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### Blogging

Come and visit us at our Foundation's Blog (located online at [landofpuregold.wordpress.com](http://landofpuregold.wordpress.com)). Our Daily Golden Thoughts are great to begin each day.

### Twittering

Share in Twitter's 140 character fun (located online at [twitter.com/landofpuregold](http://twitter.com/landofpuregold)). That is where you catch our irreverent musings.

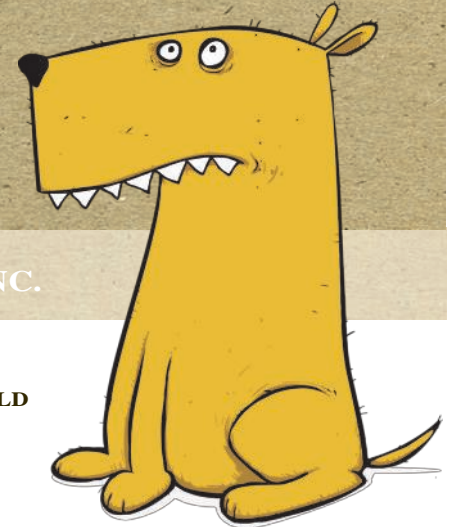
### Supporting

Support our canine cancer treatment grants. Shop at our Store for what truly matters—health, home, happiness and healing (at [store.landofpuregold.com](http://store.landofpuregold.com)).



LIVE LOVE LAUGH  
and LEARN

# PET TALK



BROUGHT TO YOU BY THE LAND OF PUREGOLD FOUNDATION, INC.

A PUBLICATION DEDICATED TO GIVING COMPANION ANIMALS A VOICE IN THE WORLD

## CANINE COMEDIANS

HELP US LAUGH  
AND ENJOY LIFE

## Musings from land of the Golden Obsessed



Our Virginian pal Jo Bighouse runs a multiple Golden household, so you know she has lots of fun stories to tell.

Maybe I should share the time Midas played fetch with my son in the dining room.

Telling your children not to throw a ball in the house is like telling Golden retrievers not to play tug of war with the socks they take out of your laundry basket.

So, true to form, my son threw Midas' tennis ball across the room. As it flew over the dining room table Midas was in hot pursuit.

He landed on the table, rode the tablecloth to the other end and with amazing grace vaulted into the air to catch the ball before it ever hit the floor.

His prowess would have impressed me if I weren't so preoccupied with watching my grandmother's candelabra hit the floor.

Share your fun observations.  
[landofpuregold.com/go.htm](http://landofpuregold.com/go.htm)

We have some \*Golden\* Finds in this issue, a wonderful article on Whole Grains, and a new 10% off store-wide special.

Our last few months have been filled with an assortment of ups and downs. The high point has been the joy of our newly improved organic garden, with newly designed raised beds and stone floor to keep down weeds.

Hubby Gary has had such an easy time planting and weeding and keeping up, and Golden Alfie has loved his time spent in the garden with Dad collecting the spoils. Though, he sometimes grows impatient, jumping up into the beds to munch cherry tomatoes directly from the vines.

We have been busy working on a much needed kitchen remodel (23 years + a few Golden retrievers will do that). As hard as a remodel can be, imagine doing it all from a computer. Honestly, it has only been doable through the assistance of talented designer, Stuart Bunyea. Stay tuned for the before and after photos.



We have a new trauma this summer . . . STINK BUGS, with our state of Maryland particularly hard hit. They line the walls of the wood siding, flying in every time the door opens and closes. They also worm their way in through any opening outside and have literally taken over both our home and sanity. That means more remodeling in March in order to replace the crumbling 23-year-old wood.

In August we learned of a quite sad ending, but also a hopeful beginning. Just the roller coaster reality of dealing with canine cancer. In our previous issue, we had reviewed Elizabeth Parker's book, *Finally Home: Lessons on Life from a Free-Spirited Dog*, which featured her Golden Rescue Buddy.

*Hi Rochelle, I just wanted to let you know that Buddy passed away on Tuesday (Aug 24) from sarcoma, of course. He had fallen and kept falling, so we brought him in and his blood count was low. They said meds could bring it back up again but the cancer had spread all over. We did not want him to suffer one bit, so we let him go. It has been one of the most difficult things as we feel SUCH a huge loss without him, but we are glad that he never felt any pain.*

We also featured the writings of Kelley Baldwin, who lost her Golden Chaser on June 19th. Kelley has since jumped back in with a very sweet little rescue, in August sharing that she had made **the right decision** — life Golden once again.

*Her name is Bear. And each day she helps heal the aching throb that pounds my chest and the heaviness that weighs on my soul.*

# Taking a bite out of cancer one working dog at a time

It is always sobering when we receive an application for a Working Dog Cancer Treatment grant ([grants.landofpuregold.com](http://grants.landofpuregold.com)).

Foundation grants are \$500 per individual working dog in the U.S. or Canada, reimbursements provided directly to treating veterinary personnel. Applicants must be active working dogs, in the areas of assistance, detection, search & rescue, enforcement, military work, or animal-assisted therapy.

Our latest grant recipients are unique in both breed and vocation. We had already helped Mobility Assistance, Search and Rescue, Animal Assisted Therapy, and K-9 Enforcement Dogs. But, August brought us Scooby Doo, our first Vizsla and Guide Dog applicant. Working partner to Pam Fernandes

of Needham, MA, 6-year-old Scooby (shown below) was diagnosed with Stage III Lymphoma in April 2010. At his Sept. 27th chemotherapy treatment, though, the doctor said that he looked great.



August also brought us 9-year-old Bullet (shown on the left), our first Greyhound and *Goodwill Ambassador* applicant. Along with his partner Barbara Masi, Bullet has worked for three years in the Palm Beach County Sheriff Office's Animal Kindness and Dog Safety program. Working 25+ hours per week, they visit up to two schools daily and participate in special events and programs. Bullet has also been a blood donor, saving other dogs' lives.

