor cleaners. I recommend Ingenious Probiotics in the UK for a list of these sorts of info and products. Great company.

What about supplements?

Good quality seaweed. Seaweed has some unbelievable anti-cancer properties as proved by over a dozen studies. At Dogs First (see below for the link) we picked four of the main seaweeds used in these studies and put them in a highly popular product we call AC4. You must be very careful making any claims about cancer; we can only hope it will help.

Vitamin E. This will be needed now that the dog is on a higher-fat diet. Recommend 500IU for small dogs, 1000IU for medium dogs, 1500IU for large dogs.

Probiotics. These are vital now, especially if your dog is undergoing treatment for cancer. Most inflammation in the body comes from the gut, so we need to keep the microbiome balanced and happy. You now know the correct diet to feed, which will help the gut immensely; some probiotics will be a great source of support now and then.

Golden Turmeric Paste (GTP). Turmeric is one of the most famous natural anti-inflammatories. It has a long history of fighting cancer. Studies show it can contribute to the death of cancerous cells, reduce angiogenesis (growth of new blood vessels in tumours) and reduce metastasis (spread of cancer). We recommend 1/3 of a tsp per 10kg of dog per day. **Be careful with GTP; there is a drug clash here with blood thinners and some anti-inflammatories from your vet.**

Omega 3. Omega 3 fatty acids are vital for boosting the immune system and reducing chronic inflammation that leads to cancer. As always, nutrients in their whole, raw form are superior to the isolated, treated, mass-produced variety available in pill form. In this way, a little fresh oily fish is the first place you should go. They don't need a lot; as little as 100g a week for a 15kg dog would be fine.

Medicinal mushrooms. Now and then, there is an explosion of new "superfoods" that everyone is talking about, and medicinal mushrooms are getting lots of attention at present. And so they should be. The health benefits of eating mushrooms are astounding, and medicinal mushrooms are cancer-fighting machines. They owe their superpowers to unique

polysaccharides called Beta Glucans. Beta Glucans help to activate immune cells, which will trigger an immune response in the body, so when we are talking about cancer, this response sends in the troops, and they attack the cancer cells and also help slow down their growth. Here are just a few of the top mushrooms for cancer:

- **Maitake.** Studies show that the bioactive extract D Fraction, which is found in this mushroom, had a huge effect on cancer cells, and when it came to lymphoma cells, the study found that 90% of the cells were dead in 24 hours!
- **Turkey tail.** This powerful mushroom can not only help to restore immune health, but the two types of beta-glucans - Polysaccharide P (PSP) and Polysaccharide K (PSK) in turkey tail can actually increase immune cell activity by causing immune changes.
- **Reishi.** The most popular mushroom used in Traditional Chinese Medicine, the reishi mushroom is an extremely powerful immune booster, good for supporting the liver and the polysaccharides trigger white blood cells in the immune system called lymphocytes which provides anti-tumour support. Studies have shown that reishi mushrooms have anti-inflammatory and anti-cancer properties to breast cancer and melanoma in particular. Interestingly, reishi and shiitake mushrooms work in synergy with one another so are much more potent when taken together.

We could go on and on about the power of different mushrooms, as there are so many more to discuss, such as lion's mane, chaga etc, but we will let you do your own research there... fascinating stuff. As you can see, adding mushrooms to the diet could have an enormous, positive impact on a dog with cancer. Many companies sell these in capsule or powder form, use 1/2 tsp per 10kg of dog per day, more initially.

Other stuff to consider

Dirty teeth are highly inflammatory. Animals with tartar and gum disease are shown to suffer more diseases. Raw meaty bones clean teeth best, natures toothbrush. If the tumour is in the mouth and he can't chew bones, I recommend Canident (again available from Dogs First) for cleaning teeth. It's highly effective (but can't be used WITH AC4. Stop the latter until the teeth are clean; Canident will do a little of what AC4 does in the meantime).

Filter drinking water. Ensure your dog's water is not full of chlorine and other nasties straight from the tap – We need to take care of that gut flora more than ever, so filtered water is a must. If you do not have a water filter, boil tap water and leave it to chill.

Ensure your dog is not overweight. Now is the time to get your dog lean. Excess fat drives inflammation in the body. Once you move away from a high-carb diet, that weight will fall quickly. Dogs are meant to be super lean; they are long-distance runners. Studies in humans show that being lean is vital for longevity.

In conclusion...

As you can see, a fresh, species appropriate, natural approach is vital in preventing cancer and is essential to aid in their recovery should they get sick. Please ensure you are working alongside your vet and discuss any concerns and diet with them – preferably, you would want to work with a vet that has studied nutrition and is not advising high carbohydrate ultra-processed food (or ground pecan shells?!). The times we live in, seems to be it's either conventional or its dark arts - however, both can, and do work in synergy together. So let's work with both conventional when needed and the most natural approach to ensure that our dogs can concentrate on being dogs; living the carefree, healthy, long lives they deserve.

Dr Conor O'Brady is the founder of Dogs First (www.dogsfirst.ie/) one of the best sources of information about canine health and nutrition in the world. Conor is also the author of 'Feeding Dogs'. In the words of Dr Ian Billinghurst: 'In this masterfully researched and written exposé, Conor Brady details the raw truth about canine nutrition; why dry dog food is so damaging, how modern research is designed to sell product, never to find truth, and the enormous benefits that only a fresh raw and whole food diet can provide. A valuable addition to the serious raw feeder's library.' We could not agree more and cannot recommend this book enough.

Catty Correspondence

William Adams

My three cats are devoted to their Honey's but they do have a bone to pick with you. 'The Alternative Dog' may, in theory, incorporate 'The Alternative Cat' but the feline-related content is minimal. Cindy (Clawford) my tabby, who has literary pretensions, suggests that a few catty letters by famous people would be of great interest to your readers. Please find below her favourite examples. Thank you. Will Adams



Florence Nightingale and feline companion

Florence Nightingale to Mrs Frost

35 South St
13 Dec 1875

Dear Mrs. Frost,

Mrs. Wilson is so good as to invite me to write to you about my Angora Tom-cat (who answers to the name of Mr. White) – now hers.

1. Mr. White has never made a dirt in his life: but he has been brought up to go to a pan, with sand in it. You must have patience with him, please, till he has been taught to go out-of-doors for his wants.

2. He has always been shut up at night: (in a large pantry:) to prevent his being lost. And I believe he ought always to be shut up at night: for this reason. (I think you must keep him in the house for two or three days till he knows his kind mistresses: & the place: for fear he should run away & try to get back to me.) And perhaps if you could give him a pan with sand in it for the first night or two, it might be better.

3. He has always been used to have his meals by himself like a gentleman on a plate put upon a 'table-cloth' (on old newspaper) spread on the floor. He is not greedy: has never stolen anything: & never drags his bones off his newspaper. But I am sorry to say he has always lived well: he has bones, & milk, in the morning: after 7 o'clock dinner he has any remains of fish not fish bones or chicken – or game-bones: which he eats like a gentleman off a plate in my room, as I have described: & never asks for more – then a little broken meat, & milk, when he is shut up at night: & a large jar of fresh water (which he can't upset) always on the floor for him.

4. He is the most affectionate & intelligent cat I have ever had: is much fonder of the society of Christians than of cats: likes of all things to be above in a room with me: (but make acquaintance with the little dog of a baby friend of ours): & when his own little sister cat died, he refused food

& almost broke his heart. He washes & dresses two little kits we have here (of his) himself. I never saw a Tom-cat do this before.

5. You will see Mr. White is very black now. But, when he is in the country, he is as white as the driven snow. He is 10 months old. I have written a long letter about him: but in short I recommend him to your kind care: & am yours

faithfully

Florence Nightingale



Raymond Chandler and Taki

Raymond Chandler to Charles Morton

Paramount Pictures Inc.
5451 Marathon Street
Hollywood 38, Calif.

March 19, 1945

Dear Charles:

A man named Inkstead took some pictures of me for Harper's Bazaar a while ago (I never quite found out why) and one of me holding my secretary in my lap came out very well indeed. When I get the dozen I have ordered I'll send you one. The secretary, I should perhaps add, is a black Persian cat, 14 years old, and I call her that because she has been around me ever since I began to write, usually sitting on the paper I wanted to use or the copy I wanted to revise, sometimes leaning up against the typewriter and sometimes just quietly gazing out of the window from a corner of the desk, as much as to say, "The stuff you're doing's a waste of my time, bud." Her name is Taki (it was originally Take, but we got tired of explaining that this was a Japanese word meaning bamboo and should be pronounced in two syllables), and she has a memory like no elephant ever even tried to have. She is usually politely remote, but once in a while will get an argumentative spell and talk back for ten minutes at a time. I wish I knew what she is trying to say then, but I suspect it all adds up to a very sarcastic version of "You can do better."

I've been a cat lover all my life (have nothing against dogs except that they need such a lot of entertaining) and have never quite been able to understand them. Taki is a completely poised animal and always knows who likes cats, never goes near anybody that doesn't, always walks straight up to anyone, however lately arrived and completely unknown to her, who really does. She doesn't spend a great deal of time with them, however, just takes a moderate amount of petting and strolls off.

She has another curious trick (which may or may not be rare) of never killing anything. She brings 'em back alive and lets you take them away from her. She has brought into the house at various times such things as a dove, a blue parakeet, and a large butterfly. The butterfly and the parakeet were entirely unharmed and carried on just as though nothing had happened. The dove gave her a little trouble, apparently not wanting to be carried around, and had a small spot of blood on its breast. But we took it to a bird man and it was all right very soon. Just a bit humiliated. Mice bore her, but she catches them if they insist and then I have to kill them. She has a sort of tired interest in gophers, and will watch a gopher hole with some attention, but gophers bite and after all who the hell wants a gopher anyway? So, she just pretends she might catch one, if she felt like it.

She goes with us wherever we go journeying, remembers all the places she has been to before and is usually quite at home anywhere. One or two places have got her – I don't know why. She just wouldn't settle down in them. After a while we know enough to take the hint. Chances are there was an axe murder there once and we're much better somewhere else. The guy might come back.

Sometimes she looks at me with a rather peculiar expression (she is the only cat I know who will look you straight in the eye) and I have a suspicion that she is keeping a diary, because the expression seems to be saying: "Brother, you think you're pretty good most of the time, don't you? I wonder how you'd feel if I decided to publish some of the stuff I've been putting down at odd moments."

At certain times she has a trick of holding one paw up loosely and looking at it in a speculative manner. My wife thinks she is suggesting we get her a wrist watch; she doesn't need it for any practical reason – she can tell the time better than I can – but after all you gotta have some jewelry. I don't know why I'm writing all this. It must be I couldn't think of anything else, or – this is where it gets creepy – am I really writing it at all? Could it be that – no, it must be me. Say it's me. I'm scared.

Ray



Elizabeth Taylor and her lost cat

Elizabeth Taylor to her lost cat

1974

Letter to my Lovely Lost Cat

I see you, my beauty boy, in the reflection of those shining black-brown rocks ahead of me. I see the green o' thy eyes in every rained, sweated leaf shaking in my eyes. I remember the sweet smell of your fur against my neck when I was deeply in trouble and how, somehow you made it better – you knew! You knew always when I hurt and you made comfort for me, as I did once for you when you were a broken kitten. Anyway, I love you Cassius – and thank you for your beauty.

Please come back!



Edward Lear and Foss

Edward Lear to Lord Aberdare

Villa Tennyson San Remo
29 November 1887

My dear Lord Aberdare, I have been wanting to know how your hand is now – if quite recovered, or still giving trouble? But I am little able now a days to write albeit I have a great deal of writing to get through. For, whoever has known me for 30 years has known that for all that time my Cat Foss has been part of my solitary life. Foss is dead: & I am glad to say did not suffer at all – having become quite paralyzed on all one side of him. So he was placed in a box yesterday, & buried deep below the Figtree at the end of the Orange walk & tomorrow there will be a stone placed giving the date of his death & his age (31 years,) – (of which 30 were passed in my house.)

Qui sotto è sepolto il mio buon Gatto Foss.
Era 30 anni in casa mia, e morì il 26 Novembre 1887, di età 31 anni.

(Here lies buried my good cat Foss. He was 30 years in my house, and died on 26 November 1887, at the age of 31 years.)

All those friends who have known my life will understand that I grieve over this loss.

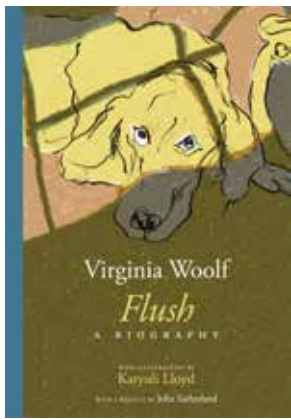
As for myself I am much as usual, only suffering from a very bad fall I had on Novr. 5th – having risen, the Lamp having gone out, & the matches misplaced, so that I could not find them. The effects of this fall have lasted several days – but now – THANK GOD THURSDAY 29TH are beginning to cause less worry.

Salvatore has the stone for Foss, & the Inscription, & I suppose in a day or two all will be as before, except the memory of my poor friend Foss.

Qui sotto è sepolto il mio buon Gatto Foss.
Era 30 anni in casa mia, e morì il 26 Novembre 1887, di età 31 anni.

Let me know before long how your hand is now. I have lost many friends latterly, among these, Harvie Farquhar, brother of Mrs George Clive. My love to all of you.

Your's affectionately
Edward Lear



Flush: my favourite book about dogs

Jane Lewis

In 1932, Virginia Woolf began to read Elizabeth Barrett and Robert Browning's love letters. References to Barrett's dog, Flush, interested her much more than the literary romance and she decided to write his biography. 'The figure of their dog made me laugh,' wrote Woolf, 'so

I couldn't resist making him a Life'. The result, *Flush*, was an immediate success, selling 19,000 copies in the first few months. A success that was not too last, sadly. It is Woolf's other works that she is known for. This is unfair because although *Flush* can be read as an entertainment at another level it is a very serious book encapsulating the social issues of the mid-nineteenth century in terms of class and gender, adopting the point of view of a dog to expose the confinement and submission women had to face—in the Victorian period, but also in Woolf's own time. Woolf's emotional and philosophical views are often verbalised in Flush's thoughts. As he spends more time with Barrett Browning, Flush becomes emotionally and spiritually connected to the poet and both begin to understand each other despite their language barriers. For Flush smell is poetry, but for Barrett Browning, poetry is impossible without words.



Barrett wrote a great deal about Flush herself. He was eulogised in a poem: *To Flush, My Dog* and she believed he possessed a remarkable intelligence and even the capacity for literacy. Flush could recognise the letters A and B, and she felt it was only a matter of patience before he mastered the rest of the alphabet. Leaving aside Flush's capacity to read, he witnessed Barrett's clandestine romance with Browning and their elopement to Italy. Flush led a dramatic life in other ways: he was kidnapped three times, a common fate at the time for London dogs of the genteel classes, forcing Barrett to pay some substantial ransom fees. As one modern reviewer has said: "Flush is an afternoon's delight for dog-loving readers. It's wit and whimsy and sniffing, snuffling playfulness will amuse anyone who's ever known a spaniel. Woolf's literary underdog is a canine classic." I urge to try it and in the meantime here are three of my favourite extracts.

