

BIG BEND GOLDEN'S PUPPY PACK

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Welcome to Big Bend Golden

The BBG Family



Congratulations, you are the proud owner of a BBG Puppy! You have joined a family of loving dog folks that span across America. I am a small breeder devoted to improving the beautiful purebred golden retriever. We produce on average one litter per year per dam. Our Golden Retrievers are family pets first, and live in our home as members of our family.

I spend a lot of my time visiting puppy families, babysitting pups, grooming, mentoring, and showing. BBG is also very active in social networking, primarily facebook. I love it when you post photos and updates in our private group, and especially love doggie play dates. For fun we have a yearly puppy reunion hosted by one of our families. The day is filled with playing in the pool, fetch, lots of cuddles, and a good ole summer potluck.

I am very devoted to building a lifetime relationship with all of you and am available any time to answer questions or concerns. Welcome to the family! *Kerry Miller Founder of BBG*

Color, Conformation, and Drive

BBGs foundation dogs are a blend of field and conformation. Their coat is medium to dark golden without a heavy undercoat. At maturity, our females are typically 22" high and weigh 60-65 lbs. Our males are about 24" high on average and weigh 70-75 lbs. Our dogs have less bone than pure conformation dogs which results in a more agile frame perfect for sports, hunting, and agility! Our dogs are loving and driven but also have a good "off" switch. They are very good at hiking, field work, retrieving, and searching. Our dogs are also wonderful pets and have become therapy, service, hunting, show, and search dogs.

We also have a conformation line with heavy bone, correct coat, and gentle soft temperaments. They are a moderate size, typically in the middle range of the standard.

Nutrition and Health

We feed our adult dogs Purina Proplan all life stages with supplements, and provide holistic care for minor ailments. Additionally we prefer titer testing in lieu of vaccinations for our mature dogs.

We do not alter the body of our puppies; dew claws are kept intact to reduce early onset of arthritis. Our puppies have attached dew claws, meaning they are attached to the skeletal system and act as a thumb. We also do not spay or neuter our dogs until 5 years of age at minimum to allow their bodies to mature naturally and help prevent certain types of cancer.

Puppy Care and Socialization

Our puppies are whelped in our home and watched closely until 2 weeks when they are moved into the main living area. We also perform early neurological stimulation exercises on our puppies from day 3 to day 16. The exercises are part of the “Bio Sensor Super Dog” program created by the U. S. Military. The benefits noted are:

1. Improved cardio vascular performance (heart rate)
2. Stronger heart beats
3. Stronger adrenal glands
4. More tolerance to stress
5. Greater resistance to disease



We have many visitors that help to socialize our puppies. Additionally our puppies play in our family room with us throughout the day and evening. They learn how to live in a home and become familiar with vacuums, blow driers, loud music, and television. They also receive weekly baths & nail clipping, weigh-ins, and daily brushing.

Pictures and Video

We provide frequent pictures, videos, and live streaming of our puppies via facebook and google photos.

Big Bend Golden's follows the Golden Retriever Club of America's "Code of Ethics"

Puppy Routine

- 7:30 up and Potty
- 7:45 breakfast
- 7:55 potty
- 8:15 sleep
- 9:00 potty
- 9:15-Noon play and nap (potty at the end of each activity)
- Noon kibble
- 12:10 potty
- 12:20 sleep
- 1:30 potty
- 1:45-6pm play and nap (potty at the end of each activity)
- 6pm dinner
- 6:10 potty
- 6:30 sleep
- 7:00-9pm play and nap (potty at the end of each activity)
- 8:45 baby carrot and apple slice followed by a whimzee dental chew
- 9pm bed

Puppy Diet

See the puppy checklist for shopping links

Breakfast 6-8AM

1/2 cup kibble

Heaping tbsp wet food

1 pump fish/olive oil

½ tsp gelatin powder

1 scoop cran tri-c

Splash of warm water or bone broth

Nuvet vitamin

Mix together lightly

Lunch noonish

1/2 cup kibble

Snack 3ish

½ banana

Dinner 5-7pm

1/2 cup kibble

Heaping tbsp wet food

1 pump fish/olive oil

½ tsp beef gelatin powder

1 scoop cran tri-c

Splash of warm water or bone broth

Turmeric pill

Mix together lightly

- Every night they get a raw meatball with a turmeric pill inside, followed by a small Whimzee dental chew that keeps their teeth clean. Continue for life.
- They get up to 5 Old Mother Hubbard Mini's a day.
- Until 6 months old, 3 times a week add a tsp of raw honey to one of their meals. It helps prevent allergies & builds the immune system.
- Kibble - Purina Proplan all life stages, there are 3 different formulas
- Wet food - Purina one; Rotate proteins
- Recommended supplement Nuvet Wafers FOR LIFE. Order Code: 51682
- Add gelatin powder and fish/olive oil to each meal (2x a day) for your dog's lifetime

Raw meatball suggestions

Chicken, Chicken liver, Hamburger, Turkey, Lamb, Goat, Organ meat. Keep in freezer and thaw an hour before serving. If you're not comfortable serving raw, microwave for 10-20 seconds

Treats

- Whimzee dental chew
- Old Mother Hubbard Minis

Dog Danger Foods **Items in red are the most deadly**

- Alcoholic beverages
- Apple seeds
- Apricot pits
- **Avocado skins and seeds**
- Cherry pits
- **Candy (particularly chocolate—which is toxic to dogs, cats, and ferrets—and any candy containing the toxic sweetener Xylitol)**
- Coffee (grounds, beans, and chocolate-covered espresso beans)
- Garlic (in large amounts)
- Grapes are highly toxic
- **Gum (can cause blockages and sugar free gums may contain the toxic sweetener Xylitol)**
- Hops (used in home beer brewing)
- **Macadamia nuts**
- Moldy foods

