

# Jacksonville Sheltie Rescue

## *A Very Young Sheltie Makes a Very Big Difference*

Amy is 8 years old. She has Lennox Syndrome (LGS), which has a grim prognosis and is causing autism and seizures. Amy's mom, Christy, wanted a puppy to be Amy's friend. Christy was told by breeders that Amy wasn't suited for a puppy, but she didn't give up! Eventually she got to Ruth Tindle, in Panama City, of Sequoia Shelties. Here is what Ruth had to say:

"When this little girl came up my steps, I knew she was special. So did the puppy now called "Sheltie". This puppy was a loner, not playing with litter mates nor coming to anyone other than us. As soon as Amy stepped up to the pen, "Sheltie" ran up, pushed the other 2 pups out of the way and insisted Amy pick her up. Amy held her and immediately said "I'm ready to go home now!". ( Amy had refused to even get out of the car at some of the homes they visited to look at puppies.) Amy's dad has been deployed to Iraq, and Amy was lost without him. This little girl needed an Angel. "Sheltie" was 12 weeks old when Amy got her.

Here are part of the emails Amy's mom sent to Ruth to report on how "Sheltie" and Amy were doing.

*Dear Ruth—"Sheltie" is so smart! She can walk on a leash, she knows 'sit', 'come' and 'stay' and how to shake hands! She loves Amy and everywhere you see Amy, there is Sheltie, too. She sleeps at Amy's head at night, resting a paw on her. Amy had a seizure this morning and Sheltie laid on the floor beside her, crying and nudging her. I have never known a dog like this. I can't tell you how much she has improved our lives!!*

Ruth—This morning I gave Amy her anti-seizure medication and went into the kitchen. Sheltie came with me and paced back & forth like a worried mama. I went back to Amy and found her spitting out her medication. She confessed she had done that the last 3 days and somehow darling Sheltie knew!!

This dog is from God. She's the first friend Amy's had because children are a little afraid of Amy. With my husband gone, I have felt so alone and fearful Amy would get into trouble and I wouldn't know it before she was hurt. This dog has taken a load off of my mind!! I needed support, Ruth, and I have it and her name is "Sheltie"!! I love her so much—she's not just a dog!!

*Ruth, today I was in the kitchen waiting for the babysitter to arrive when Sheltie came in and jumped at me. I thought she wanted food or water and went to get them but she ran at me and butted me with her head, jumping up high at me. I knew, something was wrong with Amy!! I went right to Amy's room and she was in full grand mal seizure. Sheltie was pacing back and forth in the room while I got Amy on her side. It was truly amazing. I did NOT expect this, not until she was older. Sheltie never stopped pacing until Amy woke up over an hour later. She's a natural born mother, Ruth. She never left Amy and was as worried as I was. The babysitter and I were both in tears!! I'm still stunned and thrilled Amy has this first ever friend who also is a care giver! I'm just glad right now we all have one another and we're going to make the most happy memories of every second.*

**Thanks to Ruth & Christy for allowing us to share this story with you!**

**Jax Sheltie Rescue  
P.O. 23651  
Jacksonville, FL  
32244**

**August 2009**

**Your Editors:  
Sandy (Sam) Di Maio-Leach  
Darla Duffey**

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## SIX Adoptions in July!! A "Happy Dance Update" on our Rescues

We took six shelties into Rescue in June. FOUR of them were placed in July. They went, by twos, to two terrific adoptive families. How cool is that!!??

Gracie & Gretel, previously of AL, went to Tom & Maggie Oneal who are spoiling them to death!!

Kira with the butterfly on her rump, and Nico who didn't like toddlers, have gone to Mike & Trina Benso where Kira is already snuggling up in bed with their 12 year old daughter, Angela.

Both families had recently lost a much beloved sheltie. We are so pleased they honored their sheltie's memory by adopting a rescue!!



Gretel



Gracie



Nico



Kira

### Sadie Is Adopted

A lovely little sable came into rescue due to severe allergies in her family and quickly found a home with Dawn & Robert where she has a golden retriever and cats for company.



Happy Sadie!