In July 2010 Bullet was diagnosed with Intermediate Grade Extraskelatal Osteosarcoma, surgical removal and chemotherapy recommended. He is doing well, a second chemo treatment received on Sept. 22nd. Barbara emails us with Bullet's progress, and we share in the sentiment she uses to close her posts: "My sunshine does not come from the skies, it comes from the love in my dog's eyes."

We are hoping that both Scooby and Bullet continue to do well. Check back soon at our website's [Grants page](#) for more on their work and treatment success.



## TRUE GIANTS . . . curing both humans & pets

The National Cancer Institute Director has challenged researchers to "eliminate the suffering and death caused by cancer by 2015." Research in comparative oncology demonstrates that our dogs are critical to making that a reality.

One of our goals is to raise monies for research in comparative oncology, the study of cancers that occur similarly in companion animals and humans. Despite tough economic times, and thus a lack of donations or support, we have opted \$20,000 to co-sponsor one of [Dr. Jaime Modiano's](#) projects (via the Minnesota Medical Foundation's Comparative Oncology Research Fund).

For this project, *Discovery and Characterization of Heritable and Somatic Cancer Mutations in Golden Retrievers*, Dr. Modiano is being joined by Dr. Jim Cerhan (Mayo Clinic), Dr. Matthew Breen (North Carolina State University), and Dr. Kerstin Lindblad-Toh (Broad Institute). Proposing to identify and characterize heritable traits that contribute to the risk and also progression of hemangiosarcoma and

lymphoma in Goldens, their long-term goals are: (1) to institute simple, straightforward tests to allow assessment of the specific genetic risk carried by an individual dog and thereby to allow breeders to develop strategies that will slowly reduce the incidence of hemangiosarcoma and lymphoma in Goldens, while retaining the positive phenotypes of the breed, and (2) to develop effective diagnostics, risk reduction, and treatment strategies for hemangiosarcoma and lymphoma that will benefit not only Goldens and other dogs, but also humans with these diseases.

Dr. Modiano is such a treasure. Our back-and-forth correspondences have exemplified both his wisdom and patience, prized traits for successful researchers such as himself. Dr. Modiano is a graduate of the University of Pennsylvania's School of Veterinary Medicine's V.M.D.-Ph.D. Program. Graduates with this or D.V.M.-Ph.D. degrees go on to careers in translational research, thus qualified to develop and do research in animal models, compare basic biology across animals, and **translate research findings to different species — including humans.**

## HEALTHY PETS 101



### Responsible Organic Health

We believe that health issues arise from all of the preservatives, sugars, heavy processing, antibiotics, growth hormones, and harmful insecticides and chemical fertilizers in food production. Although higher costs are the initial objection to going organic, many remain unaware of the critical differences between organic and non-organic products.

The fruits and vegetables that our parents ate when they were growing up were far more nutritious than the ones we will serve our children. And studies have shown that pesticides, fungicides, and the chemical compounds utilized to prolong shelf life for non-organic fruits and vegetables, are cancer causing and sources of immune system damage.

### It All Starts with Food

We utilize a 100% organic home-cooked canine diet that includes fresh whole ingredients such as meats, whole grains, eggs, vegetables, and fruits.

These basic food groups, so detailed by Drs. Pitcairn and Goldstein, are critical to good health. And, while some believe a dog's diet should consist of only raw meat and bones, it is important to understand that wild canines get much needed nutrients from the stomach contents of their herbivorous prey — such as deer, who eat grains and berries.

# The Golden Principles

## Life and Leadership Lessons from a rescued dog

Redford came from a horrible situation when in 2004 he, along with 65 other dogs, was rescued from an Arkansas puppy mill by Golden Beginnings Golden Retriever Rescue. Once entering Dr. Neillie's home, Redford had much to learn about relationships and trust. But, his new family did as well.

*The Golden Principles* is a Great book for new adopters, especially for those dogs *with issues*. It reflects Dr. Andy Neillie's views on personal and organizational leadership, as based on the analogy of one of the Golden Retrievers his family has rescued.



A leadership and sales consultant, coach and trainer, Dr. Neillie began as a high school teacher and coach (at the same time he and his wife rescued Alex, their first

Golden). When completing his Doctor of Ministry, he was challenged to deeply examine effective personal leadership. Along the way, Andy and his family have rescued 11 free pets (that cost them a bundle) and bought one (the least expensive of them all).

Although geared toward persons in leadership roles, the book's message resonates for all, given Neillie's belief that we all are leaders. "You are a leader. — If you live, breath and interact with others, you influence them. That makes you a leader." Dr. Neillie sees a leader being worthy of followers only to the degree he or she is worthy of their trust. This leads to his premise for Golden Principle Number One, noted in the following book excerpt:

Prior to being rescued, Redford most likely spent his days living in a 2-foot by 3-foot crate, only being let out to eat, go to the bathroom and be used as a breeding sire. The first time I approached him, he cowered and put his tail between his legs. I suspect

he had been abused during his puppy mill days, and he will always carry that fear with him. While less scared around women and children, Redford still doesn't easily display the joy and affection born into all Golden Retrievers. We've adopted seven Golden Retrievers in the past 20 years, and we had faith that, with love and consistency, he would come out of his shell.

One week Redford was barely surviving in a squalid puppy mill, and the next week he had won what you might call the *doggie lottery*. Our house is ideal for a young Golden:

- We have a large yard with lots of room to run and romp,
- I'm convinced at times our in-ground pool is more for the Golden Retrievers than our family members — they can swim and play all day long,
- We take our dogs on regular walks and runs,
- They get to go on frequent trips to the local ice cream parlor that gives out free "puppy cups,"
- They lounge on a sleeping pad by the master bedroom,
- They feast on good food,
- They are showered by lots of affection,
- And, they have a loving family who will spend whatever we need to on top-quality veterinarian care.

