

Making Miracles Happen... Naturally!

Message from the Pack Leader:

Dear Friends,

As our business grows and the effectiveness of our products and services becomes more widely known, it's inevitable that imitators will pop up. While we welcome healthy competition from reputable companies and take it as a sign of success, we want to caution you against unknown entities that do not have your pet's best interests at heart. Avoid any company that claims to be "too busy processing orders to answer customer service calls," (yes, they actually said that!) is unwilling to provide timely, direct replies to customer inquiries, or that seems in any way suspicious. As always, if you have a question about anything related to our products or services just drop us a line or give us a call. We will answer your inquiry within 24 hours.



Ok, enough about that! This month, I'll be discussing Comfrey, which has a lot of mystery and misinformation surrounding it. It's a key ingredient in Inflation™ and I'm excited to share with you what I know about this magical herb. We're also offering some feeding tips and tricks for those of you with picky pets that may turn their noses up when you sneak new things into their food bowls. Also take a look at the tincture formulations of Herbal Aspirin, Inflation™, and Peak Immune; they are perfect for finicky eaters.

This month we're kicking off a new feature, the Customer Spotlight. Submit your pictures and stories to our Facebook page or email them to info@glacierpeakholistics.com and we may include you and your pets in an upcoming newsletter.

To thank you for being such great customers and devoted pet parents, we're offering free shipping on all orders of \$49 or more this month. It's a great time to try something new or restock your supplies.

Happy Tails,

Deb



Mary Ellen Mack – Otego, NY



Mary Ellen and Skye

Mary Ellen first learned about Glacier Peak Holistics through an online Weimaraner forum. Her beloved boy, Skye, was having a hard time maintaining good health and someone suggested the Healthy Dog and Cat Alternative Sensitivity Assessment. After little success with traditional veterinary treatments, Mary Ellen was open to anything and ordered an Assessment right away. Once she learned about Skye's sensitivities and probable concerns, she had a clear plan to get him on the road to wellness. She writes, "After getting him on the right foods and supplements, my boy Skye went from a very skinny 70 lbs. to a nice, hearty, and lean 85 lb. boy."

When asked to choose a favorite product, Mary Ellen listed almost all of them! She finally chose Glacier Peak Gold, saying that it did wonders to get Skye back on track. She selected a great one, as Glacier Peak Gold is one of the first steps to bringing your pet back into balance.

This special lady shares her home with 23 rescued pets, including seven chinchillas, six rabbits, two guinea pigs, a canary, a deer mouse "rescued" by one of her dogs, and her "Mack Six Pack," of dogs that includes Skye the Weimaraner, a German Shorthaired Pointer, an Akita-Chow mix, and three (yes, three!) deaf Dalmatians. As Mary Ellen says, "Dogs are like potato chips, you can't have just one."

We are inclined to agree, Mary Ellen! Thanks for opening your home to all these lucky pets and for treating them so well.

We'd love to feature you and your pets! Send us an email to info@glacierpeakholistics.com or find us on Facebook at <https://www.facebook.com/glacierpeakholistics>



Angel, Pirate, and Autumn

Special for February...



Free Shipping*
On Orders Over \$49!

*** Applies to Domestic Shipping only.
Effective February 1 - 28, 2015**

What a great time to stock up on heavier items like 2 pound pouches of [Inflapotion™](#), [Herbal Aspirin](#), [Daily Defense](#) and [Peak Immune!](#)

Comfrey: A Misunderstood Herb

I've read that Comfrey is unsafe for humans and can cause serious liver damage. How can it be safe for pets?

Each month, we receive quite a few inquiries about Comfrey. People have read that it's unsafe and wonder why we would put it in our signature product, Inflapotion™. While this extremely beneficial plant has been the victim of bad press for decades, it has been healing wounds, broken bones, and relieving inflammation since humans were smart enough to use it, as far back as 400 BC in Greece.

In the late 1980s, studies commissioned by the pharmaceutical industry concluded that Comfrey was hepatotoxic (damaging to the liver). In one study, baby mice and rats were given up to 600 times their body weight of an isolated portion of the whole plant. This one constituent in Comfrey, Pyrrolizidine Alkaloids, does indeed cause problems with the liver when given in toxic doses. What this study did not say was that the whole plant contains over 100 constituents that

are actually extremely beneficial to the liver. Comfrey, given in small doses using the whole plant (as contained in Inflapotion™), is not only safe but extremely effective.

Here is a link with some interesting and enlightening information on case studies related to Comfrey toxicity. Please keep in mind this information relates to human studies.

http://www.comfreycentral.com/research/case_reports.htm

I want to take my dog off Rimadyl, because I've been told it's unsafe - is that true?

Many of our customers contact us in hopes of finding an alternative to Rimadyl, after reading about the hideous side effects related to its use. There are many websites dedicated to documenting these reactions. I encourage you to research them for yourself and come to your own conclusions about, what in my opinion, is a very dangerous drug.

What is a safe alternative to Rimadyl?