### *Piper has a home, too!*

*Yet another sheltie was turned in to us, but quickly found a home that badly needed her. Piper (previously Maggie) went to Nonie, whose sheltie, Annie, was desperately missing her life long companion, Leilani, who died from wide spread bone cancer very recently. The two girls took to one another quickly as you can see from the photo.*



*Piper, left and Annie is on the right*

## Bragging Rights Page/Letters From Our Readers

**Darla—I just read the newsletter about naming someone in your Will to take your dogs. Let people know that Florida now allows you to leave money in a Pet Trust at the time of your death to take care for your animal(s). I have written one Will with such a Trust.**

**By the way, Sebastian is doing great. As long as he stays on his medication, he has no seizures. I tried to take him off, but he started seizing so he is on it for life. He rules the roost and loves being the only dog here. He tolerates the grand dogs when they come to visit.**

**Brenda McCollum**

Hi Darla,

I wanted to thank you for all the help you gave us this week with Fozzie my Sheltie. He was lost in Virginia Beach. You talked to Jana and told her about how to catch him with the trap and what not to do. Animal Control didn't give us any instructions. Jana had just told me about her conversation with you and we had a phone call that the dog was sighted. We moved the trap to the new location and followed all of your tips. He was caught in the trap and I picked him up first thing in the morning. We loaded up the crate with the dog in it and took it to my house. He was so glad to be home. He was loaded up with ticks. I took him to the vet and they checked him over and ran some tests. There were so many ticks they had to shave him. The hair will grow back. I am so glad he was found. With all the busy streets in VA Beach I thought he would get hit by a car. God was watching out for all of us.

Thank you,

Cathy Stanley (7-18-2009)

A funny:

One day out in the Texas panhandle, a guy sees a sign in front of a house: "Talking Dog for Sale ." He rings the bell and the owner tells him the dog is in the backyard. The guy goes into the backyard and sees a Sheltie just sitting there. "You talk?" he asks. "Yep," the Sheltie replies. "So, what's your story?" The Sheltie looks up and says, "Well, I discovered this gift pretty young and wanted to help the government, so I told the CIA about my gift, and in no time they had me jetting from country to country, sitting in rooms with spies and world leaders, because no one figured a dog would be eavesdropping. I was one of their most valuable spies eight years running. "The jetting around really tired me out, and I knew I wasn't getting any younger and I wanted to settle down. So I signed up for a job at the airport to do some undercover security work, mostly wandering near suspicious characters and listening in. I uncovered some incredible dealings there and was awarded a batch of medals. Had a wife, a mess of puppies, and now I'm just retired." The guy is amazed. He goes back in and asks the owner what he wants for the dog. "Ten dollars." The guy says, "This dog is amazing. Why on earth are you selling him, so cheap?" "He's a liar. He didn't do any of that stuff.

### **The Jacksonville Shetland Sheepdog Meet-Up.**

**August 15, 2009**

**4 to 6 PM at**

**Actions Dog Training**

**1111 St. Johns Bluff Road N.**

**Jacksonville, FL 32216**

<http://www.meetup.com/The-Jacksonville-Shetland-Sheepdog-Meetup-Group/>

What members are saying: " great fun for the dogs and their owners. nothing better than sheltie talk location was very nice, secure and shady "

—Donna & Paul Irwin

" Great group of folks that love their Shelties !"

—Karen Bohaning

Meet other local Shetland Sheepdog owners and enthusiasts. Learn from other sheltie owners while you watch these magnificent dogs enjoy themselves as they play with other Shelties.



## Love for Our Shelties is an International Phenomena by Darla Duffey

Ernie & I just returned from a trip to the UK and around the British Isles. Before leaving home, I booked a bed & Breakfast in Windsor (you know, where the Queen lives!! I love that place!). We planned to spend two nights there. While exchanging emails with the proprietor of the B & B (Paul), I mentioned Shelties and Sheltie Rescue. Paul replied that his father's sheltie had just passed away at the age of 15.

Paul's Dad is an active 72 and he was devastated at the loss of his Jasper. Paul wondered if there was anything like our Sheltie Rescue in England. He thought maybe he could talk to his Dad about adopting a sheltie from rescue at a later date. I know a lot of sheltie breeders, so I went to work and found him some names.

