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TWO

Blogging

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PET

LIVE LOVE LAUGH
and LEARN

PET TALK



BROUGHT TO YOU BY THE LAND OF PUREGOLD FOUNDATION, INC.

A PUBLICATION DEDICATED TO GIVING COMPANION ANIMALS A VOICE IN THE WORLD

CANINE COMEDIANS

HELP US LAUGH
AND ENJOY LIFE

Musings from land of the Golden Obsessed



We love this story from Jill about Golden Maddi, her OCD Housewife.

She says, "My Maddi retrieves six dog dishes for me after the morning and evening meals. She brings them to the sink and then releases them for me to wash. It's become a ritual.

Sometimes she will stack one dish into another and pick up two dishes for efficiency purposes. Now that's hilarious! It really helps me because two of the dogs eat in the other part of the house and she saves me that walk! It's really priceless and I didn't teach her. I just started reinforcing this behavior when she started displaying it."

Share your own fun
comedic observations.

Just email them on over to
landofpuregold.com/go.htm

We continue to be inspired by all things DOG, and have added a new "2 PAWS UP" section for book reviews. And, this issue includes a simply fabulous article debut: **The Magic of Mushrooms.**

It has been a very long WHITE winter, our experiencing an amazing five feet of snow during one record-breaking week here in Owings Mills, Maryland.

Poor Golden boy Alfie was so confused. Dad did dig out a path, which was none too easy in the almost hurricane-strength winds and blizzard downfalls that spanned several days. Honestly, I thought we would never see grass again.

Poor Daddy (Gary) was confused himself, unable to see where to navigate as he filled bird feeders and checked on the fish in our pond. It was pretty scary for a while.



Of course, I had a great solution. Gary needed to get himself some professional equipment. So, I sent him to REI, one of those stores husbands don't mind shopping in, as it's filled with so many fun boy toys. Five-hundred dollars later he had new goggles, hat, ski pants and snow shoes.

Helping him suit up was a riot. I could not wait to see how these \$200 shoes would allow him to walk on water – frozen water – that is. Only sinking about one-half inch, you should have seen him go.

And, the best part was Alfie then got in on the action. He finally figured out it was okay to walk on top of the snow that covered our property. His careful walking quickly elevated to silly prancing and hopping.

Now, we are preparing for the planting season, as Gary always plants a huge organic spread of vegetables. The problem is keeping out all the critters who feel we've constructed this garden for their benefit. But, this year we may be ready for them. The wood enclosure is being topped off with deer wire fencing.

Farmer Gary, though, wants to get a look at who is trespassing and doing all the pilfering. So, back he went to REI to buy a tent for himself and Alfie to sleep outside. He tested it in the living room and Alfie just loved getting inside with him.

I cannot wait to see how this experiment turns out, especially since Alfie is Mr. Hyper-vigilant when it comes to unexpected sounds. Stay tuned for the next segment to this backyard adventure story.

Are our dogs really what they eat?

These Veterinarians sure do think so.

We are what we eat, and that surely applies to our companion animals as well.

I love how *Dog Dish Diet* begins: I'm Dr. Greg Martinez and I feed my dogs people food, even though in veterinary school I was taught to use only commercial dog food. In truth, feeding healthful people food to dogs contradicts most everything I was taught." Committed to helping as many dogs as he can, the April 2007 pet food recall was clearly his epiphany.

Dr. Greg admits to previously being a kibble pusher, but now knows each dog is an individual, and that: "**Kibble + dog = Fat in 50% of Dogs.**"

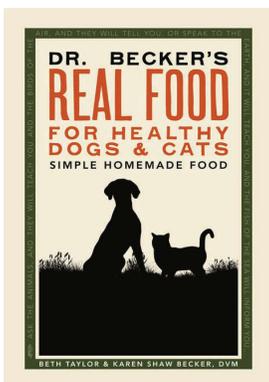
I used kibble once upon a time, even graduating to organic kibble, which somehow meant I was doing even more for my *kids*. But, honestly, just pouring dried, processed chunks into bowls—even if the ingredients were impeccable—was not an accomplishment. Only laziness kept me from home-cooking. But, once the commitment was made, it was amazing how efficient I be

came at making and freezing meals in advance.

An easy and fun read, *Dr. Greg's Dog Dish Diet* is both personal and practical. It is filled with oodles of easy-to-remember sound bytes of *tasty* information, nutrition & ingredient charts, and conversion info on kilograms to ounces (to determine calories). The **secret recipe** that Dr. Greg shares is a keeper. And, I may never forget his spot on Dog Better Health Rule #6: "Treats are the crack cocaine of the canine world."

Dr. Greg believes changing your dog's diet may help relieve weight gain, red and painful ears, flaky and inflamed skin, hotspots, stomach upsets, and urinary infections. In his book, you will learn about: food allergens; choosing healthier dog treats from the refrigerator that will save you money; the importance of adding needed healthful fats and oils; cutting calories without leaving your dog hungry/unsatisfied; and, feeding your dog's inner wolf by simulating the ratio of proteins, carbohydrates and fats that sustained dogs earliest ancestors. . . . Bone Appétit indeed!

Order a personally autographed book here and mention the Land of PureGold Foundation, and Dr. Greg will donate \$5.00 per book to our nonprofit. You will also receive a special chart to download, print out and post near your dog's feeding area. It will help you get started making changes in your dog's health and creating a Dog Dish Diet for your dog.



