



<https://mid-floridasportingdogassociation.weebly.com/>

**IN THIS ISSUE**



**I**t is a great time to be a Sporting Dog in Florida. MFSDA is making strides towards AKC accreditation with the guidance of our Board Members and the help and participation of our members.

In June we held our second B-Match and also squeezed in some birdwork in Dunnellon, FL. It is so rewarding to see young dogs start to “get it”.

- Snake Avoidance
- MFSDA Fun Match
- Brags
- May Meeting Minutes
- Event Calendar
- Understanding Heart Failure in Dogs
- DCM - Update
- Membership Application

Our next step is an A-Match, which has to be 6-months from the B-Match. This is a marathon and not a sprint but the end result will be worth it.

Have a safe summer.

*Laurel*

Laurel Medley,  
President

**2019 MFSDA Executive Board:**  
 Laurel Medley: **President**  
 Kathi Leonhardt: **Vice President**  
 Megan Cloudman: **Treasurer**  
 Deby Broussard: **Secretary**  
 Bonnie Hill: **Membership**

Our email & PayPal address is  
**[fsda@flsportingdogs.com](mailto:fsda@flsportingdogs.com)**

# Train Your Dog for Snake Avoidance



Living in Florida, and especially in wooded and wet areas, we have a pretty good chance of coming across some of our local creatures that often can carry some poisonous venom, like the cottonmouths (water moccasins) and rattlesnakes.

We love enjoying the Florida outdoors, especially with our pets.

A dog's natural curiosity is a danger to them, because there could be lethal snakes out and about as we are just walking on a trail. Rattlesnakes lie in wait for their prey, and many times when you are hiking or hunting, your dog will be the first to encounter the snake. If your dog has been snake-trained, however, it will immediately leave the area.

## Florida's Venomous Snakes

There are 50 species of snakes common in Florida, only six of which are venomous. Venomous snakes found here are: Coral snake, Copperhead, Eastern diamondback rattlesnake, Cottonmouth, Pigmy rattlesnake, Timber rattlesnake. The largest population of any of these noted is the Eastern diamondback rattlesnake. Thankfully, this snakes rattle alerts us to its presence. It has been said that this is a snake you may only hear but never see.

## Avoidance Training

A dog bitten by a rattlesnake can die within minutes. Rushing them to the vet improves their survival chances, and there are measures veterinarians can take, but a snake-bitten dog is never the same again, as bites will affect the dog's neurological system.

Every year in the U.S., approximately 15,000 dogs are attacked and bitten by venomous snakes. The highest fatality rates occur in Arizona, Georgia, Florida, Alabama, South Carolina and Texas. When temperatures move into the high 70s, snakes come out of hibernation.

In Florida, we used to have regular snake avoidance clinics available. Those are few and far between these days. The long-time vet that had administered the training for most of those FL clinics has retired. They were held in the spring and summer months each year. Having a responsible trainer is of utmost importance because he will "milk" the snake of its venom (other trainers completely remove the snake's fangs)

and then the trainer introduces the dogs to the rattlesnake using an electric collar for purposes of negative reinforcement.

What happens at the clinic is that the electric collar is set to the weight of each dog (since you wouldn't shock a 10-pound dog with the same setting as an 80-pound dog). When the snake is agitated, the rattle is very loud. The snake has a distinct smell, and its arrow-shaped head stands erect. During training, if the dog pays any attention to the snake, it receives a quick shock so that the dog associates pain with the sight, sound and smell of the snake.

There are dogs that just don't learn the first time. These dogs have to be zapped more than once, but usually by the third shock they won't go near the snake again. The next year, when the dog is taken for snake-avoidance training, they often won't go near the snake. If that's the case, the trainer will tell the owner that they do not need to repeat the training.

Some professional trainers believe that the smell of a snake is even stronger than the sound of its rattle or the sight of its head. A dog's highly sensitive nose can smell a snake 165 feet away.

Training should begin at home and continue always. If snake avoidance clinics are not readily available, or if we are not a proponent of that particular training method, we need to teach our pets to "leave it" for all snakes and creatures we could come across while outdoors. Use fun tricks and even a rubber snake.

## Warning Signs & Vet Care

How can you tell if your dog has been bitten by a rattlesnake? If you are with the dog, then you may see the snake strike. If you don't see the strike and your pet shows signs of pain, whimpering, swelling, unusual lethargy or bleeding from the nose, anus or skin, assume the worst and immediately go to the vet.

The sooner the veterinarian can begin supportive care, the more likely your pet will survive. At the vet's office, they will start IV fluids and anti-inflammatory medications. They will take a blood sample to see how much venom may be affecting the dog and begin to monitor the dog's clotting time. If you can afford the anti-venom, which costs anywhere from \$600 to \$1,000, the dog could potentially go home within one to three days of being treated.

Be safe, teach your dog to leave snakes alone.

**MFSDA Fun and Sanction B Match – June 22, 2019**  
**Home of Deby Broussard – Dunnellon, FL**

Thank you to the Broussards for hosting us at their lovely home and property; our judge Suzie Schafer and to all the exhibitors. It was a hot but fun day.