I also went to my little storehouse where I keep the newly created Incolay Sheltie Angel Ornaments and took one with an onyx background and packed it in my suitcase. The morning after we arrived, I gave the ornament to Paul's wife, Sonya, to present to Paul's Dad when they saw him next. Sonya told me that Paul's father would be there the next morning, but since we were leaving that morning, I figured we would be gone before he arrived.

The next morning, as we finished breakfast, in comes a big, burly older gentleman with tears streaming down his face!! He is holding the Sheltie Angel ornament in his hand. He told us thank you, and that it meant so much to him. We had a major crying fest too... when he came in with those tears I couldn't help it.. Told him I understood the tears, been there done that! and there was instantly this repore... He was thrilled and amazed that we would think of him and Jasper and bring him such a present.

I explained how Kathy Cochran had worked very hard to design the ornament, working with the people at Incolay. I told him the silhouette was one of my own dogs and how the ornaments were created to help Sheltie Rescue raise money, as Incolay gives us 100% of the profits. I also told him that he was probably the first person in the UK to own one!!

After all that, we had a long discussion about whether his Jasper would be upset if he got another Sheltie. I'm sure you all know what Ernie & I replied. He is going on vacation to Australia shortly and when he gets back, I bet he will be giving a new little English Sheltie a home and a wonderful life!!

### True Story from Tennessee

Ann Acuff is a fellow rescuer, running the MidTenn Sheltie Rescue. She was on the phone with Sam the other day, telling her that a sheltie had been found running in the middle of traffic. The person who caught the dog brought her to Ann. Ann, naturally, posted a notice "Found Sheltie—Identify to Claim".

A woman called and said "Do you have my dog?". Ann replied she didn't know if she did or not and asked the woman to describe the dog's coloring, height, and approx weight. The woman did and it was possible Ann did have her dog.

Then the woman asked what the dog's name was. Ann said "I don't know her name, but I am calling her Molly.". The lady said "Oh that can't be MY dog then. My dog's name is Shelley!!".



This isn't the Tennessee Sheltie, but isn't he cute!!

## DONATIONS

**Thank you to all our contributors. All the kids in Rescue thank you too—for helping pay for their food, their medications, their vet visits. They send you their sheltie smiles! We send you our human ones, too. ;0**

### Monthly

**Peter & Velma Stuart (Pace, FL) the one and only Skip, a Jax Sheltie rescued by Pete and Velma, he's 5. Callie who is 7 and Cricket and Grady, (who is now B-Ray.) Two of the Pennsylvania 22 rescued last year.**

**Norma & Peter Dearing (Jacksonville) Owned by Gus, Dana and Honey**

**Carrie Andolina who has 2 of our rescue kids.**

**Dave & Marilyn Dahl, and their well-loved senior dogs, Lady & Dee**

### Other Donations

**IBM Corp (Ernie's company)**

**In Memory of Lexie & Casey a donation has been made by Pam Gillespie from Orange Park.**

**In Memory of Patricia Futch Tyson (Ben & Kira's Mom), donations from**

**Betty Hanning, Marvilene Sage, Shirley S. Miller, Deena S. Richman, Buck & Betty North, Billy Holzclaw, Joe & Judy Hall, Janet Muscato & Uncle Joe Muscato, Jacqueline Camp, Debbie Presser & Charles Tyson.**

**(Appropriately, these donations were used to help pay Ben's vet bill when he began having liver problems.)**

Jacksonville Sheltie Rescue is a 501 c 3 Charity. This means if you donate to help our Shelties the amount can be taken off your taxes as a donation. We will send you a Letter of Donation for your records.

If you'd like to make a donation in Remembrance of a beloved dog who has passed, we will note that on the Jax Sheltie Rescue web page as well as in future newsletters.

We accept checks and "Paypal". The paypal account is [dduffey@aol.com](mailto:dduffey@aol.com), the same as my email address.