I have loved Dr. Karen Becker for a while now, having carried her crispy **Bison Bite** wonders for several years.

So, it would be hard to imagine that her new book, *Dr. Becker's Real Food for Healthy Dogs & Cats* wouldn't be a winner. And, she

had our own personal hero, Dr. Allen Schoen's blessing, his providing this incredible review about the book being: "the most informative, educational, practical and helpful book I have ever read on home made diets for your animal companions."

Dr. Becker begins the book with the most common of common sense, even though it has escaped the masses: "The truth is, food is just food. There's no "dog food," "people food," "cat food," "bird food" — it's all just food, with the balance and ingredients differing depending on species. A fresh food diet is best for all living beings."

This inexpensive, 85-page book is definitely a MUST-HAVE resource. Important areas related to preparation principles, equipment and storage are discussed as Dr. Becker is all too aware of our fast-paced culture and self-imposed time constraints.

There is a great discussion of protein, fat, carbohydrate and water, as well as what needs to be added and left out of diets. And, there are also almost 50 pages of recipes with great rotation planning.

My view is different on the type of fatty acid supplement to provide in the diet (I actually like **Wild Salmon Oil** rather than Krill or Flax Oil) given its efficiency and research testing as based on some 10,000 studies over 40 years.

Although Dr. Becker believes that a raw diet is best, she does believe that cooking a homemade meat-based diet is acceptable as some "dogs don't like raw food or don't do well on raw food."

I minimally cook my Golden Alfie's 100% organic diet as I believe a raw diet can be compromising for dogs with particular immune system problems and medical conditions.



2 PAWS UP

Book Reviews from Golden Mom Rochelle

I have to admit it. I am always on the lookout for the latest and the greatest . . . even though there is so little room left to store all these finds. Authors who have been kind enough to share their latest publications may see reviews here, at our foundation's website, or our foundation's blog.

Not one to be negative, though, only those books receiving my "2 PAWS UP" Stamp will appear. My mom was right, of course. If you have nothing good to say, don't say anything at all.

Working with Golden since 1987, my bookshelves are simply overflowing with animal themed books and media. At our Foundation's website you can find my favorites. The categorized listing includes items in my possession, or from recognized authors I've come to trust. Just visit: store.landofpuregold.com/books.htm!

Some of my latest picks include:

- *Canine Ergonomics: The Science of Working Dogs**
- *Inside of a Dog: What Dogs See, Smell, and Know*
- *The 100 Silliest Things People Say About Dogs*
- *Healing Companions: Ordinary Dogs and Their Extraordinary Power to Transform Lives**
- *A Friend Like Henry*
- *Good Grief: Finding Peace After Pet Loss*
- *Forever Forward: K-9 Operations in Vietnam**

*Reviewed at our Foundation Site

WOOF WOOF ARF ARF

You simply never want to miss the latest from Dr. V, absolutely the most fun veterinarian online. She Facebooks. She Blogs. She Tweets. She plays with Barbies. Oops, too much information.

PET PEEVES

By Dr. V of pawcurious.com fame



FOOD FOR THOUGHT

Ohoyo's Top 10 Reasons for Detection Dog Washouts

1. Arson Dogs: Couldn't get the dog fired up.
2. Water Search Dogs: Dog was in over his head.
3. Airport Detection Dogs: Dog was too flighty.
4. Drug Detection Dogs: Dog wouldn't inhale.
5. Currency Detection Dogs: The dog was a poor candidate.
6. Agricultural Detection Dogs: Dog had no taste for the work.
7. Wildlife Detection Dogs: Dog was just winging it.
8. Explosives Detection Dogs: Dog kept blowing it.
9. Termite Detection Dogs: Dog bugged me too much.
10. Gypsy Moth Detection Dogs: Dog's mind kept wandering.

Mom of the year strikes again!

My son, like all 3-year-olds, is a bit of a drama queen. A bump on the noggin is a traumatic head injury. A bruise requires a band-aid, ice, and a popsicle. And on a daily basis, he is mauled, devoured, and eviscerated by the dog.

"AUUGGGHHH!" he will scream, an ear-splitting curdle that ricochets around the surrounding hills. "BRODEEEEE'S BIIITING MEEEEEEEEEEEEEE!" Invariably, this involves Brody doing a little bit of the harmless but annoying mouthing that puppies do when they are still learning to behave. I've seen him play with the other pups in doggie daycare, and they are ROWDY. He routinely comes home exhausted and soaked in dog saliva. Brody very consciously moderates himself with the kids.

After the first 20 or 30 breathless sprints to the scene of the crime, I've become a little more laid-back about my son's reported incidents. Don't get me wrong, I still monitor them and intervene when needed, but I'm no longer hovering 18 inches away the way I have been the last 6 months. And based on the behavior I've observed, I'm quite sure Brody is not always the instigator.

Every day, I get the Fight Summary. "Brody bit-ed me today." "Uh huh." "Brody tripped me today." "Uh huh."

The last few weeks, my son's imagination has been taking flights of fancy and creating every more elaborate criminal complaints:

"Brody called me a doo-doo today."

"I'm sure he didn't, hon."

"Brody cut in front of me on the slide."

"He can't even climb the ladder."

"Brody stole my crayons today."

(well, that one I can believe.)

The point is, like all worn-down exhausted bad parents, I pretty much blew him off and let him know by my lackadaisical response that I wasn't particularly concerned.

