

# November/December 2024 NEWSLETTER

## The Atlanta Doberman Pinscher Club

The Atlanta Doberman Pinscher Club (ADPC) is a family of Georgians who are proud to be owned and loved by our Dobermans. Licensed by the American Kennel Club on November 1, 1972, the ADPC is a 501(c)(3) nonprofit Chapter Club of the Doberman Pinscher Club of America (DPCA).

Our purpose is to protect and promote the Doberman Pinscher. For well over four decades, the Atlanta Doberman Pinscher Club has strived to fulfill that mission through a variety of activities, including sponsoring specialty shows, conducting temperament testing, offering breed education programs and providing breeder referral resources.

Atlanta Doberman Pinscher Club

Email to [mawils@earthlink.net](mailto:mawils@earthlink.net)

Email news, brags, birthdays, etc to [surochester@aol.com](mailto:surochester@aol.com)



## Join Us for Our Zoom Meeting Tuesday, November 5, at 7:30pm ET

### President's Message

Hello to all our members and readers of our newsletter, which is graciously edited by Susan Rochester. Thank you, Susan!

First of all, my heart goes out to the people of North Carolina and Florida. All of us share in the sadness of their loss and in the hope of rebuilding for a better future. We have several members who reside in both states, and we are thankful they are safe.

I want to welcome all the guests at our recent meetings. We are pleased to introduce you to the Atlanta Doberman Pinscher Club Newsletter. Our club is growing, and with input and ideas from our members, we are headed in a very positive, productive direction. Thank you for your interest in the club and our fabulous breed.

Our next meeting will begin an hour later than usual, as it falls on Election Day. It will be Tuesday, November 5, at 7:30 p.m., via Zoom.

Our **Holiday Party is set for Tuesday, December 3, at 7 p.m.** The party will be held at Aldo's Italian Restaurant in Sandy Springs. Members are invited to bring guests, and we will have door prizes and a fun gift exchange.

Because our membership has grown over the past several years, we need a larger space to accommodate our in-person meetings. To make sure all attendees, whether in-person or via Zoom, can hear everything that is said, we have purchased an inexpensive microphone. We will test it prior to our next in-person meeting and hope it works well for us.

Our fall picnic was held on Saturday, Sept. 14, at the home of Christine Churchwell. Thank you, Christine, for offering your place for our event. Very appreciated. I also want to thank Kathy Gresham and Jennifer Stancil for all of their planning assistance. This issue of the newsletter includes a report on the event.

The club also participated in the Lawrenceville Kennel Club's Responsible Dog Ownership Fun Day on Saturday, Sept. 21. Thank you to Vicki Sweeny for organizing our club's participation and to the members who volunteered to staff our Meet The Breed table.

The DPCA National Convention was held in Kingsport, Tennessee, in October. The hotel was lovely, and the convention center had a large ring area and very nice meeting rooms.

We had a good representation from our club. Along with myself, attendees included Stacie Amerson, Emily Landrum, Penny Butler Rossiter, Rebecca Roter, Bayberry Shah, Jennifer Stancil, Vicki Sweeny, Edie Thomas and Linda Whitney, as well as prospective new members Katherine Belzowski and Thais Lanning Kelly. It was great to see so many of our members there.

There were many educational opportunities at the convention. I chose to attend a seminar on breeding, another on ear taping, the Judge's Education session and the International reception.

The basket our club donated for the DPCA silent auction benefiting Rescue/Health efforts looked great and received many bids. Thank you to Emily for taking the helm to create such a nice array of Georgia-themed treasures, and also to Amanda Figueroa, Ed Nekele and Doris Spivey for their contributions and assistance.

Also, thanks to Rebecca Roter, who is our club's DPCA delegate, for attending and representing us at the convention's chapter club meeting.

If you have an item you would like to bring up at the November meeting or the December meeting/holiday party, please let me know so we can add it to the agenda. All ideas are welcome.

*President's Message (continued)*

Your participation in our monthly meetings and other club events makes our club more productive and brings enjoyment to all of us. Thank you.

