



NEWSLETTER
Volume 12, Number 4

From our President Stephanie Fischer (ilovtrav@aol.com)

Welcome to fall everyone! If I had to guess, I think this is the favorite time of year of most of the dogs, as the scents and squirrels are everywhere. I run my 3 in an open field bordered by woods and they are in heaven.

This past September we held our annual Fun Day. It was so nice to see many new families with their pups come out. I was also happy to see our rescue dogs and families. There were at least 22 dogs running free ranging in age from 3 months to 16 years. We all had so much fun. I want to thank the Rowleys for providing the agility equipment, Debbie Field for her expertise and birds in our intro to hunting seminar, Bruce Massie for the great pictures and Erin Randazzo for our photo contest boards.

Our 2016 Holiday Calendar is here. The entire calendar has been revamped this year and I think it really makes the pictures pop. Info on the calendars will be sent out in a separate email.

We plan on having our annual after Thanksgiving hike again on Saturday, November 28 at the open field at West Hills Park. An email will go out with the information. We do it early, about 10am, so you have the rest of the day for yourselves.

For those of you who order your holiday gifts through Amazon, please remember to order through Amazon Smile and select the Vizsla Club of Long Island Rescue as your donation site. We receive a percentage of the sale, and it doesn't cost you any more money to hit that special button. <http://smile.amazon.com/>

Once again, I am reaching out to people to help volunteer on our committees. We need people for the events committee, and the show committee. At Fun Day, we had some members express interest. I want to thank those of you that did, and the committee chairs will be in touch shortly.

If anyone has any thoughts on events or new ideas on venues that they would like to share, don't be shy. All of us can be reached by email addresses found in the newsletter.

Please don't forget to visit our webpage www.vcli.net for upcoming events, membership renewal and calendar orders. Go to our club facebook page to share cute pictures and learn from the articles posted. <https://www.facebook.com/groups/vizslaclub/>

With the start of the holiday season coming, I wish everyone a safe and happy holiday!

*Warm regards,
Stephanie*

Happy Holidays!

BRAGS, BRAGS, BRAGS

Former VCLI President Anne Denehy is one of the recipients of the inaugural VCA Welfare Foundation Dr. Edward and Adele Neupert VCA WF Service Award.

MACH Moramore's Red Hot Reba CDX RAE JH MXS MJS T2B XF FGDCh 50K is the first Vizsla to reach Flyball Grand Champion 50,000 points on June 20 at the Fur Fun Flyball Tournament in York, PA. Owned by club member Marianne Megna; co-owned and bred by club members Joseph Diaz and Kathie Amore.



Correction:

My apologies to Steve Romano whom I inadvertently renamed "Joe" in the last issue's Member Profile—Mary K.

In MEMORIAM
MACH KAHALIES HI TIME INDEPENDENCE. CD, RE,THD
"GUNNER"



On August 3, 2015 Gunner left us to take that sad walk to the Rainbow Bridge. Cancer had won again. Loving and tender was our relationship with Gunner, our first Vizsla who started out as a wild, never sitting still puppy and matured into a well-behaved and dependable partner. He earned his CD and RE titles with never perfect but always passable visits to the obedience ring. With both of us being guided in agility by Lise Pratt and Marcy Burke, our journey was a success and the MACH title was his. WOW!

Bert and I watched as therapy dog Gunner brought smiles to the elderly in nursing homes and confidence to children learning to read.

*We miss you, Gunner
Rest in Peace
XOXO
Pam, Bert and Maggie too*

Rescue Committee Report

I am happy to say the rescue world was relatively quiet the past 3 months. We definitely have gotten more inquiries than dogs.

This past Sunday, October 25, we placed 10-year old Apple, who some of you saw on facebook. Apple came from a wonderful breeder in Arizona. We reached out to the breeder and she was absolutely willing to take her back, but I asked for the opportunity to find a home on the east coast so she would not have to be put on a plane.