Results are as follows:

**For fun 4-6**

**German Shorthair Pointer**

#12 Wyndbourne By Design – bitch. Bred and owned by Susan Harrison.  
1st place/Best of Breed/4-6 Group 1

#5 Wyndbourne Precision – dog. Bred and owned by Susan Harrison.  
2nd place

**Sanction B Match**

**English Springer Spaniel**

#8 Paradise Media Blitz (6 – 9 bitch). Bred by Roxana Bowman-McKinnie.  
Owned by breeder and Neil Mesa.  
1st place/Best of Breed/6-9 Group 2

**Flat-Coated Retriever**

#3 Stormwatch Moonstruck (9-12 dog). Bred by Kathryn Leonhardt. Owned by Carol Cassidy and breeder.  
1st place/Best of Breed/9-12 Group 2

**Vizsla**

#10 TruBlu Rising From the Ashes (6-9 bitch). Bred and owned by Laurel Medley and Janice Granda.  
1st place/Best of Breed/6-9 Group 1

#4 Goldstar N in Skipfires's Flirtin' with Disaster -bitch. Bred by S. Kleinman and J. Fowler. Owned by M. Taylor, S. Kleinman and J. Fowler.  
1st place/Best of Breed/9-12 Group 1

#6 Layla (adult bitch). Bred by Laurel Medley and Janice Granda. Owned by breeders and Nicole Dussault.  
1st place/Best of Breed/Adult Group 1

**For fun – best of the best**

#10 TruBlu Rising From the Ashes (6-9 bitch).  
Bred and owned by Laurel Medley and Janice Granda.



# Member Brags



Emily Cloudman  
put a Trick Dog Novice title on  
Sassy  
(Ch. Chappell's Southern Sass)  
over the Tampa weekend!

- Suzie Schaeffer



At the Sunshine State Cluster,  
Baby Tosca earned her first  
championship point by going  
winners bitch  
and then best of winners over  
some lovely bitches and her  
brother from the bred-by class.  
Baby Jordie was best puppy.  
This was their very first shows.



GCH TruBlu You Have the  
Right JH,  
"Beckett"  
Best of Opposite Sex  
Vizsla Club of America  
National Specialty,  
West Bend, WI  
Tampa Bay Vizsla Club  
Summer Specialty,  
Tampa, FL

-Kathi Leonhardt

-Laurel Medley

Cooper is CH Whispering Oak Hang  
'Em High CGC DM MH  
He earned his Master Hunter title and  
got one more pass to qualify for the  
2019 Master Nationals. He earned  
these at the Atlanta Retriever Club  
Test and the Tallahassee Club Test. He  
then came home for vacation and we  
went to the Tampa Cluster. It was his  
first time back in the ring in 5 years.  
He earned Select, two Best of Breeds  
and a Sporting 3!! He was shown by  
Jennifer Ducharme. He and I also  
competed on the dock He earned his  
Dock Master title and had two jumps  
in the Elite division, jumping 24 and  
24.5 feet!!

-Karen and Jim Brown



In Tampa  
Tropicals Calypso Rhythm of the  
Night age 12 mos went  
BOS/WB/BOB OH  
with an OH G4  
As well as BOS/WB/BOB OH/BBE  
And BBE G2

GCHS CH Tropicals Calypso Island  
Girl, CGC, age 8 yrs went  
BOB Veteran and  
Veteran G2

CH Tropicals Shanghai Sunset Flash,  
CGC went Select Dog everyday out  
of 4 Male Specials!

-Susan Schrank



On May 25, Fenigan finished  
his AKC Utility Dog title at the  
Obedience Training Club of  
Palm Beach County.

Carolee Boyles

Congratulations to all!  
Please remember we want to  
hear all about your Brags!  
You earned 'em  
Let's see 'em

# Mid-Florida Sporting Dog Association | MINUTES

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Meeting date | time 5/29/2019 8:39 AM | Meeting location Conference Call

Meeting called by Laurel Medley  
Type of meeting Board Meeting  
Facilitator Laurel Medley  
Note taker Deby Broussard  
Timekeeper Deby Broussard

## Attendees

- Rob Bitler, Laurel Medley, Bonnie Smith, Kathy Leonhardt, Hector Hector, Susie Schaffer, Megan Cloudman, Deby Broussard

## AGENDA TOPICS

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The meeting of the Mid-Florida Sporting Dog Association was called to order at 8:39am. Kathy Leonhardt made a motion to approve the minutes from the board meeting on (4/24/2019) which was seconded by Bonnie Smith. Minutes approved.

### Reports

**Treasurer's Report:** Megan Cloudman reported that there were no changes to the account from April. \$3118.89 is the balance on hand and there are no outstanding invoices.

**Conformation/Accreditation:** Hector Hector reported that everything is ready for the match in June with AKC. To date there are two bird entries and no conformation entries. Laurel will be providing the birds, so a dog count will be necessary for the bird work. Hector Hector also has ring gates. The facilities have shade available. Food will be sandwiches, chips, fruit and drinks.

**Membership:** Bonnie reports that there are 71 voting members and 52 household memberships. Membership applications will be at the Fun Day in June.