Please send all brags and ideas for topics you would like to have included in the next issue of the newsletter directly to Susan Rochester at [surochester@aol.com](mailto:surochester@aol.com). Also please send any photos of important personal/family events to Vicki Sweeny, who will compile these and send to Susan. The deadline for the January/February issue is December 15, 2024. We appreciate your support of the newsletter with your brags and areas of interest.

Of course, thank you to Ann Wilson for such a great job welcoming guests, newer members and all our members.

I hope you all are enjoying the lovely fall weather! As cooler winter weather approaches, stay warm, comfortable and safe, and always think good thoughts. If you have any ideas for club activities, please don't hesitate to contact me by email, phone call or text.

Respectfully submitted,  
**Pamela DeHetre, President,**  
**Atlanta Doberman Pinscher Club**  
[pamdehetre@peoplepc.com](mailto:pamdehetre@peoplepc.com)  
 770-329-3044

**BRAGS**

**Emily and her Phasma**

GCHS Aludra's Rock N Roll v Coruscate, who finished as the #1 NOHS Doberman in 2024, with multiple OHBIS and mutiple Group placements.



**BRAGS**

**Submitted by Bayberry Shaw**

Our 11 year old, Avari, won Best Veteran in Owner Handled Sweepstakes at the National and won her 11+ year old class.

CH Avari the Dark Elf ROM, CDX, CGC, BH, OB1, RA, RAT1, FDC



*Congratulations to Mervio Dobermans on their first American ROM!!!*

**BOWDEN**

GCHB Mervio Called To Coach Dadgummit  
 BN RA CAA DCAIT THDN CGC TKN AIT RATI ROM BFL-1  
 GCHS Perflex Camis Major LC 12-L x CH Tiburon Calendar Girl LC 12-L

Qualifying this year for the DPCA Register of Merit and Versality Excellent Award

Bowden was rehomed as a pet/performance prospect at 6 months due to unforeseen circumstances. This red fireball went on to become not only his owner's first conformation dog, finishing his CH in 4 weekends, but also the 2nd AKC GCH for his breeders. And now their first ROM!!

Owner: Stephanie Gibson, MD  
 Breeders: Mervio Dobermans - Mercer & Violet Harrington  
 Frozen available, See Dobequest for details

# BRAGS

**Aludra's Reign of Fire**, sired by CH Nomads 24K Magic out of Aludra's Nina Simone, won his 9-12 month futurity class/Breeder Judge Carissa Shimpeno and puppy dog class at the National and was pulled out and considered for winners by Judge Glen Lajeski. Reign is owned by Robin Merlino-Weiss.



**CH Aludra's Compared To What, Ray**, won his senior maturity class under Breeder Judge Carissa Shimpeno. Ray is sired by CH Foxfire Rock My World out of CH Aludra's Hello Mary Lou. Ray is owned by his breeder, Rebecca Roter.



# Fall Club Picnic

Christine Churchwell and her husband Tracey hosted our fall picnic in September at their home. The iffy weather held out, and everyone enjoyed a host of fun games and contests including a bone-shaped piñata, an urban barn hunt demo organized by Kathy Gresham, delicious food including two beautiful cakes made by Jennifer Stancil, and lots of wonderful door prizes.

Thanks to Christine, Kathy and Jennifer for organizing this fun event!

Group



Barn Hunt

Christine



Rodney (below)



# Meet the Breed Event

ADPC volunteers hosted a table at the Lawrenceville Kennel Club's Responsible Dog Ownership Fun Day Sept. 21 at Alexander Park in Lawrenceville, Georgia. Chris Rasmussen, Taylor Harris, Edie Thomas and Kathy Gresham brought their dogs, Vicki Sweeny, Taylor and Ann Wilson provided materials, and Rodney Hoyt helped with set-up and of course, took great photos. The dogs were a hit with the visiting families.

Thanks to Vicki for organizing a great showing for our club and the breed!