Apple's owner just turned 90 and was finding it difficult to give her the daily walks and runs on the beach that she was used to. Her daughter reached out to us and the search began. I needed to find a home where the owner was female, home most of the time and lived in a rural area, as Apple does not like a lot of noise. She was posted on our facebook page, as well as a few other Vizsla pages. A wonderful woman in western Massachusetts reached out. She currently has a rescue from the Vizsla Club of Central New England, and another small dog so the home check was already done.

Barbara came down last weekend with Juno, her female rescue and they met Apple. Apple is a shy girl, but got along well with her new sister and Barbara. She fit in perfectly! She has gone on her first hike with the family, has been sleeping in bed with Barbara and her 2 dogs and is working out beautifully.

Barbara will be sending her story in our next newsletter.



Apple

Here is another case of a senior Vizsla needing a home. Our club has done a fantastic job with adopting these guys. Most people say they don't want a senior because your time with them is limited. My answer to that is in the short time you may have them, the love they bring to you and your household is beyond words. Just ask any of us that have had the pleasure of adopting a senior. They are calmer than the young dogs, and don't require the intense exercise. Most of the time they just want to sit with you and be hugged.

As we all get older, we all must remember that our dogs will need to be provided for in case of our passing or if we become unable to care for them. If there are no family members willing to help, please consider naming VCLI rescue as the source you want contacted. Most people don't even think of this, but there are more and more articles being written on the topic.

On a more personal note, I am extremely sad to report that Lexie, the 3½-year-old Vizsla adopted by Mike and Judy Tanur just 4 months ago, lost her battle with lymphoma on October 27. In these few short months she learned unconditional love, had freedom to run on the beach in Montauk, and even had a Vizsla best friend. I want to thank Bill Becker for fostering her and starting her on her journey, Anne Maegli and Prada the Vizsla for being there to play with Lexie and mostly the Tanurs for being just so wonderful. My heart is heavy, run free sweet girl!



Lexie

Stephanie Fischer ilovtrav@aol.com



Seven Reasons To Adopt a Senior Dog

Older dogs are golden in more than just their years. They may be past middle age but senior dogs have a lot to offer in the way of advantages and love to families who take a chance and adopt them. Why adopt a senior dog? Here are some reasons!

1. Senior dogs have been potty trained.

Senior dogs don't need the time or energy a puppy requires. That's because they've gone through their chewing stage and been house trained. That means no getting up several times a night for potty training, or "accidents" to clean up in the house.

2. Senior dogs know their commands.

Puppies require almost constant attention and training in the beginning, while senior dogs will be able to adapt quite quickly to your routine. They most likely know basic commands, how to walk on leash and how to pick up quickly what you want from them.

3. Senior dogs are grownups. You will know what their personality is.

Because they are grown up you will know what their personality and temperament is. Are they playful, docile, curious, patient, stubborn, relaxed, high-energy? They will probably be easy to tell. Their attitude and friendliness will be there for you to know right off the bat.

4. Old dogs can learn new tricks.

Older dogs can adapt to your new routines and pick up on tricks just as well as puppies. They may even surprise you with a few they know already.

5. Adaptable to your schedule.

Puppies need a solid investment of time in training, socialization and activities for proper development. That means you are on their schedule for at least the first year. Older dogs have done this already and can adjust to your schedule. They will understand when it is your bedtime or time for you to go to work. And they'll know when it's your weekend too.

6. Calm and relaxed.

Senior dogs are not as unpredictable and high energy as puppies. Their lower energy levels means they will do well around all ages of people. And let's face it. Not all of us have the lifestyle for high-energy, active dogs. Maybe you are at the point in your life where you prefer a quiet walk in the woods rather than a run. That's where a senior dog may suit your energy and lifestyle perfectly.

