

hot spots, and lick granulomas. For these dis-eases, also try two ounces of aloe vera juice or gel mixed with a teaspoonful of calendula tincture. Use externally. Note: Do not use aloe internally during the first month of a cat or dog pregnancy.<sup>8</sup>

Garlic is another miracle herb and one of my favorite healing foods. It is an herbal antibiotic that is anti-viral, anti-fungal, and anti-bacterial in the same ways that penicillin is. It lowers high blood pressure and blood sugar, reduces blood cholesterol levels, builds the immune system's ability to resist or throw off dis-ease, and heals infections and infectious dis-eases of all types. Garlic clears yeast overruns from the body; pets get these as well as humans, especially after courses of antibiotics. It is highly effective in healing and preventing urinary tract infections—feline urologic syndrome. Lung and respiratory dis-eases respond to garlic and it is useful as an internal flea repellent, in deworming, and as an intestinal cleaner and worm preventive.

Richard Pitcairn recommends garlic for overweight animals that have been on high protein diets and are arthritic or dysplastic. Use one-half to three cloves grated into food per day, depending on body weight.<sup>9</sup> To give raw garlic to cats that refuse it, Anita Frazier suggests putting a few chips of the garlic clove into a small size gelatin capsule and giving it that way.<sup>10</sup> Many dogs and cats accept garlic readily from your hand.

Odorless garlic, Kyolic or other brands, may be used where garlic is needed as an antibiotic or for deworming, but it will not repel fleas, which seem to be repelled by the garlic odor. When using odorless garlic tablets or capsules, plan the dose by body weight, using a quarter of the human dose for cats, half the human adult dose for small dogs, three-quarters dose for medium-sized dogs, and the full adult dose for large dogs. This is a food, and actual overdose is unlikely. Look for a brand with as few extra ingredients as possible, and avoid using kitchen garlic salt or other cooking seasonings.<sup>11</sup> Crush the tablets or open the capsules and mix with food.

Apple Cider Vinegar is another of my favorites for both pets and people. A high-potassium electrolyte balancer, cider vinegar remineralizes the body and normalizes the blood's acid alkaline balance. It is anti-bacterial and anti-fungal and boosts the immune system. Cider vinegar, because it breaks down calcium deposits in the joints while remineralizing the bones, is helpful in arthritis and hip dysplasia. It is a remedy for food poisoning and digestive upsets, a digestive enzyme balancer (hydrochloric acid), a remedy for urinary tract and kidney infections, and it lowers high blood pressure. Use it after exhaustion or heatstroke (electrolyte balance) rather than salt. Apple cider vinegar is a detoxifier for obesity, excess mucous, allergies, skin and coat problems, and a remedy for in-

fertility when litters are wanted but the female does not conceive after breedings. For a dog or cat on diuretics or heart medication, cider vinegar can often replace potassium supplements. Where digestive enzymes are needed, it may be enough for an enzyme-deficient dog or cat.

To use this wonder remedy, put a teaspoonful per pint of water in the cat's or dog's water bowl. It can be used every day as a mild tonic and detoxifier. A pet drinking it daily is less likely to have fleas or intestinal worms. A teaspoonful can be mixed with the animal's food daily, instead. It can also be used with a teaspoonful of raw honey. My dogs resisted the taste of it in their water at first, then grew to like it. Use it only in non-metal bowls.

Cider vinegar is cheap, easy to use and it really works. Make sure to use the golden apple cider vinegar rather than the white distilled vinegar. The unpasteurized type from health food stores is considered to be best. The research on this was done in the 1950s by a Vermont doctor, D.C. Jarvis, M.D., who observed its results first on cows, goats, chickens, and other farm animals. He began using it on people with great success, and its applications for cats and dogs are solidly positive. Read his book *Folk Medicine* (Fawcett Crest Books, 1958) for interesting information on this highly useful daily supplement that increases a pet's resistance to dis-ease and her ability to repair injuries. It also speeds her recovery from any illness.