... What a life!

Here's the challenge — Redford didn't get it. He didn't know how lucky he was. He had no idea how good we would be to him. And, so that rainy Sunday afternoon, he wedged himself underneath the porch, muddy and wet, trying to hide from us because he didn't trust us.



## 2 PAWS UP

### Reviews from Golden Mom Rochelle

I am always on the lookout for the latest and the greatest books . . . even though there is so little room left to store all these finds. Authors who have been kind enough to share their latest publications may see reviews here, at our website, or our foundation's blog.

Not one to be negative, though, only those books receiving my "2 PAWS UP" Stamp will appear. My mom was right, of course. If you have nothing good to say, don't say anything at all.

Working with Golden Retrievers since 1987, my bookshelves are overflowing with animal themed books and media. At our Foundation's website you can find my favorites. The categorized listing includes items in my possession, or from recognized authors I've come to trust.

Categories include: bereavement, cancer, children & dogs, canine sports, performance dogs, general & holistic health, massage, diet & nutrition, clicker training, assistance dogs, human-canine bond, hospice care, detection dogs, tracking & trailing, travel, puppy life & training, physically disabled dogs, blind & deaf dogs, problem solving, anxiety & fears, search & rescue, senior dog care, and understanding our dogs.

**Just visit:**  
[store.landofpuregold.com/books.htm!](http://store.landofpuregold.com/books.htm)

## 10 Chapters . . . 10 Golden Principles

- 1 It doesn't matter how much you love someone, it takes time for your love to be trusted.
- 2 If you really want to reach someone, you have to get down to their level.
- 3 Positive reinforcement always works better than negative reinforcement.
- 4 Always remember who you need to connect with.
- 5 Emotional commitment comes through emotional connection.
- 6 Leading and loving are both expensive propositions.
- 7 It's not about me.
- 8 Sometimes peers make the best leaders.
- 9 Start slow and build momentum.
- 10 Change takes time.



# WOOF WOOF ARF ARF

You simply never want to miss the latest from Dr. V, absolutely the most fun veterinarian online. She Facebooks. She Blogs. She Tweets. She plays with Barbies. Oops, too much information.



## CALL OF THE DAY

**Receptionist:** Hello, how can I help you?

**Owner:** Hi there, this is Slinky's owner. I have a question.

**Receptionist:** Oh, hi! Didn't we just start her on medication for seizures? How is she?

**Owner:** Oh, that's going great. No seizures at all.

**Receptionist:** Wonderful! So how can we help you?

**Owner:** I wanted to know if you think shock collar training would be ok for her.

(technician grabs the phone)

**Tech:** Hi there – were you asking if we recommended shock collar training for your epileptic dog?

**Owner:** Yes, is that a bad idea?

**Tech:** What trainer are you using?

**Owner:** Oh, I don't use a trainer. I just do it myself.

**Tech:** Don't put a shock collar on your dog. Do you need some recommendations for some good local trainers?

**Owner:** Nah. I have it under control.  
\*click\*

*If he thought to ask, at least some part of him must have sensed this wasn't the best idea. I'm trying to give him the benefit of the doubt.*

# PET PEEVES

By Dr. V of pawcurious.com fame

## With age comes wisdom (sometimes)

A man and his daughter arrive with the daughter's kitten. The kitten is not feeling well, they tell me. She hasn't eaten for several days.

I examine the kitten, who is dehydrated and depressed. Her belly is large and pendulous. "Where did you get her from?" I inquire. The shelter, they tell me as they watch me pull several cc's of straw colored fluid from her abdomen.

We talk about FIP, a nasty disease with a very poor prognosis. The young girl, probably 7 or 8, nods solemnly. She knew something bad was going on, looking up at me through her tears with the sad eyes of a child who has known loss before.

I leave them to talk.

The nurse tells me they have decided to euthanize the kitten, and I go back into the room to talk to the family.

"Where's your dad?" I ask the girl.

"He's waiting outside," she replies.

"Are you going to stay with your kitty?" I ask her, and she tells me that she would like to if she can. She is upset, looking small and alone with an even smaller and more alone kitty in her lap. I excuse myself and find the father.

I ask him if he is going to go back in the room with his daughter. "I can't," he says. "I got this kitten for my daughter before her mother and I divorced.

It's just too hard to watch." He adds that he is OK if his daughter stays, though.

A lot has changed for me in the decade I've been practicing. I've learned about people as well as animals. I've learned about loss, and the resilient children who surprise you and the adults who fall apart who also surprise you.

I've also become a mother, and maybe that has made me better in the role as loss counselor. Maybe it has made me worse. I haven't decided which one yet.

So I look at this stranger in the eye and I tell him, "I'm sorry this is so hard for you, and I mean that sincerely. But I need you to go in there and be there for your daughter. She needs you more than you need to be out here."

Did he have to be there? Yes and no. Could I have done it without him? Probably. But I know things now that I didn't know before, and as mother, as well as someone who remembers what it was like to be 7, it wasn't the right thing to do.

He looks at me with an unreadable expression, and goes back into the room. I euthanized the cat. As his daughter holds the lifeless kitten, he holds her, her head leaning on his shoulder, supported by him. He walks out holding his daughter by the shoulders, and nods at me.

I did not know going into this field how much harder this part is for the men than the women.

## What they neglected to mention . . .

**Office manager:** Someone complained that you didn't spend enough time with them last night at their appointment. She said she felt rushed. ...

**What they neglected to mention:** That client showed up 50 minutes late, 10 minutes after we closed, without so much as a phone call to let me know she was running late. I was in my car in the parking lot when she showed up.