**Field:** Kathy Leonhardt stated there is nothing to report.

**Activity:** Rob Bitner stated there is nothing to report.

### Old Business

**Rosette Committee recommendations were presented. (Below)**

"Eligibility for trophy rosettes:

1. Dog's primary owner must be a member of MFSDA (primary owner determined by who the dog lives with 50% or more of the year)
2. Dog must be a sporting breed, or a breed that is currently in FSS or Miscellaneous, prior to being recognized as a sporting breed.
3. Dog must have earned one or more titles during the calendar year that the trophy rosette is for
4. Club will purchase only one rosette per dog, but co-owners may elect to purchase additional rosettes at their own expense"

Motion to accept made by Megan Cloudman. Susie/Kathy seconded. No discussion. Called to a vote. All yes, no opposed. Motion carried. Kathy will rewrite policy as needed.

**Pat Hastings's Seminar** - Carollee Knows Pat Hastings and will pursue.

**Newsletter** – Bonnie asked if the newsletter should be quarterly or semi annually. It was decided to go bi-annual. As activity increases the frequency can be changed. The next deadline will be June 30. Discussion regarding sending our newsletter to other sporting dog clubs.

**Breed Referral** – Discussion regarding if MFSDA should participate in breed referral. The general agreement is that any inquiries will be directed to the appropriate National Club. Hector Hector stated that the different clubs need to support each other: Laurel agreed as we need to counter the animal rights groups.

### **New Business**

Tampa closes at noon.

**Next Board Meeting:** 6/26/2019 @ 8:30am by conference call.

Bonnie Hall motioned to adjourn, 2<sup>nd</sup> by Deby Broussard. Meeting adjourned at 9:13am.

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***We are looking for contributors for: Conformation, Field (Pointing & Retrieving), Agility, Rally, Tracking and all performace events. We welcome articles & stories about all kinds of events so that others can learn what these activities are and how they can get involved.***

***Share your Stories & Information to:  
FSDANewsletter@FLSportingdogs.com***



# EVENTS

Who	Location	Club	Event Type	Closes
AKC	Arcadia	Calusa Dog Agility Club	Agility	7/5/19
NADD	Ocala	Ocala Dog Ranch	Dock diving	7/16/19
AKC	St Petersburg	Upper Suncoast Dog Training Club	Obedience & Rally	7/3/19
UKC	Lakeland	Imperial Polk Obedience Club	Agility	7/13/19
AKC	Punta Gorda	Sarasota Obedience Training Club	Agility	7/12/19
UKC	Lakeland	N.A. Briard Club; Hurricane Alley Am. Hairless Terrier Assoc.	Conformation	7/22/19
AKC	Melbourne	Indian River Dog Training Club	Obedience & Rally	7/12/19
AKC	Daytona Beach	Australian Shepherd Club of Central Florida	Obedience & Rally	7/17/19
UKC	St. Petersburg	Dog Training Club of St. Petersburg	Agility	7/29/19
NACSW	Gainesville	Eager Pup	Odor Recognition Test	8/1/19
AKC	Clearwater	Upper Suncoast Dog Training Club	Obedience & Rally	7/24/19
AKC	Daytona Beach	Mid-Florida Golden Retriever Club	Obedience & Rally	7/24/19
UKC	Lakeland	Imperial Polk Obedience Club	Agility	8/3/19
AKC	Arcadia	Obedience Training Club of Palm Beach County	Agility	7/31/19
AKC	Myakka City	Sarasota Obedience Training Club	Obedience	7/31/19
AKC	Arcadia	Calusa Dog Agility Club	Agility	8/9/19
AKC	St Petersburg	Dog Training Club of St. Petersburg	Obedience & Rally	8/7/19
AKC	Arcadia	Calusa Dog Agility Club	Agility	8/23/19
BHA	Morrison	G2 Barn Hunt	Barn Hunt	8/26/19
AKC	Lakeland	Imperial Polk Obedience Club of Lakeland	Rally	8/21/19
AKC	Clearwater	Pasco Florida Kennel Club	Obedience	8/21/19
NADD	Lutz	Courteous Canine	Dock diving	9/8/19
AKC	Punta Gorda	Sarasota Obedience Training Club	Agility	8/30/19
NADD	Deland	West Volusia Cluster	Dock diving	9/16/19
AKC	Ocala	Marion Alachua Dog Training Association	Rally	9/4/19
AKC	St Petersburg	Tampa Bay Area Shetland Sheepdog Club	Agility	9/6/19
AKC	Deland	West Volusia Kennel Club	Conformation	9/4/19