When I went to pick him up at preschool today, I asked him how things went. "Brody stepped on me," he complained.

"Honey," I replied, "Brody doesn't even go to school!"

"Yes he does!" my son insisted, and then behind me, I heard the teacher calling: "BRODY! You let go of Sue-Ellen's pig-tails this INSTANT!"

I slowly turn, and to my horror, there in full Tasmanian Devil mode is a whirling dervish of a toddler that is every bit the same hellraiser as his hairier counterpart. Cue guilt.

So now we have a system.

"Brody hit me! Two-legged Brody!"



The Magic of Mushrooms

By Audi Donamor

"Button, button, who's got the button?" — white button mushrooms, that is.

Growing up, the kitchen cupboard always housed at least one can of button mushrooms, all perfectly formed, then perfectly marinated and served on fancy plates with coloured toothpicks. My mom also made really thick tomato sauce with meat balls, and it was always dotted with matching button mushrooms too, and at the time, we never would have thought about these small perfect "fungi" as being "magical" in any way, and I bet you didn't either, but I'm here to tell you, that there are many magical mushrooms, and that little button mushroom, has just as much, and sometimes, even more antioxidant properties than many of the fancy shaped and scented medicinal mushrooms that have popped up in health food and grocery stores from coast to coast. Mushrooms are magically medicinal, not just for us, but for our pets too. All on board for a "magical mystery tour" about a few of my favourite mushrooms!

There are about 100,000 varieties of mushrooms in the world, and as many as 700 are used for food. There are approximately 50 species of mushrooms that are toxic and another 50 that have medicinal properties.

Button mushrooms are the most cultivated edible mushrooms in the world, but I bet you didn't know, that those perfect white button mushrooms turn into Crimini mushrooms, and Crimini turn into Portobello mushrooms. It's all part of the growth cycle, and just a few days' growing difference, produces these three popular mushroom varieties, that are packed with naturally occurring antioxidants, all the B vitamins, except Vitamin B12, as well as copper, phosphorus, potassium, and selenium. One 3 ounce serving of these "common" mushrooms, contains 5 mg of L-ergothioneine, an antioxidant that is not destroyed by cooking. Dr. Jean-Michel Savoie and his team from the Institut National de la Recherche Agronomique, a government research institute in France, have determined that white button mushrooms have as much, if not more, radical scavenging power as the more popular medicinal mushrooms.



Not only do button mushrooms support the lungs, spleen, and intestines, but they are also used to help treat diarrhea, mucous discharge, and vomiting. It's nice to know that these mushrooms are available year round, they don't cost much, and yet, they are an excellent source of nutrients. Chop some up for your pets today!

Guardians can even use Portobello mushrooms instead of meat, for a very tasty burger!

Shiitake mushrooms are a symbol of longevity in Asia and considered one of the world's healthiest foods. They are the second most cultivated mushrooms in the world. The Chinese have used Shiitake mushrooms medicinally for over 6000 years. Shiitakes are a rich source of protein and also contain Vitamin A, Vitamin B-6, Vitamin C, copper, folate, iron, magnesium, manganese, niacin, pantothenic acid, potassium, riboflavin, selenium, thiamin, zinc, and dietary fiber. Shiitake mushrooms also contain more than 50 enzymes, including pepsin, which aids digestion.

Shiitake is truly medicine in a mushroom. Shiitake mushrooms contain a natural source of interferon, a protein that appears to induce immune response against cancer and viral diseases. The eritadenine found in Shiitake mushrooms helps to decrease fat and cholesterol in the blood, and their germanium, supports cellular oxygenation and the immune response.

Beta-glucan, a form of natural sugar that has powerful immune-boosting and anti-cancer properties, is also found in Shiitake mushrooms, which is a good reason why, they're on the menu in hospitals across North America, Europe, and Asia, and research going back to the 1940s, has demonstrated that the beta-glucan found in Shiitake mushrooms, helps to slow down tumor growth and decreases the side effects of traditional cancer treatments, like chemotherapy.

Lentian, which is technically classified as a polysaccharide, but often referred to as a branched beta-glucan, further supports the immune system, helping to fight infection and disease, and Shiitake mushrooms also contain a high concentration of the antioxidant, L-ergothioneine.

In 1985, the Japanese Government approved the extract from Shiitake mushrooms as an anti-cancer agent.

Guess, what, you can also grow your own Shiitake mushrooms. One log will produce mushrooms for your whole family, for four years. Check out gmushrooms.com/pots.htm, for terrific organic mushroom growing kits.

It is hard to believe that there are 2000 known species of Reishi mushrooms. The most important ones are identified by colour – black, blue, white, yellow, purple, red. These species are the ones that are most closely studied, and Red Reishi is the most commonly cultivated.

Reishi, also called the "Grass of Heaven," is used as a tonic to help increase energy, improve digestion, regulate the immune system, and support the cardiovascular system, and alleviating the symptoms of allergies.

HEALTHY PETS 101



Mushroom Advisory

Watch Out! Not all mushrooms are safe for you and your pets. Dogs and cats and small children cannot differentiate between what is safe and what is dangerous.

There is no anecdote for mushroom poisoning. Mushroom spores can remain dormant for 100 years. Guardians can help to prevent poisoning tragedies, by removing any mushrooms, as soon as they pop up.

