

CANINE HEALTH CONCERN UPDATE Spring 2016

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An Alarming Vaccine Statistic

Sometimes Rob and I feel like we're living in a never-ending nightmare. Perhaps you can relate? There we are, sitting on a hill looking down at a railway track, and there are two trains racing towards each other. We can see that unless the trains stop, there's going to be a head-on collision. We shout and wave our arms, trying to prevent the carnage, but nobody can hear us.

During a recent lecture, the famous MMR vaccine/autism link doctor, Andrew Wakefield, put the vaccine situation into sharp focus when he showed a graph depicting the number of people with autism since 1975, with figures taken from the American CDC.

"It's now one person in every 45 with autism," he said. "If this continues at the present rate, by 2032, one in two children will have autism. That's 80% of the boys. So you either have autism, or you care for someone with autism." This is only 16 years away!

Although many scientific papers confirm the vaccine-autism link, and courts of law have paid out millions to the parents of vaccine-damaged, autistic, children, governments continue to pretend that no such link exists. They hide the carnage.

One paper, (*Int J Environ Res Public Health*, 2014 Sep 5;11(9):9156-70. doi: 10.3390/ijerph110909156), concludes:

“Routine childhood vaccination may be an important public health tool to reduce infectious disease-associated morbidity/mortality, but the present study significantly associates organic-Hg [mercury] exposure from T-HBV [thimerosal-containing hepatitis B vaccine] with an increased risk of an ND [brain damage] diagnosis.”

In the face of such concerns, it's worrying that America, Australia, and other countries are currently mandating vaccination for children. Now Uganda's government has announced that it will jail parents for up to six months if they fail to vaccinate their children.

How do you fancy a 50:50 chance of giving birth to a child with brain damage? This is going to be a complete catastrophe if we just let it happen. And don't forget that brain damage from vaccines is also an issue for our dogs.

Has someone got it in for us?

Lepto 4 vaccine: is it worth the risk?

There are safety concerns surrounding the Lepto4 vaccine from MSD (which incidentally contains thimerosal, aka the neurotoxin mercury).

I have to ask why the UK's Veterinary Medicines Directorate (VMD) would publish details about adverse reactions to the Lepto vaccine during 2014, but lump them in with adverse reactions to core vaccines? Would this be to hide the known safety concerns surrounding the Lepto 4 vaccine?

The VMD 2014 Review of Adverse Events Report states: “for the purposes of this report, we have classified core vaccines as those giving protection against any combination of distemper, parvovirus, adenovirus, parainfluenza and/or leptospirosis. We have done this, as in

the UK dogs are almost invariably vaccinated against leptospirosis at the same time as the other diseases, which makes it very difficult to determine which vaccine component is responsible for the signs observed.”

So there’s a new annual vaccine on the market – Lepto 4 - but the regulator is unable to say whether it’s safe or not?

However, the European Medicines Agency Veterinary Pharmacovigilance Report 2014, didn’t have the same problem.

Specifically concerning Nobivac Lepto 4, the EU is able to establish that: “Several signals were identified, mainly relating to anaphylaxis and various immune-mediated conditions such as anaemia, thrombocytopenia and arthritis. The MAH [manufacturer] was advised for the upcoming PSUR to compare the incidence of these adverse events with its other Leptospira product, which contains only two serovars. There are no conclusions yet related to potential causal relationship and regulatory action has not been considered necessary at this stage.”

So whilst the European MCA was able to separate the Lepto vaccine from other vaccines but the UK VMD was not, the EU nevertheless thinks that there is enough of a problem to give this vaccine a special mention in its report. And although they say that dogs have been known to have massive and life-threatening allergic reactions to the vaccine (anaphylaxis), and autoimmune diseases, they’re pretty cool about it and don’t see any need to act just yet.

This means that every dog who receives the Lepto 4 vaccine is part of a medical experiment involving a vaccine under scrutiny, and use of this vaccine may affect the dog’s wellbeing and even end his life.

A massive 79% of canine vaccine reactions were put down to the fact that warnings and/or contraindications were ignored. I suspect this means that the licensing requirement, “do not vaccinate sick animals” was ignored, since most vets ignore it as a matter of course.

Meanwhile, how many dogs are suffering from inflammatory and autoimmune conditions as a result of the Lepto 4 vaccine? I have heard many reports involving epilepsy, behavioural changes, heart failure, inflammation of the liver, spleen and heart, loss of eyesight, collapse and death. The regulators are onto it – but are the dog owners who have a duty to protect their innocent dogs?

Is it safer to vaccinate than risk leptospirosis?

In May 2014, Christopher Ball from the University of Liverpool presented a thesis about leptospirosis in dogs. He thanked “MSD Animal Health for funding the project, without which none of this work would be possible”. Obviously it made good business sense for MSD/Intervet to fund this study, since it might support use of their new Lepto 4 vaccine.

I’ve taken out a few key points made by Mr Ball in his MSD-funded thesis http://repository.liv.ac.uk/18855/4/BallChr_May2014_18855.pdf

- Due to the perceived low rates of infection in the UK, the canine leptospirosis vaccine is also not currently considered a ‘core’ vaccine in the UK (unlike the vaccines for parvovirus, para-influenza virus, canine distemper and infectious hepatitis).
- In the UK, the human vaccine is not routinely administered due to the low incidence of cases (between 50-60 a year) (HPA, 2012).
- Climate plays a role in *Leptospira* infection rates, with temperate climates not having extreme weather situations that may contribute to infection rates. According to the Köppen climate classification, the UK has a rating of Cfb, meaning cooler summers but also milder winters. The classification reflects the milder climate changes between seasons which reduce the likelihood of leptospirosis.