I developed Inflapotion™ a decade ago because I wanted a safer alternative for my dogs. I use Comfrey because I know, as an herbalist for over 30 years, that this herb is the most effective way to reduce inflammation and repair tissue on the cellular level. Inflapotion™ does what Rimadyl does, only better when used with Herbal Aspirin and without the harmful and even deadly side effects.

I've ordered Inflapotion™ and am anxious to get my dog off of Rimadyl. How do I transition him from pharmaceuticals to herbs?

If your dog is currently on Rimadyl, it is safe to add Inflapotion™ and Herbal Aspirin. For my dogs, I would just switch them over. If you are not comfortable with that, two days on both is absolutely sufficient to get the blood levels of the herbs to the point of maximum relief.

I have one elderly dog that is suffering from arthritis and just seems achy all the time. My other dog is young and active, but just had surgery for a torn ACL. Do I treat them the same?

You will want to start them both on a twice-per-day schedule, with the dose that corresponds to their weights. For chronic pain as with your older dog, after relief is observed, cut back to once a day for life. For dogs who have an acute injury or who are recuperating after surgery, six weeks to six months is generally sufficient. Every animal is different. I suggest you let your pet tell you when he's had enough. You will know by his behavior!



Feeding Tips and Tricks

From time to time, we hear about pets that simply refuse to eat their food when mom or dad adds anything new to it. We offer some tips for incorporating our herbs into your pet's meals [here](#) and suggest alternatives like our capsules or tinctures for the especially finicky pet.

The secret, as with many new things, is to make the change gradually. For our powder formulas, start with less than the full dose, increasing as you go. You might even need to start with just a pinch. Whether you are introducing apple cider vinegar for the first time, adding Daily Defense to their everyday routine, or using a product like Herbal Aspirin on an infrequent basis, once they adjust to the change, chances are that soon they won't even notice. For those feeding kibble, adding a little extra broth or yummy protein or veggie-based topper will make the meal so appealing you can slip the supplement in unnoticed. In raw-fed homes, you probably won't meet any resistance, but if you do, remember to start with just a little and work your way up to the full dose.

If you prefer the capsules, some dogs will eat them right out of the bowl, while others will need theirs hidden in a hot dog, a piece of cheese, or tucked into a pill pocket. Experiment with your pet! Some experienced dog owners can just place the capsule on the back of their dog's tongue. You know your pet better than we do, so we'll defer to your judgment on that last one!

Consider some of these clever ways to get your pets to take their supplements:

- Sprinkle the powder on a piece of thin-sliced meat, roll it up and watch as your dog gobbles it up. If you're feeling fancy, add some cream cheese.
- Mix the herbs with some peanut butter, cottage cheese, or yogurt. These high-value foods are often enough of a treat that most dogs don't even care there is something added.

For the dog that says "no thanks" no matter what you try, mix up a batch of Deb's magic meatballs. Using ground beef, turkey, or any ground meat your dog likes, measure out small portions on a piece of waxed paper (about 1 tablespoon for a large dog). Set some aside as "decoys." With the remaining ones, place the powder or capsule on the meat and shape them into balls. Keep two decoys out and one filled with the herbs; freeze the rest. Give your dog one decoy ball and let him enjoy how yummy it is. Next, give him the filled one and then quickly give him the second decoy as a reward. Soon, you probably won't even need the decoys. (Just remember to pull out the ones you need for the next day from the freezer the night before.)

Featured Product: New Tincture Formulas

We've always offered a capsule version of our powder formulas and now we've made it even easier for you to give your pets their supplements with our tincture formulas of Inflapotion™, Herbal Aspirin, and Peak Immune. These are ideal for pets that turn their noses up at any addition to their food bowls, or for sick or elderly pets that already have reduced appetites. The tincture formulas of Inflapotion™ and Peak Immune are perfect for our feline customers, as they can easily be given in drops on a small amount of food. **Remember, Herbal Aspirin is not suitable for cats.**



The tinctures contain the same herbs as our powder formulas, distilled using pure grain alcohol. If you would like to eliminate the alcohol, just put the dose in a small glass and add a little boiling water. Let it sit for a minute or two and add to your pet's food.

These come in a 2 oz. bottle with a dropper. Give one full squeeze of the dropper (the vial will fill about half way) per 25 pounds. For cats and dogs under 25 pounds, give one drop per pound.

You will likely find that the tincture formulas work more quickly than the powder or capsules. This is due to the fact that the tinctures are immediately absorbed by the mucus membranes. We often hear from customers who have pets with acute conditions and they're anxious to help them as quickly as possible. If that sounds like you, the tincture formulas are definitely the way to go.

For more information about the tinctures, including pricing and ingredients, please visit our [website](#).



Check out our new [FaceBook](#) cover image! Better yet, check out our whole FB page - loaded with great pet info and articles from around the web to help you learn more about what your pet needs to regain or maintain their optimum health.

February is Pet Dental Health month, so don't forget your Digest Basic!

Enzymes help break down food debris in the mouth, which is what "bad" bacteria feed on. Enzymes also work to prevent bacteria from attaching to the tooth surface in the first place, leading to a healthier mouth for your pet.

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