Flush meets the poetess for the first time

Thus advancing, thus withdrawing, Flush scarcely heard, save as the distant drone of wind among the tree-tops, the murmur and patter of voices talking. He pursued his investigations, cautiously, nervously, as an explorer in a forest softly advances his foot, uncertain whether that shadow is a lion, or that root a cobra. At last, however, he was aware of huge objects

in commotion over him; and, unstrung as he was by the experiences of the past hour, he hid himself, trembling, behind a screen. The voices ceased. A door shut. For one instant he paused, bewildered, unstrung.

Then with a pounce as of clawed tigers, memory fell upon him. He felt himself alone – deserted. He rushed to the door. It was shut. He pawed, he listened. He heard footsteps descending. He knew them for the familiar footsteps of his mistress. They stopped. But no – on they went, down they went. Miss Mitford was slowly, was heavily, was reluctantly descending the stairs. And as she went, as he heard her footsteps fade, panic seized upon him. Door after door shut in his face as Miss Mitford went downstairs; they shut on freedom; on fields; on hares; on grass; on his adored, his venerated mistress-- on the dear old woman who had washed him and beaten him and fed him from her own plate when she had none too much to eat herself – on all he had known of happiness and love and human goodness! There! The front door slammed. He was alone. She had deserted him.

Then such a wave of despair and anguish overwhelmed him, the irrevocableness and implacability of fate so smote him, that he lifted up his head and howled aloud. A voice said 'Flush'. He did not hear it. 'Flush,' it repeated a second time. He started. He had thought himself alone. He turned. Was there something alive in the room with him? Was there something on the sofa? In the wild hope that this being, whatever it was, might open the door, that he might still rush after Miss Mitford and find her – that this was some game of hide-and-seek such as they used to play in the greenhouse at home – Flush darted to the sofa.



'Oh, Flush!' said Miss Barrett. For the first time she looked him in the face. For the first time Flush looked at the lady lying on the sofa. Each was surprised. Heavy curls hung down on either side of Miss Barrett's face; large bright eyes shone out; a large mouth smiled. Heavy ears hung down on either side of Flush's face; his eyes, too, were large and bright: his mouth was wide. There was a likeness between them. As they gazed at each other each felt: Here am I – and then each felt: But how different! Hers was the pale worn face of an invalid, cut off from air, light, freedom. His was the warm ruddy face of a young animal; instinct with health and energy. Broken asunder, yet made in the same mould, could it be that each completed what was dormant in the other? She might have been – all that; and he – But no. Between them lay the widest gulf that can separate one being from another. She spoke. He was dumb. She was woman; he was dog. Thus, closely united, thus immensely divided, they gazed at each other. Then with one bound Flush sprang on to the sofa and laid himself where he was to lie for ever after – on the rug at Miss Barrett's feet.

Flush is kidnapped

Flush was going through the most terrible experience of his life. He was bewildered in the extreme. One moment he was in Vere Street, among ribbons and laces; the next he was tumbled head over heels into a bag; jolted rapidly across streets, and at length was tumbled out – here. He found himself in complete darkness. He found himself in chillness and dampness. As his giddiness left him he made out a few shapes in a low dark room – broken chairs, a tumbled mattress. Then he was seized and tied tightly by the leg to some obstacle. Something sprawled on the

floor – whether beast or human being, he could not tell. Great boots and draggled skirts kept stumbling in and out. Flies buzzed on scraps of old meat that were decaying on the floor. Children crawled out from dark corners and pinched his ears. He whined, and a heavy hand beat him over the head. He cowered down on the few inches of damp brick against the wall. Now he could see that the floor was crowded with animals of different kinds. Dogs tore and worried a festering bone that they had got between them. Their ribs stood out from their coats – they were half famished, dirty, diseased, uncombed, unbrushed; yet all of them, Flush could see, were dogs of the highest breeding, chained dogs, footmen's dogs, like himself.



He lay, not daring even to whimper, hour after hour. Thirst was his worst suffering; but one sip of the thick greenish water that stood in a pail near him disgusted him; he would rather die than drink another. Yet a majestic greyhound was drinking greedily. Whenever the door was kicked open he looked up. Miss Barrett – was it Miss Barrett? Had she come at last? But it was only a hairy ruffian, who kicked them all aside and stumbled to a broken chair upon which he flung himself. Then gradually the darkness thickened. He could scarcely make out what shapes those were, on the floor, on the mattress, on the broken chairs. A stump of candle was stuck on the ledge over the fireplace. A flare burnt in the gutter outside. By its flickering, coarse light Flush could see terrible faces passing outside, leering at the window. Then in they came, until the small crowded room became so crowded that he had to shrink back and lie even closer against the wall. These horrible monsters – some were ragged, others were flaring with paint and feathers – squatted on the floor; hunched themselves over the table. They began to drink; they cursed and struck each other. Out tumbled, from the bags that were dropped on the floor, more dogs – lap dogs, setters, pointers with their collars still on them; and a giant cockatoo that flustered and dashed its way from corner to corner shrieking 'Pretty Poll,' 'Pretty Poll,' with an accent that would have terrified its mistress, a widow in Maida Vale. Then the women's bags were opened, and out were tossed on to the table bracelets and rings and brooches such as Flush had seen Miss Barrett wear and Miss Henrietta. The demons pawed and clawed them; cursed and quarrelled over them. The dogs barked. The children shrieked, and the splendid cockatoo – such a bird as Flush had often seen pendant in a Wimpole Street window – shrieked 'Pretty Poll! Pretty Poll!' faster and faster until a slipper was thrown at it, and it flapped its great yellow-stained dove-grey wings in frenzy. Then the candle toppled over and fell. The room was dark.

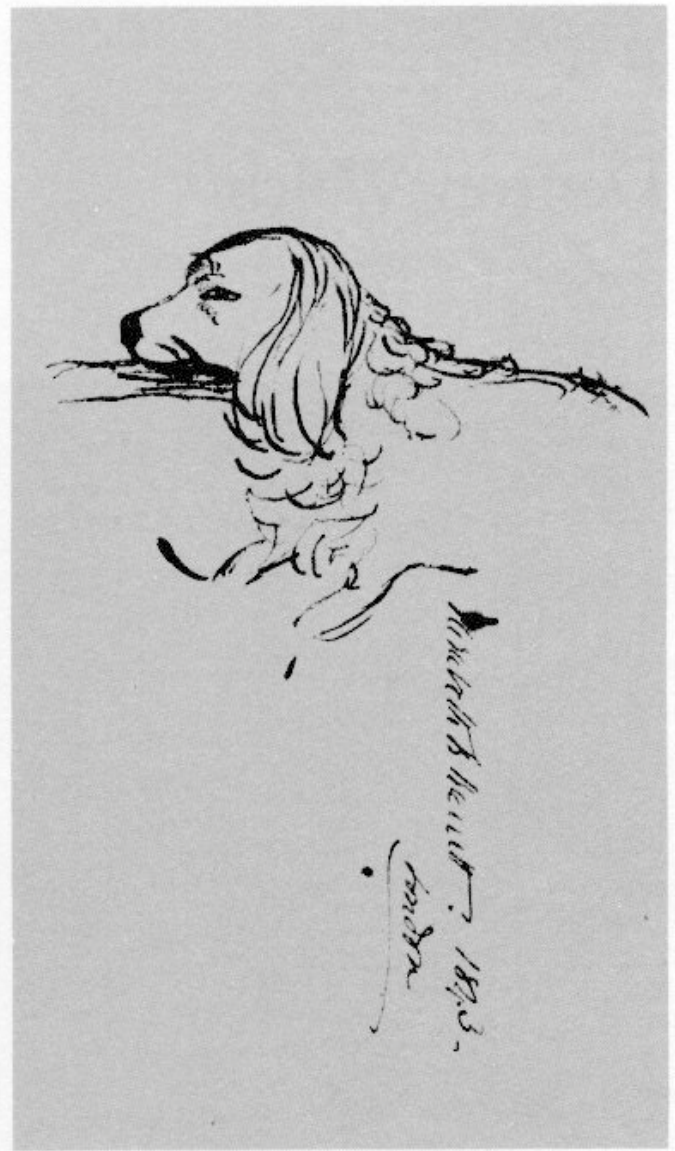


Flush says goodbye to the poetess for the last time.

Mrs. Browning was lying, reading, on the sofa. She looked up, startled, as he came in. It was not a spirit – it was only Flush. She laughed. Then, as he leapt on to the sofa and thrust his face into hers, the words of her own poem came into her mind:

You see this dog. It was but yesterday
I mused forgetful of his presence here
Till thought on thought drew downward tear on tear,
When from the pillow, where wet-cheeked I lay,
A head as hairy as Faunus, thrust its way
Right sudden against my face, – two golden-clear
Great eyes astonished mine, – a drooping ear
Did flap me on either cheek to dry the spray!
I started first, as some Arcadian,
Amazed by goatly god in twilight grove;
But, as the bearded vision closelier ran
My tears off, I knew Flush, and rose above
Surprise and sadness, – thanking the true Pan,
Who, by low creatures, leads to heights of love.

She had written that poem one day years ago in Wimpole Street when she was very unhappy. Years had passed; now she was happy. She was growing old now and so was Flush. She bent down over him for a moment. Her face with its wide mouth and its great eyes and its heavy curls was still oddly like his. Broken asunder, yet made in the same mould, each, perhaps, completed what was dormant in the other. But she was woman; he was dog. Mrs. Browning went on reading. Then she looked at Flush again. But he did not look at her. An extraordinary change had come over him. 'Flush!' she cried. But he was silent. He had been alive; he was now dead. That was all. The drawing-room table, strangely enough, stood perfectly still.



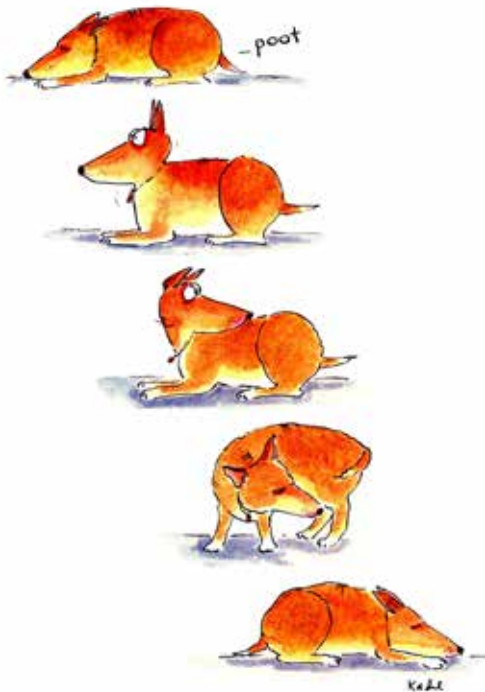


Healing Animals

Sue Newport

For over 30 year I have been on a very special journey. One which has had its many ups and downs, but ultimately led me back to myself and to the innate ability we all have to heal not just ourselves, but others too.

All my life I have been in some sort of caring role. Starting work as a General and Children's Nurse, then supporting people and animals in the complementary therapies of Massage, Craniosacral Therapy, Reiki, and Animal Healing; not to mention raising a family of 4, caring for aged parents, and the many dogs, horses and other animals we have had on our smallholding. But it wasn't until I picked up a book called Supernature by Lyall Watson that I had the realisation that there was so much more to life than I was aware of. And so, I began my journey into energy healing and the knowledge that we are energetically connected to each other, our pets and all of the natural world.



So, what is Healing?

Healing is not new! In fact, documented evidence can be found in many ancient cultures all round the world but sadly there are many misunderstandings about what the term healing actually means.

For example:

- It is not a special gift for the selected few, instead it is hard wired in all living organisms.
- Its roots are not in religion but in spirituality.
- It is **not** an alternative to medical or veterinary care in our present society but can complement orthodox medicine.
- It is not a 'magical' cure despite having little tangible evidence of how it works.

The energy that is being referred to in the process of healing is an unseen force of vibrational wave frequencies like radio waves. Quantum physics has been studying the origin of particles of matter for over a century and has found that material things such as rocks, trees, animals, and people are composed of just two things: observable matter such as atoms and cells, and subtle energy fields, which we cannot see but which have organised vibrational energy patterns in constant dynamic balance with each other.

These frequency patterns are the absolute foundation of our planet and all living things, producing an unseen connection between everything including us and our animals. This is why our animals know how we are truly feeling and react to us unexpectedly. It is why we get instant feelings about people we have just met. It is why we think of phoning someone just before they call us. It is these frequency patterns that allow Energy Healers to transmit energy to others and support their own body in the healing process.



"He's very persuasive ..."

We all share 'healing energy' in our daily lives, often without even knowing it. Healing can take place during simple things such as making time to be more present in our lives, caring for ourselves and others, listening actively and just being present when we're supporting someone, and spending quality time with our pets who love us unconditionally.

In my Healing practice I have worked with many animals with all sorts of ailments both physical and emotional, and in every case, I start by being respectful of who they are and their personal space. Like us, they have personal energetic boundaries which vary depending on how they are feeling both physically, mentally and emotionally. When I begin tuning into the healing frequencies, I check my breathing is slow and even, and that my own energy is flowing down through my body into the ground; this extends a sense of energetic stability and calmness to the animal which enables them to relax and feel safer with me. I become very present in the moment and am then able to extend the feeling of unconditional love to them which starts a flow of energy through my body. The animal's body uses this energy to help rebalance energetic frequencies that are out of balance and start a natural healing process to restore optimal functioning to the body as a whole. The younger the animal and the more recent an injury or condition affecting it, the quicker the body can heal itself. Emotional trauma such as can be found in abused or neglected animals can take a long time to heal because it is often associated with physical trauma and more deeply buried in the body.

We can all benefit from healing energy, including our pets because like us they are subject to physical injuries and illness, emotional upsets, and mental problems. The following case studies illustrate how healing supported two very different dogs.

Polly

Polly was a nine-year-old Border Collie who had been with her human companion since a puppy. She had persistent stiffness and lameness in her right back leg which her human companion was concerned about. Her vet had suggested arthritis and further investigation but as Polly didn't like vets her human companion decided to try Healing on recommendation from a friend. Polly had six sessions over a period of two months where she started to slowly improve finding it easier to get up, her leg was less stiff when moving, and she was happier and more playful. Following the last session, it was decided that Polly would benefit from hydrotherapy, resulting in a vet's full diagnosis which included an x-ray confirming arthritis possibly due to a ligament injury three years previously. The healing had boosted her own ability to heal and supported her human companion in finding the optimum approach to managing Polly's condition.