**Client:** My dog threw up this morning. Can I come in after work? ...

**What they neglected to mention:** He also threw up all night, and the three days preceding that. It didn't have blood in it until today, though. Oh, and I can't afford anything more than the office visit. Actually, I can't really afford that either. Is Aleve bad for dogs?



# Whole Grains Have a Whole Lot to Offer

*(Give Grains a Break-Fast)*

By Audi Donamor



According to Drs. Pitcairn and Goldstein, whole grains are one of the basic food groups critical to good health. Yet, these days they are treated like dirty words. A middle ground does exist, as one must always look at individual needs when determining appropriate diets.

Skogadalsboen is one of the most spectacular places on the earth. It is a mountain hytte (hotel), situated in Norway's "Home of the Giants," Jotunheimen National Park. Even though it sits 833 meters above sea level, it is actually in a valley, nestled between beautiful precipitous mountain peaks.

I invite you to take a trip on your computer. Simply type in "Jotunheimen" in a search engine, and be prepared to visit heaven on earth.

It will only take you moments to realize why I returned to the mountains again and again, where I ate the absolutely best breakfasts, that always included the most wonderful whole grain cereals and breads, prepared on a wood burning stove, and believe me when I tell you, that there is nothing like sitting on the side of a mountain eating oatmeal, and sharing it with a big black beautiful Newf named "Bosse."

Whole grains have a whole lot to offer us, and our animal companions too. Here's why.

Whole grains are comprised of three parts, the bran, the germ, and the endosperm. The bran is the multi-layered outer skin of the kernel. The germ is the embryo, and if it is fertilized by pollen, it will sprout into a new plant. The germ is a valuable source of many B vitamins, protein, minerals, and essential fatty acids. The endosperm is the germ's food supply, providing essential energy to the young plant. It is the largest portion of the kernel, and contains carbohydrates, proteins, vitamins, and minerals.

On the other hand, refined grains are missing their bran and germ, leaving only the endosperm, and without the bran and germ, about 25 percent of a whole grain's protein is lost, along with at least 17 important nutrients, including fiber, vitamins, minerals, lignans, phytosterols, and other plant compounds.

If a food label states that the package contains whole grain, the "whole grain" part of the food inside the package must contain the same proportions of bran, germ, and endosperm as the harvested kernel does, prior to processing.

Oats are one of the world's most popular whole grains, and are classified as one of the world's healthiest foods. They are nutrient dense and provide sustained energy.

Oats have a very long history, going all the way back to the time of the lake dwellers of the Bronze Age, and Roman farmers made oatmeal from common oats, while they fed red oats to their horses and cattle. It is interesting to note, that even when oats are hulled, they still retain all their fiber and nutrients.

Oats contain manganese, selenium, tryptophan, phosphorus, Vitamin B1, dietary fiber, magnesium, and protein. Oats, oat bran, and oatmeal, contain a special type of fiber called beta-glucan, shown to lower cholesterol, helping to reduce the risk of heart disease, and supporting the immune system's response to bacterial infections, viruses, fungi, and parasites.

Beta-glucans also help to stabilize blood sugar levels and inhibit the growth of tumors, helping to reduce the risk of some cancers.

Oats contain twenty unique polyphenols called avenanthramides, which have potent antioxidant, anti-inflammatory, and even anti-itching properties.

## Definition of Whole Grains

The definition of whole grains, approved and endorsed by the Whole Grains Council, in May 2004:

Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed.

If the grain has been processed, e.g., cracked, crushed, rolled, extruded, and/or cooked, the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

## Separating the Whole Grain from the Chaff

The new Whole Grain Stamp features a sheaf of grain on a golden background. Each stamp displays the number of grams of whole grain in a serving of the food. All foods bearing the Whole Grain Stamp offer at least a half serving (8 grams) or more of whole grain.

Foods that contain only whole grains, and no refined grain, list 100% on the stamp.

For more information, visit [www.wholegrainscouncil.com](http://www.wholegrainscouncil.com).

## Grain Free Does Not Mean Carbohydrate Free

Grain free does not mean carbohydrate free! Grain free diets can still be high in carbohydrates. Sadly, carbohydrates have been given a really bad rep!

While simple carbohydrates provide quick energy, the complex carbohydrates found in whole grains like oats, provided sustained energy, and they also support gastrointestinal health and are a rich source of fiber.

Even our cats benefit from some complex carbohydrates in their diet.

# Whole Grains Have a Whole Lot to Offer

*(continued)*



Recently, Scandinavian researchers found that adding oats to a gluten free diet may enhance the nutritional values of the diet's vitamins and minerals, as well as its antioxidant levels, including bilirubin, which helps in the elimination of free radicals and protects the brain from oxidative damage.

Research reported by the American Institute for Cancer Research, showed that whole grains, such as oats, contain many phytonutrients whose healing and preventive properties have gone unrecognized, simply because research methods have overlooked them.

Adding oat bran to your pet's daily diet is an easy way to add valuable fiber to his/her diet, and additional support, if anal glands or hairballs are a problem.

Barley is another whole grain that has the honour of being considered one of the world's healthiest foods. It has been cultivated for over 10,000 years, originating in Ethiopia and Southeast Asia, where it was used as a food for both humans and animals.

Barley also played an important role in ancient Greek and Roman culture, where athletes attributed their great strength to barley, and in ancient China, barley was a symbol of male virility.

Barley is a cooling whole grain that supports the intestines, stomach, spleen, pancreas, and kidneys. It supports healthy thyroid function and the immune

system, is an excellent source of dietary fiber, which helps to provide friendly bacteria in the intestines and it also helps to lower blood cholesterol levels.

Barley is an excellent source of selenium, which has been shown to inhibit the proliferation of cancer cells.

As a co-factor of glutathione peroxidase, selenium works alongside Vitamin E, to be cardio-protective and even lessen the symptoms of arthritis.