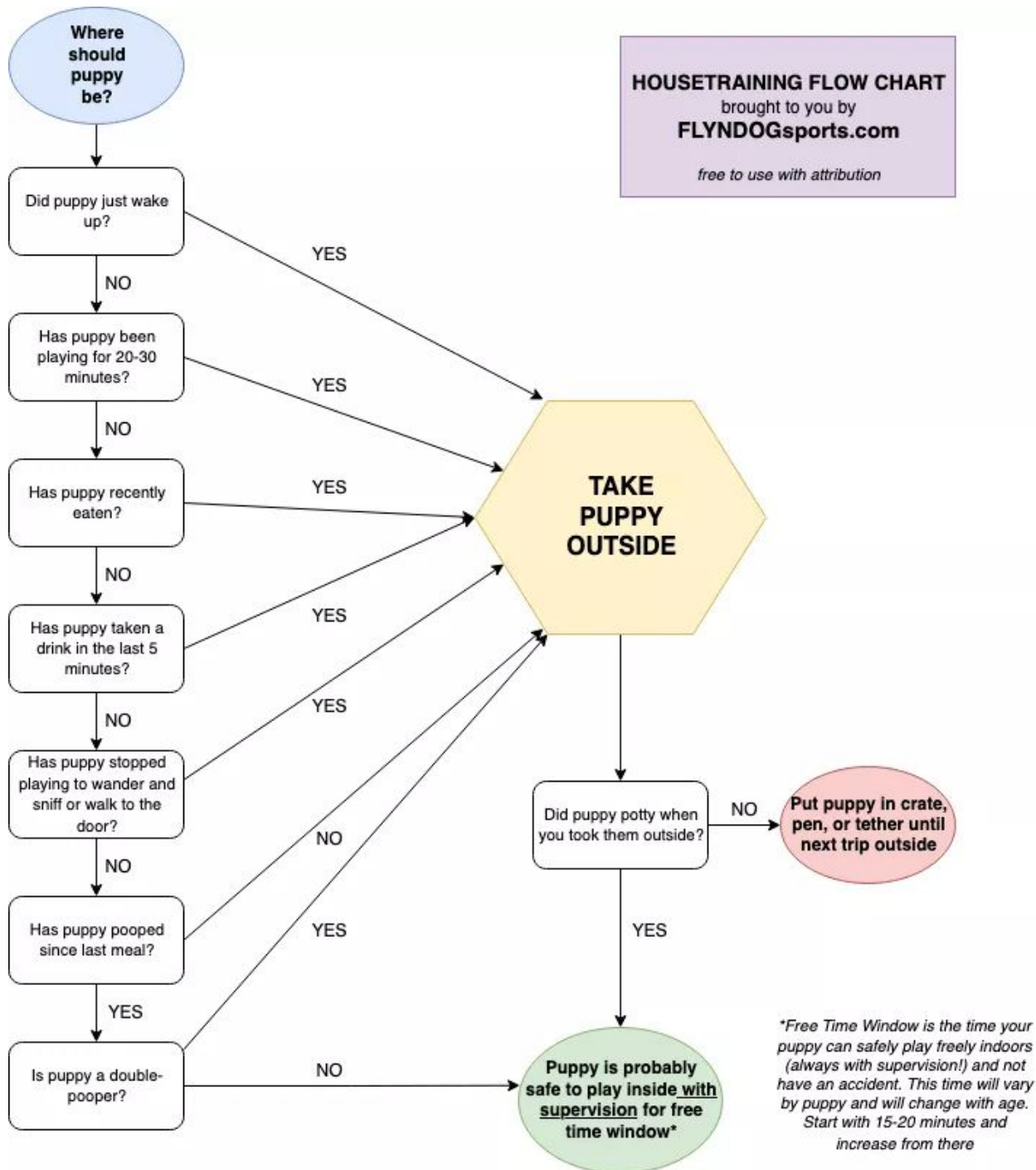
- Mushrooms
- Mustard seeds
- Onions (in large amounts)
- Peach pits
- **Potato leaves and stems (green parts)**
- **Raisins, very dangerous!**
- **Rhubarb leaves**
- Salt
- Tea (because it contains caffeine)
- **Tomato leaves and stems (green parts)**
- Walnuts
- **Xylitol (artificial sweetener). Found in sugar free gum and some peanut butter**
- Yeast dough
- Note: Consider any fruit pit or seed toxic

Puppy Needs

- Grain INCLUSIVE all life stages food
- Lots of water
- Consistent schedule
- Teach to potty outside immediately
- A safe loving environment
- Lots of hard chew toys. They are TEETHING
- Learn the word “Yes” in conjunction with all the good things they do. Lots of positive reinforcement
- Learn the word no in conjunction with a spray bottle. “No” should be a firm command, not wimpy or scary
- Teach off, sit, and down when they’re little. It’s so much easier!
- Don’t let them bite you at all! If they do make a loud whining noise like a hurt puppy, then put a hard chew toy and their mouth and say yes lovingly
- Don’t let little ones jump on you ever. If they do, don’t reinforce negative behavior with a pet. Never invite them to jump on you
- Lots of in-home socialization before 3rd booster like daily brushing, blow-dry, nail dremel, mops, brooms, loud sound effects (see desensitizing sounds on our website), music, clanging pots, plastic bags and balloons overhead, face masks, eye glasses, vacuum, stairs, other animals in the home, outside textures, etc.
- Group Puppy training classes are a MUST after 3rd booster shot
- Tons of outside socialization after 3rd booster shot; Exposure to everything possible like people, stores, shopping carts, car rides, nice animals, neighborhood walks, docks, water, groomer, disabled people with canes and wheelchairs, people with hats, beards, long hair, bald, etc.