So why are vets and the veterinary vaccine industry trying to say that leptospirosis is so much of a problem in the UK that all dogs should have the vaccine?

Mr Ball sent out a questionnaire to vet practices in the UK for his thesis. Of the 472 questionnaires he sent out, only 89 were returned. Of these, by far the largest response came from vet practices which had seen no lepto cases in the previous twelve months. Only 13 practices reported a case within the last twelve months, of which only five had lepto confirmed by a laboratory test.

A further 29 practices reported having seen a case within the last 15 years. No practice in the study reported seeing two or more

suspected (or confirmed) cases in the 12 previous months.

Yet very similar (possibly identical) figures were given by MSD on its website for the 'CICADA' survey, which is being used to justify annual vaccination against leptospirosis. Yet, to me, these figures highlight a product desperately looking for a market, and not a validation for Lepto 4.

The European Medicines Control Agency has asked MSD to evaluate whether there are more adverse reactions to their new Lepto 4 vaccine than the older two-way vaccine. I had a look at the datasheets to see if there was anything that might shed some light on the issue.

It's worth noting the ingredients of the Lepto 4 vaccine, listed in the datasheet:

Thiomersal (mercury), which has been implicated as a potential cause of vaccine-induced autism in human children. Studies show that this mercury-based compound used as a vaccine preservative induces brain damage similar to that seen in autism patients. As an example, DProgram.net July 10, 2009, *Toxicological & Environmental Chemistry* June 4, 2009; 91(4): 735-749: "Thimerosal was found to be significantly more toxic than the other metal compounds examined."

Sodium chloride (salt): The term 'hypernatremia' means higher than normal concentrations of sodium in blood. Signs of excess salt in the blood include increased thirst, confusion and disorientation, coma, seizures, vomiting, and diarrhoea. MSD thinks it's a good idea to inject salt into our dogs: salt that we avoid in their foods.

Potassium chloride - used to *cause* cardiac arrest within the "three drug cocktail" used for executions by lethal injection. Side effects (from uses not intended to kill) can include gastrointestinal discomfort, including nausea and vomiting, diarrhoea, and bleeding of the digestive tract. Too much potassium in the blood is called hyperkalaemia (causing muscle fatigue, weakness, paralysis, abnormal heart rhythms, nausea).

Disodium phosphate dehydrate (DPD) – used within saline laxatives and enemas. According to Toxnet, part of the American government's National Institute of Health, "Saline laxatives are tolerated reasonably well by most patients. However, they need to be used with caution or avoided in patients with renal insufficiency, cardiac disease,

or pre-existing electrolyte abnormalities and in patients on diuretic therapy.

Potassium dihydrogen phosphate (PDP): According to [medsafe.govt.nz](https://www.medsafe.govt.nz)'s PDP factsheet, PDP injections should be administered with caution in people who already have high phosphate levels, such as those with hypoparathyroidism, chronic renal diseases, rhabdomyolysis [where skeletal muscle is broken down; can lead to kidney failure], and heart disease (particularly in patients taking digitalis).

PDP injection is contraindicated for those with severe renal function impairment, Addison's, and low calcium levels, and there's a wide range of drugs which contraindicate its use, including NSAIDs, ACE inhibitors, calcium containing medicines, diuretics, and digitalis containing medicines.

They also list ADVERSE EFFECTS associated with PDP injection, including very low or irregular blood pressure, heart attack, high blood potassium, tiredness, weakness, slow heart rate, anxiety, trouble breathing, convulsions, muscle cramps, and acute renal failure.

I wonder if vets take all of these contraindications and adverse effects into account when they go along with the 'need' to vaccinate dogs against leptospirosis - a RARE disease in the UK?

Interestingly, the Nobivac Lepto 2 datasheet only lists Thiomersal under its 'pharmaceutical particulars'. So you have to ask whether the added minerals might have something to do with the apparently high rate of seizures, deaths, and other adverse reactions which appear to be related to the Lepto 4 vaccine. Unless, of course, they just didn't bother to list the additives on the Lepto 2 datasheet?

The problem is, unless information is provided by manufacturers, and required (and shared) by regulators, we are all left guessing. Asking them is unlikely to produce results.

We are also guessing about adverse reactions because even the VMD admits that there is a serious problem with the under-reporting of adverse reactions. So what we see could just be the tip of the needle.

There's also the question: "does this vaccine prevent disease?"

Well – the jury is sort of out. MSD claims they've got the four main

serovars (types of leptospirosis) covered, but the list of serovars is growing due to the improving technical ability to actually identify them. Currently there are known to be around 300 serovars. Not all are infectious, but not all of the infectious ones are in MSD's vaccine. Apart from that, our thesis author says it's not been possible to identify which are actually causing disease in the UK.

Buyer Beware.

From the European Medicines Agency Veterinary Pharmacovigilance Report 2014

Comfortis - a beef-flavoured tablet given to dogs and cats to kill fleas and prevent flea infestations for one month.

According to the European Medicines Agency, "Specific monitoring for neurological events and eye disorders including blindness is on-going and a targeted periodic safety update report has been requested from the marketing authorisation holder. There are no conclusions yet related to potential causal relationship and regulatory action has not been considered necessary at this stage.

"From the analysis of the PSUR it was recommended to continue the monitoring of eye disorders, neurological disorders and potential adverse effects in the progeny of treated bitches and queens."

What this means is that you can treat your female dog with Comfortis and potentially cause blindness and brain damage in subsequent puppies.

Activyl (indoxacarb) - a spot-on flea control product.