Scruffy

Scruffy was a twelve-year-old Collie/Labrador cross who was rescued by the RSPCA. He had been living in a flat with another dog when their carer took his own life. They were found flea infested and had not been out for some time. They were both inseparable and adopted together but Scruffy's companion died last year after a long illness. His new carer was aware that he suffered from anxiety and asked me to see if I could help him as he had become more withdrawn into himself and didn't like to be touched. Over a period of seven months, he had eleven sessions during which time it also became evident that he had had an injury to his head and neck which may have been contributing to his recent unsteady gait and pacing up and down. As we progressed in the sessions he started to relax and allow himself to be stroked more by his carers. His gait became steadier, and he seemed to be more comfortable in himself. However, on the last session he was not responding very well to the energy offered to him, there was a sense of heaviness and for the first time he allowed me to touch him during the session. As I left, he came up to me at the front door and licked my hand and I sensed he was saying thank you and goodbye. A few days later he died. For Scruffy the healing had enabled him to relax and be less anxious as well as helping to relieve the discomfort around his head and neck. It also helped his carers to have more physical contact with Scruffy and feel they were able to help and support him and had done their very best to care for him.

A two-way process

The wonderful thing about Healing is that it can be a two-way process. We are already connected to our animals energetically, so if we can sit respectfully in their space and just be aware of the feeling of love we have for them within our body (without going into our thinking mind), we have already started the healing process with them! At the same time their unconditional love for us is healing because there is no judgement or agenda; just a space where we can be 'heard', acknowledged, and accepted just as we are. From this point there is an opportunity to start a journey of self-healing and self-discovery with your pets and develop energetic tools to help them stay healthy and happy.

Recently we lost our Border Collie Annie to cancer. I was so grateful we had several weeks longer with her than we expected, and that I could support her and increase her quality of life in those last weeks by giving her Energy Healing every other day. Although I was devastated when she passed, I have learnt to look for the lessons in these experiences and Annie really taught me about our ability to love unconditionally.

I invite you to take a moment to be present with your pets, you could use the information above to explore a different way of being with them. Notice how you feel in your body, do you feel more energised, or calmer and more peaceful after connecting at this deeper level. Notice too how your pet is reacting.

Sue Newport can be reached via her website www.suenewport.org



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 nutritional advice to anyone who contacts us, even if they never, ever plan to become a customer. If someone to whom you have recommended us does become a customer, however, we would like to say thank you with one of the 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



Muggs: The Dog that Bit People

James Thurber

'If I have any beliefs about immortality,' said James Thurber, 'is that certain dogs I have known will go to heaven, and very, very few persons.' Thurber's work (he was a writer and cartoonist) often featured dogs. Here he writes about his Airedale, Muggs.

Probably no one man should have as many dogs in his life as I have had, but there was more pleasure than distress in them for me except in the case of an Airedale named Muggs. He gave me more trouble than all the other fifty-four or -five put together, although my moment of keenest embarrassment was the time a Scotch terrier named Jeannie, who had just had six puppies in the clothes closet of a fourth floor apartment in New York, had the unexpected seventh and last at the corner of Eleventh Street and Fifth Avenue during a walk she had insisted on taking. Then, too, there was the prize winning French poodle, a great big black poodle — none of your little, untroublesome white miniatures — who got sick riding in the rumble seat' of a car with me on her way to the Greenwich Dog Show. She had a red rubber bib tucked around her throat and, since a rain storm came up when we were halfway through the Bronx, I had to hold over her a small green umbrella, really more of a parasol. The rain beat down fearfully and suddenly the driver of the car drove into a big garage, filled with mechanics. It happened so quickly that I forgot to put the umbrella down and I will always remember, with sickening distress, the look of incredulity mixed with hatred that came over the face of the particular hardened garage man that came over to see what we wanted, when he took a look at me and the poodle. All garage men, and people of that intolerant stripe, hate poodles with their curious hair cut, especially the pom-poms that you got to leave on their hips if you expect the dogs to win a prize.



But the Airedale, as I have said, was the worst of all my dogs. He really wasn't my dog, as a matter of fact: I came home from a vacation one summer to find that my brother Roy had bought him while I was away. A big, burly, choleric' dog, he always acted as if he thought I wasn't one of the family. There was a slight advantage in being one of the family, for he didn't bite the family as often as he bit strangers. Still, in the years that we had him he bit everybody but mother, and he made a pass at her once but missed. That was during the month when we suddenly had mice, and Muggs refused to do anything about them. Nobody ever had mice exactly like the mice we had that month. They acted like pet mice, almost like mice somebody had trained. They were so friendly that one night when mother entertained at dinner the Friraliras, a club she and my father had belonged to for twenty years, she put down a lot of little dishes with food in them on the pantry floor so that the mice would be satisfied with that and wouldn't come into the dining room. Muggs stayed out in the pantry with the mice, lying on the floor, growling to himself — not at the mice, but about all the people in the next room that he would have liked to get at. Mother slipped out into the pantry once to see how everything was

going. Everything was going fine. It made her so mad to see Muggs lying there, oblivious of the mice — they came running up to her — that she slapped him and he slashed at her, but didn't make it. He was sorry immediately, mother said. He was always sorry, she said, after he bit someone, but we could not understand how she figured this out. He didn't act sorry.



Mother used to send a box of candy every Christmas to the people the Airedale bit. The list finally contained forty or more names. Nobody could understand why we didn't get rid of the dog. I didn't understand it very well myself, but we didn't get rid of him. I think that one or two people tried to poison Muggs — he acted poisoned once in a while — and old Major Moberly fired at him once with his service revolver near the Seneca Hotel in East Broad Street — but Muggs lived to be almost eleven years old and even when he could hardly get around he bit a Congressman who had called to see my father on business. My mother had never liked the Congressman — she said the signs of his horoscope showed he couldn't be trusted (he was Saturn with the moon in Virgo) — but she sent him a box of candy that Christmas. He sent it right back, probably because he suspected it was trick candy. Mother persuaded herself it was all for the best that the dog had bitten him, even though father lost an important business association because of it. "I wouldn't be associated with such a man," mother said, "Muggs could read him like a book."

We used to take turns feeding Muggs to be on his good side, but that didn't always work. He was never in a very good humor, even after a meal. Nobody knew exactly what was the matter with him, but whatever it was it made him irascible, especially in the mornings. Roy never felt very well in the morning, either, especially before breakfast, and once when he came downstairs and found that Muggs had moodily chewed up the morning paper he hit him in the face with a grapefruit and then jumped up on the dining room table, scattering dishes and silverware and spilling the coffee. Muggs' first free leap carried him all the way across the table and into a brass fire screen in front of the gas grate but he was back on his feet in a moment and in the end he got Roy and gave him a pretty vicious bite in the leg. Then he was all over it; he never bit anyone more than once at a time. Mother always mentioned that as an argument in his favor; she said he had a quick temper but that he didn't hold a grudge. She was forever defending him. I think she liked him because he wasn't well. "He's not strong," she would say, pityingly, but that was inaccurate; he may not have been well but he was terribly strong.



Copyright James Thurber Estate

One time my mother went to the Chittenden Hotel to call on a woman mental healer who was lecturing in Columbus on the subject of "Harmoni-

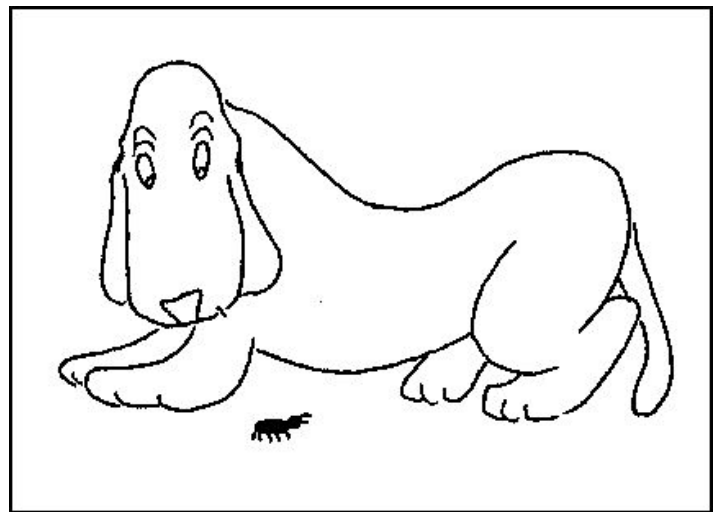
ous Vibrations." She wanted to find out if it was possible to get harmonious vibrations into a dog. "He's a large tan-colored Airedale," mother explained. The woman said that she had never treated a dog but she advised my mother to hold the thought that he did not bite and would not bite. Mother was holding the thought the very next morning when Muggs got the iceman but she blamed that slip-up on the iceman. "If you didn't think he would bite you, he wouldn't," mother told him. He stomped out of the house in a terrible jangle of vibrations.

One morning when Muggs bit me slightly, more or less in passing, I reached down and grabbed his short stumpy tail and hoisted him into the air. It was a foolhardy thing to do and the last time I saw my mother, about six months ago, she said she didn't know what possessed me. I don't either, except that I was pretty mad. As long as I held the dog off the floor by his tail he couldn't get at me, but he twisted and jerked so, snarling all the time, that I realized I couldn't hold him that way very long. I carried him to the kitchen and flung him onto the floor and shut the door on him just as he crashed against it. But I forgot about the backstairs. Muggs went up the backstairs and down the frontstairs and had me cornered in the living room. I managed to get up onto the mantelpiece above the fireplace, but it gave way and came down with a tremendous crash throwing a large marble clock, several vases, and myself heavily to the floor. Muggs was so alarmed by the racket that when I picked myself up he had disappeared. We couldn't find him anywhere, although we whistled and shouted, until old Mrs. Detweiler called after dinner that night. Muggs had bitten her once, in the leg, and she came into the living room only after we assured her that Muggs had run away. She had just seated herself when, with a great growling and scratching of claws, Muggs emerged from under a davenport where he had been quietly hiding all the time, and bit her again. Mother examined the bite and put arnica5 on it and told Mrs. Detweiler that it was only a bruise. "He just bumped you," she said. But Mrs. Detweiler left the house in a nasty state of mind.

Lots of people reported our Airedale to the police but my father held a municipal office at the time and was on friendly terms with the police. Even so, the cops had been out a couple of times — once when Muggs bit Mrs. Rufus Sturtevant and again when he bit Lieutenant-Governor Malloy — but mother told them that it hadn't been Muggs' fault but the fault of the people who were bitten. "When he starts for them, they scream," she explained, "and that excites him." The cops suggested that it might be a good idea to tie the dog up, but mother said that it mortified him to be tied up and that he wouldn't eat when he was tied up.



Muggs at his meals was an unusual sight. Because of the fact that if you reached toward the floor he would bite you, we usually put his food plate on top of an old kitchen table with a bench alongside the table. Muggs would stand on the bench and eat. I remember that my mother's Uncle Horatio, who boasted that he was the third man up Missionary Ridge, was splutteringly indignant when he found out that we fed the dog on a table because we were afraid to put his plate on the floor. He said he wasn't afraid of any dog that ever lived and that he would put the dog's plate on the floor if we would give it to him. Roy said that if Uncle Horatio had fed Muggs on the ground just before the battle he would have been the first man up Missionary Ridge. Uncle Horatio was furious. "Bring him in! Bring him in now!" he shouted. "I'll feed the — on the floor!" Roy was all for giving him a chance, but my father wouldn't hear of it. He said that Muggs had already been fed. "I'll feed him again!" bawled Uncle Horatio. We had quite a time quieting him.



In his last year Muggs used to spend practically all of his time outdoors. He didn't like to stay in the house for some reason or other — perhaps it held too many unpleasant memories for him. Anyway, it was hard to get him to come in and as a result the garbage man, the iceman, and the laundryman wouldn't come near the house. We had to haul the garbage down to the corner, take the laundry out and bring it back, and meet the iceman a block from home. After this had gone on for some time we hit on an ingenious arrangement for getting the dog in the house so that we could lock him up while the gas meter was read, and so on. Muggs was afraid of only one thing, an electrical storm. Thunder and lightning frightened him out of his senses (I think he thought a storm had broken the day the mantelpiece fell). He would rush into the house and hide under a bed or in a clothes closet. So we fixed up a thunder machine out of a long narrow piece of sheet iron with a wooden handle on one end. Mother would shake this vigorously when she wanted to get Muggs into the house. It made an excellent imitation of thunder, but I suppose it was the most roundabout system for running a household that was ever devised. It took a lot out of mother.

A few months before Muggs died, he got to "seeing things." He would rise slowly from the floor, growling low, and stalk stiff-legged and menacing toward nothing at all. Sometimes the Thing would be just a little to the right or left of a visitor. Once a Fuller Brush salesman got hysterics. Muggs came wandering into the room like Hamlet following his father's ghost. His eyes were fixed on a spot just to the left of the Fuller Brush man, who stood it until Muggs was about three slow, creeping paces from him. Then he shouted. Muggs wavered on past him into the hallway grumbling to himself but the Fuller man went on shouting. I think mother had to throw a pan of cold water on him before he stopped. That was the way she used to stop us boys when we got into fights.

Muggs died quite suddenly one night. Mother wanted to bury him in the family lot under a marble stone with some such inscription as "Flights of angels sing thee to thy rest" but we persuaded her it was against the law. In the end we just put up a smooth board above his grave along a lonely road. On the board I wrote with an indelible pencil "Cave Canem." Mother was quite pleased with the simple classic dignity of the old Latin epitaph.



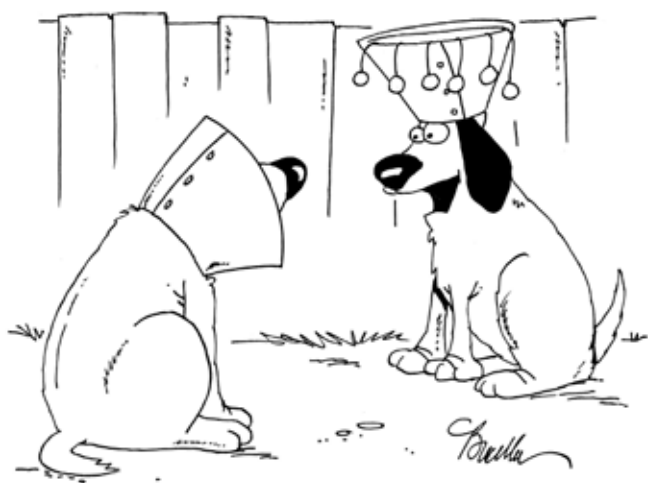
On Homeopathy



Dr Stephen Dubin

I had my first contact with homeopathic medicine at a yoga retreat. I was deeply impressed with the careful and detailed case-taking procedure and the very noninvasive treatments. The dilute remedies seemed, potentially, to be quite safe and inexpensive, especially in comparison with the conventional treatments I was using in my veterinary practice. On

the other hand, I wondered whether I could discern, in my non-human animal patients, the emotional and environmental reactions which seemed to be very important for homeopathic prescribing. I was quite baffled by the mechanism of action proposed by my teachers. It seemed to contradict what I understood of conventional physical chemistry in 1979. I employed homeopathic remedies, with pleasing results, in a few situations where conventional treatment had eluded me. Acknowledging my ignorance and also the skepticism held by many people, I took a strong resolve to learn more before employing homeopathy in any substantial way.