AKC	Orlando	Orlando Dog Training Club	Obedience & Rally	9/4/19
AKC	Palmetto	Dog Training Club of Tampa	Agility	9/13/19
NADD	Ocala	Ocala Dog Ranch	Dock diving	9/24/19
AKC	Lakeland	Imperial Polk Obedience Club	Judges seminar	
AKC	Lake Park	Obedience Training Club of Palm Beach County	Obedience	9/11/19
IABCA	Ocala	International All Breed Canine Association	Conformation	
AKC	Ocala	Marion Alachua Dog Training Association	Agility	9/20/19
NADD	Lutz	Courteous Canine	Dock diving	10/1/19
BHA	Morriston	G2 Barn Hunt	Barn Hunt	9/24/19
UKC	Sarasota	Sarasota Obedience Training Club	Obedience	9/21/19
AKC	Arcadia	Heartland Dog Club of Florida, Greater Naples Dog Club	Conformation	9/25/19
AKC	Fort Pierce	Treasure Coast Kennel Club of Florida	Agility	9/27/19
NADD	Fort Pierce	Pirate Cluster	Dock diving	10/7/19
BHA	Fort Pierce	Tailwaggers Learning Center	Barn Hunt	9/27/19
AKC	Jacksonville	K-9 Obedience Club of Jacksonville	Obedience & Rally	9/25/19
AKC	Orlando	Tracking Club of Central Florida	Tracking	10/3/19
AKC	Weirsdale	Mid-Florida Golden Retriever Club	Agility	10/4/19
AKC	Miami	Miami Obedience Club	Agility	10/4/19
AKC	Myakka City	Sarasota Obedience Training Club	Rally	10/2/19
AKC	Jupiter	Jupiter-Tequesta Dog Club, Inc.	Obedience	10/2/19
AKC	Lakeland	Imperial Polk Obedience Club of Lakeland	Obedience	10/2/19
AKC	Jacksonville	Pals & Paws Dog Agility Club of North Florida	Agility	10/11/19
AKC	Boston, GA	Jacksonville Retriever Club	Field Trial	10/14/19
AKC	Daytona Beach	Brevard County Dog Training Club	Obedience	10/9/19
AKC	Plant City	Brandon Florida Kennel Club	Conformation	10/9/19
AKC	Tampa	Dog Training Club of Tampa	Obedience	10/9/19

## Editor's Note:

With all the discussion of DCM as of late, I thought it would be good to post a good base article for people to have a better understanding of heart failure in general.

# Understanding Congestive Heart Failure in Dogs

By CJ Puotinen / Features / April 2002 WDJ

Dogs don't experience heart attacks the way humans do, but this doesn't mean they don't die of heart disease. Heart failure is increasingly common in America's dogs, with many showing symptoms by age seven or eight. Even some young dogs develop congestive heart failure, inheriting the propensity for the disease from their parents.

Conventional medical practitioners consider congestive heart failure and other circulatory problems to be progressive and irreversible, but holistic veterinarians know that in many cases, heart disease can be slowed, reversed, and even cured. Understanding heart disease will help you prevent it in healthy dogs and treat it in dogs who are already ill.

## What Does Congestive Heart Failure in Dogs Look Like?

Dogs with advancing CHF often begin panting as soon as they commence exercise, and tire quickly. Coughing, wheezing, a bluish tongue or gums may be followed by a collapse.

The symptoms of congestive heart failure (CHF) are easy to overlook, and the illness is often mistaken for other conditions, such as a respiratory infection or the normal aging process. In short, the condition is an inability of the heart to pump enough blood to meet the body's needs, because of a failure to adequately empty the venous reservoirs.

In congestive heart failure, the heart doesn't actually fail or stop beating; instead, its valves become thick with scar tissue, which prevents them from closing properly. Leaking valves cause fluid to accumulate on either side of the heart, and the heart grows larger as it works harder. Fluid accumulating on the right side of the heart produces lung congestion and coughing; fluid on the left side leads to edema (fluid retention) in the abdomen. Arrhythmia, or an uneven heartbeat, can occur as well.

In dogs as in humans, there are four functional classifications of CHF. Class 1 has no obvious signs. This early phase, during which the heart begins to malfunction, can last for years.

In Class 2 CHF, fatigue and shortness of breath begin to accompany active exercise or heavy physical activity. There are no symptoms when the dog is sitting still or lying down. A lack of circulation in the extremities in this and later stages may interfere with wound healing, and mental confusion can occasionally result from a lack of oxygen in the brain.

In Class 3 CHF, even slow walking on a level surface can produce shortness of breath and fatigue. Other possible signs include a persistent dry or hacking cough, wheezing, sudden collapse, and a bluish discoloration of the tongue and gums during exercise. Because the accumulation of fluid in the chest interferes with deep breathing, the dog may seek fresh air more than usual.

In Class 4 CHF, the patient is uncomfortable at all times, even while resting. Edema can affect the legs and feet as well as abdomen and chest area. In advanced cases, fluid collecting in the chest cavity can push on the heart and collapse the lungs. In contrast to the long time lag between Class 1 and Class 2, the illness progresses quickly from Class 3 to Class 4, so that a dog that seemed healthy and active may suddenly enter a critical condition.

## Conventional vs. Complementary Approaches to Congestive Heart Failure

Conventional medicine treats CHF with diuretics, which remove accumulated fluids; digitalis or other heart drugs, which stimulate and temporarily strengthen the heart muscle; oxygen, which improves the animal's breathing; and a low-salt diet, which helps prevent further edema. These treatments effectively treat the symptoms of the disease, vastly improving the quality of the animal's remaining life, but do nothing to prevent the progression of the illness.