"Monitoring is on-going for neurological signs (e.g. ataxia, convulsion) in dogs. There are no conclusions yet related to potential causal relationship and regulatory action has not been considered necessary at this stage. The investigation of the neurological signs is still ongoing as part of the PSUR assessment."

This means there's a 'wait and see' on whether your dog is going to get brain damage after using this product. But thanks for adding to the statistics!

Trocoxil - a NSAID used for the treatment of pain and inflammation associated with degenerative joint disease (disease involving damage to the joints, such as osteoarthritis) in dogs at least one year of age.

“Monitoring is on-going in relation to systemic disorders, including deaths involving bleedings (haemorrhagic diarrhoea) and small intestine ulcers. There are no conclusions yet related to potential causal relationship and regulatory action has not been considered necessary at this stage.

“This issue is closed. More recent surveillance showed that these findings were not unexpected for the type of product.”

In a separate Trocoxil factsheet, the European Medicines Agency states: “The side effects of Trocoxil are similar to those seen with other medicines in this product class (NSAIDs) and include loss of appetite, soft faeces/diarrhoea, vomiting, apathy (lack of interest in surroundings) and signs of kidney problems. If a dog experiences these side effects, treatment should be stopped and general supportive therapy should be given as appropriate for NSAID overdose.

“Trocoxil must not be used in dogs aged less than one year or weighing less than 5 kg. It must not be used in dogs with problems affecting the stomach or gut, including ulcers or bleeding, or in dogs that have signs of bleeding problems. It must not be used in dogs with kidney or liver problems, or inadequate blood flow to the heart muscle, or in dogs that are pregnant, breeding or lactating. It must also not be used in dogs that are hypersensitive (allergic) to mavacoxib, any of the other ingredients in the tablet or sulphonamides. It must not be used with glucocorticosteroids or other NSAIDs.”

What? There are accepted harms, and more besides, but the MCA closes the files because we *expect* death from this product? *What?*

Clearly pharmaceutical companies are in a different legal category to absolutely everyone else on the planet – for if you or I sold products that did the job at the expense of killing animals or people, it would be off the market as quick as you could blink. And we could be in jail.

Smile if you're the sort of person who says hi to dogs!

Microchipping

April 6th has come and gone ... do you have your dogs micro-chipped? Or are you a criminal?

I was alarmed to hear from my sister, who works for a veterinary practice, that the practice is putting all dogs' microchip numbers on the animals' records. We wondered if you might be reported by your vet if you choose not to subject your dog to the microchip cancer risk, potentially facing a £500 per dog fine.

There are also reports of the chip moving around the body and causing serious life-threatening health issues. I've even heard of dogs having to have limbs amputated, and chips causing paralysis of the spine. There are other important practical issues:

Who is actually scanning?

I received an email from the lovely vet Vince McNally, asking us to help publicise a petition to enforce mandatory scanning of microchipped dogs. He told me that microchipping is actually POINTLESS without compulsory scanning.

There is a campaign, headed by Bruce Forsyth's daughter Debbie and her husband Richard, whose two microchipped dogs, Widget and Gizmo, were stolen. Thanks to Bruce, major media coverage meant that the two family pets were found and returned. But Debbie and Richard discovered that there are many loopholes in microchip legislation. As they point out on their website vetsgetscanning.co.uk:

- Is a microchip proof of ownership? NO
- Do all vets scan pets with owners at registration? NO
- Do all rescues scan before rehoming? NO
- Do all rescues cross check surrendered pets with microchip registration? NO
- Do all council pounds scan before seven day deadline? NO
- Do all Highway Agencies and council roads scan deceased pets? NO

- Do all Network Rail agencies scan deceased pets? NO
- Do all exit ports from the UK scan pets leaving the UK? NO

The couple set up a petition but received only 70,000 signatures. 100,000 are required before the matter will be debated in Parliament.

So we HAVE to have our dogs chipped, but no-one HAS TO scan the dog if he's lost or stolen. Further, if someone does scan the dog and finds your name and contact details, then data protection laws mean that you need not be informed. If someone has adopted or stolen your dog and the microchip proves it, they don't have to give him back.

So, is it illegal to refrain from chipping your dog?

According to an on-line article in *Veterinary Times* by Jude Dawson: "On February 24, 2015 The Microchipping of Dogs (England) Regulations 2015 came into force. Regulation 3 stipulates that, from April 6, 2016 all dogs older than eight weeks of age, which are not certified working dogs or subject of a veterinary health exemption, must be microchipped. The regulation defines microchipped as, not only being implanted with a microchip that complies with ISO standards 11784:1996 and 11785:1996, but also that the details of the keeper and the dog are recorded on an approved database.

"Regulation 8(1) clarifies the responsibility of ensuring the database details are updated is with the keeper of the dog. "The keeper" is defined in regulation 2 as (other than working or assistance dogs) the person with whom it normally resides; in relation to a new-born puppy, it is the owner of the bitch that gave birth to it.

"Despite the heading of regulation 3 being "Obligation to microchip dogs", which is reinforced at 3(1) "every keeper... must ensure that it is microchipped", and again at regulation 8(1) "the new keeper must... record their full name and address", the **regulations do not make failure to do so an offence.**

"However, what is an offence, under regulation 8(2) is the transfer of a dog that is not microchipped to a new keeper.

"The explanatory notes accompanying the regulations make it clear a new keeper who fails to comply with regulation 8(1), in accordance

with regulation 3 would result in **the keeper being subject to an enforcement action by an authorised person.**

“Regulation 11 lists authorised persons, but, in practical terms, it means a police officer or a dog warden. An authorised person may, if required, serve a notice under regulation 12(a) on a keeper **requiring a dog is microchipped within 21 days.** Failure to comply with this notice would constitute an offence. The “may” and “if required” of regulation 12(a) confirm it is a discretionary power.