### **Help us pay our vet bills for our rescued Shelties by:**

Searching the Internet at [www.goodsearch.com](http://www.goodsearch.com) (instead of Google)-- powered by Yahoo, or "www.Goodshop.com"

Type in 'Jacksonville Sheltie Rescue'(Jacksonville, FL) as the charity.

Goodsearch donates to charities like us every time you search thru "Goodsearch" or a portion of your purchases at online stores are donated back to us.

Here is a short list of Online stores that participate:

Amazon

Apple

Banana Republic

Barnes & Noble

Best Buy

Dell

Home Depot

Itunes

Kohls

L.L. Bean

Lands' End

Macy's

Office Depot

Old Navy

Overstock.com

Pet Smart

Quill

QVC

Sears

Staples

Target

Wal-Mart

Drugstore.com

E-Bay

Expedia

Flowers.com

Gap

## Canine Health

If there are any issues you would like to see us cover in this section, please contact Sam (Mantha1999@aol.com). Please note - put "SR Newsletter" into the subject line of your email. I get a lot of mail and it will make sure your note gets the proper attention and into the correct folder.

### Caring for your Senior Dog

Sam DiMaio-Leach

We don't like to see it, but there is no doubt our beloved pets age even as we do ourselves. Just like people, our older dogs can suffer from arthritis, endocrine disorders (low thyroid or Cushing's), heart problems, kidney problems and liver problems. Their vision may become cloudy, their teeth need dentals, their hearing may go. They might develop Vestibular Disease, which clouds their minds and can look like stroke, with the dog unable to stand, or circling to one side. (Fortunately this can disappear in days or weeks.) What can you do to minimize these potential problems?

An annual "Senior Blood Panel" is a great way to make sure your dog is not beginning to have a major problem. I personally like to run the first Senior Blood Panel around the time my dog turns 8, because it gives me a good baseline for comparison to any later changes.

An annual Urinalysis with E.R.D. (Early Renal Detection) screening is an excellent idea, since so many elderly dogs develop renal problems. These problems are more easily solved the earlier the problem is detected, so I would strongly recommend this. The cost is reasonable - approx \$35 to \$45 depending on your location and your vet.

Speaking of urinalysis, my own vet (Dr Turman) has told me she thinks urine tests are one of the most important of diagnostic tools. I was looking for something else today, and stumbled across another vet who certainly agrees with her. His article was titled "Urine - Liquid Gold"!! So if you have wondered (as I have sometimes done) why they want to test urine as well as blood - it seems there are very good reasons to do so!!

Dentals are also a very important part of caring for your dog's health. Dogs with bad teeth can develop heart problems, just like humans can, and renal issues can also crop up from bad teeth. A dog with diabetes might have more problems getting his blood glucose levels under control if he has tooth decay, a chipped tooth, or periodontal disease (again, just like what happens to diabetic people!). Some dogs may require dentals every 3 months, while others only need them every 18 or 24 months. It depends on the dog, as well as on what you are feeding the dog. Do remember, there are some very mild sedatives that can be used for dentals, some vets will even have a dog's teeth cleaned without a sedative if they are an "easy" dog to handle.

A Thyroid test is particularly important for shelties, who are known to frequently have low thyroid. It is so important that I have dedicated all of the following page to Low Thyroid (Hyperthyroidism in vet-speak).

Acupuncture can make your dog feel better if he/she is arthritic. We had an article on that in last month's issue, so I won't repeat it here. Remember you can always go back to old issues from the Jacksonville Sheltie website. Go to: [www.jacksonvillesheltierescue.com](http://www.jacksonvillesheltierescue.com) There is a link to each of the newsletters right on the home page.

Nutrition is another important factor on keeping your dog healthy. Avoid foods with corn, wheat and soy (the 3 most common dog allergies!). Products such as salmon oil (I use Wild Grizzly Salmon Oil) can be excellent for a dog's coat and general wellbeing.

Finally remember "Age is NOT a disease". An older dog has earned a right to good vet care, even if some folks say "he is just an old dog, no use in treating the condition"!!