Tryptophan, copper, manganese, and phosphorus also contribute to barley's excellent nutritional profile.

Since ancient times, Barley Water has been used for medicinal purposes. Its healing and fortifying properties make it the perfect choice for pets and people, recovering from a variety of health related problems.

You can also add Slippery Elm to Barley Water, which is very soothing to the gastrointestinal tract.

I don't think any of us would be surprised to learn, that in some parts of the world, the phrase "to eat," means "to eat rice."

In Traditional Chinese Medicine, rice nurtures the centre of the body, including the spleen and the pancreas, and it soothes the stomach. It has a sweet and neutral nature or, in other words, it is a pH neutral grain, and helps to remove toxins from the liver.

## Carbohydrates for a Wealth of Health

Carbohydrates maintain the health of the thyroid, liver, heart, brain, and nerve tissues, regulate how much starch and fat will be broken down and utilized or stored in the liver in the form of glycogen, which controls the balance of energy.

Glycogen reserves regulate protein metabolism and protect cells from malfunctions and injury.

The heart and the thyroid gland need glycogen, and some is stored in the cardiac muscle.

Check out the Second Edition of "[The Holistic Guide for a Healthy Dog](#)," written by Wendy Volhard and Kerry Brown, DVM.

# Whole Grains Have a Whole Lot to Offer

*(continued)*

Whole brown rice is a rich source of manganese, selenium, and magnesium. Manganese is a crucial component of the antioxidant enzyme that is called superoxide dismutase (SOD), which provides protection against damage from free radicals produced during energy production.

Whole brown rice is about as wholesome as you can get, when it comes to treating our pets to a well-rounded diet.

Amaranth, quinoa, and buckwheat, while considered pseudo-grains, and technically, not members of the Poaceae botanical family, are usually included alongside the true cereal grains, because their nutritional profile, preparation, and use are so similar.

While checking out these special pseudo-grains, take a look at Teff, an African cereal grass that has been used in Ethiopia for thousands of years.

Interestingly enough, Teff contains more calcium than whole oats, and more iron than whole barley.

Teff is a great addition to “truffles.”

First, preheat your oven to 350F degrees. Then, cover a cookie sheet with parchment paper.

Combine:

- 3/4 cup whole brown rice flour
- 1/4 cup whole oat flour or whole barley flour
- 1/4 cup teff whole grains
- 2 tablespoons carob powder
- 1/4 cup local honey or rice bran syrup
- 1/2 cup goat milk or filtered water

Make small balls, roll in oatmeal if you like, place on your parchment covered cookie sheet, and pat down gently with a fork.

Bake in the preheated oven for 10 minutes. Remove from oven, cool, and then store in an airtight container or Ziploc bag.

For an alternative healthy sweetener for the whole family, try all natural pure coconut sap, which is a rich source of B vitamins, minerals, and amino acids, and is low on the glycemic index too.

Quinoa has long been revered as the “mother grain,” and is widely recognized as another of the world’s healthiest foods. It has been cultivated for thousands of years in Latin American countries, where it is often referred to as “Inca Wheat” or “The Gold of the Incas.” Today, quinoa is also grown in the Colorado Rockies.

Quinoa is actually an amino acid packed protein seed, related to beets, chard, and spinach.

In fact, it is considered a complete protein, because it contains all nine essential amino acids, including lysine, which is essential to tissue growth and repair.

Quinoa also contains Vitamin B6, niacin, thiamin, potassium, riboflavin, zinc, copper, manganese, magnesium, folic acid, and Vitamin E. It is a perfect substitute for regular whole grains and it is gluten free.

When I first began to use quinoa, there were very few people who were familiar with it, and it was very hard to come by. These days, it is making an appearance in a variety of commercially made pet foods.

Whole grains are a rich source of magnesium, a mineral that acts as a co-factor for more than 300 enzymes, including those involved in our pets’ use of glucose and insulin.

They are a rich source of folate, Vitamin E, magnesium, potassium, selenium, fiber, flavonoids, lignans, phytosterols, iron, thiamine, niacin, riboflavin, phenolic acids, antioxidants, and saponins.

The polyphenols found in whole grains, are the exact same antioxidants found in the most brightly coloured fruits and vegetables.

Whole grains are potent packages of energy that even contain oligosaccharides and resistant starch, carbohydrates that act like dietary fiber, supporting the gastrointestinal system and helping to improve the functioning of the immune system.

They also provide the benefit of many plant compounds that are said to be anti-carcinogenic. In fact, the FDA allows food that contains at least 51 percent whole grains, to display a health claim stating that these foods may lower the risk of heart disease and certain cancers.

Store your whole grains in a cool, dry, and dark place, or in the refrigerator, as they contain more natural fats than refined grains. Dr. Richard Pitcairn calls whole grains “environmentally sensitive,” and these days, that’s something we can all relate to.

Check out the Third Edition of “**Dr. Pitcairn’s Complete Guide to Natural Health for Dogs and Cats,**” for a comprehensive list of whole grains and their cooking times.

Just as with our own diets, don’t be misled by the on again, off again blanket statement, that carbohydrates are dangerous to our pets.

Carbohydrates provide valuable fuel. Complex carbohydrates sustain energy, support organ function, and promote overall health, by providing vitamins, minerals, fiber, healthy fats, and phytochemicals.

Poor hair growth and continuous shedding are one of the symptoms of carbohydrate deficiency. All we have to do, is choose quality over quantity, for both ourselves and our companion animals.

Here are some simple recipes, to help you include all the goodness of whole grains in your pet’s diet.

## FOOD FOR THOUGHT



### Whole Grain Brown Rice Milk

Whole grain brown rice milk is a novel way of providing your pet with all the goodness of whole grains.