“Veterinary surgeons have a fiduciary relationship with their clients; information gained by virtue of that relationship is, therefore, confidential.

“The microchip status of any dog placed in a vet’s care should be of no consequence, other than how it impacts on the professional relationship; the dog’s welfare; or the client’s enjoyment of his or her pet. In short, veterinary surgeons are not authorised persons.

“It would be logistically, at best, very difficult for vets to check whether every dog entrusted to their care is microchipped. The presence of a chip, by itself, does not satisfy the definition for the purposes of the regulations of being microchipped; the vet would also have to confirm the correct current name, address and telephone number were registered on an appropriate database.

“If a client presents a new puppy or adult dog for microchipping after April 6, 2016 the vet’s responsibilities are to microchip the pet and ensure the details provided by the client are registered. The client should also be advised of the necessity of updating any change of details to maintain the dog’s microchipped status.

“A question not so easy to answer is what should form the basis of the vet’s advice to an owner their dog should be microchipped?

“In my practice a few weeks ago an old gentleman said: “My dog is 11 years old and I’m not having her microchipped; what can they do to me?” I replied: “That’s fine; it is highly unlikely there would be any legal consequences.”

“A fiduciary must not misleadingly impart only half truths. A statement that does not present the whole truth may be regarded as misrepresentation (Tate v Williamson [1886] LR 2 Ch App 55).”

“I will continue advising my clients to have their pets microchipped

regardless of species. I see the benefit of prompt reunion after a pet has become lost as an obvious advantage, one with which an owner can readily identify.

“The legislator’s intentions are clear. The purpose of the regulations is to control and monitor the breeding of puppies and to have a mechanism in place to monitor dogs that have, for one or more reasons, been brought to the attention of the authorities.

“The regulations have not been drafted to make life difficult for the majority of responsible owners who fully intend to look after their dogs and attend to their lifelong welfare needs.

“It is for each vet to decide on his or her motivation for advising a client on microchipping, but being less than honest and suggesting the owner will incur a fine and you are looking out for his or her bank balance will only undermine our profession.

“In recent years many of the professions have lost a great deal of their credibility with the public. The veterinary profession is still, by and large, held in high esteem and its future reputation is in our hands.”

So the bottom line appears to be that you don’t HAVE to microchip your dogs unless you are involved in the transfer of ownership of a dog. But if a dog warden or police officer serves you with a notice to do it (for example, if your dog gets lost and found), then you’ll get fined if you don’t do as you’re told.

I’d add that we, and many of our members, lobbied our MPs when mandatory microchipping was being mooted. I receive a reply from an MP on the committee looking into it, and he told me that he couldn’t see how the legislation could be enforced. So if you don’t want to inject a foreign object into your dog’s body, maybe keeping your head down and your dog safe would be the best option.

Richard Allport Steps into the Microchipping Debate

Long-time friend of Canine Health Concern, the holistic vet Richard Allport, has spoken out, God bless him. Initially writing on the issue in his column in *Dogs Today*, Richard’s thoughts have been picked up by the

mainstream media.

“Don't get your small dogs microchipped - the procedure can be deadly, warn vets who urge owners to flout new law,” was the headline in the *Mail Online*:

“Senior vet Richard Allport believes puppies are 'far too young' to be chipped at eight weeks, and says they could have 'serious adverse reactions' when having the sterile chip inserted between the shoulder blades.

“... Mr Allport, who also owns the Natural Medicine Centre, Hertfordshire, has urged dog owners to avoid having their pets chipped so young, instead encouraging them to 'sit tight and do nothing'.

“There have been a number of cases where animals have died after being microchipped. In 2009, a Yorkshire terrier named Scotty developed epitheliotropic lymphoma at the site of his microchip implant, and died at just six years old.

“In the same year, a Chihuahua named Charlie Brown died within hours of being chipped. Charlie died from 'an extreme amount of bleeding' from the 'little hole in the skin where the (microchip implant) needle went in,' according to D. Reid Loken, the vet who performed the procedure.

“Lori Ginsberg, Charlie's owner, said at the time: 'I wasn't in favour of getting Charlie chipped, but it was the law. This technology is supposedly so great until it's your animal that dies.'

“And in October 2010, a lawsuit was filed in the US by Andrea Rutherford against Merck Sharp & Dohme and Digital Angel Inc. because her cat, Bulkin, developed cancer at the site of his microchip.

“... Owners whose dogs have been found by police or local authorities, if they are identified, **will be given a short time to comply with the law**. If they do not, they could be fined up to £500 on conviction.”

Life is hard enough for our dogs. They live on a polluted planet awash with chemicals, and vets give toxic drugs to fix the problems caused by junk diets and toxic vaccines. What they don't need is another legally enforced cancer risk. Why, you might ask, were tattoos and DNA testing alternatives abandoned? Could it have anything to do with the multi-billion industry microchipping is projected to become, and are

dogs being used to test microchips before we're forced to have microchips in our arms?

And, of course, the bottom line is that even if your dog is microchipped, no-one has to scan him or return him to you.

Cannabis Oil ... the feedback

You'll remember that we carried quite extensive articles on the benefits of CBD oil in recent CHC newsletters. Since then we've been taking it ourselves, and making it available within the CHC store.

Just to remind you, CBD oil has been touted as a herb that can cure or alleviate a vast range of ailments – from arthritis all the way through to cancer. There are even proper scientific papers attesting to its many benefits.