Generally, holistic practitioners also employ the effective conventional drugs to suppress the symptoms of CHF and seek to augment conventional treatments with nutritional support and herbs. Their goal is to improve whatever underlying imbalances or deficiencies the dog may be experiencing, which may help to slow or stop the progression of disease.

Since all drugs used to treat symptoms of CHF have some adverse effects, another goal of holistic practitioners is to facilitate the safe reduction or even elimination of the dog's conventional prescriptions. Of course, success depends on the type, severity, and duration of the dog's illness, but many veterinarians and dog guardians have seen great improvements in their patients with this approach.

## Nutritional Support for Dogs with Congestive Heart Failure

Vitamins, minerals, enzymes, and other nutrients play a crucial role in maintaining circulatory health.

- Vitamins: In the 1940s, Drs. Wilfrid and Evan Shute, who were brothers, began a 40-year study of the effects of vitamin E on the heart. Wilfrid Shute's research involved dogs as well as humans, for he was a show judge and Doberman Pinscher breeder. Soon, thanks to his efforts, vitamin E improved the health of dogs around the world.

As Wendell O. Belfield, DVM, reports in his classic book *How to Have a Healthier Dog*, many of these cases were dramatic. In 1945, Dr. N. H. Lambert in Dublin, Ireland, learned of the Shute brothers' work and began giving vitamin E to dogs, the first of which, a nine-year-old Griffon, was dying of heart disease complicated by an inflammatory uterine condition. Conventional treatment had been unsuccessful. "Placed on vitamin E, she made a spectacular recovery," Dr. Belfield reports. "Lambert said she became quite rejuvenated and lived for another six years."

"Among the virtues of vitamin E is the prevention of excessive scar tissue production," he adds.

Vitamin C is another crucial nutrient for heart health, as it stabilizes blood vessel walls by supporting the production of collagen, elastin, and other connective tissue. Some physicians consider congestive heart failure a form of scurvy, caused by a deficiency of vitamin C. A powerful antioxidant, vitamin C protects the cardiovascular system as well as speeds wound healing throughout the body, including tiny lesions and wounds within blood vessel walls. In addition, vitamin C is a cofactor for enzymes (biological catalysts) that improve the metabolism of cholesterol and triglycerides.

But of all the vitamins associated with heart health, the most important may be those of the vitamin B complex, including one that has never been recognized as important to human health (vitamin B4, or adenine), even though animal research has shown that withholding it produces congestive heart failure. Vitamin B4 is found in yeast, liver, and wheat germ.

In the last 20 years, Bruce West, DC, has treated thousands of congestive heart failure patients with nutrition rather than drugs. Although he works with humans rather than dogs, his explanation of how congestive heart failure develops applies to both. The cause in most cases, he says, is what he calls American beriberi, or beriberi of the heart. Beriberi is a B-vitamin deficiency that causes nerve conductivity problems, weakness, and muscle paralysis. "Congestive heart failure," he says, "is a problem of poor nerve conductivity to the heart, an almost paralyzing weakness of the heart muscle, and the resultant failure of the heart muscle to be able to pump out blood."

Dr. West recommends nutrient-rich foods that contain the entire B-vitamin complex as well as all of the nutrients important to circulatory system health. Unlike prescription drugs, these supplements help the body repair itself by providing the nutrients whose deficiency caused the damage in the first place.

According to Dr. West, most human patients who follow his protocol reduce their prescription drugs and diuretics within a few months and stop them altogether within a year, and this is quite possible for canine patients, too. "Heart drugs are powerful and can prolong life," he notes, "but when they are no longer needed, they can do serious damage to the heart and kidneys and should be discontinued."

Supplements are best used under the supervision of a holistic veterinarian, who can monitor your dog's condition, and safely reduce medication when or if appropriate.

Recommended dosages vary widely, depending on the prescriber's philosophy. Practitioners of orthomolecular medicine use very high doses of synthetic vitamins to treat heart disease and other conditions. In *Keep Your Pet Healthy the Natural Way*, Pat Lazarus lists the supplements used by Richard J. Kearns, DVM, to treat canine heart disease, which include 400,000 International Units (IU) of water-soluble vitamin A, 20 to 25 grams of vitamin C, and up to 4,000 to 6,000 IU of water-soluble vitamin E. Megadoses of synthetic vitamins have a drug-like effect and require professional supervision.

At the opposite end of the spectrum are those who use whole-food supplements rather than synthetic vitamins or isolated nutrients. Even though they supply individual nutrients in minute quantities, whole-food supplements such as those made by Standard Process and Wysong contain all of the C-complex, B-complex, and other families of vitamins, plus hundreds of other nutrients. Food-source supplements are readily absorbed and utilized, have no adverse side effects, and work synergistically to repair damaged tissue.

- **Coenzymes:** Coenzyme Q10 is used by holistic practitioners for many heart ailments, including CHF. Coenzyme Q10 (generally written as CoQ10 and pronounced "Coe-cue-ten") is a vitamin-like substance that resembles vitamin E in its action, and strengthens the heart muscle and enhances immunity.