Last spring, a friend's Golden Retriever lost his life to the Panther Cap Mushroom (*Amantia pantherina*), the very same mushroom that stole the lives of 4-month-old English Springer Spaniel puppies in 2008.

Be smart and keep Poison Control information at hand.

Visit online: apcc.org/dnn

Neat Resources

Chinese Natural Cures: Traditional Methods for Remedies and Preventions – Diagnosis, Treatment, Herbal Formulas, Food Cures, Philosophy, Legends, written by Henry C. Lu.

Healing with Whole Foods: Asian Traditions and Modern Nutrition, Third Edition, written by Paul Pitchford.

The Magic of Mushrooms (cont.)

This is no surprise because Reishi is rich in pharmaceutical ingredients, including polysaccharides, polypeptides, and 16 types of amino acids, coumarin, organic acids, and microelements.

This is no surprise because Reishi is rich in pharmaceutical ingredients, including polysaccharides, polypeptides, and 16 types of amino acids, coumarin, organic acids, and microelements.

When Reishi is given as a supplement during chemotherapy or radiation, it helps to reduce the side effects of these treatment protocols, e.g., fatigue, loss of appetite, bone marrow suppression, and risk of infection.

Although Reishi is not classified as a pharmaceutical, a number of clinical studies have been conducted, that demonstrate that there is enough evidence to support its continued use. Cedars-Sinai Medical Centre has used Reishi in the treatment of leukemia, lymphoma, and multiple myeloma. However, "standardization in bioactive polysaccharide content and dosages will be necessary to assure its rational use, and clinical trials in select cancers with defined end points will confirm its efficacy."

In traditional East Asian medicine, 1.5 to 9 grams (1 level teaspoon is equal to approximately 2.75 grams.) of dried mushrooms are recommended for humans each day, prepared as a tea. The daily amount is divided between the morning and the evening. Guardians can do the same for their pets, by dividing the dosages.

Cats and small dogs can be given 1 gram of the fruiting body of Reishi, medium sized dogs can be given 2 grams of the fruiting body, and large sized dogs can be given 3 grams of the fruiting body, divided between 2 meals.

Making Reishi tea is simple too. Simply bring filtered water and dried Reishi mushrooms or powder to a boil. Reduce the heat to simmer. The tea will be quite strong in 20 to 30 minutes, and you can recycle the "grounds," as long as there is colour in the tea. Simply add some tea to your pet's meals, but if you are sharing the tea, make sure you filter it before drinking it, because it can be quite gritty. The tea can be refrigerated for 2 days. Shake before using it.

In China and Japan, Maitake mushrooms have been used medicinally for 3000 years. The Maitake mushroom is often referred to as the "King of Mushrooms." They have an incredible range of healing powers, from being called anti-cancer agents, to helping to regulate blood sugar levels and lower cholesterol.

The chemical structure of Maitake's polysaccharide compound is slightly different from the beta-glucans found in other medicinal mushrooms. beta-glucan, has demonstrated strong tumor

suppressant abilities in a number of clinical studies, and also boosts immunity to fight infections more effectively. In fact, the Food and Drug Administration has even approved the testing of the Maitake D-Fraction.

Making Maitake tea is just like making Reishi tea, except 2 to 4 grams of dried mushrooms are recommended for humans each day, so your feline friends and small dogs can have 1/2 gram of Maitake each day, while medium dogs can have 1 gram per day, and large dogs can have 2 grams per day.

In our house, Maitake, Reishi, Shiitake, is like a child's rhyme. Make mushrooms a part of your monthly menus!

Let's start with the basics . . .

In ancient Greece, it was said that the Olympic athletes brought animals to the Temple of Zeus, where they were ceremonially killed and cooked. The meat was distributed to men, women, and children, while the athletes drank the soup, which provided them with extra strength.

"Bone Booster Broth # 1"

It is very important to have certified organic bones (no hormones, no antibiotics) for this recipe.

Ingredients

1 to 2 pounds of chicken or turkey bones. Never let a carcass go to waste. They are perfect for this recipe.

2 cloves garlic

1 tablespoon apple cider vinegar or 1/2 lemon

Handful of fresh parsley

Apple cider vinegar releases the minerals and amino acids from the bones, into the broth.

Parsley improves digestion and is beneficial to kidney and urinary tract ailments. Parsley tea is also known to strengthen teeth. Parsley contains Vitamin C, Pro-vitamin A, calcium, chlorophyll, iron, and magnesium.

Instructions

Place the bones, vinegar, and garlic, in a large pot or crock-pot. Cover with filtered water. Bring mixture to a boil, skimming the "particulates" that rise to the top, and then turn the heat down to a simmer. Leave the bones to simmer away all day or all night. Add the parsley just a few minutes before you move to the next step. Then, drain the broth from the bones. Discard the bones, but keep all the meat and cartilage. Your pets will love you for it.

This broth is perfect for making treats, or to add to regular meals, or to use as a soup base for the whole family.

INGREDIENT INFORMATION

Rice Bran Oil is a rich source of polysaccharides, complex carbohydrates derived from fiber that have a high molecular weight. These are great carbs! They stimulate immunity and help to control high blood sugar. Gamma-oryzanol is a powerful antioxidant that is only found in rice bran. Alpha lipoic acid, a polyphenol antioxidant that supports liver function and glutathione peroxidase, an enzyme antioxidant that supports the respiratory tract, and assists in detoxification, is also found in rice bran. Superoxide dismutase, another antioxidant enzyme, coenzyme Q10, which supports the heart, and proanthocyanidins, like those found in brightly coloured berries, are also found in rice bran. Even MGN-3 and IP6 come from rice bran. The oil made from rice bran, contains many components that exhibit antioxidant properties, including gamma-oryzanol, tocotrienols, tocopherols, and squalene.