The rice used in these products is not milled or polished, so it retains all the vitamins and minerals, contains no added sugar or fat, and is also cholesterol, gluten, and dairy free.

### Kangaroo as Novel Protein Choice

Kangaroo is a very lean protein, containing only 2 percent fat. It is considered one of the finest game meats.

Kangaroo is a valuable source of omega 3 fatty acids, Vitamin B6, Vitamin B12, iron, niacin, riboflavin, and zinc.

Its CLA (conjugated linolenic acid) has been found to have anti-carcinogenic and anti-diabetic properties.

Kangaroo is a great choice for companion animals with food sensitivities or allergies. Cats particularly like kangaroo mince.

**Have your say! Email us at [newsletter@puregolden.com](mailto:newsletter@puregolden.com) with your suggestions and thoughts.**

# Whole Grains Have a Whole Lot to Offer

(continued)



## GET YOUR GOAT CHEESE & HERB MUFFINS

### INGREDIENTS

Choose organic ingredients whenever possible.

1-1/2 cups whole grain flour of your choice, e.g., gluten free all purpose baking flour, which is a blend of whole grain flours

2 teaspoons baking powder

1/2 teaspoon baking soda, e.g., gluten free and aluminum free

1 tablespoon fresh oregano leaves or 1 teaspoon dried oregano (3 drops of Oil of Oregano can also be added for an extra punch of antioxidants. Oregano contains carvacrol and thymol, which gives it special anti-fungal and anti-parasitic properties.)

1/2 teaspoon sea salt, e.g., Aguni Japanese sea salt, Trapani Sicilian Sea Salt

1/4 cup first pressed extra virgin olive oil

1 cup plain goat yogurt, e.g., Greek style or Balkan style (thicker yogurts)

1/4 cup stock, e.g., chicken, beef, vegetable, or filtered water can be used

1 egg

2 cups goat cheese, e.g., mozzarella, cheddar

Oregano leaves for garnishing mini muffins before baking

### INSTRUCTIONS

Preheat oven to 375F degrees. Lightly oil mini muffin trays. This recipe makes 24 mini muffins.

Combine all ingredients in a mixer, or combine by hand, using a wooden spoon or spatula.

Fill each muffin cup to the top. Garnish each muffin with an oregano leaf.

Bake in preheated oven for 15 minutes. Muffin tops will be golden in colour.

Allow to cool for a few minutes, and then remove muffins and allow to cool completely on rack or plate, before storing in an airtight container or a Ziploc bag. Muffins must be refrigerated. They also freeze beautifully and you can easily double this recipe, and serve it to the "whole" family.

## LAMB AND RICE STEW

### INGREDIENTS

Choose organic ingredients whenever possible

2 pounds lamb, cut into pieces

3 tablespoons first pressed extra virgin olive oil

3 cups filtered water or lamb broth

1 teaspoon sea salt

1 teaspoon cinnamon

1 teaspoon carob (optional)

6 sprigs of fresh thyme (leaves only) or 1/2 teaspoon dried thyme (Thymol, thyme's primary active ingredient, helps to inhibit the growth of fungus and bacteria. Thyme also contains a variety of flavonoids, including luteolin and thymonin, which increase thyme's antioxidant properties.)

1 cup whole brown rice flakes

NOTE: If your dog or cat has food sensitivities or allergies, try a novel protein, like kangaroo, and a novel grain or "pseudo" grain, like quinoa, in place of whole brown rice/rice flakes.

### INSTRUCTIONS

Place the oil in a medium sized pan. Add the pieces of lamb. Turn stove to high, and sauté the lamb and olive oil.

When bubbles begin to appear, add the salt, cinnamon, carob, and thyme, turn down the stove to simmer, and continue to sauté the lamb pieces until they are no longer pink. Turn the stove off.

Preheat the oven to 300F degrees. Transfer the contents of the pan to a Pyrex or other oven safe container. Then, add 1 cup of whole brown rice flakes, which is a great alternative to traditional whole brown rice (or another whole grain of your choice), and 3 cups of liquid. Mix well.

Then, cover the Pyrex with foil, and place in the preheated oven for 30 minutes. Allow to cool to room temperature before serving. Store in refrigerator. Lamb stew also freezes very well.

Lamb and yogurt go "hand in paw." They are considered nomadic foods. With this in mind, serve some goat yogurt along with the lamb stew.

Try this simple "yogurt" recipe that your whole family can enjoy.

Combine the following and serve.

1 cup plain or Greek style goat yogurt

1/2 cup finely chopped cucumber

1 clove garlic, finely minced

2 tablespoons first pressed extra virgin olive oil

1 tablespoon fresh mint or catnip, finely chopped, or 1 teaspoon of dried mint or catnip

It's so simple to make your own lamb broth too.

Place 1 lamb shank or lamb shoulder in a big pot. Cover with filtered water. Add 1/2 teaspoon sea salt and 1 garlic clove. Don't bother peeling the garlic, because you are going to strain the clove out later on.

Bring to a boil. Skim the surface scum with a spoon, then lower the heat to simmer. Cover the pot and leave it for at least 2 hours. Then, filter and store.

Use it to make your lamb stew or add it to your pet's regular meals, and you can even use your lamb broth to make fantastic treats.

After making your broth, you can add some vegetables too! Okra is a great addition to lamb broth.

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## BARLEY WATER

### INGREDIENTS

1/2 cup barley groats

4 cups filtered water

### INSTRUCTIONS

Combine the barley groats and filtered water in a small pot. Bring to a boil. As soon as bubbles appear, turn down the pot to simmer for 25 minutes. Then, cool the barley and water, strain, and store.

For a sweet nutritious treat, that supports the urinary tract, add a little dandelion honey to the barley water, before serving to your pet.

Honey has a long history, as both a food source, and as a medicine. The practice of bee keeping goes back to at least 700 BC. Honey is not commonly regarded as an allergenic food, and it is also not included in the list of 20 foods that most frequently contain pesticide residue.