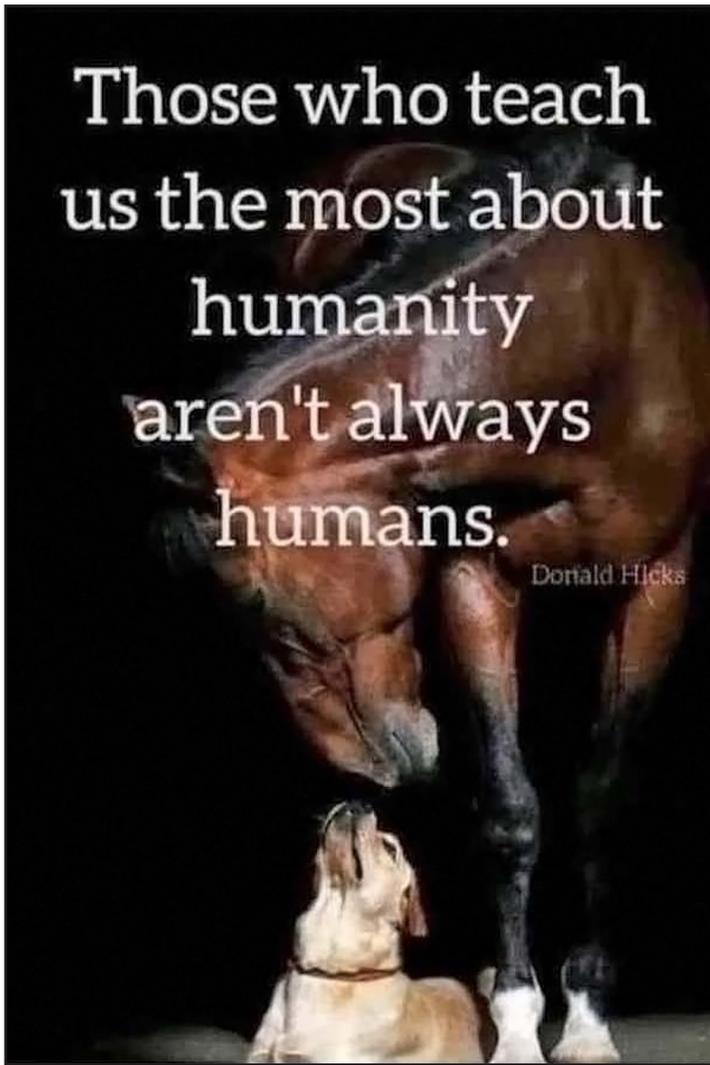
## DPCA National Convention

A number of club members attended this year's DPCA National Convention in Kingsport, Tennessee. Our club donated an outstanding basket for the silent auction benefiting DPCA's rescue and health research efforts. Emily Landrum created our entry, with contributions and support from Amanda Figueroa, Ed Neke and Doris Spivey. The "basket" was a new crate containing a variety of items representing Georgia, including everything from a hand-carved wooden Doberman head, Southern Pecan Coffee and a Georgia Bulldog throw to a bottle of Thirteenth Colony Whiskey and muscadine wine. The bidding for it was lively!

Our DPCA Delegate Rebecca Roter attended the Chapter Club Delegates meeting and provided a report at the October club meeting. Topics included some changes in requirements regarding conducting WAEs and making donations for rescue, as well plans to create a new committee to provide guidance and disburse funds to chapters in need of assistance. The hope is that each Chapter Club will have a volunteer for the new economic growth/sustainability group. Check the October meeting minutes for more details from the report.

*Pictured: President Pam DeHetre and Board Member Edie Thomas. Also pictured is the ADPC basket/crate.*





## Time To Fly Performance Dog Events

### Union, SC

Nov 8-10th, 2024

6 FAST CATs

AKC FAST CATs brought to you by The Piedmont Collie Club, Palmetto Obedience Training Club and Time To Fly Performance Dog Sports!

### Perry, GA

Nov 26-Dec 1st, 2024

12 FAST CATs & 12 CABT's

AKC FAST CATs and CABT's brought to you by The Savannah Club, Kennesaw Kennel Club, Oconee River Kennel Club and Time To Fly Performance Dog Sports!

### Camden, SC

Jan 3-5th, 2025

6 FAST CATs & 6 CABT's

AKC FAST CATs and CABT's brought to you by The Greater Columbia Obedience Club and Time To Fly Performance Dog Sports!