**“Don’t throw it away when you’re done.
Repurpose, like I did.”**

I will not attempt, here, to expound on the principles of homeopathy. That is covered very much better by true experts elsewhere. Rather, I will continue to recount my own personal experience with many sometimes idiosyncratic, sometimes mystical and very often brilliant homeopathic teachers and clinicians; as well as some insights they imparted to me in my quest to understand homeopathy, in particular; and to my clinical/scientific outlook in general.

The early 1980’s were, at least to my geriatric nostalgic recollection, a very friendly, egalitarian and generous time for homeopathic study. The National Center for Homeopathy (NCH) provided excellent summer courses of two- week duration at Millersville College in the heart of Lancaster County farming and Pennsylvania Dutch culture.

The first week of each course was devoted to general (human) homeopathic history, principles and some case studies. For this section, our instructors included the intellectual and clinical giants of homeopathy of the time. Arguably the most beloved of our teachers was Dr. Henry Williams, O.B.M.*. Dr. Williams was one of the founders of NCH and served as Dean of its educational programs from 1980 to 1986. As a young physician, he moved to Lancaster County because the Swartzentruber Amish people, among whom he practiced, were receptive to his pacifist views. They also expected him to be able to do home birthing. One of the best places (among the few for physicians) to learn home birthing was the Royal Homeopathic Hospital in London (now Royal London Hospital for Integrated Medicine). There, he came into contact with homeopathic medicine; and the rest, to use a timeworn expression, is history.

Mr. John Borneman II, a prominent homeopathic pharmacist, instructed us on the methods for preparation of homeopathic remedies, in lecture along with demonstration. Briefly, this involves serial dilution in alcohol or a sugar and lots of vigorous – even violent – mixing. When done in a mortar and pestle, it is termed trituration; and when done in a vial or bottle, it is called ‘succussion’. This latter is accompanied by repeatedly striking the bottom of the vessel on a book etc.. We learned more about the remedies, along with homeopathic history from my own favorite homeopathic educator, Julian Winston, O.B.M.. Julian was not only a scholar of homeopathy, he was a veritable polymath: a professor of design, a talented musician, an inventor and a champion pistol shooter.



Previously, at Temple University College of Pharmacy, pharmacognosy, the study of medicines obtained from plants and other natural sources was not a very popular course. Our laboratory was arrayed with jars of dried, mostly brown or tan herbs in large jars. There were also a few gooey, smelly, dark gums and balsams. However, my appreciation for herbal medicines really came alive when Julian Winston and John Borneman III took our class on a walk to identify and gather herbs. We saw several of the homeopathic remedy sources growing along the road and in nearby pastures. We also saw some plants, such as *Verbascum Thapsus* (Mullein), which are used in complementary medicine in undiluted forms. They discussed the special virtues of ‘whole medicines’ – that is, remedies which, by their nature, contain several components that complement each other or mitigate adverse side effects. Examples include opium which includes papaverine and noscapine along with the narcotic components; and belladonna in which the powerful effect of atropine is ‘mellowed out’ by other alkaloids, hyoscyne and scopolamine. They drew the contrast with ‘big pharma’ that seems to favor single synthetic or isolated chemical components, at least in part because they can be patented.

In the following year, the first week was instructed by Dame Marjorie Blackie who served as homeopathic physician to the Queen. We were also taught by Drs. Catherine Coulter and Maesimund Panos.

Particularly in the ‘human’ lectures, one area where I could see a stark contrast between homeopathy and conventional medicine is that of biological variability. One need only look at the dozens of varieties of headache discussed in the repertory (homeopathic text which ranks remedies according to symptoms) to see this. Ironically for me, at the same time that I was trying to learn about homeopathy, I was teaching biostatistics to graduate students. All living creatures exhibit variability in their reaction to disease, medicines, and even commonplace environmental factors. One need only consider how many people can happily devour peanut butter from the jar, while an unfortunate few others die from the slightest bit. We are told now that the best medicine is ‘evidence based medicine’ (EBM). Very briefly, this means that the choice of treatment, for example, should include a statistical inference decision process. Such a process compares the size of the treatment effect against the variability within the sample or population of subjects under consideration. A treatment effect must be very great (harsh?) if the variability is high, to ‘pass’ the test. I am, of course, mercilessly simplifying this and what comes next.

A Gedankenexperiment: Imagine that there are a thousand patients with a ailment or disease; say cancer, influenza, depression, etc. Imagine also

that there is some treatment that will easily cure five or six of these thousand patients, while having no visible effect on the others. Without showing the math, I will contend that EBM would not discover or would reject this treatment. Imagine further that there are numerous treatments, each of which will easily cure a small number of the thousand patients while not affecting the others. EBM will still reject these. Indeed, the consideration of multiple possible treatments will inflict the 'curse of dimensionality' and this raises the statistical bar. Now one more conjecture: Imagine that there is a non-invasive inexpensive systematic method by which to match the small number of patients with the particular treatment, among the many, that is curative for them. Obviously, this is a very optimistic, possibly illusory idea. However, it seems to me that it is exactly what homeopathy is aiming for. The homeopathic goal seems to be to exploit the intrinsic variability of living organisms to find a curative medicine among a multitude of remedies; and to do this by an exquisitely detailed comparison of the patient, as reflected in symptoms, to a comprehensive systematic investigation of the remedies. By comparison, EBM seeks to suppress the variability of patients in order to achieve statistical significance.

For those of us who chose the veterinary option at Millersville, our head teacher, the first year, was Dr. George Macleod, O.B.M.. He was also a member of the U.K. royal household, serving as 'Veterinarian in Ordinary', along with his private practice. Dr. MacLeod was a very merry man and I remember hearing all about HRH's love for her horses and dogs. He told us how she had kept two items in her purse: a transistor radio for listening to horse races and a small kit of homeopathic remedies that she used to treat her children's falls and bruises. He also told us about treating one of her mares that declined 'to stand', and how the homeopathic remedy that changed the bashful girl's mind was Pulsatilla in 200C potency. Dr. Macleod demonstrated his encyclopedic knowledge and experience in the classroom, during his generous evening discussions and in his very numerous books on treatment of every domestic species.

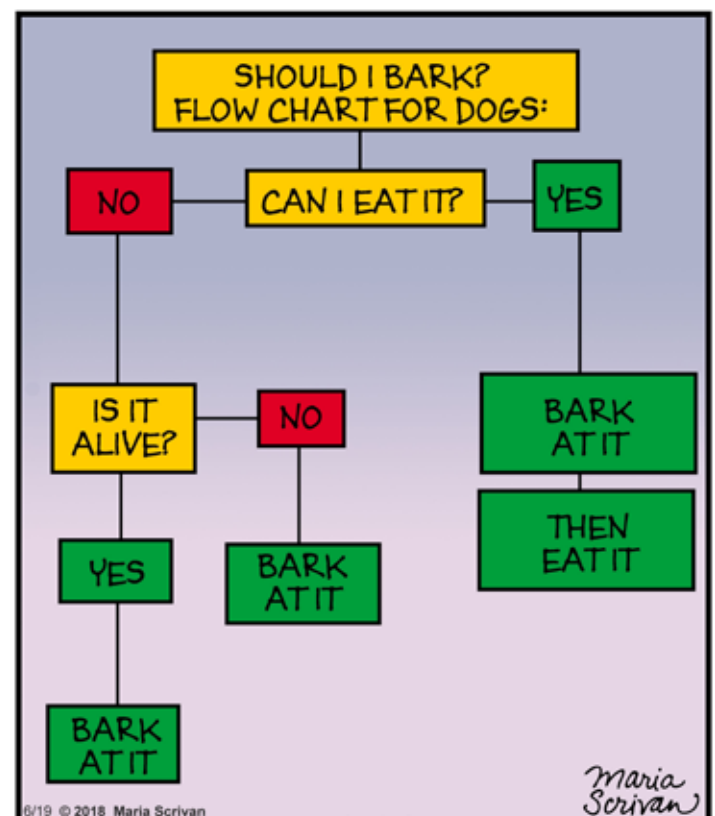
I can only describe the veterinary part of my second year at Millersville as enchanting. The veterinary course was led by Dr. Ulrika Bielitz, the chief veterinarian of the Swiss Weleda Company. It seems that, now in the United States Weleda specializes in cosmetics online. Back then they had a very active program in anthroposophic remedies with a pharmacy in Sterling Forest, N.Y. Dr. Bielitz lectured in German, and she was accompanied by Mr. Mueller who provided an interlinear translation. A major exception was every time that she said: 'Und Rudolf Steiner hat gesagt...' (And Rudolf Steiner has said...). At such times Mr. Mueller would express his approval by just wringing his hands and exclaiming, 'Oh Ja, Ja!!' Indeed, Dr. Bielitz introduced us to the teachings of Rudolf Steiner who, in addition to making contributions to philosophy, pedagogy, art, music, agriculture, religion, spiritualism, social reform and architecture; was the founder of anthroposophic medicine. His approach to healthcare for people and non-human animals – as well as farm crops – uses medicines that are prepared by dilution and succussion, along with attention to the seasons and the movements of the heavenly bodies. Such preparations also play a role in Steiner's concept of biodynamic farming, of which a bit more below.

Because of Dr. Bielitz's teaching, we were visited by students and interns from Kimberton Farm. In return we Millersville students were invited to Kimberton, a local biodynamic community. This embodied Steiner's concept of a farm, indeed a society, as a self-sufficient and self-contained image of the universe. Farm animals – cattle, swine and chickens – serve not only as sources of food; but also, with their dung, as the sole source of fertilizer for the field crops. No insecticides were used; rather, students of the Waldorf School spent some part of their extensive nature study finding and removing undesirable bugs. My first impression of their cattle was that some of them looked rather old. This turned out to be correct. I learned that their Brown Swiss cows grazed on pasture as the weather permitted and were fed untreated silage at other times. As compared to conventional dairy practice; no grain or xenobiotics were used. Their teeth did not wear down as fast, their milk production was moderate, and the cattle had a longer productive life – often nine or ten years. They looked older because they were older. As we had our delicious lunch, we met some students who had been considered intellectually challenged in the outside world. To our surprise and delight, these young folks had learned how to read, drive a tractor and many other useful skills – all attributed to application of Rudolf Steiner's systematic educational approach.

During the 1980's also, I had the privilege of attending the homeopathic study group led by Dr. Bernard Haviland of Swarthmore, PA. Bernie, as

he liked to be called, was a teacher of English and Bible at Westtown Friends School. He attributed his love of homeopathy to his wife, Sylvia, who cured him of bronchitis (using Bryonia) while he was doing research on Shakespeare in England.

Several factors, which I will report here only briefly, have limited my subsequent use of homeopathy in veterinary practice. Initially I had hoped to have an 'old fashioned' office in my home with low overhead and correspondingly moderate charges. Over the years the veterinary 'standard of care' has evolved to require a much more elaborate capital-intensive practice model. Contrary to my initial expectations, rather few clients seemed to have patience for homeopathy, acupuncture and other labor-intensive modalities. Although government regulation of alternative modalities remained *laissez faire*, the veterinary profession has tended toward greater restriction including the establishment of specialty boards. Ultimately the opportunity for permanent faculty status and the easy life of a college professor allowed less time for clinical efforts. One trusted colleague, who attended the courses in Millersville with me has succeeded in providing homeopathic and generally holistic veterinary care is Dr. Deva Khalsa. You will be well served to visit her web site: www.doctordeva.com.



I have cherished my adventures in homeopathy, and I believe its study should be available to all veterinarians. I am still at a loss to explain how the remedies might work. However, over my painfully long career, I have seen numerous doctrines and theories which I believed – and taught -- as axiomatic, to be invalid. Not the least of these is the materialistic deterministic view of physical chemistry that is gradually being displaced by a quantum energetic perspective (which I also don't understand).

I am particularly thankful for experiencing homeopathy's emphasis on a comprehensive history and careful physical examination as clues to each patient's unique individual needs. My homeopathic adventures put me in mind of the prayer of Sir Robert Hutchinson:

'From inability to let well alone; from too much zeal for the new; and contempt for the old; from putting knowledge before wisdom, science before art; cleverness before common sense; from treating patients as cases, and from making the cure of the disease more grievous than the endurance thereof; good Lord deliver us.'

Note: I have taken the liberty of using an abbreviation, 'O.B.M.' to signify "of blessed memory." It is not intended to inaugurate an American heraldic order. Alas, when you get to my age, so many beloved teachers and mentors have passed on; and the more conventional, 'late' doesn't convey my feeling of loss.



Small dog charities achieving big results!

Jane Yettram

The big canine welfare charities achieve a great deal and receive a great deal of publicity and money as a result. But what about the smaller, less well-known charities? They, too, achieve a great deal despite having fewer resources and smaller supporter bases. If you are looking for dog-focussed charities doing fantastic work then I hope you will consider donating to three of my personal favourites.



Refuge4Pets

Kathy has just opened an email with a picture of her beloved dog and an update on how he's faring in his foster home. Soon, she hopes, they will be reunited. But for the moment, these regular messages and photographs are helping her through a difficult time. Kathy is living in a refuge, having finally escaped a violent relationship, but without the help of Refuge4Pets, she would never have felt able to leave. Because Kathy simply couldn't leave her dog behind to suffer. Cornwall-based Refuge4Pets – set up by Mary Wakeham in 2017 – recruits animal foster carers to look after pets until an owner, having fled an abusive relationship, is resettled. Some owners are referred by domestic violence services or the police; others get in touch direct. 'Often women call us before contacting domestic abuse services,' says Mary, 44. 'Many can't focus on escaping until they're sure their animals will be safe.' After that first contact, Refuge4Pets helps both owner and pet get to safety. 'We might meet someone at a train station or motorway service station, or at a refuge. We collect the pet and settle them into a foster home, while domestic violence services take the owner to safe accommodation.'

Mostly, the pets in questions are dogs and cats. 'But I did once collect 11 ducks!' says Mary. Often, Refuge4Pets has a day or two to organise foster care and an escape plan. Sometimes, though, they have to act fast. 'For example, we received a call from the hospital A&E department when a repeat victim of abuse turned up saying she finally wanted to leave. The perpetrator had been arrested but would soon be released, so we had one tiny window of opportunity. I rushed out, met the woman at her home, she packed up, I collected the dog, and she went to the refuge.'

