



The HealthyPetNet News



FOR THE LOVE AND THE LIFE OF OUR PRECIOUS PETS

Issue 9

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National Pet Dental Month is Here!

When your dog leans in to lick your face, do you find yourself turning away to protect your nostrils from that foul smell erupting from its mouth? Has your cat changed its eating habits or showing signs of depression? It could very well be that your pet has oral disease.

Without proper dental care, 80% of dogs and 70% of cats show traits of oral disease by age three. Ninety-five percent of dogs and cats experience oral disease in their lifetime and for some that's more than once. It is also the number one health problem diagnosed in dogs and cats and can be more prevalent in small and toy breeds because of the crowding of the teeth. Dental care is a necessary component of pet maintenance that owners often overlook. Much like humans, animals' mouths don't just clean themselves; they need adequate maintenance. Periodontal disease doesn't just stop at the mouth; however, the bacteria from the mouth can contaminate other major organs and lead to other serious ramifications in places

including the heart, lungs, bones, joints and kidneys.

Because national public awareness on the importance of sound dental health needs to be spread, The American Veterinary Dental College, as part of the American Veterinary Medical Association, dedicates February of every year to National Pet Dental Health Month. Veterinarians make an extra effort to educate clients on the importance of household and professional dental care. Television and magazine ads run during the month to reach pet owners directly. In conjunction with this meritorious effort on AVMA's part, HealthyPetNet™ has decided to devote this month's newsletter to education on our pet's oral hygiene ... why your pet needs to have a healthy smile, what happens when he doesn't and how to take proper care of our pets' pearly whites.

Teeth And Gums – Why And How They Become Unhealthy
When teeth and gums become unhealthy, it

generally occurs in several progressive stages.



Plaque. When food isn't released from the crevices inbetween teeth and at the gum line, bacteria in the mouth begins to digest it and the accumulated particles form into *plaque*, the sticky yellow film seen on teeth. At its earliest points, the plaque is still soft and can be easily dislodged by chewing something hard or brushing the teeth.

Red swollen gums. It is important to note that moist foods such as canned meats, tunas, and table foods, which tend to stick more easily to the surfaces of the teeth are more likely to cause plaque than dry food. This doesn't mean that dry foods won't cause plaque however. In a study of 2,600 dogs, calculus was found in 42% of dogs fed canned or home cooked foods

A Gift of Companionship & Love (continued)

and 34% found in dogs fed dry diets. So no matter what type of food, if the plaque isn't removed and it continues to build up, it can involve the gums.

Tartar. If the buildup of plaque isn't taken care of, it will harden into *tartar*, which forms a wedge between tooth and gum, helping to push bacteria under the gum line. Once this occurs, the health of your pet's mouth becomes challenged. If this continuous buildup of plaque and tartar isn't harnessed, pus can form at the tooth's root, thus impacting the tooth. The bacteria can thus invade the gums, the roots of the tooth and even the bone! The erosion of the bony socket holding the tooth will cause the tooth's fall from grace. This entire process can be painful for our pets.

Other health problems. As stated earlier, unhealthy teeth and gums can create other problems throughout the body. It's difficult to imagine how bad breath could jeopardize the heart or bones. When you look at the plaque ridden teeth which may smell awful and look awful, keep in mind that there may be much more happening to your pet other than what you see and smell. Because gum tissue has a rather extensive blood supply, once your pet's gums and surrounding tissue become challenged, it is simple for harmful bacteria to find its way into the blood circulation via the gums. This bacteria can travel all over the body and can affect any organ including the heart, kidney, liver, bones and joints. Many dentists put their patients (humans) on antibiotics prior to tooth and gum work to be sure that bacteria from the mouth does not travel to any of these organs.