Potty Training

A puppy has almost no bladder control. They CANNOT hold it like a grown dog. Accidents **will** happen so don't stress and be prepared. You should start on outside potty training as soon as your puppy is home. A baby gets distracted easy outside, so be patient and use the same word every time you go. I use, "go pee". As soon as your puppy pottys, give it immense praise and go back it the house. When accidents happen, tell the puppy no, then take it outside and say yes in a loving way.



- Dogs live “in the moment”. If they are reprimanded an hour after they have an accident, they DO NOT UNDERSTAND.
- Watch for potty signs like acting frantic, nose to the ground, and circling and put your puppy in the box
- Typical potty times are after waking, play, and 10- 15 minutes after eating
Don't feed or water after 7pm
- Feed consistently, the same time, type, and amount daily

Clean inside potty mistakes thoroughly. Use an enzyme cleaner like Nature's Miracle enzymatic formula or Rocco and Roxie professional strength (both are on Amazon). In addition to an enzyme cleaner, I LOVE Thornell K.O.E to keep animal odor at bay. I use it everywhere.

OBEDIENCE

15 Essential Commands to teach Your Dog

By InsideDogsWorld

The first thing a puppy needs to learn is basic discipline and respect that is wholly defined by the energy and basic directions of the owner. You are in charge. Never ask your dog to do something; you need to tell/command them. Speak clearly with a firm voice, and never use soft spoken commands or words like please. At the same time, you should not be mean or scary. Remember you are the boss. The moment a dog responds to your command, click or use a consistent word like yes, followed by a small treat.

Basic obedience training avoids behavioral problems, builds an owner dog bond, and creates a harmonious relationship that lasts the dogs' lifetime. The following commands, if appropriately applied by the Dog owner, can be very fun for the dog and the owner.

BEFORE STARTING TO TEACH YOUR DOG'S COMMANDS

- Be patient and regular
- Not to push the dog too hard at the start
- Find a quiet place for the exercises – to avoid distractions
- Make learning sessions short and simple
- Make training exercises consistent and a regular thing
- Never punish your dog
- Practice at home or garden first before exercising commands publicly
- Reward the dog for being good
- Show him what you want him to know- force will not help
- Teach the dog new commands as soon as he properly learns an old one
- Make training fun & entertaining
- Involve yourself in training exercises, not just the dog – he needs a friend to play with



1. "WATCH ME" COMMAND

To teach this command to your dog, you should keep the eye contact with the dog, while offering a great treat that you hold in your hand and moving the hand from the dogs nose upwards your face – so to be easy for the dog to watch you & when he watches at you give the command "Watch me". The moment you make eye contact click and treat.

Repeat this exercise several times daily until the dog is adequately trained at this. Try to avoid using a treat as a distraction when the dog learns the practice, only use

it as a reward. This command is much needed to get the dog's attention, and it is the bridge for teaching him other commands.



2. "SIT" COMMAND

This is another command that can be taught by putting the dog a treat close to his nose (to smell it better), moving the treat up – so he will follow the treat. The dog, however, cannot catch the treat, as it is naturally in a sitting position that allows him to pull his head high for following the treat & this is the moment you finally give the command "Sit". The moment the dogs bottom hits the floor, click and treat & and show affection.

Repeat at least 10 times a session.

The goal is to give this command and the dog will sit and not move from the existing position until released with an "Okay".

3. "DOWN" COMMAND



This is considered a challenging command, as it puts the dog in a passive position. The command can be taught by getting some good smelling treat in a closed hand, then moving that hand close to the dog's nose & at the moment he or she smells it you move the hand to the floor and the dog will follow. Next, you move the hand along the floor to provoke him to follow the food in a laid down position. The

moment the dog is down, click, give the command "Down" and give him the treat. For the dog to learn the command the exercise must be repeated several times daily & in case the dog tries to grab the treat with force say "No." Release or set the dog free with an "Okay".



4. "STAY" COMMAND

This command is taught by asking the dog to "Sit" at first, putting him a treat close to the nose, and giving the command "Stay" & next making a few steps away. When the dog stays and waits – click, go back to him, and give a treat. If he does not – then you say "No" & gradually move few more steps away from the dog – for him to distinguish when he is carrying the exercise correctly and when he is not.

For the command to be properly learned by the dog, the exercise must be repeated several times daily. This command is efficient, as it keeps the dog self-controlled, something that is highly required – particularly in the hyper-energetic dogs. Release or set the dog free with an "Okay".



5. "HEEL" COMMAND

This command is taught by holding your dog's leash in your right hand and pulling it on your left side while you are walking, and at a certain point commanding the dog to "Sit." You also should hold the treat in your left hand & give the command "Heel" in a positive tone of voice. Next, you should make a few steps, keeping the treat (typically food or toy) by your side. At the moment you take a break, move the treat upwards, and the dog will sit – then, you click and give him a treat to show him he is carrying

out the task well. This command is essential. One of the most common complaints with golden retriever owners is pulling. This command teaches your dog to walk beside you and not pull.