7. Senior dogs deserve a chance. They need love too!

Senior dogs end up at shelters for all kinds of reasons. Sometimes their owner has passed away, and they have no one to look after them. Oftentimes, they are simply given away by heartless owners who no longer want an old dog. By considering adopting a senior dog you are helping dogs who are often overlooked at shelters but have a lot of love to give. Sadly, senior dogs are often the last to be adopted and the first to be euthanized, even if they have a lot of good years left.

And don't forget there are many dog rescues that also specialize in helping homeless senior dogs too!

Your time with them may be shorter, but it will definitely be sweet!

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Sources for Vizsla-Theme Holiday Presents—2015

Animal Den

Coasters, address labels, blanket, cookie jar, mug, mouse pad, tree ornament, note holder, pillow, pin, shirts, signs, umbrella, and calendar.
<http://www.animalden.com/Vizslas.html>

Animal Crackers K9 Gifts

Vizsla art prints by Steven Nesbitt; note cards and magnets by Michael Steddum and LOTS more!
<http://www.k9gifts.com/dog-gifts/vizsla.html>

Argostar

Dog artwork, portraits, logos, wearable art, car magnets, clip art
<http://www.argostar.com/>

Bonanza

A plaque that says "A House is Not a Home Without a Vizsla."
[http://www.bonanza.com/items/search?q%5Bfilter_category_id%5D%5B%5D=1&q%5Bfilter_category_id%5D%5B%5D=550&q%5Bsearch_term%5D=Vizsla plaque](http://www.bonanza.com/items/search?q%5Bfilter_category_id%5D%5B%5D=1&q%5Bfilter_category_id%5D%5B%5D=550&q%5Bsearch_term%5D=Vizsla%20plaque)

Café Press

Enter "Vizsla" in the search field for lots of merchandise, everything from coasters to iPhone cases to clothing from multiple sources.

<http://www.cafepress.com/+vizsla+gifts>

Collector's Addition

Glass art

http://www.collectorsaddition.com/dogs_vizsla.htm

Colorful Visions Art Glass Studio

Custom designed Vizsla hanging glass.

<https://www.facebook.com/ColorfulVisionsGlass>



Dannyquest Designs.

Purebred dog sculptures in bronze.

<http://dannyquest.com/shop/>

Dean's Custom Mailboxes

Dog breed mailboxes, including a Vizsla.

<http://www.deanscustommailboxes.com/dogs.html>

Dog Décor

Snow globe, leash holder, walking stick, tree ornament, welcome signs, coffee and soup mugs, ceramic tile trivet, ceramic collector plate, umbrella, earrings, mouse pad, embroidered hand towel, desk figurine set, shirts, hats, pajamas, etc.

<http://www.dogdecor.com/Vizsla.html>

Dog Like Nature

Vizsla magnets, car signs, other miscellany

<http://www.doglikenature.com/store/item/68068.Vizsla.Magnet>

Dog Sleeping Bags

Cozy cave dog beds are available at http://www.drsofostersmith.com/product/prod_display.cfm?c=3307+1+20938&pcatid=20938 or

<http://snoozerpetproducts.com/dog-beds-carriers/home-pet-living-c-27/cozy-cave-dog-beds-snoozer/?gclid=CODS84-268gCFcUTHwodFYkOzA>

Gone Doggin

Unique and useful collectibles; wallets, light switches, cutting board, tapestry bell pull, etc.

<http://www.gonedoggin.com/catalog/Vizsla-72.html>

Iheartdogs

A variety of items, forums, etc. The store includes a wiggle-butt t shirt that screams "Vizsla."

<http://iheartdogs.com/shop/>



Maple Springs

Limited edition art print of pointing V by Marie Bummett.

<http://www.maplesprings.com/art/>

Marlo Allen, Artist

Beautiful pen and ink drawing of a Vizsla head.

<http://www.jubiar.com/gmarloallen/limited/pi-dogs.shtml>

Mia Lane, Artist

Best of breed head study

<http://www.mialane.on.ca/printroom7b.htm>

Michael Steddum, Artist

Note cards, magnets, original art

<http://michaelsteddum.com/>

Mira Designs

Vizsla apparel and gifts.