Honey is a source of Vitamin B2, Vitamin B6, iron, and manganese. Its unique composition, also makes it useful as an anti-microbial agent. Dandelion honey is a rich source of Vitamins A and C, and also contains calcium and phosphorus.

Barley water can be kept in the refrigerator for 3 days. Cooked barley can be added to your pet's regular meals.

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Audi Donamor, Canadian *Animal Wellness Magazine* dog health writer, has been successfully creating special needs diets for dogs and cats for fourteen years.



# Bushwacked

By Kelley Baldwin



Maryville, Mo. — She was giving me The Look.

That concentrated stare a dog uses to get whatever it wants. Ears up. Eyes bright. Absolute stillness. It's not a matter of if I give in, it's when. And she knows it.

"No," I said, "I'm not going in there."

Stare.

"If you want the ball so darn much, go in there and get it yourself."

Blink. Then stare.

I tried pleading, "Look, you have a zillion tennis balls. Go play with one of them." I then tossed one of said tennis balls into the air. It plopped to the ground and rolled an inch from her fuzzy, golden paw.

She didn't even flinch.

"Seriously, I'm not going in there and you can't make me."

A small grrr began in the back of her throat and she backed up a step, ready to let loose a full-fledged woof.

I quickly held up my hand to cut her off and said, "Hey, don't you growl at me, missy. I'm not gonna do it."

A minute later I was up to my waist in the thorny bushes in front of our house searching for the lost tennis ball that Chaser, Wonder Mutt of West Edwards Street, was convinced was hiding among the protective oasis of thorny branches.

So I caved. I'm a wuss. Sue me.

As one particularly nasty branch snapped back, slicing a two-inch gash across my right cheek, I

decided it was time to drop the F bomb and find reinforcements.

I headed into the garage to find two rakes, a leaf blower, a dull set of clippers and one shovel that looked ancient enough to have dug the first swath of the Panama Canal in 1880. Fabulous.

It was time to approach things from a different perspective. On hands and knees, I crawled into the bushes, using the rake to push aside the branches so I could get a look underneath and work further inside the dense growth.

Everything would have been A-OK if I hadn't watched the entire Indiana Jones trilogy the night before and suddenly pictured the snake pit scene where Indy has to fight the slithering, poisonous mass of terror to get to the treasured Ark of the Covenant.

Oh, dear God.

Snakes?

I'm gonna die.

I shot out of the bushes so fast the rake flew from my hand and smacked into the large bay window behind me. I turned and immediately spied the small chip in the corner of the glass.

I looked at the dog and said, "OK, if your dad asks — it was a bird. A big bird. Huge. Flew into the window. We were never here."

That's when I decided it was time this particular Golden Retriever lived up to her breeding.

"You," I ordered and pointed at the bushes. "Fetch." I grabbed her collar and tugged her forward. All four legs immediately locked and each of her 98 pounds froze.

Smart dog.

OK, time to get sneaky. I yelled, "Look, a rabbit! Go get him!" and pointed vaguely at the back yard. As "rabbit" is in her vocabulary, she took off like a shot around the corner of the house in search of the phantom rabbit.

Dumb dog.

I turned and ran for the garage, over to a stack of tennis balls in the corner. I picked one up and crept back to the open garage door. I peeked outside and didn't see the dog. I snuck over to the bush, held onto the ball, stuck my hand into the branches and prepared to give an Oscar-winning performance.

"Chaser!" I yelled. She sped around the corner and screeched to a stop at my feet. I pulled out my hand to reveal the tennis ball. "I found it!"

Victory, at last, was mine.

"What happened to you?" my husband asked when he returned home to find me sprawled on the couch, clothes torn, legs bloodied and an ice pack on the gash in my cheek. Chaser was on the floor at my side, the ball clamped in her mouth.

I mumbled, "Chaser. Ball. Bushes." I gulped and added, "Thorns. Really big thorns."

Much pain. Wanna die."

He chuckled and said, "I picked that ball out of there last week. Chaser must have forgotten." He added, "Hey, where are you going?" when I launched my body off the couch and tore from the room, hot on the trail of one Golden Retriever fleeing for her life.

Smart dog.



You can follow more adventures, but now with Golden Bear (shown above with Kelley), who joined the family at the end of July. Just go to: [kelleybaldwinlifelikemine.blogspot.com](http://kelleybaldwinlifelikemine.blogspot.com).

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## 2 PAWS UP

Land of PureGold Foundation Store Shop for items that typify our organic, eco-friendly, chemical-free view of wellness and prevention, allowing you to shop for what truly matters — health, home, happiness and healing. And, 100% of the profit from sales funds cancer research and treatment.

Be sure to learn about how we are **polluting our pets** and what can be done to minimize the damage.

**MAX-COMFORT**, the first company to provide memory foam dog beds, does not try to compete with companies making beds overseas with cheap labor and questionable or dangerous materials. Beware of imitations! Inexpensive imported foams contain fillers that weaken the comfort and performance of the bed and can be a health hazard to your dogs. They often contain flame retardants that are toxic to your dog.

We stand behind our **TOP DOG** free-range, grass-fed beef and lamb products, their never being **irradiated**, smoked, or basted. There are also NO hormones, antibiotics or steroids. NO chemical processing. NO preservatives or nitrates. And, NO colors or dye, so that your carpet will not be stained.

### 10% OFF STORE SPECIAL for our NEWSLETTER SUBSCRIBERS

Be sure to **sign up at our site** for automatic notice when our quarterly newsletters are published. Then, when making a purchase, write in the comments section that you are a subscriber and 10% will be refunded. *For a limited time only.*

[store.landofpuregold.com](http://store.landofpuregold.com)

# Follow our Golden Brick Road . . . for a good cause

### PLANT IT SEEDED GREETING CARDS

We love these unique eco-friendly, biodegradable cards. They are so unique and simply perfect for many occasions from simple friendship, to thank-

you, to birthday wishes, and finally sympathy. And the poetry on these cards is simply wonderful.