6. "WAIT" COMMAND

This command is taught by walking the dog toward the door and commanding him to "Sit" in front of the closed door. Then, pointing your fingers upwards, presenting the palm of your hand & commanding to "Wait." As he waits, you open the door gradually, and when the dog tends to move towards the door, you close it – as a sign he needs to wait until he crosses the door.

Do this several times, daily, until he masters it – a time when you will open the door entirely and the dog will not make a move without your command. When you want to let the dog free to walk, you say "Okay," "Yes" or "Brake" & reward the dog with a treat – as a sign, you agree for him to walk.

This command is very useful as it tells the dog not to run away, as the dog can run through public doors, hallways or stores' entrances towards the road and put himself in danger.

7. "COME" COMMAND

This command can be taught by putting a collar and a leash on your dog, in a specific a distance to the dog, and asking him to "Come" towards you with a very happy tone – at the same time pulling the leash a little. The moment the dog comes to you, click and give him a treat to make him aware of the purpose of the exercise.

This exercise must be repeated several times daily. This is a beneficial exercise since it can protect the dog, if trying to get in trouble with other dogs and if he runs away in the streets or if chasing something or someone.



8. "OFF" COMMAND

This command is taught by keeping the treat in both closed hands, putting one of your closed hands very near the dog's face so he can smell and lick it. As the dog cannot get the treat since your hand is closed, he will back off eventually, and this is the time for you to click, open the hand and offer him the treat & give the command "Off."

This exercise must be repeated several times until the dog masters at it. This exercise is very useful if you want for the dog to get off the home furniture, something or someone.



9. "TAKE IT" & "DROP IT" COMMAND

This command can be taught by keeping a toy or other object that is of a value for the dog – in one hand, provoking the dog to follow the thing struggling to grab it. The moment the dog opens the mouth to catch the thing, you must click and give the command "Take it"- so the dog makes a conditional association of the right thing with a treat (reward).

As he is enjoying his game, playing with that object, offer him another object that is duplicate or equal value so he will be provoked to drop the first object and grab the second identical object.

The moment he drops it, click and give the command "Drop it," and as he opens the mouth to grab the second object you give the command "Take it" and click. This exercise needs to be repeated daily until the dog masters at it. This command is imperative as it helps you to easily take away from the dog things that he harshly grabs.





10. "LEAVE IT" COMMAND

This command can be taught by keeping a treat in both of your hands. Putting one of the hands close to the dog's face – for him to smell it and lick it – and give the command "Leave it."

Initially the dog will lick and smell the treat and possibly bark to have it, but eventually, he will lose the interest. That is the moment when you click and offer the treat that you are hiding on the other closed hand.

Repeat the exercise it until the dog leaves the first treat as soon as he hears "Leave it" & when he comes for the second treat you give him and show some affection. This exercise must also be repeated daily until the dog properly understands it.



11. "PLACE, BED, OR CRATE" COMMAND

This command can be taught by having your dog leashed, holding a leash in one hand and with a treat in the other hand. Guiding the dog with a leash & with the treat that you are holding in the other hand provokes the dog to move towards the place (that can be a bed, a crate, a carpet or a blanket) where you want the dog to stay, & at the moment the dog gets inside the place you must click,

give the command "Place", and give him the treat.

Repeat this exercise a few times until the dog gets the command properly. To release the dog from the place, just grab it through the leash and say "Okay".

This command is very beneficial as it tells the dog to stay in his own chosen place. Instead of the term "Place," you might use the term such as "Your bed," "Your crate," "Your blanket" or else when you teach this command to your dog.



12. "STAND" COMMAND

This command can be taught by asking the dog to "Sit" and then getting a treat in your hand that you must put close to the dog's nose forward and down.

The dog will follow the treat lower and then you must once more move forward your hand with a treat on it, so to put the dog in a standing position as he follows the treat with his mouth. And, this is

the moment you click, give the command "Stand", and offer him the treat.

This exercise must be repeated several times daily also until the dog properly learns it.

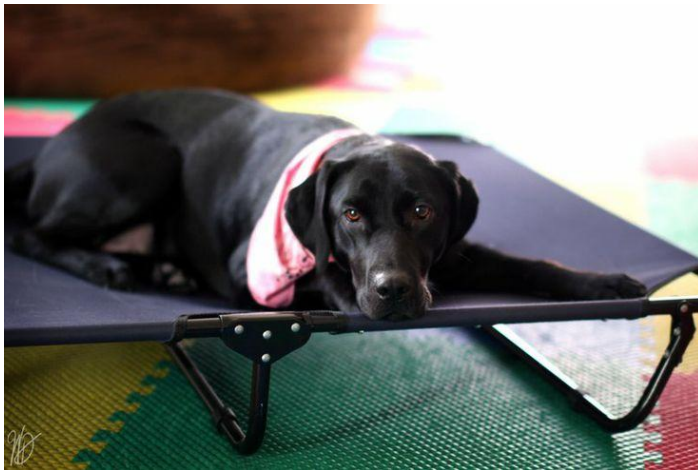
This command is needed when the veterinary wants to examine the dog when you want to brush the dog and in many other cases when the standing position of the dog is necessary.



