



The HealthyPetNet News



FOR THE LOVE AND THE LIFE OF OUR PRECIOUS PETS

Issue 8

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A Weighty Subject

It is often difficult for pet owners to recognize that their pets are in fact overweight and not just well fed and happy. One reason we don't detect obesity in our pets is because of our perception of obesity in ourselves. By human standards, an obese person is someone significantly overweight, not the person who has gone up one size. However, with pets, the term *obese* is used for pets with *any* excessive accumulation of fat in the stomach and the waist. An animal that is 15-20% overweight is considered obese. Like humans, an obese animal is not healthy and is highly vulnerable to many types of health problems. Cats are particularly vulnerable to gaining weight by nature of their life styles. The metabolism of an overweight cat can no longer support a healthy heart, joints (40% of older cats have joint problems), liver, lungs or normal blood sugar. Obese cats have less heat intolerance and are often poor candidates for surgery.

Why Pets Gain Weight

Kittens and puppies burn more calories than adults because they are using every last drop of nutrients to build their bodies. As our animals grow older, we

must make a concerted effort to make sure they are still getting ample exercise. In the days when animals hunted, a cat in the wild would eat about 12 mice a day if he could catch that many. The good thing about eating on the move is that the cat exerts energy while catching food, keeping the consumption and the burning of calories in balance. However, our dogs and cats don't have to do much to get food. Not much at all. Therefore, they run the risk of consuming more calories than they're burning, which just like in humans, leads to gradual weight gain.

Furthermore, dogs and cats are genetically made to save fat for energy. If we were to study wolves' feeding behavior, we would see that wolves don't eat daily. They don't need to eat daily because their physiology is such that extra nutrients are converted to fat to be used later. In short, we feed our pets too much food. And their bodies just keep storing more and more fat until obesity becomes a reality.

Because we have a tendency to overfeed our pets from when they are puppies and kittens, their bodies will make more fat cells than normal. As a

result, young obese pets will not be able to lose weight when they get older because it is not possible for their bodies to get rid of the fat cells. Fat cells can only decrease in size or decrease the amount of fat in them. In short, many pets are fat because of their puppy or kitten hood.

Help Is on the Way

If you decide to commit yourself to making your pet lose weight so that he or she may live a longer happier life, it is best to adopt a holistic approach to weight loss. You must monitor everything from the amount of exercise, amount of food, to the amount of treats, snacks, and scraps he or she partakes in on a daily basis. Exercise is a must because the more muscle mass an animal has, the more calories the animal burns while inactive. Why wouldn't we want to burn as many calories as we can while we sleep?

Everything has to be taken into consideration in order to make weight loss successful. We're not looking for fast weight loss, because just like with humans, fast weight loss does not keep the weight off. It more often than not, comes back. Fast weight loss and weight gain

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A Weighty Subject (continued)

traumatizes the body. Animals should lose no more than 1-2% of their body weight per week. For instance, if your dog weighs 50 pounds, 1% is ½ pound weekly and 2% means 1 pound weekly.

Canine Zone™

HealthyPetNet's Canine Zone™ Weight Loss Food for Dogs is formulated by Dr. Barry Sears and Dr. Jane Bicks to help dogs shed a few pounds while maintaining robust health. After a year of clinical trials, pet owners who have used Canine Zone™ can testify to less begging, less hunger between meals, shinier coat, a greater enthusiasm for life and steady weight loss. Canine Zone™ is a dog-modified version of the Zone Diet with a few minor adjustments to meet our canine's specific needs. What distinguishes Canine Zone™ from many other weight loss foods is that many weight loss foods have lower amounts of fat and protein and are often filled with fiber. Though fiber is indeed necessary in one's diet, unfortunately, a diet consisting mostly of fiber does not nourish the body properly. While weight loss might be achieved it is questionable at what expense. Dull and brittle coats are common when dogs are on these types of food. Since the skin and coat act as the mirror of the inside of your dog, poor skin and coat is worrisome. Canine Zone™ takes a different approach to be sure that your dog maintains good, balanced health. Protein and fat are not sacrificed for weight loss. Dogs require fat for healthy skin and coat and healthy immune system. We recognize that protein is the building block of the body. Filled with high quality proteins Canine Zone™ contains farmed catfish, chicken and eggs. With Canine Zone's

balance of carbohydrates, fat and protein, a dog gets the balance of nutrients it needs. That is essential in keeping pets from feeling hungry and looking at us with those big loving eyes asking for treats. While begging does become habit, it's also the brain responding to something it's lacking. Not only will your dog be less hungry, it will also have healthier skin, shinier coat and increased vitality. This means a greater propensity to exercise, thus developing more muscle and shedding more fat.