For his canine CHF patients, San Diego-based veterinarian Stephen Blake (see "Holistic Veterinarians Propose Other CHF Causes and Treatments" sidebar at end of story) prescribes one milligram of oil-based CoQ10 per pound of body weight per day, or two milligrams of powdered CoQ10 per pound of body weight.

- **Amino acids:** The amino acids taurine and L-carnitine are popular supplements because they have been shown to help strengthen the heart muscle, increase its output, and help relieve edema. These amino acids work best when given with high-quality protein and are usually recommended for CHF in doses up to 10 mg per pound of body weight.
- **Minerals:** Of the many minerals that help maintain heart health, the most important are found in raw bones. Dogs on a raw bone-based diet ingest these minerals daily. Calcium supports the contraction of muscle cells in the heart as well as the conduction of nerve impulses that trigger heartbeats. Magnesium helps normalize an irregular heartbeat, and works synergistically with calcium to strengthen the heart. Trace elements such as zinc, manganese, copper, selenium, chromium, molybdenum, and boron are also important, but are needed in only small quantities.

Supplements such as Calcifood, Min-Tran, and Organic Minerals from Standard Process or Wysong's Orgamin and Chelamin contain all of these important nutrients. Powdered kelp (½ teaspoon per 15 pounds of body weight) and liquid colloidal minerals (½ teaspoon per 30 pounds of body weight) can be added to food for additional support.

- **Essential fatty acids:** Essential fatty acids (EFAs) can be important supplements, especially for dogs fed a grain-based commercial diet. EFA supplements that contain fish oils (marine lipids) provide omega-3 fatty acids that improve heart function by correcting EFA deficiencies and balances.
- **Enzymes:** Systemic oral enzyme products such as Wobenzym and Nutrizyme help repair damage to the heart and other organs, especially where inflammation is involved. Systemic oral enzymes are enteric-coated digestive enzymes taken between meals on an empty stomach.

"Instead of staying in the stomach and digesting food," explains enzyme researcher Charles Green, "these enzymes circulate through the body, removing inflammation, breaking down scar tissue, and restoring healthy tissue." According to Green, this therapy reduces inflammation quickly, within a matter of days or even hours, while the removal of scar tissue takes place more slowly. These products have been proven safe even in large doses for long-term use.

## Herbs for Your Dog's Heart

Of the many herbs that support heart health, several are suitable for use with dogs.

The hawthorn berry (*Crataegus oxyacantha*), is gentle, effective, and nontoxic. Hawthorn's flavonoids increase coronary blood flow while slightly enhancing the force of the heartbeat; it stabilizes the pulse, increases the heart's tolerance of oxygen deficiency, and increases cerebral blood flow. Because it has a gradual effect, hawthorn should be taken over a long period, such as several months or years, for maximum effectiveness. Prolonged use is safe, as hawthorn has shown extremely low toxicity in every animal species tested. Any hawthorn preparation sold for human use can be given to dogs, adapting label directions to the patient's weight.

Another herb with impressive cardiovascular benefits is garlic. Garlic improves cholesterol balance, inhibits harmful platelet congregation, and acts as an antioxidant. There is much debate about which type of garlic is best, and every preparation (fresh, dried, cooked, raw, aged, or extract) has its proponents. Although side effects are rare, garlic does thin the blood and should not be used by dogs with bleeding disorders. Otherwise, it is usually safe to take in "courses" of five days on and two days off for four weeks, then discontinued for one week before resuming, with occasional breaks of a month or more.

Cayenne pepper (*Capsicum annuum*), another culinary herb with cardiogenic properties, helps stop internal bleeding, relieves pain, strengthens tissue, and improves circulation. Cayenne capsules are widely sold and easy to administer in food. Other tonic herbs with circulatory system benefits include ginkgo (*Ginkgo biloba*), gotu kola (*Centella asiatica*), rosemary (*Rosmarinus officinalis*), and bilberry (*Vaccinium myrtillus*).

Liver support, which is important in most cases of congestive heart failure, is well provided by dandelion leaf or root (*Taraxacum officinale*) and milk thistle seed (*Silybum marianum*).

For best results, work with a veterinary herbalist to determine which herbs would benefit your dog, adjust the dosages, and monitor their effects. As mentioned earlier, success with nutritional support or herbal medicines may enable you to reduce your dog's conventional medications. However, this must be done under a veterinarian's supervision. Contact the American Holistic Veterinary Medical Association to find a holistic veterinarian in your area.

## Holistic Veterinarians Propose Other CHF Causes and Treatments

### It's in the Food

To Australian veterinarian Tom Lonsdale, author of the book *Raw Meaty Bones* and a longtime advocate of raw diets for dogs, the cause of almost every case of canine congestive heart failure is commercial pet food. "Domestic dogs that are fed the way a wolf or dingo feeds itself bloom with health," he says. "I'm talking about whole carcasses or large lumps of raw meat and bones as the staple of the diet. Congestive heart failure is rare in dogs that eat the diet nature intended.