13. “NO” COMMAND

This command can be taught by putting a treat on the ground and keeping the dog leashed while walking towards the treat. The moment the dog gets provoked by the treat and makes efforts to grab it, you need to tell the dog your command “No” and pull the dog slightly through the leash against you. As he approaches and watches you, click, give him a treat that you are holding in the off-leash hand, and show him some affection.

Repeat the same command over and over again, daily, and the dog will master at it eventually. This command is especially important as it keeps the dog away from an improper behavior that could cause harm.



15. “SETTLE DOWN”COMMAND

This command can be taught by holding a clicker in one hand and a treat on the other hand. Next, pulling the clicker to guide the dog to go in a crate, blanket, small carpet or basket (that are placed few feet away from where you stand) & as soon as he gets in there giving the command “Settle down” and offering a treat inside that place where the dog is sitting – as a reward he is doing the command properly.

Release the dog with an “Okay”, and he will come back to you. Repeat the exercise enough daily until the dog gets it.

This command is given to calm down, relax the dog and get him settled in a specific place and it is especially helpful if the dog receives hyperactive and you are trying to do a job from home, trying to clean, have a baby around that is trying to get asleep or when you are trying to have a conversation with a visitor.

Cancer Prevention Tips

- Keep your pups lean. You should slightly feel their ribs and see their waist when looking at them from above.
- Feed them whole food table scraps, not junk food.
- Play, hiking, walks, and jogs = fun and healthy pups
- Chemicals are hidden behind the slogan, “natural flavors.” Common culprits like titanium dioxide, copper sulfate, calcium propionate, sodium bisulfite, propylene glycol, and zinc sulfate are toxic commonly used food additives in pet food.
- Food colorings like Yellow #6, Blue #1 and #2, Red #3 and Green #3 have been linked with cancer.
- Dog manufacturers routinely use ingredients like BHT and BHA (which have been linked to certain cancers and are banned in England) in their products.
- Don’t feed brands and treats with known carcinogens like Snausages, Pupperoni, Rawhide, Milk-Bones, Beggin Strips, Beneful Snackin Slices, T-Bonz, etc.
- Don’t expose them to inside or outside chemicals like fertilizer, bug spray, harsh cleansers, carpet powder/spray, air fresheners, or disinfectants. Don't use any products that contain “Sol.” Dogs should be protected from chemicals like infants throughout their lives. They are VERY sensitive from birth to 20.

AVOID SOME HUMAN FOODS

- Nitrates like bacon or hot dogs
- High unnatural sugars like cakes, cookies, etc
- Processed carbs like white flour, bread, and white enriched rice

Recommended Whole foods that help prevent Cancer

Strawberries	Whole Greek yogurt, plain	Eggs, soft boiled
Bananas	Goat cheese	Peanut butter (no xylitol)
Red apples	Raw organic honey	Oatmeal
Blueberries	Pumpkin	Cumin
Chopped Kale cooked	Squash	Parsley
Carrots raw or cooked	Sweet bell peppers	Seaweed & kelp
Green Beans cooked	Sweet potato shredded or cooked	Spirulina
Brown rice	Liquid eggs (pasteurized)	Organic corn meal

Fish and Olive Oil are VERY beneficial for you and your dog.

Start with ½ tsp of blended olive & fish oil to your dogs' diet daily, then work up to a tbsp twice a day by 10 months. They will have less dental issues, decreased yeast issues, softer coat and skin, decreased bacterial infections in the ears, good cardiovascular function, and increased disease resistance!

Fish Oil By Jan Reisen Sep 13, 2017

The benefits of fish oil for humans have been making nutrition news for the last several years. Over the years, as our diets moved away from natural foods and more toward processed foods, we lost the range of benefits we receive from omega-3 fatty acids. And although we need omega-6 fatty acids, our modern diet often has too many. The body needs both in balance, and the same is true for dogs. This is why including fish oil as a part of your dog's nutritional routine is a great health benefit.



What Are These Omegas Found in Fish Oil?

There are three types of dietary fats: saturated fats, monounsaturated fats, and polyunsaturated fats (PUFA). Omega fatty acids are found in PUFA, and they manufacture important hormones that are not naturally found in the body. Your dog needs polyunsaturated fats (PUFA), omega-3 and omega-6, in his diet for a variety of reasons:

- The hormones in omega-6 increase inflammation and the immune response, blood clotting, and cell growth
- Omega-3 balances the properties of omega-6 and acts as an anti-inflammatory in conditions like allergies, arthritis, and other inflammatory diseases
- Omega-3 also improves skin and coat health, joint health, and energy
- Omega-3 aids in brain development in puppies, and may improve cognitive function in older dogs



Omega-3 is found primarily in cold-water fish, shellfish, and plant and nut oils. Omega-6 however, is common in processed foods. In many dog foods, the meat products come from corn-fed animals and contain highly processed fillers, and refined oils like soybean oil, which are all high in omega-6. Your dog ends up with too much omega-6 and not nearly enough omega-3 fatty acids, much like humans.

Why Should I Give My Dog Fish Oil?

If the food you give your dog is highly processed and filled with vegetable oils, fish oil is a good way to get him those omega-3 fatty acids his body needs. Fish oil supplements should be part of your dog's diet for life. A full grown golden retriever should get a tablespoon a day.

Care and Storage of Fish Oil

Protect fish oil from heat, light, and air. Buy it in dark bottles and store in the refrigerator. Fish oils can become rancid since it's susceptible to oxidation. If it has an "off" odor, throw it away.