How to Introduce

The best way to convert your dog from his current food to Canine Zone™ is to do it gradually. Dogs' bodies as well as their minds get accustomed to their food and thus changes should be slow. Add small amounts of Canine Zone™, perhaps 5-10 nuggets the first day to the regular food. Note that whatever the amount of Canine Zone™ you add, you must subtract from the regular food. Increase to 10-20 nuggets of Canine Zone™ the next day, again decreasing the same amount of the other food. Watch for any signs of minor GI disturbance generally seen as loose stool. If everything looks normal, increase to 1/8 of a cup and so on. Change from one food to another can take about two weeks. Dr. Jane suggests that dog owners make any transition a slow one. When Canine Zone™ is part of a weight loss program, start to expect steady weight loss about a month after the successful conversion.

What About Our Fat Cats?

Once you have determined that your cat is overweight, what are you going to do about it? Our position on cats is that weight loss foods don't really work. It's

really weight management. Cats really can lose weight and here's few tips to help your cat shed some necessary pounds:

Feed cat only at meal times—

Leaving food down all day gives the cat a greater propensity to overeat, especially spayed and neutered cats.

Measure the amount of food—

Feed your cat the recommended amount of food for their *current* weight, not their ideal weight. Monitor your cat by checking for fat over the ribs and looking for a waistline. Hanging tummy fat is not an indication of being overweight. If you see no change, decrease the measured amount by 25%.

For cats that eat too fast—

Scatter the food in a place where no one will step on it so your cat will be forced to eat more slowly.

For multiple cats—

Avoid feeding several cats with the same dish as this can result in competitive eating which can also make them eat too fast. Separate the cats by putting them in different rooms and closing the door for a while. This may not be easy at first but cats are creatures of habit and will adjust to their new dining room.

Increase Exercise—

Because we don't walk cats the way we walk dogs, we must find creative ways to get our cats' hearts pumping. Take a very fat cord (that is impossible for the cat to swallow) and pull it around the house and up and down the stairs and make your cat chase it. You can purchase fishing poles made to play with cats. These toys come with a variety of moving pieces that cats will chase. You can play with your cat while you are watching T.V. Playing is great for animal bonding as well.

Mad Cow Disease

Regarding the current news surrounding "Mad Cow Disease" or BSE (Bovine Spongiform Encephalopathy), HealthyPetNet™ is very proud to emphasize that we do not use beef in our products. Our policy is to provide pet owners with high quality, safe and effective holistic products that will help pets live long and happy lives. While we applaud the work that the USDA, AAFCO and other government officials have done and continue to do in keeping BSE from our cows, we do not feel comfortable our herds can remain BSE free.

Actually, our product formulator, Dr. Jane Bicks, has followed this issue closely for quite some time. Because of the uncertainty of this dreaded disease appearing in the U.S., Dr. Jane and HealthyPetNet made the decision not to include beef in our formulas.



We want to take this opportunity to say that our chickens are raised without hormones or steroids because we believe that it is healthier for your pets. Our fish is farm raised so that there are no residual contaminants from the oceans. We feel that the elimination of potential toxins from your pet's diet is paramount for optimum health.

HealthyPetNet™ cares about pets!

Ask Dr. Jane

Dear Dr. Jane:

I have had Rudy on Life's Abundance® since he was weaned. He is a big yellow lab. I feed him 2 cups a day with a can of green beans with each feeding. I am being told that he needs to lose a small amount of weight. Is he too young (19 months) to put him on low calorie food? He does not get that many treats a day and very few table foods like carrots and fruit pieces.