Quinoa was one of the ancient foods of the Incas. It has been grown in the South American Andes for thousands of years, thriving in high, cold altitudes. Quinoa is often called the "mother of all grain," and even though botanically, it is not a true grain, it can be used as one. Quinoa is gluten free and rich in fiber. 1/4 cup contains 11 grams of fiber and 7 grams of protein. It is also a rich source of calcium, phosphorus, iron, the B vitamins, and Vitamin E. Quinoa strengthens the whole body, tonifies the kidneys, and supports cardiovascular health.

To prepare quinoa, wash under cold water, using a strainer. Then, add 1 cup of quinoa to 1-1/4 cups of boiling filtered water. Reduce the heat, and simmer for 15 minutes. Remove pot from the stove; allow sitting for 5 minutes, and then plump up with a fork. Cool before serving. Guardian Alert for a great treat. Quinoa is wonderful with mandarin oranges, unsulphured, dried fruits and berries & unsweetened coconut.

Whole Brown Rice is one of the world's healthiest foods. It is an excellent source of manganese, and a very good source of selenium, magnesium, fiber, and the B vitamins. It also contains phytonutrients and plant lignans. Whole brown rice has many healing properties. It soothes the stomach, expels toxins, sustains energy, helps to balance thyroid hormone metabolism, and supports the immune system too.

Garlic contains Vitamin A, Vitamin B-1, and Vitamin C, as well as calcium, copper, iron, manganese, potassium, and zinc. It has antimicrobial properties, stabilizes blood pressure, and supports the immune system. Remember, a little goes a long way.

The Magic of Mushrooms (cont.)

“Bone Booster Broth # 2”

It is very important to have certified organic bones (no hormones, no antibiotics) for this recipe.

Ingredients

2 large beef marrow bones or other marrow bones
2 cloves garlic
1 tablespoon apple cider vinegar or 1/2 lemon
Filtered water
Handful of fresh parsley

Instructions

Place the bones, vinegar, and garlic, in a large pot or crock-pot. Cover with filtered water. Bring mixture to a boil, skimming the “particulates” that rise to the top, and then turn the heat down to a simmer. Leave the bones to simmer away all day or all night. Add the parsley just a few minutes before you move to the next step. Then, drain the broth from the bones. Discard the bones, but keep all the meat and cartilage and marrow. Your pets will love you even more.

Apple cider vinegar releases calcium, magnesium, phosphorus, silicon, sulphur, and other trace minerals and amino acids from the bones, into the broth. The broth makes it so easy for your pets to get quick nourishment and to aid in the healing process, as needed. Cartilage and tendons also provide instant chondroitin sulphates and glucosamine. This is a great broth to make and store in the freezer. It makes a great base for soups, stews, and extra special treats, and, by the way, this broth is for the whole family.

Parsley improves digestion and is beneficial to kidney and urinary tract ailments. Parsley tea is also known to strengthen teeth. Parsley contains Vitamin C, Pro-vitamin A, calcium, chlorophyll, iron, and magnesium. Also, Bone Marrow soup contains stem cells.

“Bone Booster Broth # 2”

When I first began making these biscuits over a decade ago, I had no idea that I was making anything “extra special,” and simply thought that “Bone Booster” was a good name.

Choose organic ingredients whenever possible.

Ingredients

Turkey “sludge” – the remains of a holiday turkey or chicken
3 cloves garlic
1 cup Shiitake mushrooms (or other mushrooms of your choice), chopped
1 cup zucchini, chopped
1 1-inch piece fresh ginger or 1 tsp ground ginger
1/4 cup Barkley Sound Macro Kelp or Kombu sea kelp
4 cups Gluten free flour blend – for those pets who are sensitive to wheat and gluten – garbanzo/chickpea flour, potato starch, tapioca flour, white sorghum flour, fava bean flour
Oatmeal (up to 4 cups)

Instructions

Place turkey carcass, including extra stuffing and garlic cloves into a soup pot or crock-pot, and cover with filtered water. Bring soup to a boil, and then turn down the heat to simmer. Watch the pot, and when you see the cartilage has become soft and is falling off the bones, your bone-licious soup is done. Filter the soup, so that you are left with a thick broth. Set the pot of broth aside. Remove the remaining turkey meat and loose cartilage from the strainer. Now you have a nutritious and eco-licious meal to serve to your pets.

Now, back to the broth . . . Return to your pot and add all the other ingredients, bring to a boil, then lower the heat to simmer, for 30 minutes.



Now, it's time to make your “BB” biscuits.

Put the broth into a big blender or mixer. Gradually add whole flour and oatmeal to the broth, until dough is formed and begins to pull away from the sides of the mixing bowl.

Line 3 cookie sheets with parchment paper, for easy clean up. Parchment paper is reusable.

Take small pieces of dough, knead, and then roll out and cut into desired shapes, or, take very small pieces and roll them out to the thickness of a crayon, cut into small bite size pieces, roll in extra oatmeal, and start filling your cookie sheets. (This dough freezes well, so you can always make 1 tray at a time.)