Other dental conditions to look out for... Cavities and tooth decay as seen in humans are for the most part rare in dogs and cats. Dogs are definitely not as prone to cavities as humans because of the alkaline nature of their saliva and the shape of their teeth. Cats, however, are prone to cultivating a different kind of cavity known as cervical line lesions. This tooth disease in cats is as common as it is mysterious. Studies show that about 28% of domestic cats develop at least one of these lesions during their lifetime. "We don't really know what causes the tooth and gum problems in cats," says Dr. Jane Bicks. "Some think it is canned food, some think it is a virus. A new study demonstrated it may be too much vitamin A. Some think it is genetic. The best we can do for our little felines is to get them comfortable with opening their mouths and looking at the gums and teeth," says Dr. Jane. If you see dark red, swollen gums, or a loose tooth, it's time to visit your family veterinarian for a dental checkup because cervical line lesions can be very painful. Dogs should also be coached into tolerating a good look into their mouth. Just as with cats, swollen red gums are a call for a dental exam.

Broken teeth or dental fractures on the other hand are a common problem in dogs, especially among outdoor dogs. According to experts, aggressive chomping on hard objects is a primary cause of broken teeth. Some dogs gnaw rocks and bones, which can wear down teeth as well as break them. K9 police dogs have been known to break their canines during pursuit of an individual or during training. Dental treatment is mandatory if exposure of pulp has occurred,

which is extremely painful. While teeth can be pulled under anesthesia, root canals are becoming more prevalent. Once done by dentists, we now have veterinarians that specialize in dentistry performing root canals and even applying braces. Why the sudden interest in teeth? A healthy dog or cat needs to have a healthy mouth so he or she can chew properly and have a good appetite rather than be reluctant to eat due to pain, not to mention sending bacteria throughout the body.

What Are The Warning Signs Of Unhealthy Teeth And Gums?

We're glad you asked! Before even opening your pet's mouth, there are a few indicators of periodontal disease or its beginning stages. The first and most visible (or smellable!) sign is bad breath. Next is an unusual amount of drooling or strangely frequent licking. Constant licking may indicate that your pet is feeling some sort of discomfort somewhere in its mouth. Later indications are a change in eating or chewing habits, depression, pawing at the face or mouth and a reluctance to play with chew toys or drink cold water. If you try to examine your pet's mouth further and your pet jerks away when you attempt to touch their muzzle, then that's a good indication that he's in pain.

Assuming you do get the opportunity to examine your pet's teeth, here is a summary of what you might find if there are problems.

Yellow/brownish/greenish teeth

Swollen, red, bleeding gums or a red line along where the gum meets the tooth

Loose or broken teeth

Pus around the teeth or pus coming from sores around the muzzle

Unusual growths in the mouth

Eroded or receded gums

Tooth loss

Desperately seeking treatment

After discovering any of these things and making an appointment with your veterinarian, here are a few things to expect. Treatment will first entail a thorough oral examination. It will also include a physical exam since what happens in the mouth can affect other parts of your pet. Since your pet will be put under anesthesia, your veterinarian will want to be sure that he is indeed healthy, except for his mouth. If your pet is over five years old, a blood test may be taken to be sure that the major organs such as kidneys and liver are functioning properly. Treatment for most pets generally involves scaling the plaque and tartar from the teeth, cleaning under the gums, pulling any loose teeth and then polishing the teeth to smooth surfaces. A veterinarian may feel that other types of treatment are required such as root canals or gum surgery. Sometimes antibiotics are given because of infection. Your pet may even be sent home with some type of pain killer.

Preventing Future Dental Disease

Dry foods. As mentioned earlier, feeding dry foods can greatly slow plaque's buildup. If you do continue to feed softer foods, just know that more professional attention will be needed to monitor and nip plaque buildup in the bud.

Chewing. Hard biscuits, hard chew bones and chew toys are helpful in preventing buildup. The trick is to provide increased opportunities for chewing. In a study of 1,350 dogs, rawhide chews were the best at preventing tooth and gum disease followed by other types of hard bones. Note however that rawhide must be only given when you are supervising your pet. Some dogs will eat the rawhide in big chunks and those chunks can cause serious intestinal problems.

Treats. There are also special dental treats on the market, specifically formulated to reduce plaque formation and keep the mouth in good health.