Dr. Jane's Reply:

Canine Zone™ is fine for an adult dog so Rudy can go on it. However, I think we can get him to a good weight with the Life's Abundance®. Yes, it offers very concentrated nutrition. That is what makes him so beautiful. Why not do the following?

Decrease the amount you are feeding by just a little bit - perhaps 1/8 cup.

If you are feeding twice daily, can you go to three times? Every time a dog eats, he will burn calories.

Can you increase the exercise, if even just five minutes each time?

Put a sheet of paper on your refrigerator and a pen or pencil nearby. Every time you give him a treat, no matter what it is, put an X on that paper. Chances are he is getting too many treats. Even fruits and veggies have calories. One week of logging everything Rudy eats will tell you if you are being heavy handed with treats. If you must give him something, take some of the daily portion of Life's Abundance® and put it into a container or baggie. When he looks at you with the big eyes, give him his treat --- which is really part of his daily food!



Dr. Jane Bicks is a highly respected and nationally recognized holistic veterinarian. She is author of three books on pet care and nutrition and has served on professional boards including the Cornell Feline Health Center. Dr. Bicks uses the best of modern science and "mother nature" to formulate all HealthyPetNet™ Products.

Healthy Solutions & Nutritional Supplements

Product	Size	Retail Price	Autoship Price	Item #	Description
Agility for Dogs & Cats	60 chewable tablets	\$39.95	\$31.95	#101011	Vitamin, mineral & herbal formula -supports bones & joints
Skin & Coat Formula for Dogs & Cats	60 chewable tablets	\$29.95	\$22.95	#102001	Optimal skin & coat health with microencapsulated Omega 3 Fatty Acids
Advanced Daily Supplement for Dogs	60 chewable tablets	\$23.95	17.95	#102012	Advanced Daily Supplements -cutting-edge formulas with unique health-promoting ingredients. Contains a broad spectrum of vitamins, minerals and plant nutrients. An array of proteins and a high levels of antioxidants.
Advanced Daily Supplement for Dogs	30 chewable tablets	\$12.95	\$9.95	#102017	
Advanced Daily Supplement for Cats	360 chewable tablets	\$17.95	\$13.95	#103012	

Healthy Treats for Dogs and Cats

Gourmet Dental Treats for Dogs	14 oz. Bag	\$10.95	\$8.95	#410014	Triple action formula promotes, healthy teeth, gums & fresh breath – delicious!
Gourmet Dental Treats for Dogs	28 oz. bag	\$19.95	\$16.50	#410028	
Antioxidant Health Bars for Dogs	14 oz. Bag	\$10.95	\$8.95	#410114	Treat your dog to better health naturally with 70+ antioxidants – delicious
Antioxidant Health Bars for Dogs	24 oz. bag	\$16.95	\$13.95	#410124	
Gourmet Porky Puffs	5 in a bag	\$8.95	\$7.29	#420006	All natural, pork snout dog chews - fully digestible chews – hickory smoked
Edible Dog Bones – Sm to Med Dogs	4 in a bag	\$11.25	\$8.95	#420024	Delicious, all natural, fully digestible chew treats – bacon flavor
Edible Dog Bones – Med to Lg Dogs	4 in a bag	\$12.49	\$9.95	#420032	
Purr-fectly Natural™ Gourmet Cat Treats	4 oz. bag	\$8.95	\$6.95	#405404	Improves coat health & supports digestion
Oven Baked Cookies for Horses	24 oz. cont.	\$21.95	\$17.95	#500024	Delicious & nutritious – great for a glowing coat and overall health