## Upcoming Shows

### Perry, GA

**Closes November 6, 2024**

Savannah Kennel Club

2024027831 AB/JSHW/NOHS (Tue 11/26/24)

2024027832 BPUP (Tue 11/26/24)

2024027833 AB/JSHW/NOHS (Wed 11/27/24)

2024027834 BPUP (Wed 11/27/24)

Kennesaw Kennel Club

2024085707 AB/JSHW/NOHS (Fri 11/29/24)

2024085709 BPUP (Fri 11/29/24)

2024085708 AB/JSHW/NOHS (Sat 11/30/24)

2024085710 BPUP (Sat 11/30/24)

Oconee River Kennel Club

2024654025 AB/JSHW/NOHS (Sun 12/1/24)

2024654026 AB/JSHW/NOHS (Mon 12/2/24)

North Georgia Working Group Association

2024715505 LB/NOHS (Tue 11/26/24)

### Orlando, FL

**Closing 11/06/2024 @ 3:00pm**

AKC Royal Canin Puppy & Junior Stakes, Friday, December 13, 2024

AKC National Owner-Handled Series Finals, Friday, December 13, 2024

AKC National Championship, Sat-Sun, December 14-15, 2024

### Brooksville, FL

**Closing 12/25/2024 @12:00pm**

Hernando County Kennel Club 1/09/25

Clearwater Kennel Club 1/10/25

Pasco Florida Kennel Club 1/11/25

Tampa Bay Kennel Club 1/12/25

Manatee Kennel Club, Inc. 1/13/25



24/7 Animal Poison Control Center

**800-213-6680**

# SUNLIGHT AND CANINE FERTILITY

Barbara "BJ" Andrews, AKC Hall Of Fame Master Breeder

## Natural sunlight produces vitamin D which affects your dog's thyroid, metabolic balance, heat cycles and libido.

Reproductive and thyroid problems are rampant in dogs and not uncommon in people. Thyroid levels can only be determined through a specific blood test which is relatively expensive. When this was first written (2006) blood samples were sent off to a University lab to be analyzed, properly read, and a report faxed to the veterinarian. Today vet do the test in-house and results are immediate. That is convenient but not all vets are really qualified to interpret the results and direct proper treatment.

### Sunlight Deprivation, Low Thyroid, Fertility Problems

Whether testing is done locally or sent off to a lab, accurate diagnosis is critical to restoring the thyroid gland to full function. Hyperthyroid (too much circulating thyroid hormone) or hypothyroidism (low thyroid levels) diagnosis will require different medicinal and/or herbal treatment. Given all those potential stumbles, the biggest problem with thyroid testing and treatment regimes is that the CAUSE of thyroid imbalance is too often overlooked. Diet is a factor in thyroid balance but sunlight deprivation is also a primary cause of hypothyroidism (low thyroid hormone levels).

At one time, all animals received adequate sunlight. Today humans and their pets live indoors. We both suffer from light deprivation and thus, inadequate levels of vitamin D, melatonin, and other vital hormones. The result is an alarming percentage of the population on behavior modification drugs and school violence is at an all-time high. Antidepressants are the most-prescribed drugs in the U.S. and it's sad that doctors and veterinarians fail to prescribe "more sunlight" before putting people and their pets on thyroid supplementation or prescription drugs.

Think about where you and your most beloved dogs spend the most time. Then consider why the new field of canine consultants is flourishing along with human psychological counseling. Obviously house dogs are most affected by vitamin D deficiency because they are deprived of natural, unfiltered sunlight AND they are subjected to artificial light wavelengths. Light deprivation has become a serious a problem in dogs for the same reason it is an health/depression "epidemic" in night workers.

### All Mammals Need Sunlight To Maintain Health

Sunlight is necessary for the production of serotonin - the "feel good" substance contained in chocolate and most anti-depressant medications. The daily migration to the city often means a pre-dawn trip and an after-dark return which deprives a large percentage of the population of precious hours of sunlight. The result is violent crime, emotional

imbalance, and more people are on anti-depressants than ever.

In today's hustle-bustle world, unlike our great grandparents, we work inside, under artificial and fluorescent lighting. Breeders take pride in elaborate air-conditioned kennels with small windows to block the sun or the cold. They obviously don't realize that most mammals MUST have 10 hours of full sunlight to stay healthy. Watch where your house pets snooze during the day. In a shaft of sunlight right?

