

The Natural Tail News

Volume II, Issue VI ~ June 2015



Making Miracles Happen... Naturally!



Message from the Pack Leader:

It's June!

June is the perfect time to get outside and enjoy the sunshine with your 4 legged friends and commit to a healthy, active lifestyle. There is so much to look forward to this month, starting with Pet Appreciation Week: June 7th-13th. Personally, I plan to slow down and spend more time just hanging out with Ellia. She doesn't care what we do, as long as my computer is not in front of me rather than her. We are going to the lake for some swimming and kayaking, plus, a little extra time on our walks. Other things you might consider doing may include scheduling a grooming day, picking up some new toys or healthy treats or maybe just add in an extra 10 minutes of snuggle time. Whatever you decide to do, we hope you'll let them know in an extra dose, how much they are loved.

Speaking of love and appreciation, this year both Father's Day and Summer Solstice fall on June 21. What a great gift to the Dads out there – to honor them on the longest day of the year! To celebrate Father's Day, we'd like to light up our [FB page](#) with photos of pet dads and their 4-legged kids. In return, we will send you a \$5.00 coupon to be used on your next GPH purchase. Please email your photos to traci@glacierpeakholistics.com, and she will see to that coupon.

In other news, we have a few new additions in the web store. For those of you with smaller dogs, we now offer [Digest Basic](#) in a 30 cap bottle. The biggest addition is the new [Assessment Essentials](#) Bundle which contains 1 each of [Glacier Peak Gold](#), [Colloidal Silver](#), [Peak Immune](#), [Digest Basic](#), [Pro-Bio](#) and [Daily Defense](#) offered at 15% off retail regular retail price. This bundle will make it easy for you to have everything you need to begin to get your pet back in balance.

We hope you enjoy this month's newsletter. If you have any topics that you would like to see us discuss in future issues, we welcome all questions and comments you would like to send our way.

Happy Tails!

Deb

CUSTOMER SPOTLIGHT

Jenifer Bernier - Connecticut



Layla



Lovin' the ride!



This is typically how she sits all the time... dog or human? Fur has started to grow back on her scars and areas she has itched bald. Her feet are now pink not red. She may still look bad to the normal eye but she is 85% better then she was..... we are almost there. I can't thank Glacier Peak and the [Cheshire Cat & Dog, Too!](#) enough.

Jenifer is a loyal customer at [Cheshire Cat & Dog, Too!](#) in Cheshire, CT. We welcome her and Layla to our Spotlight!

Layla is an 11 year old female boxer that is the true definition of love and sweetness.

When she was 3 she started to show signs of discomfort. Her eyes were constantly watery and she would lick her paws until they were raw and open. She had chronic ear and skin infections and would itch herself every chance she got. Our vet diagnosed her with allergies. Once she was diagnosed with allergies our pet insurance dropped us. It's been a long expensive 8 years.

Since being diagnosed with allergies we have tried everything.... I mean everything! We did the allergy blood testing which resulted in us having to give her injections weekly to boost her immunity. That didn't go over well nor did it work. She suffers from both environmental and food allergies which make everything harder to treat. After years of licking and infections we saw a pet dermatologist. Those visits consisted of skin scrapes, trials of different medications (\$\$\$), and food testing. My frustration continued to grow because the more money I spent the worse she was getting. I did a ton of research on vitamins, supplements and shampoos to try to ease her pain and discomfort. We had prednisone on backup for the transitional season changes which always made her miserable. We even tried Atopica which back then was hard to find. I can't begin to express the amount of time & money that was spent on searching for answers to make her comfortable. I would do it all again in a heartbeat for her.

She is not your typical boxer. While, yes she thinks she's human at times her temperament is gentle, mellow, sweet and loving. She adores people and kids. She isn't a jumper (till this day she still doesn't jump in our cars-we have to lift her). She wiggles her butt like an inchworm and gives the sweetest softest kisses.