So, a few weeks into using it, we asked our customers whether they'd noticed any good or bad effects. Rather frustratingly, the biggest comment from those who responded to our questions was, "I haven't used it yet." Obviously, they won't have noticed any benefits!

Some were unable to pinpoint any specific benefits yet, but we have had some interesting positive responses. These are real responses, but we are only using Christian names or initials to retain privacy.

'F' gave CBD oil to her dog who was attacked by another dog. She was screaming in her sleep, hand shy, and fearful of everything. 'F' started with small doses and gradually increased the amount she was giving. The dog is no longer demonstrating her post-attack behaviours. This could just be time working as a cure – who knows?

Gill has been giving the oil to her husband and three dogs to deal with a range of conditions including Parkinson's, epilepsy, arthritis, cognitive issues, strokes, and what might be called PTSD.

Gill told us: "It certainly helped with movement and clarity of thought for my husband and movement improved in both dogs with arthritis. I saw an initial improvement in the fear with the dog with PTSD but circumstances can change so quickly. I will keep offering him it until he declines."

Nick has been giving CBD to his lethargic Chihuahua and is so

impressed that he's now giving it to all of his dogs. He says, "I think CBD is a wonderful discovery - seems to help fantastically with nervous, anxious dogs."

'B's dog has severe elbow dysplasia and was started on a low dose of CBD oil, which was steadily increased. She says it took, "a couple of weeks before my dog appeared to be more playful and active on her walks again," adding, "thanks for supplying such an amazing product."

Maggie sent me a photo of Daisy, an elderly Golden Retriever, saying, "My Daisy has the devil in her again and she is jumping up the front door step again. I think the CBD oil and Serrapet have kicked in now."

Heather said it only took one week to see a difference in her dog with cruciate problems and arthritis. "It seemed to relieve the stiffness and make moving easier," she said.

'P' has been giving it to her dog with epilepsy, who started out on a low dose of only one drop, now increased to two. She said it took about two weeks to start seeing a difference: "I believe CBD oil is beneficial. Bronte seems far less anxious and more confident. Since using CBD oil she has had one full seizure three weeks after starting the treatment; one petit mal (nothing more than a tremble) eight days later, and a further petit mal four weeks after that. She takes no medication but is offered essential oils to self-select if and when necessary and also has a few drops of a bespoke flower essence combination in her water daily."

We have also been giving CBD oil to our little Papillon, Georgie, who has the symptoms of complex partial seizures and is hand shy. From our observations it appears that he is having fewer episodes (spinning, obsessing), and he is allowing us to touch him more than he used to. He even curled up to sleep right next to me on the sofa recently, which was very unexpected.

Rob and I are also taking it to prevent nasties such as cancer. It's worked so far (laugh). So ... those of you who have it but haven't used it, start glugging! I think you also need to give it time to work.

Apple cider vinegar sponged on your dog will repel ticks.

Thank You!

We're always grateful to the wonderful people who help CHC to keep on doing the work – by spreading the word, raising funds, and making ad-hoc or monthly donations. It also tells us that we are appreciated, which means a lot! In this issue we'd like to thank:

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Thanks to all of you who spread the word without our knowing, for receiving newsletter by email/paying by standing order/PayPal, distributing leaflets, renew your membership and any we have missed on this list. You are also very much appreciated.

In Loving memory

Why don't dogs live long enough? We send our deepest sympathies to:

Andrew Street who is mourning Chelsea
Susan Powell whose boy Harvey has passed to the Great Mystery
Carol Littlewood who has said goodbye to Harry
Sarah Gilbert who lost her little girl Guinness
Brian Cleghorn and his darling Herbert
Steve and Mary Jefferson who said goodbye to the elderly Jude
Jenny Jefferies who is missing Daisy, and
Samantha Tillson who has said farewell to Nori

Fundraising and Subscriptions

Thank you again to everyone who is continuing to use the <http://www.easyfundraising.org.uk> scheme. We now have 111 people registered, and the last quarterly payment we received was for £85.68 – well done all of you!

If you'd like to help support CHC when you buy online, just go to: <http://www.easyfundraising.org.uk/causes/caninehealthconcern>. It is really easy - just register, select CHC as your cause then just remember to use it when you buy online, and then you're automatically raising money for CHC.

You can also go to <http://caninehealthconcern.easysearch.org.uk/> (and either save in your favourites, or have as your search engine). This is part of the EasyFundraising company and donations get added to the

EasyFundraising total. Every time you use that search engine and click on a site from that search, CHC gets a pay per click donation.

The CHC On-Line Store

Don't forget, you can do even more to support CHC by buying your supplements through the CHC Store. CHC sells a range of natural and ethical products that have been sourced to provide the best support for your dogs. Canine-health-concern.org.uk

New - Common Ailments Booklet

Our 80-page '*Common Ailments: How To Keep Your Dog Healthy*' booklet is now available. It talks about diet, environmental effects, homeopathy, herbs, complementary healthcare, and what to avoid to keep your dog in good health.

Part two describes common canine illnesses and how to heal or at least help dogs naturally without resorting to unnecessary or unsafe veterinary drugs.

A great gift for your dog loving friends and relatives... great for puppy packs and to hand out to others in a bid to spread the word. It's also a great resource for when you need something on hand to help you look at options for keeping your dogs healthy.

Attempting to keep the price down as much as possible, it's available at £4.95 for members or £6.00 for non-members (with free delivery in the UK). We have also discounted packs of ten at £40.00 for members/£50.00 for non-members.