### Melatonin For Mood and Overall Health

A twenty year study led by neuroscientist George Brainard at the Farber Institute was based on understanding how the brain interprets, reacts to and uses light independently of the visual system. We now know how the human eye uses light to regulate melatonin production which is part of the body's biological clock. Dr. Brainard's study revealed a "photoreceptor system" in the human eye which reacts to specific wavelengths of light. Light in the blue region of the visible spectrum is the most potent in controlling melatonin production and the body's circadian rhythms.

Artificial light interferes with the production of melatonin. Many scientists believe circadian rhythm is linked to your biological aging clock. **Interruption of the natural light and dark cycles causes stress; continued disruption causes disease.** Overall cancer rates are lower in the southern hemisphere, and SAD (see below) is higher in northern hemisphere. Melatonin is produced as we sleep but it is stimulated by sunlight absorbed during the day.

### SAD - Seasonal Affective Disorder and Reproduction

SAD affects dogs too. "This discovery will have an immediate impact on the therapeutic use of light for treating winter depression and circadian disorders", said Dr. Brainard, professor of neurology at Jefferson Medical College University. It's called Seasonal Affective Disorder because depression occurs more during the winter months when the sun's rays are weakest and we're inside out of the cold! **note: since 2010 mention of SAD seems censored as sales of mood altering prescriptions soar.**

SAD mechanics are simple. Light enters the eyes in order to stimulate the hypothalamus, pineal gland, and the pituitary gland which is the body's master hormone-secreting factory. How can we deny the connection between circadian rhythms and epidemiological studies which show an increased breast cancer incidence in women who work night shifts?

### Canine Reproduction, Thyroid Hormone, And Heat Cycles

Your dream of a special litter from your sheltered bitch can turn into a nightmare of confusing heat cycles. One of the main consequences of light deprivation is cessation of normal reproduction. Are we all agreed that mutts conceive easily?

Then why do **sheltered show dogs** need wine, soft music, and prayers in order to get pregnant? Is it genetics or is it because pampered purebreds are living inside with the family or lavish air-conditioned kennel buildings?

Purebred dogs have more thyroid problems than ever before. It's not just that veterinarians diagnose it more. The incidence is much higher. Why is that? You know. You just read about sunlight and how it enters through the iris, stimulates the pineal gland, and sets off hormone production. Where do prolifically fertile mutts, farm dogs, and hunting dogs live? Outside. Trotting around the neighborhood or living in a "dog lot" until time to hunt. Even puppy mill dogs get sunlight in those rabbit-hutch cages! How much bright, unfiltered sunlight do our treasured house dogs get?



### Re-think Kennel Lighting

If you have a kennel building, install large south-facing windows or skylights, Ott-lights or a similar FULL SPECTRUM lighting system. (Note: such lighting is now easily obtainable and reasonably priced) **Do not use fluorescent lighting** - barely detectable strobes can cause serious mental, emotional, and hormonal imbalance. Use natural-spectrum incandescent or LED bulbs. Note: stud cats kept under fluorescent cattery lights stop siring. Put a queen in a darkened basement and she'll stop cycling. Deprive laying hens of natural sunlight or natural spectrum inside lighting and egg production ceases.

Numerous studies have revealed the hazards of electromagnetic energy emitted by fluorescent tubes. People who work under such lights are being damaged in ways that may one day be compared to the revelations comparable to asbestos exposure or "miner's lung." Today's children are protected from lead but ironically they grow up in fluorescent-lighted classrooms and they wear "cool" sunglasses when outside. Both practices assure that the pineal gland receives inadequate amounts of light.

Delinquency and juvenile violence rates are soaring.... A connection?

### Sunlight Affects Mood and Metabolism in All Species

Low levels of sunlight and increased exposure to artificial light during naturally "dark" hours interferes with the production of melatonin and interrupts circadian rhythm, which is directly linked to our biological aging clock. So make sure you get adequate exposure to unfiltered sunlight. Take off those sunglasses, relax, un-stress, and sort out cloud formations for a few precious moments. A daily ten minute health-break spent basking in life-giving sunlight will insure you don't become "sad" or depressed.