<http://www.cafepress.com/miradesigns>

Mountain Pride Vizslas & K9 Art.

Drawings and cards of Vizslas by California breeder Kit Richards.

<http://mtnpridevizslasandk9art.com/>

[Mtn Pride Vizslas %26 K9 Art/K9 Art.html](http://www.mtnpridevizslas.com/K9-Art/K9-Art.html)

M. Sweeney

Dog breed Christmas cards and return address labels

<http://www.sweeneyholidaydogart.com/store/Vizsla.html>

Ole Don's Craft Shoppe

Leash holders, plaques, puzzles, etc. Unusual. Found him on my summer vacation to Memphis.

<http://www.ole-don.com/Products-1.html>

Paradox Vizslas

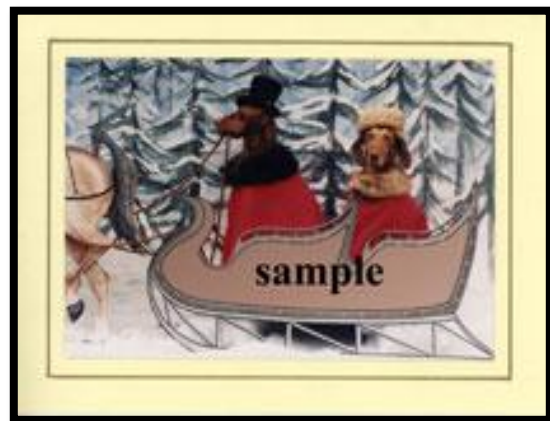
Site of Nancy Boggs Heinhold with info about dogs and jewelry

<http://dogwebs.net/Paradox/Vizslajewelry.asp>

Paws a Moment

Dog greeting cards and prints by photographer Jeanne Heilman including many funny and unique Vizsla ones.

<http://www.pawsamomentcards.com/>



PetPro

Multiple items: stickers, bottle stoppers, V angels and V devils, umbrellas, aluminum street signs, etc.

<http://www.petpro.com/index.php?p=catalog&parent=212&pg=1>

Roger Inman

Fine art dog breed studies.

<http://www.rogerinman.com/RIN248PIX.htm>

Sew What Again

The best embroidered shirts, hoodies, etc. A Vizsla design can be had with or without a bird. For dog examples, look at their Etsy Shop examples.

<http://www.sewwhatagain.com>

Sally Mitchell

Limited edition fine art dog prints

http://www.sallymitchell.com/prints1.php?ti=10&wi=10&si=100150&alt=Vizsla_Prints

Sara England Designs

Whimsical prints and coasters of Vizslas.

http://www.saraenglanddesigns.com/index.php?option=com_virtuemart&page=shop.browse&category_id=144&Itemid=53&vmcchk=1&Itemid=53

Settin' Pretty Canine Art Gallery

Vizsla Art Prints by Mick Cawston and Debbie Gillingham.

<http://www.setterstuff.com/vizslaprints.html>

Soda-Pop-Collectibles

Miscellaneous items.

<http://soda-pop-collectibles.com/store.php?q=Vizsla&catid=29430&submit=search&advanced=>

Sterling Gurwell Jewelry

Gorgeous silver jewelry; takes custom orders. See Vizsla pendant.

<http://sterlinggurwell.blogspot.com/>

Van Loan Studios

Limited edition prints

<http://www.vanloanstudios.com/huivpa.html>

Vizsla Collectibles

Multiple items, including a unique magnet called "Vizsla Rap Sheet"

http://www.ebay.com/sch/Vizsla-Collectibles/29430/bn_3110589/i.html

Vizsla Photos

Wonderful photo prints of Vizsla puppies.