It's difficult to feed your dog the completely natural diet his ancestors ate, and with so many enriched fillers and other processed ingredients in some of today's dog food, fish oil may be just the supplement his diet needs.

Olive Oil by Kate Barrington August 1, 2015 Photos by: Subbotina Anna/Bigstoc

Olive oil should be raw and cold pressed!

An amazing addition to your pooch's diet, olive oil for dogs packs a healthy punch. Here are a few reasons why you should share olive oil with your canine.

When it comes to natural remedies for dogs, there are a variety of "people foods" that can provide some valuable benefits. Just one is olive oil – a wonderful source of monounsaturated fatty acids (which are considered a healthy fat). We know that it's great for humans, but what can olive oil do for dogs? Here are four fabulous benefits of olive oil for dogs.



Olive Oil for a Healthy Coat

If your dog has dry, flaky skin you don't necessarily need to shell out a small fortune to pay for fancy shampoos and conditioners. The solution may be as simple as adding some olive oil to your dog's diet. Olive oil is rich in antioxidants including vitamin E, and it is a good source of phytonutrients as well. When added to your dog's diet, olive oil can help to repair dry, flaky skin in as little as three days. The omega-3 fatty acids in olive oil help to moisturize your dog's skin and, if you keep giving it to your dog, it can prevent the flaky skin from returning.

Olive Oil for Immune System Health

In addition to moisturizing your dog's skin and coat, olive oil can also be beneficial for his immune system. Olive oil is rich in polyphenols and carotenoids which help to improve immune system health. With a strong immune system your dog will be better able to fight off infection if it is exposed to harmful pathogens. Having a healthy immune system is also important in helping your dog to transition from one season to the next. Just like people, dogs can get sick when the weather changes so adding a little olive oil to your dog's food can boost his immune system to prepare him for the change.

Olive Oil for Brain Health

You've already learned that olive oil is rich in antioxidants, but you may not realize just how important antioxidants are for your dog's health. A number of animal research studies have confirmed a link between olive oil and brain health. In one study oleocanthal, a type of polyphenol found in olives (and extra-virgin olive oil), was linked to a reduced risk for Alzheimer's disease. Several human studies have linked Mediterranean-style diets that are rich in olive oil to lowered risk for dementia. Given the results of these studies, it would seem that adding olive oil to your dog's diet can help to protect his brain from cognitive decline. This is especially important for senior dogs and for extra intelligent breeds like Poodles and Border Collies.

Olive Oil for General Health

In addition to providing specific benefits for your dog's brain and immune system, olive oil can help to increase his overall health as well. Olive oil contains healthy monounsaturated fats which can reduce your dog's risk for heart disease and diabetes. It's also rich in oleic acid, a compound that has been shown to reduce the risk for cancer.

For maximum benefit, feed half a tablespoon a day of cold-pressed olive oil. It's best to feed with food.

The Top 5 Health Benefits Of Turmeric for Dogs

By: Dana Scott

What if I told you a little spice (that's probably sitting in your kitchen cupboard right now) could make a huge difference in your dog's health and even his lifespan?

I know it sounds crazy, but research shows it's true ... turmeric (the spice used in curries and mustards) with over 6,000 studies to its credit, is found to trump a lot of fancy, expensive drugs.

- Arthritis drugs
- Steroids
- Chemotherapy
- Inflammatory bowel disease drugs
- Anti-inflammatory drugs

These are a whole lot of reasons to give your dog turmeric! So let's take a closer look at this handy little spice (we'll show you how much to give and which dogs shouldn't get turmeric in a bit).

Turmeric contains a compound called curcumin – which is essentially its active ingredient. Curcumin has antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, wound healing and anticancer activities. It can help fight diseases like arthritis, diabetes, cancer, liver disease, gastrointestinal issues, Alzheimers and more.

One study at Baylor University Medical Center in Dallas, Texas, called it “Cure-cumin” because of its long list of amazing therapeutic and clinical uses.

So let's look at the Top 5 Ways turmeric can help your dog (and how it compares to conventional drugs):

#1 – Turmeric Is Anti-Inflammatory

You may be thinking inflammation is only a problem for dogs with joint disease ... but chronic, hidden inflammation is a silent killer. It's the root of nearly all disease.

Cancer, arthritis, allergies, kidney disease, dental disease, digestive disease ... it's all caused by inflammation.

Not all inflammation in the body is a bad thing. If your dog is exposed to viruses or bacteria, acute inflammation will release white blood cells to the body tissues and start the healing process. But chronic inflammation – the kind of low-grade inflammation that stays for weeks, months and even years – is the real culprit behind most degenerative and inflammatory health issues in your dog.

Researchers are finding that heart disease can be linked to dental disease. Chronic bladder infections can lead to bladder cancer. And they're finding that chronic low-grade inflammation is a major driver of joint degeneration.

A 2014 study found that the curcumin found in turmeric (its active ingredient) outperformed ibuprofen in people with arthritis. But turmeric doesn't just control the inflammation in joint disease ...

Another 2004 study in *Oncogene* found that curcumin (as well as resveratrol) worked just as well as anti-inflammatory drugs ... and worked **better** than both aspirin and ibuprofen.

Inflammation is the key driver of most disease in the body ... and turmeric is one of the best natural anti-inflammatories either nature or medicine has to offer. Keep this in mind as we look at the next few reasons to give your dog turmeric.

#2 – Turmeric for Dogs With Cancer

So we know that chronic inflammation can lead to cancer and turmeric is a powerful antioxidant. A UK study showed that curcumin could stop the precancerous changes from becoming cancer. So turmeric can help prevent cancer.