Place cookie sheets into a cold oven. Turn oven to 350F degrees. When your oven has reached temperature, open the oven door to let excess moisture escape, then turn the oven down to 175F degrees and leave your biscuits for 45 minutes to 1 hour, until they are bone hard. If you are using 3 cookie sheets, you may want to move them around in your oven. Turn oven off and allow biscuits to cool completely before storing in open bowls or Ziploc bags.

“Congee”

Congee is traditionally called his-fan or rice water, and is eaten throughout China, most

often as a breakfast food. It is a thin porridge or gruel, made up of a handful (1/2 cup to 1 cup) of rice, simmered in 5 or 6 times the amount of water. Although rice is the most common whole grain for congees, millet, spelt, and other whole grains can be used as well. Cook the rice and water in a covered pot for 4 to 6 hours on a very, very low simmer. A crock-pot works perfectly for the preparation of congees. It is better to use too much water, than not enough, and it is said that the longer the congee cooks, the more “powerful” it becomes. Simply add 1 teaspoon of mushroom powder to your congee, before cooking, for a powerful healing whole food, for your pets.

“Shake and Bake Shitake”

Choose organic ingredients whenever possible.

Ingredients

1 cup cooked whole grain brown rice (Cook 1 cup of rice in 3 cups filtered water.)
3 cups filtered boiling water or 2 cups filtered boiling water and 1 cup Bone Booster Broth
1/4 teaspoon sea salt
1 teaspoon rice bran oil or cold pressed extra virgin olive oil
1/2 cup chopped mushrooms (raw or sautéed)

Instructions

Preheat oven to 350F degrees. Sauté rice in oil, until slightly brown in colour. Place in a baking dish. Add mushrooms. Pour boiling water (and Bone Booster Broth) over rice and mushrooms. Cover. Bake 45 minutes, or until all liquid has been absorbed.

“Mushroom Medley”

Choose organic ingredients whenever possible.

Ingredients

1 cup beef strips (no hormones, no antibiotics)
1 cup liver, e.g., beef, chicken, turkey
1 cup Shiitake mushrooms
1 cup Shiitake tea
1 cup zucchini
1 1-inch piece fresh ginger or 1 tsp ground ginger
2-3 cloves garlic, finely minced
1/2 teaspoon sea salt
1 cup filtered water or broth
1 tablespoon cold pressed extra virgin olive oil or rice bran oil

Instructions

Combine all ingredients in a large pot. Bring to a boil. Then, turn down the heat to simmer. Simmer gently until there is no pink in the meat. Remove from stove. Cool.

Serve as an addition/topping to your pet's regular meals.

The “Mushroom Medley” can also be served with rice.

The Magic of Mushrooms (cont.)

Consider “RAW, RAW, RAW” for your feline friend. Combine beef liver and Shiitake bits, and garnish with fresh catnip. Purrrfect!

“Goumutt and Gourmeow Giblets”

Choose organic ingredients whenever possible.

Ingredients

1 pound chicken giblets
1 teaspoon Saigon cinnamon
1 teaspoon ground ginger
1 teaspoon Shiitake mushroom powder
1 cup quinoa
4 cups filtered water or broth, or a combination
1 tablespoon cold pressed extra virgin olive oil or rice bran oil
Unsweetened coconut for garnish

Instructions

Combine giblets, spices, and oil in a pan. Sauté gently on medium high heat, until all the pink has disappeared from the giblets. Remove from pan, cool, garnish, and serve as treats.

Chicken giblets can also be dehydrated to make perfect training treats.

Quinoa can be served as a side dish. Cook 1 cup of quinoa in 1-1/4 cups of filtered water, broth, or a combination, for 15 minutes, leave it to sit for 5 minutes, fluff with fork, and allow to cool.

“Sassy Shiitake Sauté”

Choose organic ingredients whenever possible.

Ingredients

1 cup fresh Shiitake mushrooms (or mushroom of your choice), finely chopped or sliced
1 clove garlic, finely minced
1/2 teaspoon sea salt
1 tablespoon cold pressed extra virgin olive oil or rice bran oil
3 cups cooked whole brown rice or quinoa. Thai jasmine rice can also be used for this recipe. (Cook 1 cup of rice with 3 cups of filtered water.)
1 pound of a selected protein, e.g., turkey, chicken, beef, bison, lamb

Instructions

Heat oil in a large pan. Add mushrooms and garlic, and gently cook until tender. Add rice and salt, and combine well. Enjoyment for the whole family!

For your feline friends, choose fresh beef liver as your protein source. Beef liver supports liver function. In Traditional Chinese Medicine, it is used in the treatment of eye conditions, and the eyes relate to the functioning of the liver.

2/3 cup of the rice mixture, along with 1 pound of protein, e.g., ground turkey, is 1 day's worth of food for a 50 pound moderately active dog. This recipe is not intended to be fed every day.



“Shiitake Mushroom Tea”

Ingredients

2 dried Shiitake mushrooms, broken into small pieces
1 cup filtered water

Instructions

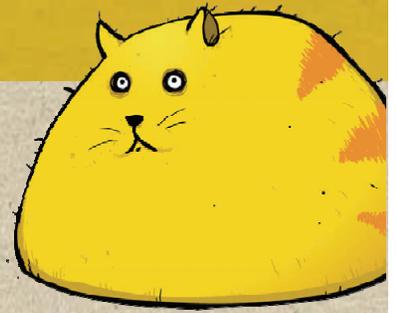
Place Shiitake pieces and filtered water into a small pot. Bring to a boil, and then reduce the heat to simmer for 30 minutes. Strain mushroom bits and cool tea, before serving to your pets.