<http://www.vizslaphotos.com/store.php>

Vizsla Rescue Fund

Christmas cards and some others, a photo book of V rescue stories, and a "Who Says It's Not Polite to Point?" T-shirt

<http://www.cafepress.com/vrescuefund>

Vizsla Treasures

Multiple items, including apparel, cell phone cases, jewelry, prints, etc.

<http://vizslatreasures.com>

Zazzle Lots of gifts, cards, and more.

Just put "Vizsla" into the search field.

<http://www.zazzle.com/vizsla+gifts>

You can also Google <Vizsla Art>,<Vizsla Collectibles>,<Vizsla Holiday Items> or <Vizsla Cards> to find more.

Mary K. Chelton
mchelton@optonline.net

Member Profile: Mary K. Chelton

Although I've had dogs since I was a kid, I have had Vizslas only since 1994 when my now deceased partner and I acquired Spaetzlle who was tied to a clothesline in a backyard near our home in Milltown, NJ. When I went to ask his owners if they could control his barking (to go into the house with them), we discovered they were "looking for a good home," and we took him. (They wouldn't fence their yard for him, but did so later for their human baby.) He promptly ate all the fur off Dorothy's boots, but we fell in love, and discovered that he had been bred by Carol Vola, a reputable NJ breeder. I contacted her to find out more about the breed, and while she was justifiably angry that they had not given her the chance to take him back, she introduced me to the local Vizsla club, and to all his relatives that she still owned. He died of liver failure in 2004.



Spaetzlle

Knowing Carol was how I acquired Beamer from her, who was out of Spaetzlle's sister, and I learned about conformation by showing him to his championship, earned at a specialty show in MO where it was 100 degrees in the shade. Stepping into that conformation ring the first time has to be the scariest thing I remember doing with dogs until I took Nugget into a senior hunter category in a hunt test last year. So many people loved Beamer and asked me questions about him that I wrote the first version of *Information for Prospective Owners* that appears on our website. Beamer died of mast cell cancer in 2009. The night before he was put down, Lin Kozlowski of Everedi Vizslas asked me to ask our club members if anyone was looking for a puppy, since she had several unclaimed from a current litter. Without missing a beat, I asked if she had a mellow male, and got Nugget who is currently six.

We acquired Amber as a foster from a family in Poughkeepsie who had bought her from a pet store in Scarsdale and had no idea what to do with a high energy adolescent Vizsla. Since there seemed to be no satisfactory adopters, we decided to keep her. She is now 13 and the queen of my current pack.

I honestly can't remember why we decided to adopt another V, but the memorable Sweetie Goddammit, a rescue from Milford, CT, was next. We were her 4th and final home. She walked in, took one look at our gentle males and Amber and communicated silently but quite specifically that she was now in charge. She was smart, but both gun and thunderstorm shy, a digger, territorial (she would never acknowledge that our neighbor had a right to live there and barked every time he came into his yard), a counter surfer, and a resource guarder.

Dorothy said to name her “Sweetie” because she had such a sweet face. Her name was amended the 3rd or 4th time she took something out the dog door and ran around the backyard with it, including my underwear. Sweetie died in 2005.



Sweetie Goddammit

Our second failed foster after Amber was Dottie, a divorce rescue and special needs dog who died in October. Dottie loved to swim and was a real sweetheart, but by the end was totally blind from glaucoma.

Gibson, another Everedi dog, arrived in August to be Nugget’s buddy, since at the time I asked Lin if I could have him, my two females were about to be 12 and 13, and he was only 6. Luckily both Amber and Nugget love him and they play like fiends at least once a day. I worry that I’m too old to have a puppy, but now that I’m retired from college teaching, I have time for him, and I’ve also tried to provide for him through co-ownerships should something happen to me.