Refuge4Pets' work matters so much to Mary because she herself is a domestic abuse survivor. 'It's a long time ago now, but my dog was petrified of the perpetrator. He'd torment her because he knew how much it upset me,' she says. On the day Mary left, he had attempted to strangle her dog. Mary retrained to work in the domestic abuse field and returned to her native Cornwall. 'But because most refuges can't take pets, I had no practical solution to offer those escaping with animals.' That meant victims stayed put – and Mary was determined to do something about it. 'I got £10,000 from the National Lottery and set up Refuge4Pets.' Since then, the charity – one of just four such services in the UK – has supported over 500 families to escape and fostered around 550 animals. Not all are from the West Country. 'People come here from across the UK, trying to get as far away from the perpetrator as possible.'

Typically, animals are fostered for up to 12 months. 'We couldn't do this without our amazing foster carers,' says Mary. 'We have about 135 across Devon and Cornwall. Some are abuse survivors themselves. Some love animals but can't have a permanent pet because they travel for work or can't afford the costs.' Project workers settle pets into foster care, take them to the vet if necessary, and supply carers with everything they need, from food to flea treatment, all funded by Refuge4Pets. 'The best part of the project workers' job is reuniting owners and animals,' says Mary. The charity also helps survivors resettle in a new area after leaving a refuge. Plus they train vets, domestic abuse services and animal welfare services across the UK. 'While setting up Refuge4Pets I did a PhD looking at how animal abuse is used as a strategy of coercive control,' explains Mary. 'Our training is based on this research.'

The future for small charities like Refuge4Pets, though, is precarious. Funding is always a struggle, even though they've won awards for their work. For the moment, Mary simply wants Refuge4Pets to survive. 'We're trying to attract more public donations from legacies, corporate partners and philanthropists,' she says. For the long term, she has bigger ambitions. 'We want our own premises where we can house dogs and cats. Some animals can't be fostered because of the trauma they've experienced, so we could do behavioural work, rehabilitation work. 'Eventually, we want to have a refuge where people can take their animals. Because for some survivors, being separated from their animals at all is unbearable.'

To donate or volunteer, visit www.refuge4pets.org.uk.

Kathy's real name has been changed to protect her identity.



Paws for Progress

The Paws for Progress 'Pup School' doesn't just bring a better future to rescue dogs, it changes the lives of young people too – those at HMYOI Polmont, a facility for young offenders in Falkirk, Scotland. Launched in 2009, Paws for Progress works in partnership with the Scottish Prison Service and Edinburgh Dog and Cat Home to take specially selected rescue dogs into Polmont, where participants complete an intensive eight-week rescue-dog training programme. 'During sessions, our students – human and canine – learn many new skills,' explains Development Manager Dr Rebecca Leonardi. 'As a student works to understand the dog's individual needs, both benefit from the experience.' Most participants, aged between 18 and 21, have the toughest of backgrounds.

'For many, offending behaviour begins from a young age, and is coupled with mental ill-health and substance abuse,' explains Rebecca. 'Frequently, they have histories of complex trauma and bereavement, low levels of education, limited employability prospects, a lack of social support and poor mental health.' But learning alongside a dog can be a game changer. Once paired with a dog, student dog-handlers devise training plans for their charges and sessions are then spent both working towards individual goals and taking part in group activities.

'Human-animal interactions have a unique capacity for engaging even the most disengaged, by providing a positive focus, the opportunity to help others, and unconditional affection and companionship from the dogs,' says Rebecca. 'Even if young people can't see it themselves at first, we see their kindness, compassion and potential. This equips them with the

skills and tools they need to move on to a more positive future.’ That has certainly been the case for Jack, who was finding life at Polmont extremely challenging, and had few work skills and little hope of future employment. ‘Jack was apprehensive about joining the rescue dog programme, but grew in both confidence and self-belief, becoming an integral part of the group and showing a great affinity for the rescue dogs,’ says Megan Wilson, a qualified veterinary nurse who, as Education and Wellbeing Specialist, is part of the frontline team at Polmont.

Jack’s successful training plan for his dog contributed to it being happily rehomed. And Jack himself, like all the students, gained dog training and first aid qualifications, thanks to Paws for Progress’s links with Fife College. Jack even became an advanced student, taking on additional responsibility, supporting other young people and completing more studies. Now, his chances of finding a job on release have soared. ‘People who’ve done our courses have found employment in various fields, including with dogs, which has been hugely rewarding for them,’ says Megan. ‘They tell us it’s given them confidence to make changes in their lives, changes they never believed were possible.’ It’s fulfilling for those delivering the training too. ‘The connection that young people make with the dogs, and the impact this has on their personal development, is so rewarding,’ says Megan. But the canine students are just as important. ‘The rescue dogs come from Edinburgh Dog and Cat Home and are chosen for their huge potential,’ says June McPhillips, Training and Behaviour Specialist at Paws for Progress. ‘Our programme allows them to build on their training and work on their socialisation, while the search for their forever home continues.’ Some of the dogs are pandemic puppies. ‘Bought during covid, they are now being relinquished to rescues as their owners can’t meet their needs in a post-lockdown world. Others might have been given up because of family illness or financial hardship.’ For the previous owner of Charlie – an extremely big and bouncy crossbreed – ill health made keeping him impossible. ‘When Charlie came into Polmont, he lacked focus and impulse control, and had no general connection with people,’ says June.

Course participants often see themselves in dogs like Charlie, which helps them build a close bond. Then, as the dog makes progress, participants see their own progress reflected back at them. ‘Within a couple of days, the student working with Charlie had made a connection. Their bond grew and he helped Charlie learn behaviours that were calming and provided focus,’ says June. For rescue dogs, this is hugely important. ‘These skills not only benefit their current welfare and rehoming prospects, but also increase their chance of a positive and stable future in their new home,’ explains June – who adds that Charlie is now thriving with a loving owner. It’s a win-win situation, as outcomes are excellent for human participants too.

‘Being kind to dogs, learning how to support others, has a profound effect, helping young people recognise the value of their positive contributions to the progress of others,’ says June. ‘They start to see their strengths, their uniqueness. They grow in confidence and thrive. It really is a transformative experience.’

To donate or volunteer visit www.pawsforprogress.co.uk. For more about Edinburgh Cat and Dog Home see www.edch.org.uk.

Jack’s real name has been changed to protect his identity.

Medical Detection Dogs

Back in 2009, animal behaviourist Claire Guest was taking her dog Daisy for a walk. The fox-red Labrador would usually bound out of the car. This time she wouldn’t budge, nudging repeatedly at Claire’s chest. A year before, Claire had co-founded the charity Medical Detection Dogs (MDD), researching whether dogs could detect illnesses in humans. So, she was certain that Daisy was trying to tell her something. Further investigation revealed a deep-seated lump – breast cancer that Claire would not have survived had it not been for Daisy’s early warning. Now, through their trained bio-detection dogs, the charity has successfully proved that clever canines can detect various kinds of cancer, as well as Parkinson’s disease, malaria, Covid and more. ‘The bio-detection dogs work in our training room, detecting disease in anonymous human samples,’ says MDD spokesperson Gemma Butlin. ‘In the future, this research will lead to improved diagnosis and outcomes.’

But another aspect to MDD’s work is making a difference to people right now. ‘We also train Medical Alert Assistance Dogs, which learn to detect

a change in odour when someone is about to become ill – for example when someone with diabetes is about to have a serious hypo. The dog gives a warning, enabling the person to take medication or get to a place of safety,’ explains Gemma. ‘Gun-dog breeds – Labradors, retrievers, spaniels – predominantly work as assistance dogs,’ she adds. ‘They are born to use their nose, love people and are easy to train. But we train other breeds too, especially as some elderly clients might need a small dog. We’re currently training a tiny, fluffy parti poodle.’

Initially, puppies are placed with a volunteer socialiser. ‘They work on basic training for 18 months, taking the dog out and about everywhere –



to the garden centre or hospital, on buses or trains, anywhere and everywhere they might need to go when placed with a client,’ says Gemma. ‘Once a dog has met behavioural milestones – showing they’re calm and confident in public places, can do a lovely sit and wait, that they settle nicely – they are ready for scent training. Ironically, this lifesaving bit is the shorter part of the process.’ For scent training, dogs live and work with a professional instructor. ‘They start simply with, for example, the instructor

hiding a tennis ball and the dog getting a reward for finding it,’ says Gemma. ‘Dogs learn very quickly that finding something by smell brings a treat.’

Then a dog is matched to a potential client – like Lizzie Draper, 28. Lizzie has postural orthostatic tachycardia syndrome (PoTS), a condition in which her blood pressure plummets, her heart rate soars and she passes out without warning. ‘It started at school, delaying my A-levels. When I did get to university I had to drop out as I was continually blacking out – attacks happen every day, sometimes as many as 28 times. I couldn’t go out with friends. I couldn’t do anything. I was young and stuck at home, unable to be left alone.’ But a golden Labrador called Henry changed all that. First Lizzie and Henry were paired. ‘We hold matching days which are a bit like speed dating with clients meeting several dogs,’ laughs Gemma.

Then, knowing Lizzie and Henry were compatible, personalised scent training began. ‘Whenever my heart rate soared, I took a breath sample,’ says Lizzie. ‘When I passed out, friends or family took sweat swabs.’ Using these samples, sent to MDD, Henry was trained to identify the scent that indicated an imminent attack. Henry took to it like a pro and, his training completed, he went to live with Lizzie. That was six years ago – and his success rate as a canine early-warning system has been 100%.

‘When Henry scents an episode coming, he’ll jump up and paw or nudge me,’ says Lizzie. ‘This gives me five minutes to sit or lie down somewhere safe. The blackout still happens, but Henry stands guard until it’s over. ‘Before, I’d pass out and fall, sustaining cuts, bruises and lots of concussions. I think Henry came just in time, before a serious accident happened. Since having him, life’s been pretty chilled – before everything was such a big drama.’ Lizzie was able to return to university, finish her degree and go out again with friends – who all adore Henry. ‘He’s a sweet, gentle dog and brings a smile to everyone’s face.’ People with conditions like PoTS are now MDD’s priority. ‘Training a dog takes two years and costs £30,000 – and we raise all the funds ourselves,’ says Gemma. ‘So we want to place dogs where they’ll make the most difference.’

Technology is increasingly helping people with diabetes anticipate a hypo, so we receive fewer requests from clients with that condition now. But absolutely nothing else exists to help people manage PoTS. Dogs like Henry truly can change lives.’

To volunteer or donate, visit www.medicaldetectiondogs.org.uk.

IN MEMORIAM

The following few pages are devoted to some extremely moving and deeply personal remembrances for much-missed, much-loved canine family members. They vary in length (some short, some long) and content (some factual, some full of stories and reminisces), but they all contain a common element: they have been written from the heart. We will be dedicating a tree for all the dogs mentioned here, and for any other Honey's fed dog who has died, in the 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 (Self)
jonathan@honeysrealdogfood.com



Alfie Connor
2016 – 2023

My dear Alfie, you brought me incredible, joy, fun, entertainment and love. I miss you every day. Rest in heaven my dearest boy and enjoy the cat mint!



Alfie Murphy
2010 – 2022

Thank you, Alfie, for being part of my family. Missing you so much. You are always in my heart.



Archie Chase
2012 – 2023

Archie became ill very suddenly and tests revealed that the cancer he had three years ago had returned - this time to his lungs. I am still so sad and miss him terribly.



Ava Conville

I am very sad, but we had to say goodbye to our darling Ava. Heart-broken of course.



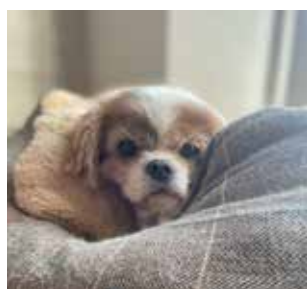
Barney Snowden
2009 – 2023

Barney passed away peacefully in my garden in the sunshine, his favourite place, with a full stomach, his favourite state, after a final totter around the local pond. He was 14 years and 2 months old. From the age of 3 months onwards, Barney was very unlucky with both his physical and emotional health, and frequently tested the skills and facilities of local vets and a variety of specialist vets over the years. With the very best veterinary care, the very best diet, the very best dog care, and a whole lot of love from me, he had a long and happy life, despite his many afflictions. Though restricted in where he could go and what he could do, Barney loved the outdoors, and was ball and food obsessed. He was a very special dog. Farewell, and rest in peace without anxiety or pain, my brave, handsome boy. I will miss you forever.



Baxter Fillingham
2012 – 2023

Baxter 'The Beagle' came into our lives in Sept 2012. He was 9 weeks old. He was my fortieth Birthday present and was the best present I have ever received. He was a typical Beagle into everything: an expert thief, stubborn, mischievous and greedy! He loved cuddles and snuggling under the quilt. He would do anything for a chicken foot! He made our house a home. He was a hardy dog in good health most of his life. Losing him was sudden and unexpected. The tears are still falling and the emptiness in our hearts very raw and painful. He fought to survive but unfortunately his heart had other plans and he lost his fight for life. He died of heart failure on the 24th May 2023. I don't think we will ever get over the heartbreak. I will miss him every day. His casket has been placed on our TV unit, so he is not alone. Although it brings some comfort that he is home with us it does not make up for our utter sadness at losing our very much loved boy. He was everything I thought a dog would be and I loved every minute of loving him. We still cannot believe he has gone. Never to be forgotten xxx.



Beebee Mackaness
2012 – 2023

She'd lived her entire life with inherited health problems, including the very painful and distressing neurological condition CM/SM. Another of Beebee's issues was chronic pancreatitis. I never thought little Beebee would make it to 10 years. Although she had many conditions and was on a cocktail of medication, she was a real personality and came with me to various events

to help highlight the issues of inherited health problems in Cavaliers and the need to make testing for these issues compulsory before breeding. However, when she left this world munching (inhaling!) a chocolate digestive, it was most definitely her time. She was a pint-sized little pooch who I hope helped educate potential Cavalier owners.

Amos Butler
2013 – 2023

I am completely heartbroken. Amos was a very complex character who had a lot of anxieties and ill health. But he was such fun, a complete goofball and just liked a simple, predictable life. I basically revolved my life around him. I've lost all 3 of my pets in two years so this world I find myself in now is alien. Quiet. Horrible. Lonely.



**Bill Barber RIP
2008 – 2022**

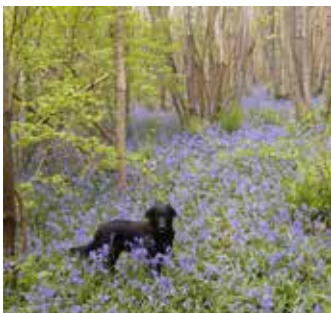
Bill – on the beach with the wind in his ears – much loved and very much missed.



**Billy Jefferey
2008 – 2023**

Billy lived a very busy life, he went on a number of holidays with us, worked as a Pets As Therapy dog with children with Profound Multiple Learning Difficulties, took part in agility and loved spending time with his sisters (our two cats). He had

major spinal surgery at age seven but overcame all the obstacles thrown at him and lived to the age of 15! He will be greatly missed as he was a huge part of our lives.