Liquid Chlorophyll is another detoxifier and tonic at the same time, both catabolic and anabolic in action. It is an intestinal, internal and local antiseptic, and it inhibits bacterial growth. It is a blood cleanser/detoxifier and red blood cell builder, and a general energy tonic without hyperactive results. The chemical composition of chlorophyll is one molecule away from that of hemoglobin, the oxygen-carrying portion of the red blood cell. Instead of an iron molecule, chlorophyll's composition contains calcium. This is highly useful for animals and people with arthritis, hip dysplasia, bone dis-eases, or muscle cramping. Chlorophyll removes toxins from the bones, blood, tissues, and intestines, particularly heavy metals and lead. (Lead accumulation is a hazard of feeding a pet some commercial pet foods.) Chlorophyll is useful used internally and externally for a pet with body odor, abscesses, or skin sores. Use it internally for any digestive problems, constipation, or diarrhea, and any situation where detoxification is indicated.

One of liquid chlorophyll's most useful applications is in balancing blood sugar for hypoglycemic or diabetic dogs or cats. When using it with a pet on insulin, monitor blood sugar levels frequently. For some pets on controlled diets that do not require injection insulin, adding liquid chlorophyll may make other medications unnecessary. Again, monitor blood sugar levels carefully. The preservative-free or natural homemade diet with supplements is required here.

# CRATE TRAINING YOUR PUPPY

If you are going to buy ANY piece of equipment for your puppy, make it a fiberglass crate. I know, "it looks so cruel". It isn't. A fiberglass crate is nothing more to your puppy than a den. Canines are den oriented animals. In the wild, they seek out a small hole to crawl into, and that is where they relax and sleep, have their puppies, and find comfort when they are ill. A fiberglass crate is nothing less to your puppy. With that in mind, you should consider all of the benefits of crate training your puppy:

*A crate serves as an aid to potty training.*

*A crate is a safe place for your puppy to ride in the car.*

*A crate keeps the house safe from a puppy eager to chew up everything you own.*

*A crate permits the dog to have a place of its own...off limits to children.*

*A crate breaks down into two separate dog beds.*

*A crate lasts as long or longer than the dog itself.*

*A crate is ALMOST chew proof...from the inside at least.*

*A crate can be used to ship your dog by air, in the event of a move.*

The crate should be set up in a room where that puppy can be close to the family (it can easily be moved from room to room). Place a soft, washable item inside of the crate for bedding. **DO NOT USE NEWSPAPER**, as this may encourage the puppy to potty in the crate.

The puppy should be introduced to the crate slowly at first. You should place the puppy in the crate when he is sleepy (perhaps after a meal or heavy playing). Keep the door open at first. A puppy will do everything it can NOT to potty where it sleeps, so be aware of when the last potty occurred, and anticipate when the next one should. We want the first few times in the crate to be potty free. Allow the puppy to sleep as long as it likes in the crate with the door open. As soon as the puppy wakes, take it out to potty. If the puppy has not slept, and comes out of the crate immediately, gently place the puppy in the crate, and praise it for going in.

After the first few times in the crate, you can close the door. Only insist that the puppy stay in the crate for about 1 hour at first. If the puppy objects loudly, you can tell it to **QUIET**, but do not rescue it. Try to let the puppy out when it has become quiet, and praise the puppy for being quiet. Gradually increase the time the puppy is to stay in the crate. As the puppy gets older, you can be more insistent with the word **QUIET**, and reprimand (with a shake of the muzzle) any failure to listen to your reprimand, but do not allow him out of the crate. Make sure he stays in the crate a minimum of fifteen minutes after becoming quiet.

Before long, you will find that the dog seeks out the open crate to sleep in. Be sure that your children are told that the crate is off limits to them. This is a place for the dog to spend quiet time alone. You will soon find that the crate is your most valuable tool in teaching your dog. "Time out" periods are needed by every child now and then. Just as you never learned to hate your bedroom after being sent there for naughty behavior, neither will your dog resent his crate.

Do not abuse the crate, and leave your dog in it for extended periods of time. Be sure to provide your dog with plenty of time out of the crate, and with the family. The purpose of the crate is to provide a safe place to keep a happy dog. Not as a place the dog must live in for long periods of time.

Size: Series 400 'Vari Kennel' (this is the perfect size kennel for a Labrador)

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