Someone whose name I forget once asked me why I had a Vizsla if I didn’t hunt, a question I resented but have pondered for a couple years. Like many of our members, I don’t hunt, and the only gun I own is the starter pistol I use in hunt tests. My first glimpse that Spaetzle was much more than just a pet came during a hunting demonstration put on by the

Vizsla Club of Northern New Jersey where we could watch Master Hunters at work. Spaetz was totally bird crazy, sniffing the birds acquired for the demo to the point that people there asked me if I had ever hunted him, Unfortunately, I was younger and dumber than I am now. YouTube and all its great training videos did not yet exist, and I knew nothing about hunt tests, nor did I know any hunters. I did not know how to pursue hunting training and just continued to enjoy my dog pointing at little birds and other critters on local walks.

This changed when I got Nugget. Lin breeds and trains high-end performance hunting Vizslas with great temperaments and longevity, (my main reasons for getting him besides trusting her very responsible breedership which I have seen up close), and sold him to me with the request that I do “something” with him, so I started some self-education. She did not specify hunting in particular, but having seen Vizslas in the field, however sporadically, I wanted to try, especially since AKC has designed their hunt tests for people like me, who are not hunters.



Nugget

First, I looked at the history of hunt tests on the AKC website. Then I started reading about how one trained a hunting dog, and then I looked at the regulations

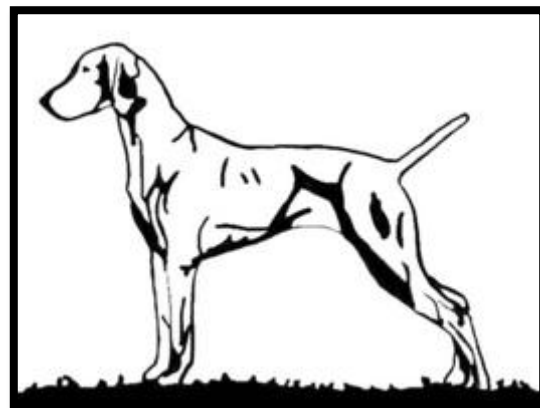
for AKC Hunt tests to see what the dog had to know how to do. They can be found at <https://images.akc.org/pdf/rulebooks/RHTPNT.pdf>. Then I read Joan Bailey's *How to Help Gun Dogs Train Themselves*, Dave Walker's *The Bird Dog Training Manual* and Jim Barry, Mary Emmen and Susan Smith's *Positive Gun Dogs: Clicker Training for Sporting Breeds*. There are many more books and DVDs out there, however, and lists can be found at Gun Dog Supply <http://www.gundogsupply.com/trainingbooks.html> Dogs Unlimited <http://www.dogsunlimited.com/d/47/books.htm>, and Lyon Country Supply <http://www.lcsupply.com/Pointing-Dog-Training/products/199/> among others.

After reading, I attended clinics then run by our Hunt Committee, Steve Ankar's workshop (a LI gun dog trainer) and was mentored by Andrew Campbell who is friends with Nugget's father's owner. I then managed to get a Junior Hunter title on him in four passes, and was unduly pleased with myself until we started training for the next level—Senior Hunter, which is a lot harder. I left Nugget with his breeder for two months of training and then she worked on me, too, (for which she deserves sainthood), and we got another leg toward Senior. At the next test, Nugget decided he didn't like pheasant, and wouldn't retrieve it—picked it up and then spit it out, in fact, so we are working on his retrieve for another try at a leg for his SH title. The retrieving training not only helps with hunting, but also with classic AKC obedience, which I hope to do with Nugget and my new family member, his little cousin Gibson, once he's finished his work in rally obedience.

I don't like all performance events equally. I find classic obedience sort of like joining the infantry, the egos and politics of conformation often dismaying,

and I'm too decrepit even to consider agility, although I do love to watch it. Same for flyball.

I keep thinking that if I, at age 73 with a bad back and 2 replaced knees can do some of this, anybody can. Even when I can't do it anymore, I will always want to curl up with a Vizsla at home. It would feel very empty without them.