### The Nation's Most Sheltered Canine Tested For Thyroid Imbalance

Don't be fooled into believing thyroid imbalance is genetic. In 1991 PRESIDENT BUSH was diagnosed with and treated for thyroid imbalance and Mrs. Bush and her Springer Spaniel had complete thyroid panels run. Are we to believe that the best medical brains in the United States thought that President Bush, his wife, and their dog all inherited the same genetic code? Of course not. But all three of them spent most of their daytime hours inside, in artificial light.

### Sunlight Summary: Mental, Physical, Reproductive Health

Do for yourself what you are about to do for your dogs. Make it a point to get out in the sun every day. No sunglasses. It is neither necessary nor advisable to look at the sun in order for the rays to enter the iris. Just 30 minutes in direct sunlight is equivalent to 500 mg. of vitamin D. Forget what the experts say and "expose" yourself to the sun. People have done so for thousands of years.

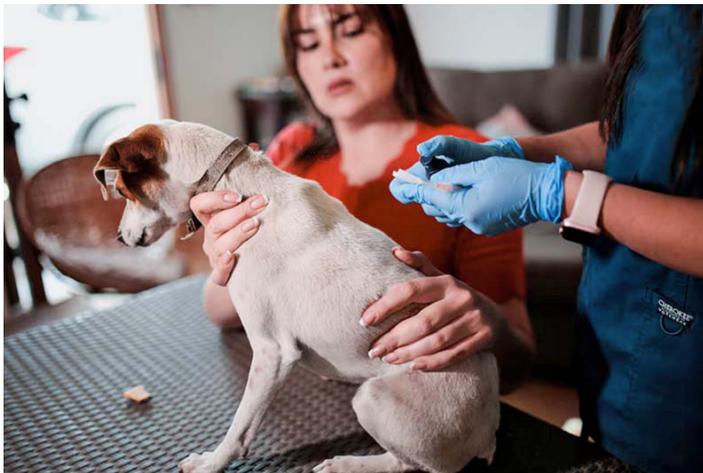
If I've failed to convince you of the importance of light, reflect on your religious teachings. In all Beliefs of which I am aware, the light and/or specifically the sun, play a paramount role. We are all descended from sun worshippers. "God is Light." "Look East". Many cultures pray facing East. The Native American teepee faced east but by the early 20th early century, most were in reservation housing and their health suffered, leading to acute depression and alcoholism.

From an anthropological perspective, consider that man evolved with respect for and innate knowledge of the sun. From a cave dweller, he became a cliff dweller but today he is just a moving speck within a concrete metropolis. Whereas life span has doubled due to medical advances, overall health has declined. The more we are shaded by modern life, the more our health declines. You've got the idea. Dogs have evolved along with Man but they were not meant to live in the dark. If you apply what you now know about the critical role of sunlight, you will both benefit.

## Chilean scientists develop reversible dog neutering vaccine

### Chilean scientists create the first reversible vaccine for neutering dogs

By Nicolas Cortes and Alexander Villegas



Findley is a lucky dog. The small white and brown Chilean terrier is one of the first dogs in the world to get neutered without having to go under the knife.

The procedure happened in his home in Santiago while he was being held by his owner, receiving treats during and after, and he later scampered off like nothing had happened.

There was no sedation or surgical procedure, just a simple injection that the developers say is an immunocastration vaccine called Egalitte. Leonardo Saenz, a veterinarian and professor at the University of Chile who developed the vaccine, says it works by blocking the hormone in charge of reproduction and is reversible.

“If we have (that hormone) blocked, we don’t release gonadotropin and therefore don’t release sexual hormones and the animal is in a state of castration,” he explained.

The vaccine can be used for both males and females and costs about 50,000 Chilean Pesos (\$54). It requires a veterinarian’s prescription and evaluation to ensure the dog is a suitable candidate.

Saenz said the product could also help neuter animals on a wider scale since it’s less invasive and complicated than surgical castration.

“An injection is a lot easier and you can vaccinate a larger number of animals if you need to do reproduction control,” he said.

The simplicity and ability to have the castration reversed is what made Findley’s owner, Tamara Zamorano, pick the procedure.

“With the other treatment, castration, we were a little afraid,” Zamorano said. “Aside from being simple, it’s reversible, so if we want to breed him, when the time is right, we can.”

Findley did not comment on the procedure, but he did squirm a bit during the injection. Later, he happily licked the veterinarian’s hand and continued on with his day.