But turmeric can also treat cancer naturally. Nearly 1/3 of the studies done on turmeric are cancer research ... and the results are very promising. It's been shown to kill cancer cells and prevent more from growing. The American Cancer Society claims "*Curcumin interferes with cancer development, growth, and spread. Recently, curcumin has received a great deal of focus because of its ability to reduce tumor size and kill cancer cells.*"

Half of adult dogs today will get cancer, so turmeric could be a great way to protect your dog from inflammation and cancer.

#3 – Turmeric Can Relieve Arthritis Pain

We know that arthritis is the result of inflammation and turmeric can decrease inflammation in the body. But it can also relieve the pain and stiffness in arthritis ... better than conventional pain medications. In 2014 a group of researchers in Thailand published a study comparing the effects of curcumin vs ibuprofen treatment in patients with knee osteoarthritis. They found that curcumin worked just as well as ibuprofen to reduce pain ... but without the gastrointestinal side effects experienced by the patients who took ibuprofen. Which brings us to the next benefit ...

#4 – Turmeric Can Treat Gastrointestinal Disorders

Turmeric's anti-inflammatory effects can be helpful in treating Inflammatory Bowel Disease (IBD) as well as other gastrointestinal disorders. It's been shown in several preclinical studies and uncontrolled clinical trials as having positive effects on gut inflammation and gut permeability. Researchers at Hamamatsu South Hospital in Japan commented that curcumin's "inhibitory effects on major inflammatory mechanisms [...] and its unrivaled safety profile suggest it has bright prospects in the treatment of IBD."

#5 – Turmeric Can Replace Steroids

Many dogs are on steroids for allergies and joint pain – but some studies show curcumin is just as effective as steroids. And the authors note: "The *lack of side effects* with curcumin is its greatest advantage compared with corticosteroids."

And a study published in the *Journal of Pharmacy and Pharmacology* shows that combining curcumin with a steroid reduced the side effects of this dangerous medication.

And that's the main benefit of turmeric – not only can it work just as well as many prescription and over-the-counter drugs, it doesn't carry the same nasty, unwanted side effects. So if you're ready to give your dog turmeric, there are a few things you need to know. The curcumin in turmeric is hard for your dog to absorb if it's given by itself. So it's important to combine turmeric with a healthy oil like coconut oil and a pinch of black pepper. This can increase the absorption significantly.

Puppy Checklist

- ✓ Included with puppy

Nutrition

DO NOT USE ANY GRAIN FREE FOOD. It is linked to heart disease in golden retrievers

- ✓ Purina Pro Plan Sport 27/17, 30/20, or 26/16 all ages, small bag included
Amazon <https://www.amazon.com/dp/B08FDJMF7>
Chewy <https://www.chewy.com/purina-pro-plan-active-2717-chicken/dp/289856>
- ✓ Purina One Wet Food, grain inclusive: rotate proteins to prevent allergies
Suppliers, most grocery stores, Tractor supply, Walmart, Chewy, Amazon
- ✓ Fish and Olive Oil blend (50/50). Grizzly Pollock Oil Dog & Cat Supplement. Small pump included with puppy. Olive oil should be cold pressed virgin
<https://www.amazon.com/dp/B00B5YIX1I>
- ✓ NuVet Vitamins for boosting the immune system. Order Code: 51682
https://www.nuvetlabs.com/order_new2/nuvet-plus-wafers.asp
- ✓ Whimzee dental chew (large breed puppy lasts a week)
<https://www.amazon.com/dp/B07MWTGKGN>
- Dogzymes Cran Tri C Urinary Tract Support, Vitamin C Blend
<https://www.amazon.com/dp/B00G4V0J28>
- Beef Gelatin Powder <https://www.amazon.com/dp/B000MGR302>
- Marine Gelatin Powder <https://www.amazon.com/dp/B00SA12QS0>
- Turmeric pills in a meatball or pill pocket <https://www.amazon.com/dp/B018GPDCV4>

Training

- ✓ Training clicker <https://www.amazon.com/gp/product/B07P7J5ZK5>
- ✓ Old Mother Hubbard Minis. Small bag included with puppy
<https://www.amazon.com/gp/product/B0002HBMZI>
- Poochie-Bells potty training bell, I can't imagine how I lived without one!
<https://www.amazon.com/gp/product/B0016ZP4B8>
- Bitter chew deterrent – a MUST! <https://www.amazon.com/gp/product/B000EI1BRO>
- Washable pee pad <https://www.amazon.com/gp/product/B003B3ZZTO>

Equipment & Accessories

- Leash, My favorite is the rope style <https://www.amazon.com/gp/product/B078MYFT8D>
- ✓ Collar 9-13 inches, please don't leave on unsupervised (strangulation hazard)
- ✓ Puppia baby harness till 16 weeks, medium <https://www.amazon.com/dp/B001A5KSEC>
- ✓ No pull Harness. We LOVE the Easy walk chest leash attachment, size small/med. Use when walking. Don't leave on as a collar, could cause shoulder damage
<https://www.amazon.com/dp/B007S9JOLC>
- Food bowl. We really like a large stainless bowl. They are sanitary, easy to clean, virtually indestructible, and help to prevent pink (snow) nose
<https://www.amazon.com/gp/product/B00003BLAG>
- Water Bowl. We LOVE a nice stainless bucket. Most plastics leach chemicals into the water which can build up in your pups body. Make sure the handle does not have loops where it attaches to the pail. Your pups collar can get stuck on the loops in the crate.