**Boo Wignall
2009 – 2022**

Boo loved food, her paddling pool and I hope she loved us. We certainly loved her. She made us laugh every day and had a very strong personality. She is missed very much, and we realised after she had gone how she truly was the matriarch and kept the other two younger dogs from being too

wild; they are now like children in school with no teacher and we miss her keeping them in check. In her later years, if she ever needed to go out in the night, she would always include a visit to the paddling pool and then slosh back into the house. Good job we are not too houseproud. Her quest for food was legendary and her weight was always a compromise between health and her managing to escape from the house or running off on walks to find anything she could. She knew all the local places where people were feeding the birds. She once appeared from a hedge with a slice of fried bread. On holiday in Cornwall, she literally ran over someone sunbathing to steal food from their bag. Luckily, they found it amusing. She also quickly learned that we would come out of the sea and that there was no need for her to expend unnecessary energy swimming. She was a powerful and competent swimmer, as with most activities but there was always the equation of reward vs effort. Quite recently we were walking in our local woods early in the morning and I saw what I thought were a couple of Labradors coming towards us. Boo went ahead to greet them and when I got closer, I realised they were pigs that had escaped from their field. She greeted them happily, as if she met pigs every day of her life. It's more than 6 months since Boo left us quickly, in the way that only a Flattie can. I have found this a difficult task to undertake and have put it off many times as it still brings me sadness. Gone but never forgotten, like all our beautiful dogs.



**Botas Mancinelli
2009 – 2023**

And love looked at time and laughed

And love looked at time and laughed, because it knew it had no need for it. It pretended to die for a day and to blossom again at night with no rules to abide by. It fell asleep in a corner of the heart for a time that did not exist. It fled without moving away, returned without having left, time was dying, and it was staying.

Luigi Pirandello



**Brinkley Briscoe
2012 – 2023**

Brinkley was always adored and will always be missed, rest peacefully our little man.



**Bruno Bergman
2012 – 2023**

When we went to look at him he was the last left of the litter. He had a look in those pleading brown eyes: 'Please take me. I want to be your dog. I promise you I will be a good dog.' And so he was. A most wonderful family pet. Mischievous, playful, caring and loving. And for me, my daily companion. Almost every morning for a walk in the park. Following me from room to room in the house. Waiting at the bottom of the stairs for me to

come down. Putting his head in my lap every morning when I cleaned his eyes. And at four in the morning the whole family went to say goodbye to him at intensive care at the emergency veterinarian. We stroked him – the same soft fur as when he was a pup. He was flat on his front, an oxygen mask strapped to his nose. I looked into his eyes. The same pleading brown eyes that had said: 'Please take me as your dog' now said: 'I have been a good dog, haven't I? Now, please let me go.' And do we gave the nod. Life drained out of Bruno, with our hands on his back. BRUNO – our family pet. My constant companion. Who cheated cancer for half his life. Living in happiness and bringing happiness. What more can one ask of a dog.



**Chester Wingrove
2013 – 2023**

It is with great sadness that we have said goodbye to Chester. We rehomed him back in October 2015. He had a difficult start in life, and had been

informed us that he had been rehomed around five or six times, with one person returning him after a night saying he wasn't Collie enough. Well, all these people missed out on an absolutely amazing and wonderful dog. Yes, he had issues with food aggression, chased cars, some trust issues and wasn't great around some dogs – but all he needed was some guidance. We worked with a behaviourist not long after we got him as we felt we needed to know how to help him become a better dog. And it helped us and Chester massively. As for not being collie enough, that person was very much wrong. He would play ball pretty much all day, chomped sticks, loved long walks and loved running with me. He was also very cheeky to boot. He loved raw broccoli and sweet potato, loved bananas and peanut butter, and was always wanting what we had...as well as his own. He did have a select bunch of dog friends, and it's sad that they will never get to see each other again. Even on his last day he was full of life, great appetite and snaffled the biscuits and broccoli we took with us. And even though he couldn't stand on his back legs, he would still pull us along and was as strong as you like. Chester was the best dog we could have hoped for, and he made out lives extremely happy, and we also made him happy too. He wanted for nothing, was on an amazing raw diet, provided by Honey's, loved veg and fruit, in fact he had a better diet than us. And he loved exercise so was extremely fit and healthy. It's just so sad he got taken away well before his time. We were truly honoured to be Chester's forever home, and he will be with us always. R.I.P Chester 20th August 2013 – 5th May 2023.



**Cindy Baynes
2011 – 2023**

Our beloved Bichon Frise Cindy passed away suddenly and unexpectedly on May 27th, far too soon. Her youthful looks belied her age of 11 (almost 12) years. Cindy's smiling face and playfulness were commented on by all who encountered her. Since adopting her four years ago she was our constant companion both at home and on our travels – she went everywhere with us and we rarely left the house without her. In particular, she was fond of train journeys, most recently to

Brighton and back. She was certainly a well-travelled dog! The house is so very quiet now, without her pitter patter around on the hard flooring. She has left a massive hole in our hearts, but she will always be with us in spirit. RIP our beautiful girl.



**Cola Flemming
2015 – 2023**

My amazing, gorgeous and brave wee Cola sadly left us after a very sudden deterioration. I'm utterly heartbroken and devastated. She was and still is the absolute love of my life... she always will be. Her wee sister Rubix is struggling, she has only ever known Cola, I am trying my best not to be sad around her but it's hard. Poor Cola has such a traumatic last two years and she just couldn't fight any longer. I am struggling with that.

Cola (cube)

My beautiful, soft natured and loving wee girl.

Sadly she left us just days after her eighth birthday, she will be forever loved and missed.



**Cupar ('Cooper') Woodfield
2007 – 2023**

Cupar was a proper Westie: very handsome, loyal, independent with an inquisitive nature, and tenacious when following a scent. He loved to mooch, exploring the house from top to bottom, finding bins and bags to rummage through, and occasionally the laundry basket. He liked his routine and would always remind us when he was due for a walk or a meal, or if it was time for bed. Snack time was the real highlight of his day; a reward from dad for being a good boy, and he would trot away to be alone with his prized treat ('thanks, I'll

just take this in the other room'). When he was eleven he succumbed to a condition called polyridiculoneuritis, which paralysed him from the neck down for about three months. As a family we took it in turns to stay with him 24-hours a day during this period, to attend to his needs whilst we waited for signs of recovery. He was very good natured about it, though it must have been awful. Just as we were starting to give up hope a paw twitched, and we began a long programme of canine aquatherapy and physiotherapy to get his strength back. He did so well and lived for a further four years, enjoying daily walks and family holidays. He was such a stoic character, and a big part of our family, hugely missed and forever loved. Cupar ('Cooper') 28th Dec 2007 to 10th May 2023.



**Daisy Vinton Andrews
2012 – 2022**

We had Daisy from a pup and was always a happy dog, she enjoyed her walks and cuddles on the sofa in the evenings and is greatly missed.



**Dotty Robb
2013 – 2023**

Looking for a kind, settled canine, the greyhound network swung into action and came up with an older bitch. She was called Chaotic Dotty (how appropriate, my daughter said). She retired straight from kennels aged nine, having been a successful racer, mum and auntie – but remained institutionalised. What a change civilian life was! But she took to

it like a dotty duck to water, charming a lot of the village in the process. With me for a short fifteen months, she changed my life. Greys are funny, loving, gentle, adaptable. Sadly, her past hard work caught up with her and we had a worrying last day together before a heart attack in the evening. Dotty was an original, leaving a memory filled with loving admiration for greyhounds. Don't hesitate - rescue one! They'll rescue you.....



**Enzo Whitehouse
2012 – 2023**

There are special dogs that come into your life and Enzo was certainly one of them full of character and personality that left an impression on the people who met him. We are heartbroken. He was eleven-years old, which surprised people who met him because he was so fit and healthy one person even though he was a puppy! I cannot describe the pain I feel at the moment, and my family also. He was my little man, my shadow, such a happy boy. I feel lost without him the house is so empty.



**Fynn Palfrey
2011 – 2023**

It was so sudden. Of course, we are heartbroken to have lost our overgrown puppy. He was twelve and a half. He grew from a shutdown, eleven-month-old I rescued, into a huge character with endless enthusiasm for face rubs and thigh rubs obtained by lots of nudging and tail wagging. We are missing him so much.



Gladys Gargan
2011 – 2022

Gladys came to us through Basset Rescue. She was two years old and had been with them for about ten months. The whole family, including Bert, our Labrador, went to meet her to see if she would choose us, and she did. She was very thin, sad eyed but more than happy to come with us. She was amazing from the start, feral when out walking, but always coming back to us... eventually!

Twice we had a six hour wait. She would arrive out of the undergrowth, tail wagging, panting, tongue hanging out and stories to tell of chasing rabbits and finding many new trails to follow. People came to recognise and know her, always telling us where they'd seen her on her travels. We have/had four dogs: Bert, two dachshunds (Filo and Maple) and Gladys. She and I had a special bond and we all had ten years of great companionship with her. Although we are very bereft, but we are also eternally grateful she shared her life with us.



Gus Anderson
2009 – 2023

Gus came into our lives at 8 weeks old in 2009. He came from a working farm who advised they didn't breed collies for their looks but for health, temperament and ability. I'd say they were spot on with everything including looks as he was such a handsome dog. He was a character with a huge personality from the word go. Learning quickly that if he 'roo'd' at people he got their attention. He remained vocal throughout his life and I'll miss hearing him roo all the way

down the drive when he was excited about going out for a walk. He wasn't the easiest dog in his younger years and had selective hearing at times. Like the occasion he saw some children with a spaniel down the beach and he decided they looked like a lot of fun with me having to run after him and retrieve him. Or the time he ran after a jogger down the beach park, tripping the guy up causing him to do a front barrel roll! His acute hearing caused a dislike of buzzing insects, and we came home once in the summer to find he had managed to open one of the corner cupboards in the kitchen, pull out all the pots and pans and hide in there because he had been trapped in the house with a fly! He was one of the smartest dogs I've ever met and was always one step ahead. We had our fun (or stress for me!) at obedience and agility and he enjoyed learning so many tricks, just for fun. In his older years he mellowed and became a joy to walk and take places. We went on many trips and holidays and everywhere we went people would stop and talk to us or tell us he'd made their day. He had a few health issues as he got older, but they were all very well managed and his quality of life right up until his last couple of weeks was very good. He taught me more than I could imagine, about collies, love and having a happy outlook on life despite difficulties that we may face. He was a very special boy and we are heartbroken. There will never be another one like him.



Indie Bryant/Scott
2011– 2023

Indie was my hero – she was a lovely mastiff x staffie rescue – once succinctly described as ' – full of the joy of life and such a kind, intelligent, funny, gentle personality. I used to call her a comedy dog – her sense of timing was always perfect, I don't know how she kept a straight face! She came to us like a friendly bulldozer with her whole body wagging and that is how she stayed, having adventures everywhere she went, and generally loving life and anyone

who crossed her path... until her last year when everything just slowed down. She bore her old age stoically and with dignity, never losing her loveliness. She will be missed and remembered always. Thanks for eleven years of learning and wonder, beautiful girl – love you Ind.



Jasper Wood
2010 – 2023

Jasper was a typical crazy, handsome Golden Cocker spaniel. I think it took him three years to calm down enough for him to walk on the lead in any kind of way. He loved chasing birds and once disappeared for an hour and half having chased a pheasant across the field. He was very friendly and affectionate dog, although he could be nervous but that just added to his character. All the family will miss him, including the two new girls, Purdey and Polly, who hounded him mercilessly on occasion. RIP much loved Jasper.



Joseph Bear Danaher
2009 – 2023

My Beautiful Joseph Bear,

I used to imagine that when this time finally came, I would be able to fill pages full of words to describe what you mean to me. In reality, the words just won't come and can't begin to do you justice. And yet, I need the world to know how much you mattered, Bear. My strength, my shield, the beginning and end of my every day; you held everything together and just made my world a better place. I don't really know how to do life without you. And so, I need to say a thousand thank you's.

Thank you for choosing me. Thank you for sharing your huge generous heart so graciously. Thank you for showing me something I didn't know existed. My Bear, my beautiful strong, proud Joseph Bear; the ferocity of my love for you is matched only by how much I miss you.

My god, Bear, you were glorious.
Together forever, right?

L

Joseph Bear, the best Sprocker Spaniel to ever have lived, left us on 25th April 2023, aged 14+, and leaves a gap wider than eternity. Big brother to Gnashi and Pippin, Bear was the most grounded, tolerant and magnanimous boy who loved life and our adventures together, stealing shoes, (always the left one), and was always up for dancing in the kitchen disco. Bear navigated his senior years with dignity and an endearing cheekiness; the fight against dementia was one he didn't need to have, and I loved him too much to ask him to. I still can't believe my shadow isn't there anymore.



Kai Passon
2011 – 2023

I could write a book about his antics but suffice to say he was an awesome boy, a legend, who will be greatly missed by all who knew him. He came to us at two years old from the Weimaraner Club of Great Britain and we had many happy (and some traumatic) times together. He's now gone to sleep for the last time.



**Lennox Thompson
2008 – 2022**

Lennox came to us aged eight from Battersea. He needed a lot of love and understanding. Typical of a staffie cross, he was a real sofftie. Some (those who have never had a dog) will say you can't teach an old dog new tricks. Wrong! Aged ten, Lennox gained his KC Good Citizen Award (Bronze) and was part way through silver when covid struck. In

the end age and arthritis caught up. Sadly he had to cross the rainbow bridge in December.



**Mabel Mallatratt
2007 – 2022**

Mabel arrived as an eight week old puppy ready trained with a wisdom beyond her years and she rarely put a paw wrong. She had the sweetest, kindest temperament and loved everyone she met, and everyone loved her. In December 2012 Mabel gave us eight beautiful puppies, one of which we kept. She was the perfect mother, with just the right balance of play and discipline. Mabel loved her walks, always insisting on carrying her lead and hoping for water to paddle in and

a cow pat to roll in! Her other greatest joy in life was food and she would spend many a happy hour chewing on (and guarding) a Honey's knuckle bone until there was nothing left. Mabel loved her teddy bears too, and we would scour the charity shops to find the biggest bear so she could carry it, suckle it or rest her chin on it. Having been raw fed all her life and treated with homeopathy, she had excellent health until almost the end. We are blessed with many, many treasured memories of Mabel, and chose this picture because it depicts her smile perfectly. Bethany, Oscar and Merlin are waiting for you... Love you always and forever. Mum and Dad, Phoebe, Maisie & Rosie. xxx

Purbarn Persistent Breeze 'Mabel'; 7 April 2007 to 30 April 2022



**Mika Murray
2006 – 2023**

He was my dearest friend and companion, he had the most gentle energy and a fairly laid back attitude to life, despite being a Border Collie he was a 'pipe and slippers' sort of chap; happy just being. He taught me a great deal, I started learning about Tellington Touch when Mika first came to live with me, he was featured in one

of Sarah Fisher's T Touch books. He liked nothing better than laying on the sofa having some TTouch massage. His passing has left a huge hole in my heart, I will always miss him. It was an honour and a privilege to walk beside him on his journey through life. My beautiful boy.