Upcoming Events

For information on upcoming events, go to:

- https://www.apps.akc.org/apps/eventcalendar/index_mobi.cfm
- <http://vcaweb.org>
- <http://www.vcli.net>
- <http://www.vcnj.com/>
- <http://www.ctvalleyVizslaclub.org/CalendarofEvents.htm>
- <http://www.thevcgny.com/Events.html>
- <http://www.vccne.net/events.html>
- <http://www.lipdc.com/>
- <http://www.infodog.com/showinfo/stat.htm>

JUST A PET

by Jenny Hawthorne

This is for those of you who think that breeders such as myself are too difficult, too “elitist”, too hard and expensive to get a puppy from because all you want is JUST A PET!!!

Why do you turn JUST A PET into a negative? Why do you think that JUST A PET is less than a show dog or a trials dog or a working dog? Why do you think that you are settling for second (or third or worse) best?

And those reading this who have decided that they want a VIZSLA JUST A PET!!! Why do you want a Vizsla? Because of its temperament? Because of its looks? Because of its energy? Its joy in life? Or one or some of many other wonderful Vizsla traits??

How do you think we keep these things in our breed? Simple! It's by careful, selective, planned breeding to always try and produce the best possible so that any JUST A PETs we put in homes can give those characteristics that are so much a Vizsla. It costs a caring breeder just as much to produce JUST A PET as to produce a show or working dog. They are usually the same litter and usually could be the same pup!!

I would never breed a litter to simply produce pets for the pet market. This is puppy milling. This is also MUCH cheaper. You do not need to work hard at proving your dog's abilities. You do not need to check on health and temperament. You do not need to match up the BEST stud for the bitch you have. The first male V (entire) you find will do (easier if he lives at your place ... and cheaper).

The fact that I would never breed a litter to simply produce pets for the pet market does not mean that I would not happily sell a whole litter to JUST A PET homes--it means that they would be getting the quality Vizsla they deserve as their JUST A PET!!

If this is not what you want from your puppy there are plenty of “breeders” out there who mate (or “accidentally” allow the mating of) their male (or their friend's male) to their bitch and will happily sell you a puppy. Probably even proudly announce that they are registered with whatever controlling kennel club is in your country well, so can any purebred dog born of purebred parents be. Doesn't mean a thing about health, quality, temperament, ability, etc.

It is up to you to decide whether your JUST A PET should be considered by you and others as “THE BEST” or whether you go out with the idea that your dog is second best to the “competing” ones.

To me JUST A PET is the most special dog there is!

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who is the founder of the Vizsla Club of New Zealand.*

Bone Broth For Dogs? Here's Why It's A Great Idea!

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When the leaves start to fall from the trees and the days become colder and shorter, a hot meal or beverage is the ultimate comfort food. While you might not share your cup of coffee or bowl of spicy chili with your dog, there is a meal that will put a warm glow into both of you.

(It's good in the summer-time too!)

Bone broth is a long forgotten superfood that's inexpensive, nutrient packed and easy to make. Here are five reasons you should consider bone broth for your dog.

Bone Broth Is Good For Joints

In the book *Deep Nutrition*, Dr Cate Shanahan writes "The health of your joints depends upon the health of the collagen in your ligaments, tendons, and on the ends of your bones. Collagens are a large family of biomolecules, which include the glycosaminoglycans, very special molecules that help keep our joints healthy."

Bone broth is loaded with glycosaminoglycans and you might even be familiar with one of them: glucosamine. Not only does bone broth contain super amazing amounts of glucosamine, it's also packed with other

joint protecting compounds like chondroitin and hyaluronic acid.

Moreover, the glycosaminoglycans from bone broth are resistant to digestion and are absorbed in their intact form. According to Dr Shanahan, they act like hormones, stimulating cells called fibroblasts, which lay down collagen in the joints, tendons, ligaments, and even the arteries.