My heart has been breaking for her for years. Then finally mine and Layla's prayers were answered. We tried the Glacier Peak Holistics Dog and Cat Alternative Sensitivity Assessment and couldn't be happier with the findings and results over the last few months. We did the Assessment in December and within 2 weeks started to see improvements. Things that doctors swore were good for her she's had sensitivities to all along.

It wasn't easy but once we got use to the recommendations and diet changes we finally got it figured out. Her case is slightly more difficult than the average dog because every dog food had at least one thing she was sensitive to in its ingredients. I now make my own dog food. Not everyone needs to or will have to do this. It just makes the most sense for her and us. She still has her smelly ears and itchy moments but now has the softest fur and fur growing back in

places that have been bald for years. I've learned that once the yeast is completely gone from her body she won't smell anymore.

I have learned many things from the Assessment results, but the one thing I value the most is that in Layla's older age she can finally be happy, well balanced and pain free.... FINALLY!

Play too hard? Who... me?



Mountain Salve, 1oz

Reg. Price \$9.95

Sale Price \$7.46

Herbal Aspirin, 20 caps

Reg. Price \$12.95

Sale Price \$9.71

Inflation™, 20 caps

Reg. Price \$12.95

Sale Price \$9.71

Check out our new "Assessment Essentials" Bundle!





Finding Healthier Foods For Our Fur Friends

By Shawna Winn, (Guest Contributor)

I began delving into pet nutrition and a healthier lifestyle after I lost my 14 year old Yorkie to stomach cancer and less than a month later my 17 year old Poodle to kidney disease. They both lived a long life but neither were particularly healthy. My father is a Master Herbalist and Naturopath so I had a good background knowledge of diet and healthy living. I just needed to figure out how to apply this knowledge to my pets' lives. I started a group on Yahoo Groups and realized I loved sharing and conversing with others on the same path I was on. I was one of the original posters on Dr. Karen Becker's forum (now closed) on Mercola Healthy Pets. From there I became a regular contributor on Dog Food Advisor. I'm still a regular on [Dog Food Advisor](#) but have branched out to do other things as well. My travels have afforded me some fun and interesting opportunities - but that's for another time.

Through fostering, I've found that good nutrition can help or even alleviate physical, emotional, and behavioral problems in dogs. It has been my experience with my own fur-kids however that spawned me to learn all I could about **canine nutrition**. And it is my successes that keep me a devout **natural foods advocate**.

One of my successes, my Audrey (pictured to the right), was born with kidney disease. She started showing symptoms even before weaning. Audrey lived with kidney disease for eight years and seven months and until the last few months on this earth her kidneys remained stable. It was the toll a bacterial infection took on her kidneys that took her from us, not natural progression of the disease. That's pretty great considering her vets thought she wouldn't be with us much past age two. I believe in my heart that she would not have lived such a healthy and long life if not for excellent nutrition and clean living.



In honor of Audrey, here's a few things you may not know about the **pet food industry** and your bag of pet food:

Human vs. Pet Food

The pet food industry is an extension of the human food industry. Foods not fit for human consumption, byproducts of human food manufacturing, or worse (guess where moldy grains end up) are used by some pet food manufacturers to keep expenses down and profits up. Unfortunately, this can be disastrous for the health of your pet. Brewers' rice and corn gluten meal fit into this category—ever wonder what corn gluten meal really is?

Brewers'

Rice

Per [Wikipedia](#), brewers' rice is:

"...the small milled fragments of rice kernels. Brewers' rice is a processed rice product that is missing many of the nutrients in whole ground rice and brown rice thus reducing the quality. Brewers' rice and second heads are one of the many byproducts that rice milling creates... Brewers' rice is sold for pet food and dairy feed exclusively."

Brewers' rice has very little nutritional value, yet it is the first or second ingredient in some foods.