**Mishka Butler
2009 – 2022**

His full name was Mishka Melody, born 8th Sept 2009 died 17th April 2022. A dog of a lifetime, a good friend, comedian and always so loyal.



**Misty Robert
2011 – 2023**

Misty

My one and only dog, timid and shy,
She made no friends, but she loved life.
She had a gentle nature but was sassy,
Letting us know when walks or meals
were late.
She rarely left our side on walks,
Except for a squirrel or cat,
Always checking that we were close.
She loved water, the sea, lakes, lochs etc.
loved to fetch whatever we threw,
But rarely brought it back.
Despite the passing of time,
we miss her every day.



**Myrtle Edridge
2011 – 2023**

So goodbye, Myrtle.
Little innocent, sweet baby girl
with all your funny ways.
No more to follow us,
limping back legs wobbling,
not sure where you were.
No more to cuddle up on legs,
your darling one-eyed face so full of love.
As time goes by maybe it won't hurt as much
that we had to end your life
to save you pain.
But we'll remember how you cheered our lives.
You came to us
And we – we came to you.



**Newton Read
2007 – 2023**

On the 3rd of April we said goodbye to our precious, most beautiful boy, Newton. He was fading before our eyes and even though his body was strong for his 16 years, his mind was failing and parts of him were starting to shut down and we wanted to him to go with dignity. His last few days with us were filled with more love than we thought it was possible to feel and of course, with more food than he's ever eaten... which made him VERY happy! We had

lovely walks, where he even ran beside us with his ears flapping and his face smiling, something he hasn't done in so long, our boy knew we needed to smile, and like always, he was the one who made the hard times so happy. It was a joy to see and I'll never ever forget it.

To our boy, I don't even know where to start. You were the most beautiful, most gentle, funniest, wise, kindest most precious soul and you made our lives better than we could ever have imagined, just by being in it. We had so many adventures and we lived to watch you happy, it's all we cared about, you always came first, no matter what. The joy you gave us is immeasurable, even on your last day with us, you still made us laugh. I think you lived to see us happy too. From the first day we met you, you stole our hearts and you never stopped. You made us better people and you were always so brave with everything you went through, if something in our lives is ever hard, we will always say 'if our boy could do it, we can too' we will live each day to the full, just like you, we will have adventures and laugh, just like you and most of all we will see the world through your eyes, full of wonder, fun and amazement. Thank you, our sweet boy, thank you for everything, I would be here for eternity listing all the things we thank you for but for now, I'll just say, thank you for being you, glorious, naughty, cheeky, gorgeous, wonderful, perfect you, and thank you from the bottom of our hearts for choosing us to be the hoomans you shared your life with. Our darling boy, life will never be the same without you but it's also a better place because you were here. We will love more than anything in this world forever.



Nina McGibbon
2014 – 2023

Nina was lazy, smelly and hated going for walks !! Her favourite place to be was her bed, she loved it that much she would lick it in her sleep. She was very grumpy, didn't like strangers very much and would scare anyone that came near but what they didn't know was that she was a massive softy when she got to know you. She adored puppies and fell madly in love with little Cash when we brought

him home as a tiny pup, subsequently Gunner and Biba were loved to but not as much as Cash. She's left a massive hole in our hearts and her presence is greatly missed in the home, it's definitely the worse feeling not having her.



Poppy Maddison
2005 – 2023

Poppy loved to sit in the sunshine in the park, the wind blowing through her hair. She was a very special dog who loved her walks right to the end. She was a constant companion with a great streak of independence. She was adored by many, and some months after her passing is still talked about by her friends and neighbours. A great soulmate, missed greatly. A long and precious life.



Ozzie Batting
2013 – 2023

The youngest of our band of brothers. Much loved who left a big hole but what wonderful memories we have if him.



Reginald Lempp
2012 – 2023

Reginald forever in our hearts, the kindest, most patient and gracious dog., an ambassador for bull dogs. Dearest Reginald – a magical and mythical creature – full of fun and love.



Patrick Savoskin
2012 – 2023

Dear Patrick. Our first baby, our life guide. Space feels empty without you. Thank you for all the joy and love you brought to our life. Always and forever in our hearts. We miss you very much.



Rolo Chlapik
2014 – 2022

Rolo was our best friend, and we will never forget him. He lives on in our memories.



Pepsi Connolly
2013 – 2023

Pepsi in her last outing with Daisy (driving the horsebox). She lived her best life right up to the end.



Rosie Kimball-Brooke
2009 – 2023

Rosie, an American bulldog/boxer/Staffie cross, was already age nine when she caught our eye at Stokenchurch Dog Rescue Home, withdrawn and quiet, unlike all the others. We had not planned to get a middle-aged dog but she was so unlike the others and tugged at our hearts. She had been picked up as a stray, possibly abandoned, so we had no history of her previous life. She was clearly traumatised by whatever had happened, terrified of the car, and it took her a few months to settle in, but once she accepted us as her family, her obsession with squirrels returned and when she was chasing squirrels, she was happy and recall was totally absent. We managed. The rescue home had named her 'Deefa' which really didn't seem appropriate, so we thought and came up with Rosie, a gentle name for this hypersensitive and gentle soul who adapted fairly easily to her new name. We knew we might be faced with grief fairly soon but – possibly due to quality Honey's raw food and treatment with homeopathic remedies – Rosie lived another 5 years and won over the hearts of other dog walkers in the parks near us. At age 14 and nearly 3 months, Rosie had severe osteoarthritis and kidney failure. It was time to say goodbye. RIP dear Rosie. We miss you terribly.



Ruby Somerville
2013 – 2023

Ruby came into our lives at the age of nine months from a rescue. She was our very own 'Velcro' Doberman. A true princess who avoided anything wet or dirty. Walking the long way round a puddle was the norm and as for trying to tempt her into the sea... a definite no-no. She was most certainly one of the 'I know what I like, and I like what I know' brigade. She loved her home comforts, and any sofas were bought with her comfort in mind! Our lives have been enhanced by having her and she is sorely missed. A 'one off'.



Sally Tolley
2014 – 2023

Sally was only in our lives for four years, and now it feels like she was gone 'in a flash'. We soon found out that she had a heart murmur. We did our best to prolong her life and make her as happy and healthy as possible, but she went too soon, much sooner than we expected. She was very much loved by both of us, and we have a big hole in our lives now. I hope she is resting in peace.



Scout Rutter
2011 – 2023

Scout was the most perfect dog. She chose us and gave us nearly twelve years of unconditional love and fun. We miss her xxx.



Sky Bryant
2006 – 2022



Daisy Bryant
2006 – 2021

We lost Daisy last year, some time before Sky. She was Sky's sister – nicknamed Lazy Daisy because she wasn't interested in agility or anything other than sitting on my daughter, Felicity's knee. Sky was a different kettle of fish

and thought agility was the best thing since sliced bread apart from the seesaw. When Sky could no longer compete he loved to sit in the camper van garden and watch the people and dogs go by, lots of whom stopped to talk to him. Both were loved beyond measure and both are missed dreadfully.



Spud Graham
2013 – 2023

A couple of months after we lost Angus I took Zig to the vets, and Juliette (who was also a friend) commented that I'd been down to one dog for too long. She knew I was going to get a Ziggy nephew but, and I remember her words so clearly, you'll not notice a little black working cocker between your two black labs. She told me of a gamekeeping friend of hers who had kept the pick of the boys and the

girls as he wanted to get into trialling, however he didn't have the time so was moving on the boy. Off we went a couple of days later to see the four-month-old cockers. Other than going out in the truck this little dog was untouched, no lead work, no training, nothing. He came whizzing over, looked up at me adoringly, smiled (he was missing his bottom two teeth) and that was it, smitten. And so we brought home Spud. Originally called Sid, I changed his name because we had an old picker up on our shoot who was a cocker man and who I had enormous respect for also called Sid. We looked for a name that was close to Sid, and, as he reminded us of a scene in the Trainspotting film where the character called Spud is off his head on speed, Spud he became. I have to say he was the easiest dog I've trained, and yet also the only dog that I've had injuries from. He was so focussed, so fast and was soooo keen to please but I had to really keep a lid on it and monitor his stress levels as he could get really stressed with the excitement of it all. Even at almost 10 he could hardly contain himself when the dummies come out. Like most little spanners he lives his life in a state of FOMO, he's always at the front in any photos. Spud, Spudley and Spuddicus Malarkey, my one and only Working Cocker.



Stanley Taylor
2012 – 2023

Stan was a French Bulldog who had many allergies and health issues over his lifespan sadly. He was an independent character and was adored by his younger brother, Ollie from another litter. He was funny, playful and full of life and loved nothing better than paw rubs! Bath times were never a hit but he suffered then under duress lol! He has left a huge whole in our family and the house is so much quieter without his snoring and snorting noises! He was especially noisy at food times and would growl the kitchen when dinner time was looming lol! RIP our lovely boy xx



Star Dillon
2009 – 2023

Star was the embodiment of twinkle and sparkle! Throughout her life she was a shining example of emotional strength, determination and bravery – whatever came her way! Twice she learnt to walk after spinal problems and for the last seven years she suffered from the dreadful, hereditary, neurological and terminal disease La For. She so loved life – thank-you Star, for your inspiring example, your wonderful companionship and unending love. Shine bright...



Teilo Perkins
2008 – 2022

He was certainly man's best friend and a well-travelled dog who visited many places including Denmark, France and completed the NC 500 in Scotland in 2021. He was never happier than sitting on the front seat of the Land Rover watching the road and leaning against Nick.



Thomas Barder
2010 – 2023

No one could have had a more friendly and affectionate dog. He had a beauty of character and coat colour, right to the sad end. He was not superficial but utterly reliable towards even aggressive dogs and to all people. Until too ill to greet someone, all were

welcomed, warmly and genuinely. He simply had nobility of resilience and of response to others. He made it clear he wanted to be friends with dogs and humans so it was easy to respond and strangers often did so, pleased to find someone who was pleased to see them and to accept them. This was not merely a passive temperament but one which defused trouble, not repaying evil for evil if he was aggressed against or ignored; rather he was used in dog class to soothe the injured of spirit, undoing edginess and nerviness and bringing out retiring dogs, enjoying making people laugh. Thomas was quality through and through except when there was a muddy puddle or ditch. Then he was there to wallow or try and get a response from his amused owners. He knew exactly what he was doing, wagging his tail at our reproaches. He was an excellent companion and knew our routes superbly but then again, he was savvy and new us well. Watching him decline was ghastly even if he bore his illnesses with stoicism. We can only look forward now to seeing him in heaven. He will have found he belongs there.



Tiva Gilmore
2008 – 2022

After 12 years together I lost my dog, Schattzi, in January 2007. He was very special, and it was months before I could even think of getting another dog. When I did decide to get a new companion, I did a lot of research and settled on a Belgian Shepherd. In August of 2007, I finally got my new dog: a Belgian Shepherd Tervuren, Bonvivant Raffine, to be known as Tiva ('Teeva'). Tiva was as smart, beautiful, and energetic as her breed is known for. Over the next 15

years we trained and competed in breed showing, flyball, and agility. Tiva qualified for Crufts as a puppy and as a senior dog. We were also on a very successful flyball team that qualified for Crufts and made it to the semi-finals, exciting times! Our favourite sport, though, was agility and we made it to Grade 3 before she retired. We travelled extensively in the UK, camping and staying in hotels, where she was always the perfect guest. We hiked hills and dales, played fetch, walked the beach and just generally enjoyed life. In August of 2022 Tiva was fifteen and while she still enjoyed a doddle about the park her back end was starting to fail. As it got worse, I knew the time had come to release her. Her lovely vet and a nurse came to the house and she went to sleep surrounded by love. I still miss her but can now smile at all the wonderful memories I have of her. And, while no one can replace her, I now have a rescue pup. A wee girl who is very like my Tiva...always my shadow...and I'm sure we'll also have many wonderful adventures together.



Tolley Pile
2009 – 2023

'Drakeshead' Labrador. Rising fourteen years when lost. Great companion. Perhaps should have been trained more fully as a working gun dog but we loved him as a pet.



Tommy Tinker May
2016 – 2023

Tommy Tinker you were our perfect boy ever. You were the most loyal boy anyone could have wished for. Taken from us far too early at the tender age of seven you have taken our hearts with you. We will never forget you darling boy and I feel you by my side forever. Sleep tight baby boy until we meet again



Truffle Pugh
2012 – 2023

Life has changed without Truffle, we were privileged to have had her in our lives, she was unique girl, who was so happy to be with us, so loving and she even had a sense of humour! Truffle never needed a vet in her 10 years. For her last weeks she went downhill slowly and died naturally with her head on my lap. She had our permission to go and within 90 seconds of my having said that to her, she stretched, yawned and went on her journey. Farewell our beautiful Truffle.



Zeena Kingston
2011 – 2023

Zeena was our second Boxer, she grew up with our white deaf Boxer boy Bernie who we sadly lost last year. She was amazing with Bernie our precious rescue boy, even though they were both pups when they came to live with us, she always managed to look after him. On walks she would round him up when they needed to come back and snuggled with him keeping him company and making him feel safe.

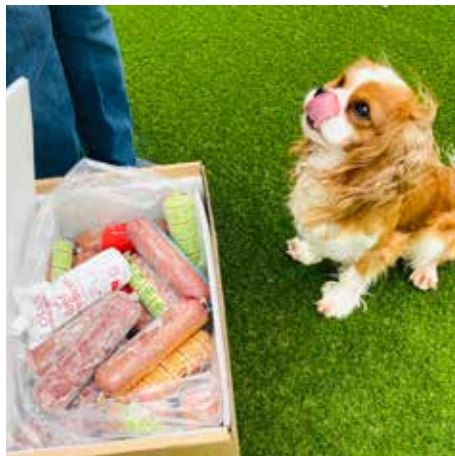
During lockdown her behaviour towards my husband changed, she wouldn't leave his side and was constantly sniffing him, at the time we didn't know anything was wrong but a few months later my husband was diagnosed with cancer. Thankfully, he's had treatment and is doing well – aren't dogs amazing! When we lost Bernie in 2021, she then looked after both of us, her sweet and gentle nature meant she always knew when something wasn't quite right and knew we needed her more than ever. When Mya our fourth Boxer came into our lives Zeena was fantastic with her, she taught her how to behave and set Mya up to be the beautiful girl she's growing into today. We spent her last week in our favourite place on the beach in Norfolk, relaxing in her stroller and eating doggy ice cream. She will forever be in our hearts; and was one in million we miss her so much.