# ATLANTA DPC

## HOLTER DR200

### available for rent to Georgia Residents

[Atdobermanpinscherclub.com](http://Atdobermanpinscherclub.com)



**Special DCM Clinical Trial at  
Virginia Tech School of Veterinary Medicine  
Blacksburg, Virginia**



**Speckle Tracking Echocardiography  
as a New Screening Tool for Dilated Cardiomyopathy in  
Doberman Pinschers**

# LOW THYROID HORMONE: CANINE PLAGUE!

Barbara J. Andrews, Publisher, *TheDogPlace.org*

## Why dogs (and people) suffer hypothyroidism, why it is so commonly overlooked, and how to prevent or correct this canine health problem.

If you own, show, or breed a northern breed dog (Akita, Husky, Samoyed, Malamute, etc.) you need to know WHY low thyroid is a greater problem in your breed so you can fix the problem! Most “northern breeds” have low thyroid hormone levels. You will be told it is “hereditary” and indeed it is. But not the way you’d think.

“Hereditary” is a term usually reserved for describing faults in someone else’s bloodline but...

### insufficient thyroid hormone levels now affect all breeds - and mongrels.

First some background. I did a study in the mid-70s, motivated after a Japanese judge came to see Sachmo. He had heard about America’s top Akita from AKC and JKC judge Hideo Ito. Ch. Okii Yubi’s Sachmo Of Makoto, ROMXP was already the All-Time top Breed Winner and destined to become the #1 Sire of all AKC Working Breeds.

The long and short of it (he was hard to understand and equally bemused by my southern accent) is that he was quite put off by what we Americans feed our Akitas. “Fish - you know fish? Fish natural!” I can hear him as though it was yesterday. I finally realized the significance of his bewilderment when, pointing at Sachmo, he said “This Japanese dog. Japan is island. We have no cows. Some chicken but very much fish. Feed FISH!”

Realizing the logic in what he said, that week I did a survey of breeders who confided in me when I promised not to use their name. The question was “are you treating for low thyroid?” The answer was overwhelmingly “Yes.” I then called several veterinary friends. Over 80% dispensed Soloxine, the “other” little blue pill - the universal human medication for low thyroid. For perspective, internet hadn’t even been thought of back then, this was all by telephone and shorthand notes.

### In 2017 Soloxine is still the first choice for hypothyroidism.

I share this with you because nothing has changed! The Japanese judge was right. We take “northern breed” dogs that evolved on fish and feed them corn and wheat...and then we wonder why they all suffer from low thyroid. Fish. High in iodine. You know, the stuff they put in SALT after they’ve “made it pour as “table salt”....

Decades (and a much smaller breed) later, I re-verified the statistics with veterinarians who took my call because I name-dropped a very prominent vet’s name, Dr. Richard Fayer-Hoskins, UNGA Theriogenology Professor.

So let’s back up to arrive at the cause of canine thyroid disease. In the late 60s Frederic Berger, German Breed Warden and Rottweiler authority, told me that most European breeders simply tossed stomach and tripe into the dog pens.

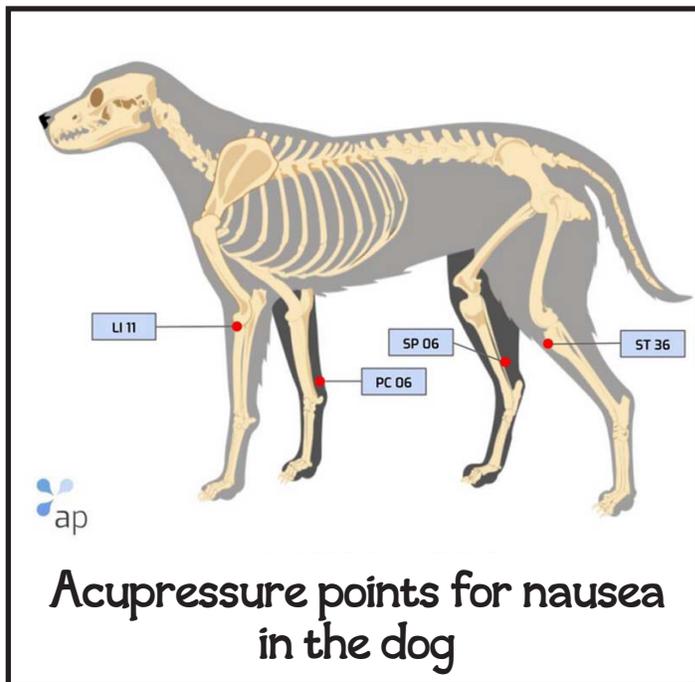
Then, on my first trip to England in the early 1980s, I verified what I had heard about European “dog food” and feeding practices. English dogs were raised on fish scraps, whatever meat there was (mostly offal) and “porridge” or what we now call oat meal. It seems that the first commercially available dog food was wheat-based Kennel Biscuit, (they later added “Ration” to the brand name). Left-over table scraps were standard fare and raw meat (including offal) was added. Thank goodness Europe didn’t have much corn and remember, back then grain was NOT pesticide sprayed and genetically modified. So by now you’ve gotten the gist of this.