"Heart disease usually starts in the mouth," he continues. "A diet based on raw meaty bones provides the nutrients and exercise that keep teeth and gums clean and healthy, while commercial pet food promotes periodontal infections like gingivitis and pyorrhea. These infections have consequences for other body systems. Harmful bacteria drain from the mouth and spread throughout the body, leading to multiple problems, including heart disease."

According to Dr. Lonsdale, congestive heart failure involves collagen, the connective tissue that holds the body together. Dietary deficiencies and mouth infections affect all of the body's collagen adversely, he says. As circulatory system collagen loses its flexibility, inflammation results, producing scar tissue, leaky valves, and circulatory insufficiency.

"As with so many things," says Dr. Lonsdale, "an ounce of prevention is worth a pound of cure. This is especially so with dogs that have an audible congenitally acquired heart murmur. If one can improve the patient's dental hygiene and diet before signs of congestive heart failure arise, then, despite the heart murmur, general health often remains surprisingly good. That's a relief because drug treatments are at best unreliable."

### Detoxification

San Diego veterinarian Stephen Blake agrees that congestive heart failure is a syndrome rather than an isolated illness. "It's a mistake to focus exclusively on the heart," he says, "because the heart is only part of the problem. Ninety percent of the congestive heart failure patients I see also have some kind of liver problem, which isn't surprising considering our toxic environment. Dogs are exposed to toxins in their food and water, not to mention vaccines and prescription drugs, all of which overwhelm the liver. So in most cases, in addition to supporting the heart, I'm going to be treating the liver."

Dr. Blake begins this process by removing as many toxins as possible from the dog's environment and diet. "Anything that's not natural should be eliminated," he says. "I recommend that the dog not receive vaccinations, heartworm preventatives, flea or tick treatments, food that contains chemical preservatives, or anything that might contain pesticide residues or other chemicals. If the patient is on prescription medication, I consider whether going off the drug would be beneficial or dangerous. For example, if the dog has diabetes as well as congestive heart failure, I'm not going to pull him off insulin. But in most cases, you can discontinue prescription drugs by providing herbs or supplements that have similar effects."

One patient who recovered on Dr. Blake's protocol of improved nutrition, herbs, homeopathy, and acupuncture is Mia, a Chow who, two years ago, had a chronic lung infection and congestive heart failure. Despite conventional treatment with antibiotics, heart drugs, and diuretics, her condition

was rapidly deteriorating.

"She was on a low-protein food for senior dogs," he says, "and that has to be the worst kind of diet for the heart. We increased the amount of protein in her diet and improved its quality by switching her to raw meat and bones. I had her take colostrum, which is rich in growth factors and helps promote tissue repair, as well as Cardio-Plus and glandular products from Standard Process for support of the heart. Then I chose a homeopathic remedy to fit her constitutionally.

"At her first appointment, this dog could barely breathe, coughed all the time, was extremely uncomfortable, and was close to death. Now she no longer takes Lasix (her prescription diuretic) or other medications except for one heart drug, which she takes at a reduced dose. She just turned 16 and is in great shape, full of spit and vinegar."

### **Homeopathy and Energy Medicine**

Gloria Dodd, DVM, uses homeopathy, nutrition, and energy medicine to treat dogs with CHF. Her Web site features before-and-after photos of some of her patients, including Snookie, a 12-year-old spayed female Poodle who had severe congestive heart failure, emphysema, plus liver and digestive problems. She was also deaf.

After treatment with an improved diet and Dr. Dodd's homeopathic combination for CHF, Snookie looks years younger. Her lungs are clear, she plays like a puppy, and her hearing has returned.

Dr. Dodd's interest in energy medicine prompted her to design a halter that combines color therapy, quartz crystals, pyramid configuration energy, heart chakra energy, and an antiradiation bead. The first dog to wear the harness, which now comes in different sizes, was her own Poodle, who had CHF and a severe mitral heart valve murmur. After wearing the halter, her CHF and heart murmur disappeared. Now 18 years old, the Poodle has remained active and free from disease for the past four years, with all clinical exams and blood tests remaining normal.

"The basis of all my treatment for any illness is one of detoxification and support, which I describe on my Web site," says Dr. Dodd. "I find that in order to effect a cure (and that is what I aim for; I don't espouse repressive therapy even with natural methods), one has to ferret out the true cause of disease. It is multilayered, and I consider energy medicine my most important tool."

### **Unorthodox Approaches**

As one might guess, the ideas forwarded by these holistic practitioners are not supported by most conventional practitioners, who generally treat CHF with modern pharmacology alone. If your conventionally oriented veterinarian scoffs at your queries regarding complementary therapies, look for a holistic veterinarian who can augment your healthcare options. The American Holistic Veterinary Medical Association (AHVMA) can help you find a practitioner in your area.

### **In Conclusion**

Congestive heart failure has many possible causes and many possible treatments. By focusing on diet and nutrition, by avoiding conditions and products that add stress to the body, and by providing appropriate support therapies, many patients with CHF can experience a total restoration of health.

*Freelance writer CJ Puotinen is the author of The Encyclopedia of Natural Pet Care and many other books.*



## DCM Update

On June 27th, the FDA published a report (link below) and now we know some actual hard facts. According to the report, between 1/1/14 and 4/30/19, 560 out of approximately 77 million dogs in the USA were reported to have DCM- that's 0.00000727% (seven millionths of one percent), or approximately 1 in 137,500 dogs. To put these figures into context, each year approximately six \*million\* dogs will be diagnosed with cancer.