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. Here is just a sample of dogs we have been admiring since the last issue of *The Alternative Dog*. If you send your photos to Jonathan, he makes a note to include some free treats in with your next order. If he forgets then please remind him! jonathan@honeysrealdogfood.com. Finally, many of the pictures that follow are of new Honey's customers. A very warm welcome to you and your human companions and thank you for choosing Honey's.



Aldo Leach



Bemo Robertson



Amber Campbell



Bonnie Tribe



Barney Wignall



Buddy Allen



Bella Bear Sharp



Clipper Temple-Thurston



Coco O'Connell



Dora (black) Hetty (golden) Ward



Evie Cookes



Frankie Walsh



Geoff and Thistle Jenkins



Gunner and Biba McGibbon



Lily Thomson & Feline Friend



George Avenell



Henry Bush



Luckie Sudworth



Honey Bunny and Cleo Sankareh



Gracie Stocking



Igor Walklin



Maahi Bassi



Maisie McKenzie



Guinness Cleary



Kash Enderle



Milly Gorton



Milo Lee



Oscar Rook's Guest Puppy



Poppy Jeffs



Murphy Ross



Otis Williams



Rosie and Murph Debrion



Nellie Allen



Percy Mower



Noodle Walklin



Phoebe Holmes



Rosie Kimball Brooke



Oscar Rook



Pippa Taylor



Ruby Mamatejova



Saffi, Flo and Brent Butler



Simon Garcia



Selkie Ryder



Shadow Cuthbert



Stan, Luna, Scampi & Fifi Batchelor



Sula Cowley



Willow Cowley



Wilma Brightman

BOOK REVIEW: Percy

Edward Barton is something of a cult figure. He is best known as a musician having written quite a few hits including *It's a Fine Day* (which was recorded by Opus III and Kylie Minogue), *Halcyon* and *Happiness*. He is also a poet, an artist, and (to quote one critic) 'known for his eccentric stage performances and use of home-made instruments'. Several years ago Edward and his partner, Daisy, rescued a Westie called Snowy who they renamed Percy. Most dogs mark their territory but Percy, it transpired, liked to mark it more than most! There was no such thing as taking Percy for a quick walk due to his habit of stopping every few yards to do the necessary, often in quite amusing places and interesting situations. Edward (presumably to give himself something to do while he waited) bought a camera and started taking photographs. Initially, he posted the photos on a specially created Instagram page (percypissing) – at the time of going to press there are 1,135 posts – and then he published a book called simply *Percy*. Sadly, the book seems to have sold out (we bought our copy from The Photographer's Gallery) but if you come across a copy, grab it! It is one of the most original and engaging dog-themed books we have seen in years. CS.



Competition winners

In the last issue we held a photograph competition in which you had to submit a picture on the theme of 'Good Dog/Bad Dog'. The response was, as usual, 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 every 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!

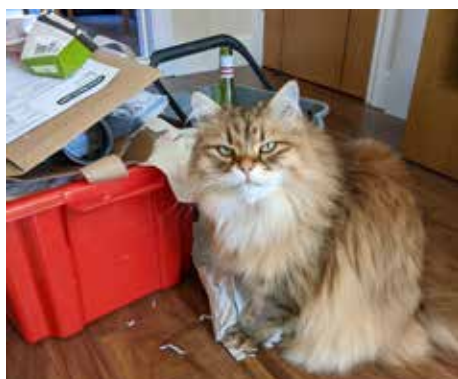
1st



Rocky Stone



Barney Wignall



Bertie Redfern



Bianca Bishop



Biscuit Parker



Cash McGibbon (in front) & Gunner (behind)



Coco and Trixie Reece



Daisy Forbes



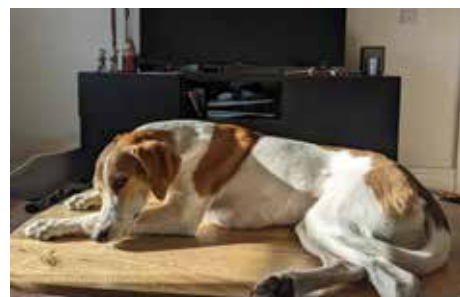
Dill and Figgy Serrano



Frankie Key



George Penfold



Iris Jones



Izzie and Charlie Crowsley

NEW 'THE EYES HAVE IT' PHOTO COMPETITION Win a month of free food

You know when they look at you with those huge, loving, irresistible eyes? The new Honey's Competition is simplicity itself: submit a picture of your dog on the theme of 'The Eyes Have It'. First prize is one month of free Honey's (to the value of your most recent order) and there are 3 runner prizes of either 6 packets of Beautiful Joe's or bones or biscuits to the same value. Rules? Barely any. You can submit up to three photographs and the judges' (appointed by Honey's) decision, no matter how unfair, will be final. Please email your entry to competition@honeysrealdogfood.com before 31st October 2023 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.



Jenna Newman



Monroe Robinson



Pickle Bury



Lyra Wignall



Nellie Allen



Purdey and Polly Wood



Mabel McGregor



P Robinson



Archie Townsend Green



Maisie Mendoza



Phoebe Holmes



Slinky Silva



Smudger and Raphael Pye-Jeary



Toby Gibejova



Minnie Robinson



Smudger



Trigger Britton



Reggie and Bonnie Heeks



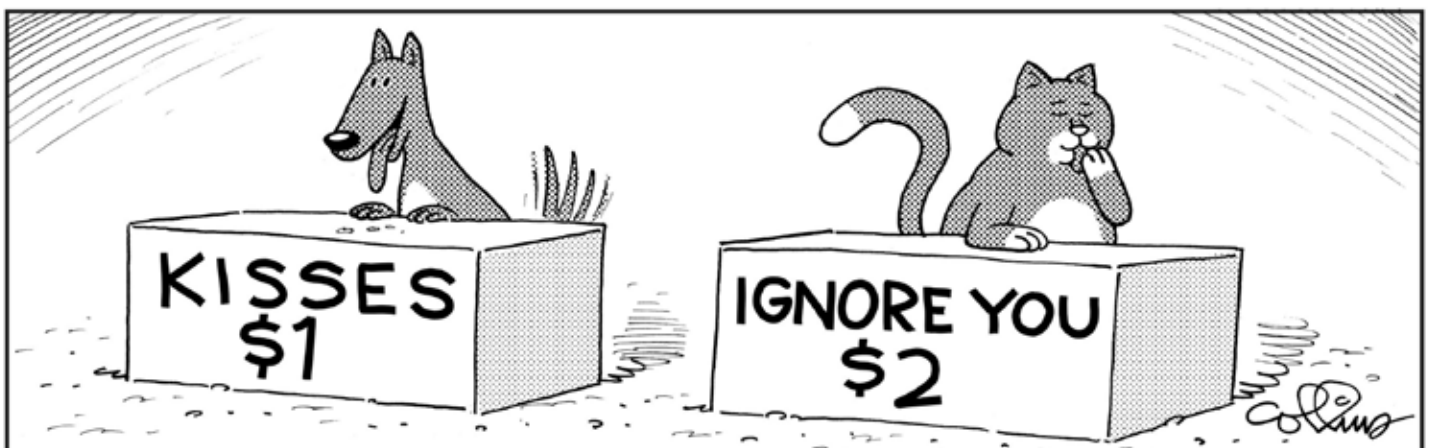
Wilfred Haigh



Wilbur Forbes



Ruby Horrex



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: £25 for small, £27 for the medium and £31 for the large BUT free, of course, if you recommend a new customer who orders from us!



Our original Superdog Cape/Towel Thingie

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

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



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

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



Please send us your photos!

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



Gift Hampers

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

%s!

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



Honey's Bespoke

We now offer a Bespoke service whereby we will make raw or cooked food entirely to order. Our own vets and nutritionists can devise recipes for you if required. Our Bespoke service starts at around £250 a month.

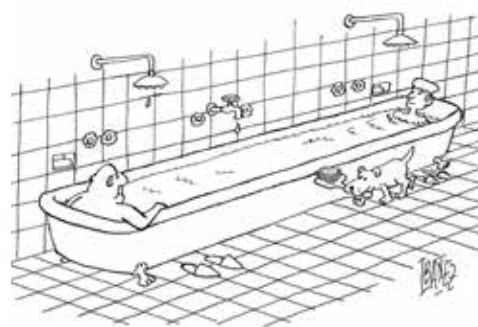


"I think Lassie's trying to sell us something."



Beautiful Joe's

We offer two types of handmade, air-dried treats: Tasty Lamb for £6 (in a red packet) and Yummy Liver for £8 (in a yellow packet). We give away treats for every packet sold and since we started this ten years ago, we have donated almost £500,000 of treats to dogs in need. We also offer a snazzy yellow training tin (£4.00), gift packs (from £10) and subscriptions (place a regular order and we will top it up with free treats).





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	£1.26	£2.07	£2.52	£4.13
Free range Duck	£1.41	£2.07	£2.81	£4.13
Free range Pork	£1.54	£2.07	£3.09	£4.13
Free range Turkey	£1.41	£2.07	£2.81	£4.13
Pasture fed Beef	£1.49	£1.80	£2.98	£3.59
Pasture fed Lamb	£1.58	£1.80	£3.15	£3.59

Wild Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Rabbit	£2.35	£2.80	£4.70	£5.61
Game	£2.34	£2.66	£4.70	£5.25
Venison	£2.35	£2.80	£4.70	£5.61
Pheasant	£2.19	N/A	£4.37	N/A

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	£2.52
Pasture fed Beef	£2.98

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	£5.53	N/A
Chicken	N/A	£3.23	£4.94	N/A
Turkey	N/A	N/A	£4.94	N/A
Beef	N/A	N/A	£5.54	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	£1.88	£3.76
Lean, free range Pork	£1.82	£3.67
Lean, free range Duck	£1.67	£3.34
Lean, pasture fed, Beef & Washed Tripe	£2.04	£3.95



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	£4.35
5 large pasture fed beef lollipop bones	£8.30
5 medium pasture fed beef lollipop bones	£8.30
2 medium pasture fed beef lollipop bones	£3.80
8 small pasture fed beef lollipop bones	£8.30
5kg of free range chicken wings	£16.95
1kg of 3 joint free range chicken wings	£3.90
1kg of free range duck wings	£4.65
1kg pasture fed lamb ribs	£5.45

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	£4.00
Beef liver pasture fed per 200g	£1.60
Beef tripe pasture fed washed in water per 1kg	£5.45
Chicken carcass free range per kg	£3.80
Chicken necks free range x 10	£5.45
Duck carcass free range per kg	£4.35
Duck necks free range x 10	£8.20
Lamb heart pasture fed per kilo	£5.60
Lamb trachea pasture fed x 4	£3.80
Pork certified organic pig tails x 6	£3.20
Pork certified organic belly ribs (750g approx.)	£6.90
Pork certified organic heart per kg	£5.45
Pork free range tongue x 2	£3.00
Pork free range trotters x 2	£4.35

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	£56.90
Chicken carcass free range 14kg	£49.25
Lamb ribs pasture fed 9kg	£43.80

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 £5.42. 500ml £10.90

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 £3.28.



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.



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

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



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

10 good reasons to recommend Honey's



1. Free, expert advice

We are happy to help with free, unlimited, expert advice, tips and diet plans even if you never, ever plan to become a customer. If you want to make the food yourself (which is surprisingly easy) we can explain which ingredients to buy and how to keep the cost down.



2. A diet designed specifically for your dog

We will ask you all about your dog – his or her age, weight, gender, breed (if relevant), allergies, health issues, likes and dislikes, level of exercise and more. We like a photo if it is easy. Then we will recommend a specific diet designed to ensure that he or she receives the optimum level of nutrition.



3. The Honey's Health Team is at your service

Diet can make a huge difference to health. Certain canine health conditions require certain diets. We employ a Health Team (which includes vets and vet nurses) to look after the poorly dogs we feed, and they are at your service. It is one of the reasons why so many vets in private practice recommend Honey's.



4. Honey's is made from organic, free range and wild ingredients

We only use the highest possible quality and freshest ingredients that would, if they weren't becoming dog food, be 100% suitable for human consumption. This is really important not just for ethical reasons but because high quality ingredients contain much higher nutritional values. Our meat is all certified organic, wild or free range.



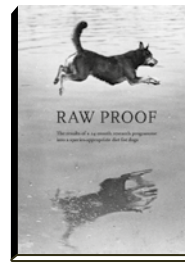
5. Our food is British and seasonal

All our ingredients come from British farms and are, therefore, seasonal. The artisanal nature of our production means that each recipe changes from batch to batch – much better for your dog.



6. Honey's food is complete

Our food meets all the most vigorous nutritional guidelines as set out by the European Pet Food Industry Federation (FEDIAF), the Pet Food Manufacturers Association (PFMA) and the Association of American Feed Control Officials (AAFCO). We achieve this without adding any supplements.



7. Honey's invests in scientific research

We've contributed to the growing scientific evidence that species appropriate (aka raw) feeding is the optimum diet for dogs by investing in major research. Please ask for copies of our research paper: *Raw Proof: The results of a 24-month research programme into a species-appropriate diet for dogs*, which was first presented by Dr Nick Thomson to Fellows of the Raw Feeding Veterinary Society.



8. We campaign for better farm animal welfare

We visit all our producers regularly to make sure that they meet our exacting farm animal welfare standards (which we publish). We donate 1% of sales to Compassion in World Farming. By the way, we never turn any charity that approaches us away empty pawed.



9. Honey's works to minimise its environmental pawprint

We work hard to minimise our impact on the environment. We have achieved ISO 14001 (which is awarded to companies with high environmental standards). Our packing is 100% recyclable.



10. Honey's is a small, family business

We are a small, family business (so small that the founder and his son are happy to give you their personal emails in case they can help with anything) and we believe in traditional service. Honey's has no sales function and no sales staff. We never try to persuade anyone to buy our food. When you talk to our team they are speaking from the heart.

Honey's is Carbon Neutral and we believe we have the most environmentally friendly packaging for raw dog food in the UK. We are members of 1% for the Planet and our founder is a trustee of the Rainforest Trust.



Why not all raw dog food is equal

It is definitely not our style to be critical of other raw dog food producers. On the other hand, we are concerned about much of the commercially available raw dog food. And, we are not alone. A growing number of vets agree. Indeed, Dr Nick Thompson, founder of the Raw Feeding Veterinary Society, recently said:

The ideal raw food diet is varied, uses high quality ingredients and is properly formulated to make sure it includes all the necessary nutrition. One concern is intensively farmed meat, which may contain higher levels of antibiotics and other harmful chemicals. Another worry is formulations that contain too much or too little of certain ingredients e.g. rice or bone. A surprisingly high percentage of raw food diets (as differentiated from raw food *meals*, most of which are not 'balanced and complete' on their own) may not be nutritionally adequate. Variety, again, is key to providing all required nutrients appropriately.

You can be confident that Honey's is made from the finest quality ingredients and is 100% complete.

Free book! Available as a download or we will happily post it to you.