## CHOOSE THE DOG WITH LOW THYROID

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Dog 1 (above)



Dog 2 (left)

Dog 3 (below)



These are photos from Natalie Whalen's Central Illinois Sheltie Rescue Website. She has a special section devoted to explaining low thyroid. The first dog had a low thyroid, the only indication was his severe weight problem.

Dog 2 is also low thyroid - an extreme example of what can happen when a dog who needs thyroid supplementation goes without it for a very long time.

And surprise!! Dog 3 has low thyroid problems also. He looks normal, his weight is quite reasonable, his coat is thick and lovely. Only his continual ear infections indicated a problem might exist. (We have even known of shelties whose ears became so bad, they went deaf - but they regained their hearing after treatment.)

Most sheltie rescuers immediately test for low thyroid when they see a coarse or sparse coat. Frequently (but not always), a dog will start losing hair from his tail when his thyroid dips too low. Yet two of the three dogs above do not show any coat problems at all. In fact, chubby Dog 1 has a gorgeous coat!

Why is this important? Because the thyroid gland controls many extremely important body functions. A too high thyroid (rare in dogs) can cause heart problems. A thyroid that continually under-produces affects your dog's metabolism, which can lead to the coat problems, ear infections, constant scratching, lethargy, unprovoked aggression, head tilting, depression, seizures and even death.

It is important to note that it is extremely rare for any dog to show all of these problems. Some, as you can see from the examples of Dog 1 and Dog 2, might only have one of the symptoms. As your sheltie ages, it becomes more and more likely that a thyroid problem can occur. Testing, using either a full thyroid blood panel, or even just a T4 check on blood, is the only way to be sure your dog is healthy. Most sheltie people, but not all vets!, believe that to be healthy, a sheltie's thyroid test result needs to be in the upper 1/2 or upper 1/3 of the "normal" scale of the lab doing the testing. Time and again we have seen shelties test "normal", but their thyroid result is in the bottom half of that normal range - and the dog has at least some of the problems we have mentioned!

The really good news is that a low thyroid problem is easily corrected by a thyroid supplement called "Soloxine". Further good news is that it isn't very expensive. Most vets recommend a twice a day dosage. Darla and Natalie and Sam all support that recommendation. If Soloxine is given every 24 hours instead of every 12 hours, your dog's thyroid level is going to bounce up and down daily, as the medication only stays in the system for 12 hours. That isn't good! :)

Treatment will show results in 4 to 6 weeks for some conditions (and depending on whether the thyroid is so low it needs to be increased gradually). My own vet told me she has even seen what previously had been thought to be symptoms of arthritis improve when the thyroid supplementation was done.

If you would like to learn more about low thyroid (hypothyroidism), you can go to Natalie's website where she has a very easily understandable page on this condition. Here is a link to her thyroid page

<http://www.illinoissheltierescue.com/thyroid.html>

**Our thanks to Natalie Whalen for allowing us to use her photos and information from her website!**

**Jacksonville Sheltie Rescue thanks our vets for their care of all of our animals. We truly appreciate their kindness and professionalism.**

Page 8

**Mandarin**

**Dwight Nash, DVM &  
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4606 Brentwood Ave  
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Conventional & alternative medicines. Certified acupuncturist.  
Certified Chinese Herbalist, Chiropractic.**

**Near NAS-JAX**

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**Coral Turman, DVM  
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Middleburg FL 32068  
Phone: 904-541-0110  
Conventional services. Certified acupuncturist**

Sleep Tight by Evelyn of the "Wild Bunch"