Bone Broth Helps The Liver Detox

The liver is the master organ of detoxification. The dog's liver is under assault daily as the poor dog lies on carpets and floors treated with chemicals, walks on grass that's been treated and sprayed with poisons, consumes foods with toxic and synthetic ingredients, and suffers through toxic dewormers, flea and tick preventives, drugs, antibiotics, vaccines and more.

The liver was never meant to suffer this onslaught and its capacity to detoxify is limited by the availability of the amino acid glycine. Guess what has tons of glycine? Bone broth!

Bone Broth Promotes A Healthy Gut

The lining of the intestines contains millions of tiny holes that allow the passage of digested nutrients to enter the body. Stress, poor diet and bacterial overgrowth can cause more holes to open or to become bigger...this is called leaky gut.

The problem with those big holes is that things can pass through that aren't meant to, including undigested food matter, toxins and yeast. The body will notice those undigested food particles as foreign invaders and start to attack them. This is how allergies and food sensitivities develop.

Bone broth is loaded with a gooey substance that can plug up those leaky holes: gelatin!

Bone Broth Is Great Nutrition For Sick Dogs

Have you ever had a dog with terrible diarrhea and had trouble getting him back on solid food? Or a dog who is convalescing and doesn't have a great appetite but you know he needs more nutrition? Bone broth to the rescue!

Studies conducted in the 1800's showed that when there is plenty of gelatin in the diet, the body's need for protein from meat sources can be reduced by as much as fifty percent! Bone broth is also an excellent source of important minerals and can bolster the immune system (think chicken soup)!

Bone broth is also loaded with glycine, which aids digestion by helping to regulate the synthesis of bile salts and secretion of gastric acid.

How To Make Bone Broth

If you're convinced of the benefits of bone broth for your dog, then grab a pot and let's get cooking!

Margarat Nee from

recommends the following for making

bone broth:

Add An Acidic Acid

This helps draw the minerals out of the bones more thoroughly. Raw apple cider vinegar is most commonly used (It's well regarded by herbalists for its ability to draw minerals out of plants). Lemon juice may also be used.

Cook For A Long Time

This is necessary to get the full nutrition out of the bones. There is no magic time, but try simmering it for 24 hours in a crockpot. You could do it on the stove as well, but be sure you don't leave the simmering broth unattended.

You can use raw or cooked bones but be sure to include joint bones with cartilage. You can collect and save cooked bones from your own meals in the freezer but be sure to rinse any sauce off that may be irritating to your dog's digestive system. Turkey wings and legs are a good raw choice.

Completely cover the bones with water; add the vinegar or lemon juice. Cover by about two inches of water, but not too much more, to keep the broth dense. For a regular sized crockpot, use about two to four tablespoons apple cider vinegar. Turn your crockpot to high just to get it started for the first hour, then switch to low and let it go for the day.

When your broth is finished, strain the bones (do not feed these to your dog!). If you used bones with meat attached you'll need to strip them by hand. Once it's chilled, skim the excess fat off the top of the broth if you wish (there may

be less than you expect). The remainder is your broth. If it has a jelly--like consistency when it's cold you've done a good job of it!

You can freeze this broth in small containers (even ice cube trays) for easy dispensing. Or you can store it in your refrigerator for about four days.

Packing A Punch

You can add nutritious extras to your broth while it cooks. Try:

Kelp

Nettles

Garlic

Dandelion root *

"Italian" herbs (sage, rosemary, thyme, oregano, basil, fennel seed)

Astragalus Root *

Burdock Root *

Shiitaki mushrooms *

**Strain these ingredients before using the broth*

While bone broth isn't nutritionally complete for exclusive long term feeding, you can use it as a base for a complete meal or as a supplement for your dogs regular diet.

Bone broth is a healthy way to moisten dry food, hydrate your dog when he's sick, and you can even share it with your dog and reap the same benefits! Make bone broth a regular part of your cooking repertoire this winter.

Check out this [Step By Step Article](#) to a healthy bone broth for your dog!



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