1 cup of tea is equal to 4 doses, which can be added to food or drinking water. Shiitake bits can be added to your pet's meals too.

Audi Donamor, Canadian *Animal Wellness Magazine* dog health writer, has been successfully creating special needs diets for dogs and cats for fourteen years.



FOOD FOR THOUGHT



Shitake is a “Healing Helper”

To relieve vomiting, boil 1/2 cup of dried Shiitake mushrooms in filtered water, until the “soup” becomes yellowish in colour.

To relieve a cough, try Shiitake mushroom tea with 1 teaspoon of unpasteurized local or Manuka “healing” honey.

To relieve urinary problems, bake 1 cup of fresh Shiitake mushrooms in a 350F degree oven, until the surface of the mushrooms appears burned or charred. Crush mushrooms into powder, and add 5 grams per day to your pet's diet, or include fresh Shiitake mushrooms in your pet's daily diet.

Cooking Vegetables

Although some Vitamin C is destroyed by heat, cooking breaks down the cellulose structure of the vegetables, making other nutrients more accessible to our animal companions.

Storing Mushrooms

Store loose mushrooms in the refrigerator, in a loosely closed paper bag. They will maintain their freshness for about 1 week. Dried mushrooms stay fresh for 6 months to a year.

Reconstituting Dried Mushrooms

Reconstituting dried Shiitake mushrooms is as easy as soaking whole or broken mushrooms in boiling filtered water, for about 20 minutes.

Never Never Never

Cooked bones must never be given to pets.

Have your say! Email us at landofpuregold.com/go.htm with your suggestions and thoughts.

From Dr. Sophia Yin. . . positively shaping behavior

Free-shaping, meaning capturing a behavior you like by clicking to mark the correct behavior and following with a reward and then systematically rewarding behaviors closer and closer to your goal behavior, is always a good exercise whether you're a beginner or have been doing it for many years.

What's particularly interesting is that you find certain steps work really well for many individuals but many do better following a different path. It depends on the goal behavior you're looking for as well as the individual's past experience.

Individual Dogs Have Different Learning Styles

I used to think that the behavior of just waiting for the human to provide a clue, the way your dog is, was a result of a dog being a cross-over from traditional force-based training methods. Or, that



the dog had always been lured such that he never had to problem solve. While this is probably the case to some extent, sometimes it's more than that.

For instance, when I first got Zoe, the red Australian Cattle dog, I was still using some old-fashioned leash correction techniques. Yet she was pretty good at problem solving and

offering new behaviors anyway. Then I thought, maybe it's because I didn't use that many corrections throughout her life but instead focused on rewards and careful training of the various steps in a systematic manner. Now that I have my Jack Russell Terrier, Jonesy, who's received about a thousand times more rewards than even verbal punishments, I can definitely say, sometimes the learning style of waiting for a hint is somewhat a characteristic of the dog and sometimes it has to do partly with what he's learned before. It's just like people. Some employees have to be told exactly what to do or they stand around and do nothing. Others can figure out what you want on their own. The first type of employee can be trained to work more independently, but it may require some work on the trainer's part!

Jonesy the JRT Goes into Auto-Mode

Often if I really just wait for Jonesy to offer behaviors that I can capture and shape I'll get stuck because he wants to perform behaviors he knows. One of the behaviors I reinforced about a million times is lie down and remain lying down. For the first several years of life, when we were outside, he had almost no ability to remain stationary if I was just standing next to him. I had to always have him sitting or lying down and on an appropriate reinforcement rate or he'd be pulling

at the end of the leash. For instance, I would take him on "field trips" on a daily basis and practice rewarding sit or down-stay while I was randomly standing stationary—pretending to look in a store window or adjust my iPod. So it makes sense that, during free-shaping games where I just try to capture him offering a behavior, when frustrated, he'd try lying down. As a result, if owners are going to want to do lots of free-shaping for practice purposes, I tell them they should start before they train a really good stand, sit or down-stay. If your dog's really good at just waiting around for a minute, then you'll have to wait around much longer than a minute for him/ her to offer different behaviors! Don't worry, you don't need to delay the stay behavior for long. Maybe just a week.



Another interesting characteristic of Jonesy is that he has a tendency to get an idea of what I want in his head and then just repeat the behavior over and over with little ability to listen to the cue I'm giving him. For instance, if I'm practicing his cue discrimination by running him through a portion of his repertoire of tricks just on verbal cue-sit, spin, twist, right, left, down, play bow, he may do very well indicating that he clearly knows the verbal cues without visual signals too. But then if I add in something like "back-up" he may then just back-up over and over and now have problems doing the other behaviors. That is, he may back up a set amount of steps when I tell him to sit, and then when he's the distance he thinks he's supposed to back-up, he may sit. It's like his brain or ears shuts down and he just performs the exercise he thinks I want. My dad's 8-month old puppy, on the other hand, stops and listens and thinks about what I am asking for or want.