Premium Health Food for Dogs and Cats

Life's Abundance Premium Health Food for Dogs	8 lb. bag	\$13.95	\$11.59	#401008	Life's Abundance Premium Health Foods for Dogs & Cats contain all natural, premium ingredients with powerful antioxidants, probiotics, Omega 3 fatty acids & more. NO by-products, NO corn, wheat, dairy, NO artificial flavors or chemical preservatives
Life's Abundance Premium Health Food for Dogs	20 lb. bag	\$27.95	\$24.49	#401020	
Life's Abundance Premium Health Food for Dogs	40 lb. bag	\$52.95	\$46.95	#401041	
Life's Abundance Premium Health Food for Cats	6.6 lb. bag	\$14.95	\$12.69	#405006	
Life's Abundance Premium Health Food for Cats	16.5 lb. bag	\$34.95	\$29.49	#405016	
Canine Zone Weight Loss Food for Dogs	6.6 lb. bag	\$15.50	\$12.95	#401106	Revolutionary new food based on Dr. Barry Sears' Zone Diet. Helps dogs lose weight - nutrient rich formula
Canine Zone Weight Loss Food for Dogs	17.6 lb. Bag	\$34.50	\$29.95	#401117	
Canine Zone Weight Loss Food for Dogs	35.3 lb. bag	\$64.95	\$56.95	#401135	

Daily Nutritional Systems

Life's Abundance Daily Nutritional System for Dogs – Small	8 lb. bag & 1 sm bottle	\$26.90	\$20.90	#410408	Life's Abundance® Premium Health Foods for Dogs & Cats and Canine Zone™ Weight Loss Food for Dogs both provide a solid daily nutritional foundation. Once a good foundation is established, a daily supplement is required because every pet has unique nutritional needs . For example, huskies often need more zinc than other breeds and long hair cats often need more biotin than other cats. Advanced Daily Supplement with Phytonutrient Power provides the additional nutrient to support the optimum health of your precious dog or cat.
Life's Abundance Daily Nutritional System for Dogs – Large	20 lb. bag & 1 lg bottle	\$51.90	\$40.90	#401420	
Life's Abundance Daily Nutritional System for Dogs – Extra Large	40 lb. bag & 2 lg bottles	\$99.95	\$79.95	#401440	
Life's Abundance Daily Nutritional System for Cats – Small	6.6 lb. bag & 1 bottle	\$32.90	\$25.90	#405306	
Life's Abundance Daily Nutritional System for Cats – Large	16.5 lb. bag & 2 bottles	\$70.85	\$55.85	#405316	
Canine Zone Daily Nutritional System for Dogs – Small	6.6 lb. bag & 1 sm Bottle	\$28.45	\$22.25	#401406	
Canine Zone Daily Nutritional System for Dogs – Large	17.6 lb. bag & 1 lg Bottle	\$58.45	\$45.95	#401417	
Canine Zone Daily Nutritional System for Dogs – Extra Large	35.3 lb. bag & 2 lg bottles	\$112.85	\$89.50	#401435	