Humans can sure nuff be nice to ya all day long an then they goes furom a Dr Jeckel ta a Mr Hyde, who eber they are. When does this happen ya may ask, wail when it come ta bed time I may answer. Ya see at our den we has a little ritchewal where Dad is getting ready fur bed an I nose he's gettin ready fur bed cause he takes his Zantac pill. Wail ya see Dad looks at me an says "Evelyn," ya see he says that cause it's my name, "Evelyn" he says" ya better not". Then I look at him an think, stooopid human you think your gonna get my spot. Wail befur he can get to the bed I'm all sprawled out an ya see I do need lotsa bed space to get comfortable. Another pawblem we has in ownership cause ya see Dad thinks this one pillow is his an I knows it's mine, sides that it should be who ever gets it furst an I usually get it furst. Now the furst thin Dad does is ta try ta steal my pillow butts ya see it's a long pillow and I am bout 80 pounds (ya see I'm not a Sheltie but a Lab/Weimeriner mix) an have ya ever tried to budge sumfin that weighs that much when it doesn't wanna budge. Now the next thin is he wants my part of the bed an he tries ta roll me an when he does I just roll back so he rolls me an holds me there til he climbs inta bed. Now I has it timed just rite bout establishin my territory back cause ya see just befur Dad goesta sleep he has dis little jerkin thin he does, what ya spekt furom a jerk. Wail bout that time he is easy to move so I push wif my sand paper like feet ta scoot him over so I can have my half of the bed. Now ya can't spekt a dog like me to just lay in one spot all nite or not ta share my love so in the middle of the nite I haveta move an course I move over to Moms 10% of the bed, which looks comfortable to me course I haveta step over an on a dog or two an Dad to get there an he ain't nice when I step on him. Now I haveta hear Mom yell an say stuff I'm not lowed ta say but as usual I get inta the space I needta get. I gots ta tail ya that this sleepin stuff can just tire out a dog sumfin terrybull so I hasta take lotsa naps all day long to rest up fur anutter nights fight fur my bed. The hoomins keep on sayin they needta get a bed just fur us dogs but they don't ud-derstand that we wanna be on anutter bed but with them. Now sum of you dogs may have the same kinda pawblem like I have an can pawbably relate to these sleepin conditions. Ya nose maybe we need a bigger bed than this king size bed what ya think. ?????

John is a wonderful guy who lives in Texas and for years has taken in and cared for a variety of dogs, 'cept he is really a Sheltie person. He talks in his stories like from the dogs. I am going to include stories in the future, so here is the cast of characters of the "Wild Bunch"

## **WHAT I LOVE MOST ABOUT MY SHELTYE**

### **by John Perkins**

What I like most about the Wild Bunch is that they live here. Each one provides me with something a little different to use in my every day life. I love something different about each be it their grace as they run or the way they never run. The beauty of their fur or how peaceful they look sleeping.

Cupid- for his love and devotion to Sheila and he shows that even though your the Alpha that sometimes you can let others have the upper hand or in his case paw.

Evelyn- shows how appreciative someone that once had nothing and was on their last leg can have when they come into a better life.

Amigo- shows me more than the others that love is totally unconditional and nothing is better than hugging someone and getting hugged back.

Stoney- shows how much fun life can be because everything is a game and don't take things to serious

Sugar- happiness can come in as little as just someone touching you or telling her something nice

Butch- life is short so never be in a hurry to do anything

Magic- to be with someone you love is all that is needed

Shycago- you can overcome anything even shyness

Fancy- provides me with the lesson that you don't have to be the best at something if you use your brain

Yogi- you don't have to be big to get respect

Trailer- if you want something bad enough you can get it and if you growl loud enough others will stay away (I have actually done this when I get aggravated sometimes, try it it's fun. If someone upsets you growl at them and watch them back away)

Myst- even an outsider can fit in and good things can even be found in trash

Minnie Mae- everybody or dog in her case can get along and if you see trouble be nice to them and try to break it up

Priss the Pest- you don't have to be nice to anyone if you don't want to and you don't have to listen to anyone you don't want to (I never said that they were all good things)

John

What's good bout our human is that we gets lots of Treats an he loves us an gives us attention and he watches us.

The Wild Bunch

## Cancer, Dogs and Supplements

### By Lew Olson, PhD Natural Health

While treatment options can vary for dogs with cancer, supplement recommendations remain fairly consistent for each type. The idea of supplements for cancer is primarily to support the dog's immune system. No supplements or alternative methods can 'cure' cancer, but our best hope is to support the immune system to help the dog keep in best health and to help keep a dog in remission who has received treatment.

The choices for supplements include antioxidants, omega 3 fatty acids, herbs, amino acids and enzymes. This list is not meant to be inclusive, but does contain a list of what I have found to be most effective in my own studies and experiences with my dogs. I will try and add more in the future as I find such products that I find helpful and have some research behind them.