Price Reductions – GREAT BARGAINS - in the CHC Store

It isn't very often that prices go down, is it? But we have a new deal with one of our suppliers (Nature's Sunshine) and have been able to reduce UK CHC Subscriber prices on all their products.

When you're using supplements, the quality is paramount. Many of the cheaper brands carry inferior ingredients and – frankly – just don't do the job. So check out the CHC website – www.canine-health-concern.org.uk – for special discounts on quality products. Or give us a call.

For full details of all offers see: chcstore.weebly.com/offers.html, or ring us on 01835 830273 for prices. You can also send a cheque or pay by card over the phone.

Campaign to stop over-vaccination

In the last update we mentioned the new kennel licence conditions (MLCs) that might be published soon. Well, for those of you who don't receive our monthly email bulletin, it seems likely that the reason the new MLCs haven't been published is because DEFRA has conducted a consultation on animal licensing that will come under the Animal Welfare Act – in other words it will get passed by parliament and become law.

One part of the consultation discussed whether the CIEH should be used as the model for licensing conditions. DEFRA denied that their consultation document had anything to do with vaccination, or indeed kennels. However, if the CIEH (an unelected, unaccountable, undemocratic body of industry) were made the body that ruled on animal licensing, then they could do whatever they wished, and that would stand in law. In other words, mandatory vaccination in kennels!

We mounted a campaign via the Pet Welfare Alliance, through our monthly bulletin to CHC members and the CHC Facebook group. You can see the campaign at: <http://www.petwelfarealliance.org/stop-the-legislation.html>

We emailed DEFRA to ask when and where the Consultation findings would be published and they replied saying "I can confirm that this will be published on the same consultation page on gov.uk. We received a large number of responses to the consultation and it is likely to take at least 12 weeks to analyse these and prepare the summary."

Note: the gov.uk website is where you have to look for the

consultation. We will monitor through that page, but we imagine it also refers to their consultation page at:

<https://consult.defra.gov.uk/animal-health-and-welfare/consultation-on-the-review-of-animal-licensing>

A huge THANK YOU to EVERYONE who took part in the DEFRA Consultation.

Hopefully the 'large number of responses' relates to our campaign and the CIEH will not be allowed to dictate licensing. However, we do know that democracy usually only 'appears' to take place in these matters, and regardless of the findings the powers that be normally do what they want regardless. We will see where it all leads and keep you informed along the way.

So, the CIEH new recommendations? At the time of writing, they are still unpublished – I think we may know why?

Let Food Be Thy Medicine

Whilst there are lots of supplements out there, and whilst some people say that dogs don't need plant matter, there are so many honest to goodness benefits to be had from Nature's Pharmacy that it would be foolish to dismiss their benefits for our dogs. Here are some simple examples of foods that supply some pretty amazing benefits – for us and our dogs.

Apple Cider Vinegar for Dogs

- One tablespoon per day in dogs' food for **hotspots** or **fussy eaters**. Start with a small amount, and increase gradually.
- **Ear cleaning:** 50:50 ACV and water. Put 8-10 drops in each ear, and then wipe out.
- **Eye discharge:** If there is a clear, watery discharge from your dog's eyes and/or a runny nose, add ACV to his food. One teaspoon twice a day for the average-sized dog.
- **Household smells:** One part vinegar to one part water to clean the carpet.

- **Smelly dog:** add ACV to bath water.
- **Heat exhaustion:** give the dog tepid water with a teaspoon of apple cider vinegar. The vinegar helps to replace electrolytes and minerals.
- **Skin:** If your dog has itchy skin, the beginnings of a hot spot, incessantly licks his feet, or has smelly ears, ACV may help. For itchy skin or new hot spots, put ACV into a spray bottle, part the hair and spray on. If the skin is already broken, dilute ACV with an equal amount of water and spray on.
- **Correcting acid/alkaline balance:** You can buy pH strips at the chemist's. First thing in the morning, test your dog's urine. The normal range is 6.2 to 6.5. If 7.5 or higher, his diet is too alkaline and ACV will establish the correct balance.
- ACV is also useful for **muscle weakness and cramps, constipation, sore joints, arthritis, and possibly bladder and kidney stones.**
- **Fleas, flies, ticks:** these parasites don't like the acid environment created by ACV. Add ACV to his water bowl. You can also dilute it 50:50 with warm water and sponge it onto your dog before walks. If you have a flea infestation, wash your dog with a gentle dog-specific and non-toxic shampoo (such as neem shampoo), and then sponge ACV diluted with water onto his coat.
- ACV normalises the pH levels of the skin, making dogs unlikely to play host to **bacteria.**

Basil

Basil contains large amounts of E-Beta-CaryoPhyllene (BCP) which may be useful in treating arthritis and bowel diseases. BCP naturally stimulates the body's cannabinoid receptors, and it can block the signals that lead to inflammation associated with arthritis. It also helps reduce uric acid associated with arthritis and gout.

Basil has antiseptic properties, and when the leaves are rubbed onto insect bites they can help to reduce itching. It can also be used as an insect repellent. It's considered to be an anti-depressant. Tea made from basil acts on the adrenal cortex, and it can help the body to

stimulate hormones to regulate the body's natural response to stress.

Basil is used for diarrhoea, intestinal parasites, fevers, and skin infections. It is also thought to imitate oestrogen, and may help regulate the menstrual cycle.

Basil has phytochemicals that can lower the stress hormone cortisol. A study published in the Indian Journal of Pharmacology in 1991 revealed that basil is an even more powerful stress buster than Asian and Siberian ginseng. It's also the safest to use.