Euthanized Animals

The [FDA](#) tested several brands of pet food and found the presence of pentobarbital:

“There appear to be associations between rendered or hydrolyzed ingredients and the presence of pentobarbital in dog food. The ingredients Meat and Bone Meal (MBM), Beef and Bone Meal (BBM), Animal Fat (AF), and Animal Digest (AD) are rendered or hydrolyzed from animal sources that could include euthanized animals.”

This is an example of the kind of ingredients you should avoid feeding your pet.

Generic Protein Sources

Protein meals and by-product meals can be from a named source like chicken or a generic source such as poultry. These generically named meats can include cancerous tissue or originate from 4-D animals such as road kill. Look at this quote from the [FDA website](#) regarding 4-D animals:

“CVM is aware of the sale of dead, dying, disabled, or diseased (4-D) animals to salvagers for use as animal food. Meat from these carcasses is boned and the meat is packaged or frozen without heat processing. The raw, frozen meat is shipped for use by several industries, including pet food manufacturers, zoos, greyhound kennels, and mink ranches. This meat may present a potential health hazard to the animals that consume it and to the people who handle it” [emphasis mine].

So why is it in the food? Simple: **profit**. A cheap source of animal protein increases the bottom line of the manufacturer. Fed over time, this cheap product can cause you and your pet undue and possibly dire consequences.

Lower Quality Foods

Can your dog survive on these foods? Sure. *Can he truly **thrive*** on these foods? Not likely.

Don't rely on the pet food manufacturer to paint a true picture of what is in their food. Instead, educate yourself as to what the individual ingredients in the food really are. You may find that your bag of XXX brand is not the good food you originally thought it to be. Carefully scrutinize “premium” foods from the large pet food stores as well. You just might be surprised at what you find.

What to Feed Your Furry Friend for Better Health?

1. Better quality kibbled and canned foods will list a **named meat source** such as “chicken” or “lamb” as the first ingredient. They will not have ANY generically named meats or meat-by-products in the ingredient list (meat, poultry etc).
2. Avoid foods with **BHA**, **BHT**, and **Ethoxyquin**. Look for preservatives such as mixed tocopherols (vitamin e), grapeseed extract, or rosemary instead. These will generally be found after the fat source (about the fourth to seventh ingredient in the list) and at the end of the ingredient list.

3. Look for whole grains or chose a grain free food. Whether whole grains or grain free, pick a food with moderate to lower overall amounts of carbohydrates. To help with this, check out the **five star foods** on [Dog Food Advisor](#) or a similar pet food rating site.
4. Watch for **grain/carb bundles**—chicken, potato, pea protein, oatmeal, chicken fat—in this case, carbohydrates and vegetable proteins are the predominant ingredient in the food even though meat is the first ingredient.

Don't count on the protein content in the nutrient profile exclusively – read the individual ingredients to get the best overall picture. The protein content in the nutrition panel on the bag includes all sources of protein. Grain and vegetable proteins, although digestible, have a lower biological value than animal proteins.

5. Dog foods, by law, cannot advertise that they are made from “human grade” foods unless that food is also produced in a facility that also manufactures **human food**. Although rare, there are a few companies that have their products made in such a facility and therefore are legally allowed to advertise as human grade on their product packaging.
6. Some pet parents prefer to have complete control over what foods their furry friends eat and, therefore, feed foods prepared at home. This takes knowledge though. A well prepared and balanced **homemade diet is ideal**. But if you can't do it properly, you are much better off feeding a complete and balanced commercial raw/dehydrated, canned or kibble diet. Commercial raw/dehydrated and better quality canned and kibbled foods can often be found in pet specialty boutiques, grooming facilities and holistic veterinary offices.

Although not a cure all, a healthy diet is the best insurance you have in your quest to keep or get your pets happy and healthy.



Come meet the Bearz!

[StoryTailing](#) is featuring a great bio story on one of our retailers in the Cheshire/Waterbury area of Connecticut. Howard and Heather Bearz own and operate [The Cheshire Cat & Dog, Too!](#) and have been instrumental in bringing natural and holistic pet products to pet owners in that area.



Check out our [Facebook](#) 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.



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