Check them out at <http://bit.ly/plantit>.

**UNIQUE FLOWER CARDS**  
Plant, water and watch them grow

This unique range of stylish cards are actually made from a special process which impregnates the card with wild flower seeds.

Stage 1 - Plant card    Stage 2 - Seeds germinate    Stage 3 - Flowers grow

**Thank You**  
Thanks, a single word  
It does not say enough.  
For all the kindness you give me,  
Especially when times are tough.  
You're always there,  
go that extra mile.  
Encouraging words,  
a gentle smile.  
Thank you from the  
bottom of my heart.  
You've been special  
right from the start.

**With Sympathy**  
There is a heavy burden  
that your heart must feel,  
As you go about your daily life,  
nothing seems real.  
Words can not express  
the pain, there true.  
Only you know what  
you're going through.  
But rest assured though  
you are home,  
our thoughts are with you,  
you are not alone.

**Seeds of Friendship**  
The seeds of our friendship,  
we tend with special care.  
They grow and blossom with  
beauty everywhere.  
Every word of kindness and joy,  
I know that it is true,  
There is no better  
friend than you.

When planted, each handmade seed card acts like mulch to retain moisture for the seeds. Included are a diverse and hearty mix of wild flower seeds to ensure growth.

By controlling pressure on the press and all aspects of the drying process, the highest germination rates possible are guaranteed. So when your friends/family have finished with the card they **simply plant it indoors or outside** following the simple instructions included, and **they will be amazed at how it will grow into beautiful flowers.**

Made from 100% re-cycled paper, soy-based inks, and organic pigments, enables all aspects of the unique manufacturing process, to be completely environmentally friendly.

### LUCIA BIODEGRADABLE POTTERY

Lucy Fagella, a gifted Massachusetts artisan, crafts 100% eco-friendly and biodegradable urns by hand, so providing a meaningful way to return your pet's remains to a special place he or she loved.

Green Burial goes hand in hand with a life well lived on this earth. The good earth has given us so much; why not give ourselves back to the earth *naturally*. The urn can be placed in a body of water and will degrade within two hours, can be buried and will eventually degrade naturally, or stay on a shelf for years to come. Check it out at <http://bit.ly/luciapot>.

Lucia Pottery is donating 30% of each sale of these incredible urns to our Cancer Treatment Fund. But, you must mention the Land of PureGold Foundation. Just contact Lucy at [info@luciapottery.com](mailto:info@luciapottery.com) and let her know where you saw her new eco-friendly urn. That way, your possible purchase can result in a much appreciated donation.



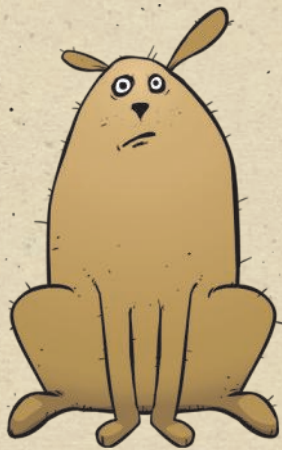
## Land of PureGold Foundation

We promote holistic health, organic and chemically free living, responsible dog care, and respectful and consistent training practices. Providing materials on canine cancers, our foundation educates others about more preventative courses of action to maintain a healthy and strong immune system. With a volunteer board membership that includes renowned veterinarians, Dr. Allen Schoen and Dr. Marty Becker, our public 501(c)(3) charitable organization allows donations to be tax-deductible. And, few causes are more gratifying than helping those who are facing a diagnosis of cancer. Through these donations, online store, and educational media development, we fund cancer treatment for working dogs and research in comparative oncology, the study of cancers that occur similarly in companion animals and humans. Check us out at [landofpuregold.com](http://landofpuregold.com)!

Thanks for  
your support!

**PET**

LIVE LOVE LAUGH  
and LEARN



**PETTALK**

A LOPG PUBLICATION  
DEDICATED TO GIVING  
COMPANION ANIMALS  
A VOICE IN THE WORLD

## Earth Friendly Pet Products

Environmentally friendly (also eco-friendly, nature friendly, and green) are synonyms used to refer to goods that are considered to inflict minimal or no harm on the environment. To make consumers aware, the products may be marked with eco-labels. But because there is no single standard for this concept, these labels are too vague to be meaningful. So, look for those businesses dedicated to sustainable fair trade principles, and that use organic, dye-free, and/or reclaimed materials.

One such company is Barkwheats, who uses the *berry*, buckwheat, for their biscuits. Handmade in Stockton Springs, Maine, these gluten-free and grain-free wonders are made with



organic and local ingredients from neighboring organic farms in Maine, and family farms with Sustainable Harvest International in Belize. Barkwheats packaging is 100% compostable, biscuits enclosed in packaging made from sustainably harvested cottonwood trees and 100% recycled paperboard. They also compost, recycle, purchase wind energy, use CFL bulbs and select the most energy efficient equipment to run their facility. Find these great treats and more at:

[store.landofpuregold.com/sogood.htm](http://store.landofpuregold.com/sogood.htm)

## Recommended resource links

- [cancer.landofpuregold.com](http://cancer.landofpuregold.com) — Becoming Cancer-AWARE
- [ccr.cancer.gov/resources/cop](http://ccr.cancer.gov/resources/cop) — NCI Comparative Oncology Program
- [bit.ly/AVSABarticles](http://bit.ly/AVSABarticles) — American Veterinary Society of Animal Behavior
- [www.askdryin.com](http://www.askdryin.com) — Leadership without Force from Dr. Sophia Yin

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