- 4 quart <https://www.amazon.com/dp/B005GWUQME>
- 2 quart <https://www.amazon.com/dp/B005GWUQD8>
- ✓ Potty bags <https://www.amazon.com/dp/B0963ZCX44> 1 roll included
- ID tag. Your choice. Some prefer embroidered collars, some tags. We like stainless or aluminum etched tags. You can also purchase an AKC tag. Be careful if you have heater vents in the floor.
- Crate. Even if you don't want to crate your dog, a crate is handy for emergencies and travel. Just leave it open with a bed and toys inside, and your puppy will become attached to it; it will be their safe place. We recommend getting the size your puppy will use for the rest of its life. I like a crate with a divider.
 - A baby crate lasts a couple months and shouldn't be bigger than 21L x 16W x 13H (APPROX). It is best to find one used on craigslist or facebook marketplace as you will only be using it a short time.
 - Juvenile/Adult crate: 42" double door metal with divider <https://www.amazon.com/gp/product/B000QFT1RC>
- Crate Bed. Must be washable <https://www.amazon.com/dp/B09DFYKKJJ>
- Dog Bed. Your puppy is familiar with a raised bed. Love this one! <https://www.amazon.com/dp/B07KZC32S1>
- Baby gate

Puppies should not be left to roam the house on their own. If they are not in a crate, you will want to confine them to an area that is safe. Baby gates are an ideal solution to confining the puppy in the kitchen with you while cooking, or in the living room while watching TV. It only takes a second for a puppy to get a hold of electrical cords, toilet paper or other items that at best will make a mess, but at worse will result in a trip to the vet.

If you have stairs, you will want to prevent your Golden pup from using them as a play ground. We strongly discourage letting your puppy traipse up and down the stairs since it is so stressful on their developing joints. Occasional use is OK.

Our favorite gates

- Heavy duty, stand alone: <https://www.amazon.com/dp/B06X9DBK53>
- Nice wide for doorways, stairs, and hallways: <https://www.chewy.com/frisco-steel-extra-wide-auto-close/dp/213477>
- Extra wide for doorways, stairs, and hallways: <https://www.amazon.com/dp/B001OC5UNK>
- Xpen for outdoor safety: <https://www.amazon.com/dp/B0758FX7MT>
- Outdoor dog fence for safety: <https://www.amazon.com/dp/B09G9T3VF9>

Grooming & Hygiene

- Nail clippers & file: <https://www.amazon.com/dp/B07RSM1NG6>
- Cordless Dremel, 12v: <https://www.amazon.com/dp/B008DRY5AI>
- Styptic Powder in case you cut the nails too short: <https://www.amazon.com/dp/B0002H3RBU>
- ✓ Slicker brush for weekly brushing: <https://www.amazon.com/gp/product/B0041LAQYE>
- ✓ Pin brush for daily brushing: <https://www.amazon.com/dp/B0002ARQYG>

- Deshedding blade. You should only need to use this a couple times a year
<https://www.amazon.com/dp/B0002ARR22>
- Scissor set for trimming paw pads, grinch feet, and pants
<https://www.amazon.com/gp/product/B07XY727BR>
- Lint Brush <https://www.amazon.com/dp/B08JV233KD>
- Lint Roller <https://www.amazon.com/dp/B0855ND74T>
- ✓ Tooth brush and toothpaste <https://www.amazon.com/dp/B09T51HGR2>
- ✓ Shampoo, Isle of Dog puppy shampoo: <https://www.amazon.com/dp/B008672962>
- Shampoo, MinkSheen: <https://touchofmink.com/product/minksheen-natural-pet-shampoo> or <https://www.amazon.com/dp/B08FVMPHC2>
- House Deodorizer. We LOVE K.O.E. I use it as a cleaner for potty accidents, as an addition to laundry, and as an outside wash in the potty area
<https://www.amazon.com/gp/product/B07643LGKT>
- Potty cleaner enzyme, a must when potty training. Rocco & Roxie Professional Strength
<https://www.amazon.com/gp/product/B00CKFL93K>

Chew Treats & Toys

- NO RAWHIDE! Rawhide is loaded with chemicals and can cause intestinal blockages.
- NO Made or sourced in CHINA – Laden with chemicals and unknown ingredients
- No hooves. They have been linked to stomach & intestinal tearing.
- No cheap dog biscuits that contain chemicals or dyes. Red and yellow dye are linked to cancer in dogs
- To prevent bad habits, we do not suggest shoes or socks.
- We recommend made in USA treats
- The best treats are natural like carrots, green apples, sweet potatoes, bananas, zucchini, cucumber & watermelon. Start your puppy on fruits & vegetables when they're young and they will love them for life!
- Raw beef, lamb, or goat bones

Toys

- We like Chuck-it balls, Dr. Noy's toys, PipSqueakers, Puppy Kongs etc.
- ✓ Nylabone Just For Puppies Triple Teething Ring Chew Toy. Included with Puppy
<https://www.amazon.com/gp/product/B01LVXRB4W>

We have tried to cover all the bases with this list, but if you have something to add, please let us know! Bringing home a puppy is like bringing home a baby; you will want to have most of these items on hand so that you don't have to go out and get them. Whether this is your first or tenth dog, we know that you will still have questions, either about items on the list or about things we didn't cover. As always, please don't hesitate to call, text, facebook, or email us with ANY questions you have.



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