Of course, for the pet owners who have found their dogs afflicted, these statistics are irrelevant, and we sympathize completely with them. Our hearts go out to them. As you can see, though, the sensationalized headlines about this (many of which neglect to mention that there is no confirmed link at all) are failing to put the issue into perspective for pet owners, who all love their pets and want what is best for them. As the FDA clearly states, "Tens of Millions of dogs in the U.S. have been eating dog food without developing DCM." And of the dogs reporting DCM, a quarter of the breeds with it are already predisposed to DCM regardless of diet- an important thing to note. The FDA also states "we do not think these cases can be explained simply by whether or not they contain grains, or by brand or manufacturer".

There have been many "articles" & statements on the internet and social media claiming to avoid BEG (boutique, exotic, grain-free) diets. There is no evidence or research to support this. The FDA report shows that 75% of the proteins that were fed were not Exotic- Most of the Dogs were fed Chicken and Lamb. Over 95% of the reported dogs were fed only dry kibble.

The FDA study is ongoing and there is NO answer from the FDA, no recalls, no results or link to diet stated by the FDA.

### **FDA Q&A about DCM Report**

[https://www.fda.gov/animal-veterinary/animal-health-literacy/questions-answers-fda-center-veterinary-medicines-investigation-possible-connection-between-diet-and?fbclid=IwAR0AaLbMivsm962qx-WThclLzzqXqwvaH5mOaR4O2IBCEwWFudrWu9kaJ3\\_w](https://www.fda.gov/animal-veterinary/animal-health-literacy/questions-answers-fda-center-veterinary-medicines-investigation-possible-connection-between-diet-and?fbclid=IwAR0AaLbMivsm962qx-WThclLzzqXqwvaH5mOaR4O2IBCEwWFudrWu9kaJ3_w)

### **FDA Report**

<https://www.fda.gov/animal-veterinary/news-events/fda-investigation-potential-link-between-certain-diets-and-canine-dilated-cardiomyopathy>

**Dr. Jean Dodds Response to FDA statement (considered one of the foremost experts in pet health care and nutrition)**

<https://drjeandoddspehealthresource.tumblr.com/post/176405475391/fda-dog-heart-disease?fbclid=IwAR2a1ZFpYebJgjLXe8CbcyVsSrxTmVqkrRPFa-BgjJZ8P8hwvjMOiUGmsL8#.XRzCRo97IPZ>



# Mid-Florida Sporting Dog Association Membership Application



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## Applicant Information

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_  
If Junior, Date of Birth: \_\_\_\_\_

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## Sporting Dog Information

Breed (s): \_\_\_\_\_ Kennel Name: \_\_\_\_\_  
Call Name (s): \_\_\_\_\_  
Other Club Memberships: \_\_\_\_\_  
Current Activities: Please list all dog sport activities in which you participate: \_\_\_\_\_  
\_\_\_\_\_

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## Please list the # of yrs you have experience:

Breeder: \_\_\_ Conf: \_\_\_ Obed: \_\_\_ Rally: \_\_\_ Agility: \_\_\_ Field Trial: \_\_\_ Hunt Test: \_\_\_  
Lure Course \_\_\_ Earth Dog: \_\_\_ Tracking: \_\_\_ Herding: \_\_\_ Scent: \_\_\_ Judge: \_\_\_ Event Com: \_\_\_

Do you have any special skills to aide at/run FSDA events? If so, please describe  
\_\_\_\_\_  
\_\_\_\_\_

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## Payment Options

Please indicate which membership type you are applying for:

Household - \$30/year. Please fill out info for up to 2 household members.

Junior Member Only - \$10/year. Must be under 18 years of age, and sole applicant of the household.

Dues may be paid by check or PayPal. Please us [fsda@flsportingdogs.com](mailto:fsda@flsportingdogs.com) for PayPal and make sure to use "Friends and family" so fees are not taken out. All due are to be paid annually by January 31<sup>st</sup>. If a new application is submitted after August 1<sup>st</sup>, those dues will carry over throw the following full calendar year.

**Please make check payable to: Mid Florida Sporting Dog Association, c/o Bonnie Hill PO Box 2084 Tarpon Springs, FL 34688**

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## Signatures

I/we hereby apply for membership to the Florida Sporting Dog Association, and agree to abide by its by-laws and regulations. In accordance with the provisions of the by-laws, the sum of \$\_\_\_\_\_ is enclosed in payment of membership dues. Applicants admitted to membership between January 1<sup>st</sup> and July 31<sup>st</sup> shall pay dues in the full amount for the current year. Those admitted between August 1<sup>st</sup> and December 31<sup>st</sup> shall pay no dues for the current calendar year, but dues for the year following shall accompany each membership application.

Signature of Applicant: \_\_\_\_\_ Date: / /

Signature of spouse/guardian: \_\_\_\_\_ Date: / /  
(for joint membership/junior applicant):