2 Family Cattle dogs but Vastly Different Styles

Jonesy's not the only dog who get's stuck in repeat-mode. While my last Cattle dog, Zoe was great at thinking and trying new behaviors, my dad's first Cattle dog was just like Jonesy in terms of performing the wrong behaviors over and over but in a very eager, dopey, happy way. Interestingly, once I shaped weave poles with Zoe and Rudy and took data. Despite their completely different learning styles, they learned in virtually the same number of steps.

Don't worry if your dog's not a genius at free-shaping. You'll learn much more from him than you will from a dog that makes mental leaps and figures things out on his own. Here are some tips.



AskDrYin.com

TIPS ON SHAPING BEHAVIOR AND RAISING CRITERIA

1. Be aware that the **location of the food reward is important**. Animals want to orient to the direction of the treat. So if, every time your dog looks at the box you toss the kibble/treat into the box, he'll quickly learn that the box is something good and he should orient toward it. After that you can deliver the treat when you're sitting away from the box, but if he gets stuck you can reward a few more times by tossing the treat in the box.
2. **Reward a step enough time so he's sure of what he's doing is right**. For instance, you might reward the same exact step 5 times before you increase your expectations. So if your dog reaches into the box with his head, reward this behavior 5 time and then raise the criterion to reaching into the box with his head and slightly lifting one foot. By rewarding something easy a bunch of times you're gaining what is called behavioral momentum. If he has lots of success doing something easy at first, he will be more resilient to giving up when it gets a little harder.
3. **If your dog starts to get stuck you may need to decrease your expectation before he gives up**. Sometimes I wait quite a bit of time for Zoe. I can see her thinking and trying to solve the problem and I have first rewarded her quite a bit for the previous step. But when I get the feeling, based on my experience with her, that it's too hard, I reward something easier a few times.
4. **Take a break if needed**. Free-shaping can be a big brain strain for animals. So if you stop after just a minute or two and then come back to it a even just a minute later, he may do much better.
5. **Have a plan or stop to revise your plan** if your pooch does something unusual.
6. **Have a clear picture of what you're rewarding in your head**. If you don't, you don't won't know what you want either.
7. **Practice on people and have people practice with you**. Humans have all the same problems playing the part of the pet as dogs do. You'll have a better appreciation of what the pet goes through if you subject yourself to someone else's training.
8. **Sometimes behaviors don't have to be completely free-shaped**. You can manipulate the environment to increase the likelihood the individual will do something close to what you want so that you can get started. Just be sure you only do it few times and then don't need it anymore. For instance, if you're trying to train your dog to head over to a certain part of the room, you can toss a treat in that direction a few times. Better yet, do something that makes them orient in that direction but requires no movement that the dog can see on your part. Or if you want him to turn, say 45°, you can place something he likes such as a toy at 90° to the direction he's facing. Then as he starts to orient to it but well before he's turned the 90°, you can click and treat. Once he orients several times, then remove the toy and see if he'll orient in that direction since you're rewarded it already.
9. **Stop while you and your dog are still having fun and experiencing success**.

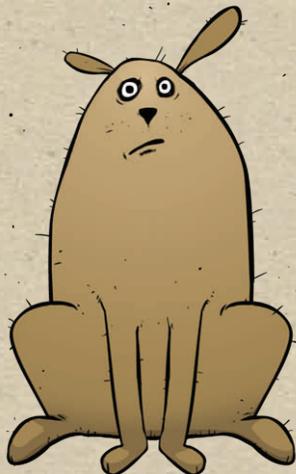
Land of PureGold Foundation

We promote holistic health, organic and chemically free living, responsible dog care, and respectful and consistent training practices. Providing materials on canine cancers, our foundation educates others about more preventative courses of action to maintain a healthy and strong immune system. With a volunteer board membership that includes renowned veterinarians, Dr. Allen Schoen and Dr. Marty Becker, our public 501(c)(3) charitable organization allows donations to be tax-deductible. And, few causes are more gratifying than helping those who are facing a diagnosis of cancer. Through these donations, online store, and educational media development, we fund cancer treatment for working dogs and research in comparative oncology, the study of cancers that occur similarly in companion animals and humans. Check us out at landofpuregold.com!

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PET

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PETTALK

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Earth Friendly Pet Products

Environmentally friendly (also eco-friendly, nature friendly, and green) are synonyms used to refer to goods that are considered to inflict minimal or no harm on the environment. To make consumers aware, the products may be marked with eco-labels. But because there is no single standard for this concept, these labels are too vague to be meaningful. So, look for those businesses dedicated to sustainable fair trade principles, and that use organic, dye-free, and/or reclaimed materials.

One such company is Barkwheats, who uses the *berry*, buckwheat, for their biscuits. Handmade in Stockton Springs, Maine, these gluten-free and grain-free wonders are made with



organic and local ingredients from neighboring organic farms in Maine, and family farms with Sustainable Harvest International in Belize. Barkwheats packaging is 100% compostable, biscuits enclosed in packaging made from sustainably harvested cottonwood trees and 100% recycled paperboard. They also compost, recycle, purchase wind energy, use CFL bulbs and select the most energy efficient equipment to run their facility. Find these great treats and more at:

store.landofpuregold.com/sogood.htm

Recommended resource links

- cancer.landofpuregold.com — Becoming Cancer-AWARE
- ccr.cancer.gov/resources/cop — NCI Comparative Oncology Program
- www.bit.ly/at4zi9 — American Veterinary Society of Animal Behavior
- www.askdryin.com — Leadership without Force from Dr. Sophia Yin

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