Compare Your Brand of Dog Food to Life's Abundance Premium Health Food

Favorable Unfavorable	Life's Abundance	Nutro Natural Choice	ScienceDiet Adult Maintenance	Flint River Oven Baked Puppy/Adult	Purina One Adult Chicken & Rice	Purina Beneful	Iams Adult Lamb Meal & Rice	Eukanuba Adult Maint.	Alpo
Look at the First 3 Ingredients - They Often Make Up the Principal Components of a Food									
First Three Ingredients Corn, wheat, gluten & soy are generally inferior sources of protein & are often difficult to digest & to use by the body. Also can cause G.I. problems. Meat & bone meal can contain an unknown quality of bone, which is an inferior protein.	Chicken Meal (hormone & steroid free)	Lamb Meal	Chicken	Chicken Meal	Chicken	Ground Yellow Corn	Lamb Meal	Chicken	Ground Yellow Corn
	Ground Brown Rice	Ground Rice	Corn Meal	Whole Wheat Flour	Brewers Rice	Chicken By-product meal	Brewers Rice	Chicken Byproduct Meal	Beef & Bone Meal
	Potato Product	Rice Bran	Ground Grain Sorghum	Ground Rice	Whole Grain Corn	Corn Gluten Meal	Corn Meal	Corn Meal	Soybean meal
Watch Out for Harmful Chemicals & Unsavory Byproducts									
Preservatives Can be very harmful	Mixed Tocopherols	Mixed Tocopherols	BHA, BHT	Mixed Tocopherols	Mixed Tocopherols	Mixed Tocopherols	Mixed Tocopherols	Mixed Tocopherols	BHA
By-products Generally inferior sources of protein	none	none	yes	none	yes	yes	yes	yes	yes
Artificial Dyes Many vets believe they are linked to health problems	none	none	none	none	none	Yellow 5, Red 40, Yellow 6, Blue 2	none	none	Red 40
Look for Powerful Health Promoting Ingredients									
Probiotics Good for Digestive & Immune System	yes	none	none	none	none	none	none	none	none
Antioxidants Vital to Good Health (Grapeseed Extract powerful source)	yes Grapeseed Extract	yes	yes	yes	yes	yes	yes	yes	yes
Chelated Minerals Better absorbed	yes	none	none	yes	none	none	none	none	none
Vegetables Excellent Source of Antioxidants & Phytonutrients	yes	none	none	none	none	yes	none	none	none
Food Rating*	10	7	4	7	5	3	5	4	1
Cost to Feed and Cost Delivered to Your Door									
Cost Per Cup Based on the number of Cups in Each Bag	\$0.29	\$0.16	\$0.19	\$0.29**	\$0.17	\$0.13	\$0.17	\$0.21	\$0.09
Daily Feeding Amount Based on 50 lb dog	2 cups	3.5 cups	3.25 cups	2.5 cups**	2.5 cups	3.33 cups	2.5 cups	2 cups	3.25 cups
Daily Cost to Feed Based on feeding amounts & # of cups/bag	\$0.59	\$0.58	\$0.60	\$0.72**	\$0.42	\$0.43	\$0.42	\$0.43	\$0.31
Total Cost to Feed + Shipping	\$0.70	\$0.86	\$0.86	\$0.72	\$0.67	\$0.67	\$0.67	\$0.61	\$0.59
Food Rating*	10	7	4	7	5	3	5	4	1

* Rating: Each food starts with 10 points. 1 point is deducted for each unfavorable ingredient or lack of a health-promoting ingredient.

** Includes shipping and cups to feed 45-55 lb. dog. In most cases, food costs are an average of prices found in local stores and popular Internet sites. Shipping costs are an average of three popular Internet sites. Chart created 2/24/03.

Is your home dangerous?

When it comes to our households, pets are more vulnerable to poisoning than we think. It's not always the obvious like rat poison or pesticides. Sometimes, it's the things we least expect ... from house plants to carpet cleaners. The most common ways of poisoning are the ingestion of foods, plants, chemicals, medications and poisons meant to eradicate insects and other animals. About 20% of all poisonings are from insecticides and 15% are from cleaning products. Out of all household poisonings, about 1-2% of all poisoned pets die. Though the fatality percentage seems small, the trick is to prevent poisoning at all costs. We certainly don't want our pets to suffer and recovering a pet from poisoning can be quite costly and sometimes the residual damage can decrease a pet's lifespan.

Household Culprits

Pet poisoning in particular can occur in many ways. The first category includes household cleaners, paint removers and thinners, drain and toilet bowl cleaners, floor and furniture polish, lye, floor and furniture wax and oven cleaner. The second category includes antifreeze (which is the number one dog poison because of its sweet taste), alcohol, acetone, lead-based paint, aspirin (especially toxic to cats), chocolate, human medicines, bleach, crayons, gopher poison, rat and insect poisons, snail and slug bait, detergents (which is the number one poison for children), hair dye, magic markers, weed killer and, as you can well imagine, the list goes on.

Wrongful exposure to any of these things can cause throat burns, stomach burns and intense irritation around the mouth if ingested. The worst-case scenarios are bloody vomiting, diarrhea, difficulty breathing, abdominal pain, convulsions, comas and death. One must think about the long-term affects of exposure to these things on our pets, in particular. Over time, the accumulated exposure to toxic substances over long periods can have any number of medical implications. The threat of toxins to the body is so real that a branch of medicine has been formed called Environmental Medicine. These doctors work on cases such as farmers exposed to years of pesticides, workers exposed to asbestos and children exposed to lead.

How Toxic is My House?

According to the EPA (Environmental Protection Agency), 50% of all illness can be traced to indoor pollution, which is most likely directly related to the use of household cleaners. If cleaning products affect us this way, imagine the effect it can and does have on our pets and our children. Stroll through the grocery aisle and take a real look: if a product is truly safe, then why should it have warning labels? Many of these products claim to be safe, but if you look past the jargon and learn to read the labels, they will prove otherwise.