### All breeds evolved on organ meats and fish, high in natural iodine

Some years ago, watching the Iditarod, I noted that most of the dogs were tossed frozen fish for their layover meal. I wonder if they have light-weight dried fish nowadays or if they are fed dry “dog food”? I’ll have to ask Trish Kanzler, eh?

When my friend Tam and I flew out to her home state of California, we followed world-famous Giant Schnauzer breeder Sylvia Hammarstrom as she fed her dogs. We nodded as Sylvia tossed fresh chicken leg quarters to her vibrantly healthy dogs. I would bet her Schnauzers do not have the thyroid problems so rampant in dogs today.

I realize most of you reading this have show dogs and breeding stock but please make your pet owners aware of the rampant problem of (low) thyroid disease.





## Peanut Butter Banana Dog Cookies

- 1 large organic banana, mashed (about ½ cup)
  - ½ cup organic creamy peanut butter (natural peanut butter with no added sugar or salt is best for dogs)\*
    - 1 large egg
    - 1 Tbsp honey
  - 1 ½ cups organic coconut flour
1. Preheat oven to 350°F. Line baking sheets with parchment paper or silicone baking mats.
  2. In a large bowl, combine all the ingredients until a dough ball forms. If the dough is too sticky, add a bit more flour.
  3. Turn the dough ball out onto a lightly floured surface. Use a rolling pin to roll the dough out to ¼-inch thickness. Cut the dough with a cookie cutter of your choice and place on the prepared baking sheets.
  4. Bake for about 15-20 minutes, or until lightly golden brown. Remove from the oven and cool completely on a wire rack.
- \*NOTE:** Be sure to check your peanut butter for xylitol, which is extremely toxic to dogs.



## ATTENTION ALL DOG LOVERS!

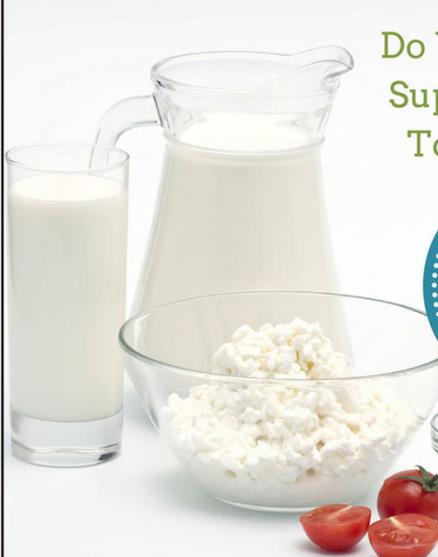
BENADRYL GEL CAPS has XYLITOL  
in it's ingredients, which is  
poisonous to dogs.

The regular pink tabs are safe.

Do Benadryl gel caps contain xylitol?

Benadryl gel-caps now contain xylitol which is a huge “no-no” for our beloved canines. Capsules do not contain xylitol, just the gel caps, but to be safe, be sure to read the label before administering Benadryl to your dogs! - Jun 7, 2023





### Do You Feed The Superfood Kefir To Your Pets?

Daily Intake Of Kefir  
Small dogs: 1 tsp. - 1 tbsp.  
Medium dogs: 1 - 2 tbsp.  
Large dogs: 2 - 3 tbsp.