### Antioxidants

The two most common antioxidants for use in cancer are vitamin C and vitamin E. Both of these fight free radicals, and help promote a healthy immune system. Generally these are given in higher doses, called mega doses. Generally I recommend 50 IU to 100 IU of vitamin E per ten pounds of body weight daily, and 100 mg to 200 mg of vitamin C per ten pounds of body weight daily. In high doses of vitamin C, using the buffered variety (ascorbate) may be more easily tolerated in high doses. Give both of these vitamins with food.

There is some question as to whether giving antioxidants during chemotherapy or radiation is helpful or harmful, as both of these treatments produce free radicals, to fight the cancer. Currently there are studies on both sides of this issue, and the general consensus is that no one knows for certain if they are helpful or harmful. Nor is it clear if they are simply not given on the day of treatment, or during the entire course of treatment. Two studies came out recently on breast cancer, one showing antioxidants help and the other showing they are harmful, so it is a confusing issue. Check with your dogs oncologist.

### Omega 3 Fatty Acids

These essential fatty acids are thought to help fight inflammation, help support the immune system, help coat and skin integrity. Additionally, cancer cannot utilize or gain energy from this nutrient. Omega 3 fatty acids are hard to find in most foods. Foods that do provide omega 3 fatty acids include deep water fish and fortified eggs. The most convenient way to give your dog omega 3 fatty acids is by using EPA Fish Oil Capsules. Omega 3 fatty acids are fragile, in that they lose their integrity when exposed to heat, light or air. It is recommended to use fish oil capsules rather than bottle fish oil to ensure the amount of EPA and DHA (omega 3 fatty acids). I would recommend giving one capsule (of at least 180 EPA and 120 DHA content) per 10 to 20 pounds of body weight daily.

### Herbs

These can be used individually or in combination. Herbs can often be like medicine, and a dog's system can become accustomed to them, so we often 'pulse' herb use. This means giving them for two or three weeks, taking a week off and then repeating the use. The only herb I might use continuously would be Milk Thistle, which is used to protect the liver (such as in liver conditions or during and after chemotherapy or certain drug use). Generally, I find herbal tinctures are easier to dose and more effective for dogs than capsules or powders.

#### Herbs I have found useful include:

**Ganoderma-** This is an extract of mushroom, which is thought to help suppress tumor growth. There are numerous varieties of mushrooms, but I have found this one the most helpful. This can be found in the Tasha's [Immune System Formula](http://www.b-naturals.com/tashas-immune-system-formula-2-oz-p-41), (<http://www.b-naturals.com/tashas-immune-system-formula-2-oz-p-41>) which contains a blend of helpful herbs for dogs with cancer (or dogs with hard to treat infections).

**Turmeric-** This is substance found in curry and also in mustard (to give it the yellow color). It is thought to reduce inflammation and suppress certain types of cancer cells. Research is still divided on this, but it could be helpful. I would probably suggest one of the liquid gel caps form, and I would suggest researching this further.

**Milk Thistle-** This herb has documentation to show protective benefits of the liver and some anti-cancer properties. As I mentioned, this herb can be given continuously without 'pulsing'.

### Amino Acids

The two most useful amino acids (found in proteins) for cancer are arginine and glutamine. These are thought to help suppress tumor growth and help the immune system. L-Glutamine also has the added benefit of helping with digestion and aiding in healing after surgery. All of these can be found at a local Health Food Store. 500 mg per 30 lbs.

### Enzymes and Probiotics

Often dogs with cancer will have gastric issues and we want them to be able to absorb and utilize their food well. Probiotics help keep the good flora and fauna in the system, which helps with good digestion and stool formation. These also keep the intestines healthy. Enzymes with animal based ingredients like pancreatin and pancrealipase, help predigest fats and proteins in the stomach, for easier digestion in the small intestine and help relieve any additional burden for the liver and pancreas. Some enzymes also help fight inflammation. Good enzymes would include probiotics, l-glutamine and ginger, which helps control nausea.