According to Michael Castleman, author of *The New Healing Herbs*, consuming fresh basil can give your immune system a boost. It has chemical compounds that can up-regulate antibodies by as much as 20 percent, helping to fight infections more efficiently.

Our Golden Retriever Freddie goes crazy for Basil. He loves it.

Broccoli

Broccoli is high in antioxidants and other cancer preventing and immune boosting components. Like other cruciferous vegetables - cauliflower, Brussel sprouts and kale - it contains cancer fighting substances called indoles. These support overall immune health, and help the body to process and eliminate harmful oestrogens that may otherwise contribute to the development of hormone related cancers.

Broccoli has anti-inflammatory properties. The flavonoid kaempferol, found in this vegetable, has been shown to reduce the impact of allergy-triggering substances on the body.

It also has a high vitamin A content which is anti-infective, and high levels of carotenoids called lutein and zeaxanthin which benefit eye health and boost immunity.

Broccoli is often said to be unsuitable for those with thyroid problems. The University of Maryland Medical Center advises, "Avoid foods that interfere with thyroid function, including broccoli, cabbage, Brussel sprouts, cauliflower, kale, spinach, turnips, soybeans, peanuts, linseed, pine nuts, millet, cassava, and mustard greens."

This is because thiocyanates, found in cruciferous vegetables, seem to interfere with iodine absorption, particularly where iodine is limited in the diet. However, a deficiency in both iodine and selenium may be

related to the anti-thyroid action of thiocyanates, according to the George Mateljan Foundation website.

For hypothyroid sufferers whose thyroid disorder is not caused by a nutrient deficiency, limiting broccoli and other goitre-causing foods may not be necessary, according to thyroid specialist Dr Alan Christianson. He says that up to 95 percent of hypothyroidism in the West is not caused by an iodine deficiency, but rather by an autoimmune reaction.

Indeed, excess iodine might be implicated in the higher levels of autoimmune thyroid disease in the industrialised world, and in this case the slowing of iodine absorption caused by thiocyanates might be beneficial for those suffering from autoimmune hypothyroidism.

In other words, if you or your dog have autoimmune thyroid disease, Broccoli may be good for you.

Cannabis and Coconut Oil

Medical marijuana (CBD oil) infused in coconut oil is an alternative way to therapeutically use cannabis. Infusing cannabis into coconut oil also allows for easy entry into the liver where it can be rapidly processed.

Coconut oil is useful because of its high amount of essential fatty acids which makes it a good binding agent for the cannabinoids. Half of the fat in coconut oil is comprised of lauric acid. Lauric acid has been called a “miracle” ingredient due to its health promoting qualities and is present in mother’s milk. It can be found in only three dietary sources—small amounts in butterfat and larger amounts in palm kernel and coconut oil.

In the body, lauric acid is converted to monolaurin, which is a potent antiviral, antibacterial and antiprotozoal substance. Because monolaurin is a monoglyceride, it can destroy lipid-coated viruses including measles, influenza, HIV, herpes and a number of pathogenic bacteria.

Cucumber

I’ve included cucumbers just to demonstrate the amazing health

properties of ordinary foods which we may not choose to eat because we like chips and pies better, or might not think to give to our dogs!

Who'd have thought that cucumbers – being mostly water – still contain vitamin K, the B vitamins, copper, potassium, vitamin C, and manganese?

They also contain an anti-inflammatory called fisetin which seems to play an important role in brain health. Cucumber can therefore help to improve memory, protect nerve cells, and prevent progressive memory loss.

Cucumbers also contain molecules called lignans that may help to lower the risk of breast, uterine, ovarian, and prostate cancers. They contain cucurbitacins, which also have anti-cancer properties. One research paper stated: “During the last decades a large number of cucurbitacins have been isolated from various plant species ... Although the roots and the fruits of plant belong to these cucurbitaceous species are very bitter, they have been used as folk medicines in some countries because of their wide spectrum of pharmacological activities such as anti-inflammation and anticancer effects.” (*Int J Health Sci (Qassim)*. 2013 Jan; 7(1): 77–89)

Cucumbers may help to cool the inflammatory response, and animal studies suggest that cucumber extract helps reduce unwanted inflammation, in part by inhibiting the activity of pro-inflammatory enzymes (including COX-2). Makes you wonder whether cucumber might be a better choice than Metacam or Rimadyl.

Cucumbers contain numerous antioxidants, including vitamin C and beta-carotene. They also contain antioxidant flavonoids, such as quercetin, which may prevent histamine release. Histamine is, of course, involved with allergic reactions and mast cell tumours. Kaempferol, in cucumbers, may help fight cancer and lower the risk of chronic diseases including heart disease.

Cucumbers contain multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress.

They also contain potassium, which is associated with lower blood pressure.

Dandelion

A study from the University of Windsor, Canada, at the Department of Chemistry and Biochemistry, offers new hope to cancer patients. This study discovered that the root of the dandelion effectively kills cells infected with cancer, without any other harmful effects on other cells in the body.

Scientists have found that dandelion root has even better effects than chemotherapy since it completely kills the cells infected with cancer. Moreover, this herb provides other very important health benefits: it acts as a diuretic, which stimulates the secretion of bile, reduces cholesterol, cleanses the liver and helps with allergies.

Dandelion is rich in vitamins and minerals, including vitamin C, iron, calcium, potassium, vitamin B6, thiamine, riboflavin, folic acid and magnesium.

Dandelion leaves are a richer source of vitamin A than carrots, and the root is an excellent source of inulin, which encourages the growth of beneficial bacteria in the intestinal tract.