In addition to household toxins, there is list of plants that are toxic to animals. To find out more about these plants and more about poison care in general you can go to ASPCA's website, www.asPCA.org.

Some Kibbles of Information: Microbest Deodorizer

Cats, in particular, are very sensitive to chemicals. If you don't rinse the litter box well enough, when the cat uses the litter box, he can get the residue of the chemical on his feet. Because cats groom constantly, they're virtually ingesting this residue. Furthermore, some cleaners (especially those that contain ammonia) leave vapors that can bother your cat. Since cats have a tendency to use their litter box right after its cleaned, those fumes can be unhealthy for your cat. And lastly, if your finicky cat still smells an odor even after you've cleaned the box with what you thought was a good cleaner, there's a chance that your cat will select another spot as a toilet and may stubbornly stick to that choice for the long haul. Microbest Biodeodorizer doesn't just cover up odor, it eliminates it, safely.

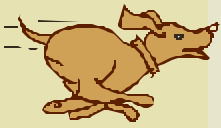
Not only does the concentrated Microbest Deodorizer clean and eliminate odor from litter boxes, it also has a plethora of other household. It also eradicates odors from very diverse places such as trash receptacles, recycle bins, clothes hampers and drain lines. It's also safe to use on pet bedding after accidents. And it's much safer than other chemicals to use in small, closed spaces like bathrooms.



Pet Friendly Products

Product	Size	Retail	Autoship	Item #	Description
Home Cleaning Kit	Makes a total of six 32 oz. bottles	\$47.95	\$39.95	510000	Glass & Surface Cleaner System (<i>makes two 32 oz. bottles</i>), Degreaser System (<i>makes two 32 oz. Bottles</i>), BioDeodorizer with Sprayer (32 oz.) & Floorwash System (<i>makes 32 gallons of Floorwash</i>).
Glass & Surface Cleaner System	Make three 32 oz. bottles	\$11.95	\$9.90	510005	Three Glass & Surface Concentrate Foil Packs (makes three 32 fl. oz. bottles) plus Bottle & Sprayer
Glass & Surface Cleaner Refill Pack	Make three 32 oz. bottles	\$8.25	\$6.95	510010	Three Glass & Surface Concentrate Foil Packs (makes three 32 fl. oz. bottles)
Glass & Surface Cleaner Bottle with Sprayer	Bottle & sprayer	\$3.50	\$2.95	510015	One Glass & Surface Bottle (empty) with Sprayer
Degreaser System	Make three 32 oz. bottles	\$12.95	\$10.90	510020	Three Degreaser Concentrate Foil Packs (makes three 32 fl. oz. bottles) plus Bottle & Sprayer
Degreaser System Refill Pack	Make three 32 oz. bottles	\$9.50	\$7.95	510025	Three Degreaser Concentrate Foil Packs (makes three 32 fl. oz. bottles)
Degreaser System Bottle with Sprayer	Bottle & sprayer	\$3.50	\$2.95	510030	One Degreaser Bottle (empty) with Sprayer
BioDeodorizer with Sprayer	One 32 oz. bottle	\$14.25	\$11.95	510035	One 32 Fl. Oz. Bottle with Sprayer
BioDeodorizer Refill	Makes one 32 oz. bottle	\$11.95	\$9.95	510040	One 32 Fl. Oz. Bottle No Sprayer
Floorwash System	Makes two 32 oz. bottles	\$25.95	\$21.95	510045	Part A - One 32 fl. oz. Bottle of Cleanser Part B - One 32 fl. oz. Bottle of Bio-Digester (<i>makes 32 gallons of Floorwash</i>)
Floorwash System Refills	Makes two 32 oz. bottles	\$19.95	\$16.95	510050	Part A - One 12 fl. oz. Bottle of Cleanser Concentrate Part B - One 12 fl. oz. Bottle of Bio-Digester Concentrate (<i>makes 32 gallons of Floorwash</i>).





For more information about this newsletter or HealthyPetNet products, contact:

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