Dandelion supports liver function, improves tooth enamel and acts as a blood tonic. It supports the cardiovascular system and promotes healthy teeth and bones. In addition, it contains up to 535% of the required dose of vitamin C and 110% of the recommended daily dose of vitamin A.

Dandelions are a great way to strengthen your liver, and your dog's liver. Harvest the leaves in early spring before the plant buds; once the buds appear the leaves will taste bitter. You can chop a few leaves and add them to food.

Herbalists Gregory L Tilford and Mary L Wulff recommend drying the leaves before using them. Tie them in a bundle and hang them indoors in a dry airy place until they're crackly-dry. Feed your dog a teaspoon of the dried herb into his food daily per 20 lbs of his body weight.

Ginger

Ginger contains powerful anti-inflammatory compounds called

gingerols. These help reduce pain and improve mobility for people (and dogs are people too) with osteoarthritis and rheumatoid arthritis.

A study published in the November 2003 issue of *Life Sciences* suggests that one reason for ginger's beneficial effects is the free radical protection afforded by one of its active phenolic constituents, 6-gingerol. In this test tube study, 6-gingerol was shown to significantly inhibit the production of nitric oxide, a highly reactive molecule that quickly forms a damaging free radical called peroxynitrite.

A study appearing in the November 2003 issue of *Radiation Research* found that in mice, five days treatment with ginger (10 mg per kilogram of body weight) prior to exposure to radiation not only prevented an increase in free radical damage to lipids (fats found in numerous bodily components), but also greatly lessened depletion of the animals' stores of glutathione, one of the body's most important internally produced antioxidants.

A study published in the February 2005 issue of the *Journal of Alternative and Complementary Medicine* reported that ginger was shown to suppress the pro-inflammatory compounds (cytokines and chemokines) produced by cells in the synovial lining of the joints, cells comprising joint cartilage, and leukocytes (immune cells).

Gingerols may also inhibit the growth of human colorectal cancer cells. Researchers from the University of Minnesota's Hormel Institute experimented on mice to show that gingerols inhibit the growth of cancer cells.

Lab experiments presented at the 97th Annual Meeting of the American Association for Cancer from the University of Michigan, showed that gingerols kill ovarian cancer cells by inducing apoptosis (programmed cell death) and autophagocytosis (self-digestion).

Ginger extracts have been shown to have both antioxidant, anti-inflammatory and anti-tumor effects on cells. Exposure to the ginger extract caused cell death in all the ovarian cancer lines studied.

Ginger is warming and can help promote healthy sweating, which is often helpful during colds and flus. A good sweat may do a lot more than simply assist detoxification. Dermicidin is manufactured in the body's sweat glands, secreted into the sweat, and transported to the skin's surface where it provides protection against invading microorganisms,

including bacteria such as *E. coli* and *Staphylococcus aureus* (a common cause of skin infections), and fungi, including *Candida albicans*.

For nausea, ginger tea made by steeping one or two ½ inch slices of fresh ginger in a cup of hot water will help settle your stomach and, of course, your dog's stomach. Giving your dog a ginger biscuit before car journeys can ward-off sickness. For arthritis, some people have found relief consuming as little as a ¼ inch slice of fresh ginger cooked in food, although patients who consumed more ginger reported quicker and better relief.

Fresh ginger is better than powders or supplements as it contains higher levels of gingerol as well as protease (its anti-inflammatory compound).

Stinging Nettles

Stinging nettles are a blood purifying, anti-inflammatory, antimicrobial, detoxifying antioxidant with more health benefits than we can list. Pick in the spring and hang to dry.

- May treat many skin problems from acne to eczema
- Stimulates lymph system and immune system
- Support adrenal glands, thyroid, prostate, spleen, pancreas, and the entire endocrine system
- Relieves arthritis symptoms: promotes the release of uric acid from joints
- Supports the kidneys and may break down kidney stones
- Helps with respiratory tract infections and respiratory inflammation; helps asthma sufferers
- Improves blood clotting
- Reduces inflammation
- Provides relief for neurological disorders like MS
- Destroys intestinal worms and other parasites
- It's antifungal. Kills *Candida* along with other yeast and fungi

Off the Road this Year

Driving all over the UK for half the year to deliver workshops and talks has been somewhat stressful, so I'm having a break this year.

Having said that, running workshops and seminars has provided a valuable source of income for CHC, helping us to help those whose dogs are suffering, but without having to charge a fee.

I see workshops and seminars as an exchange of energy: I research and summarise information about canine health so that everyone attending can raise a healthy dog and, in return, dog owners make it possible for me to do this work by buying a ticket to an event, which facilitates our ability to help.

So this year we are putting it on-line by hosting Skype webinars. All you need to do if you wish to attend is sit in front of your computer, tablet or smartphone, in the comfort of your own home. You can download Skype for free – and have instant visual access to your friends and relatives as well. All without having to find a doggie sitter!

There will be a number of different Skype webinars during the year – please email Catherine@canine-health-concern.org.uk, or phone for details:

- **Canine Allergies and Autoimmune Disease** – what causes them, what are the conventional treatment options, and what are the natural side-effect-free options?
- **An Introduction to Holistic Canine Healthcare** - vaccinating, worming, feeding ... the practical aspects of a raw/natural diet: the right foods, how much, where from, what to avoid; natural immune boosting: how and what to use; the body's requirements using vitamins, minerals and supplements: function and food sources and when to add; using natural products to maintain health or for specific purposes.
- **Energy Healing** – EFT, the Emotion Code, Tappas Acupressure Technique and more – for you and your animals.
- ***Plus Animal Communicating and Foundation in Canine Healthcare***