Brushing. The most effective way of preventing plaque, gingivitis, tartar and periodontal disease is regular brushing of the teeth. We recommend brushing three times a week, though every day is ideal, particularly after your pet finishes a meal. It is not advisable to use baking soda or human toothpaste. There are special toothpastes flavored with meat and fish that your pets will absolutely love! Keep in mind that brushing is a preventive method; it has no effect on pets who already have bad gums and teeth. For pets that aren't used to regular oral care, start the process slowly. Face your dog or cat away from you, on your lap or on the floor. Touch his mouth and give him a treat or kiss. Let him know that when he lets you

by his mouth, he gets a reward. Eventually, open his mouth with one hand and touch his tooth or gums. Every time you do this, a reward of some type if given. When your pet is comfortable with your fingers in his mouth, try a tooth brush or a finger cot, one tooth at a time. The addition of toothpaste is the last step but not required. You can "dry brush" your pets mouth. There are dental towlettes also available.

Professional care. In conjunction with your care at home, plaque and tartar still accumulate with time and just like with humans, you will still need regular professional care to keep breath fresh and teeth white, bright and brilliant. Dr. Jane warns people trying to scrape a pet's teeth with various types of dental equipment. When the dog or cat moves, that instrument can become a weapon. Your veterinarian is trained to use dental equipment and your pet is under some type of sedation so that it does not move.

Whether it is through dental treats or frequent brushing, oral care is a wonderful contribution to the human-animal bond. Particularly with the brushing, even if uncomfortable at first, after a time your pet will grow to love the extra attention!



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 chew able 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.

“Unsung Heroes” or “Animal Haven”

I always wanted my home to be my idea of heaven. Imagine 50 acres of land with grass that is green all year round. To the east of my ranch house are the vegetable and herb gardens. To the west are the greenhouse, the barn and the chicken coop where there is a gigantic cage of wild and domesticated birds. Imagine the expansive fields dotted with pigs, donkeys, dogs, horses, deer, cats, chickens and cows that are never killed. Here, no animal gets slaughtered for being what it is or for how good it tastes. An animal haven is my idea of heaven.



When I ask people about their perceptions of orphaned animals, they mostly think of unwanted animals left on the side of the road. But there is more to it than this. My husband Tyler and I provide a sanctuary for displaced animals, which are animals that are displaced as a result of family tragedies and natural disasters. Take for instance the California earthquakes... whatever happened to all those pets whose families homes were destroyed? Does society even

care? And when a family's home burns to ashes and they are now virtually homeless, who will take care of the parakeet that managed to save them from the flames? Not all pets can go out into the wild and fend for themselves; domestication never taught them how. And don't forget the animals of the wild such as deer that get injured by vehicles and need special care until they're ready to go back into the wild. Have you ever thought about where all of these poor animals go?

When I'm not practicing veterinary medicine, I spend my life maintaining this sanctuary for injured wild animals and pets that are so vulnerable to our life changes. Almost a decade ago, my husband and I made a commitment to contribute to the world by taking care of its animals. We do this out of sheer love for the animal community and not for profit. I feed the animals in the mornings, my husband comes home and feeds them in the afternoons and we both feed them at night. Feeding can sometimes take hours because depending on the animals we have at any given time, they have so many different needs. We drive hours to meet with future potential owners. We pay for all of the food, supplies and medicine. Because I'm a veterinarian, I fortunately don't have to pay for health-care bills, which can get rather costly. Most rescue groups and sanctuaries can't say the same thing. Aside from occasional donations from friends and local businesses, I don't get any

steady aid or sponsorships.

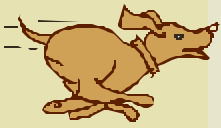
There are many rescue groups and sanctuaries all across the U.S. that exist to save orphaned and displaced animals from the jaws of abandonment and death. Unfortunately, we can't save all of the animals, which is why shelters have to euthanize millions of pets a year. Take it from me when I tell you that we need help. I encourage anyone who will read this to find out about their local rescue missions at pet shops, shelters and vet offices. Seek our groups out and donate your time, your money, your love.

Dr. J.Q. from Indiantown, FL

Pet Friendly Home Cleaning 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 (<i>makes three 32 fl. oz. bottles</i>) plus Bottle & Sprayer
Glass & Surface Cleaner Refill Pack	Make three 32 oz. bottles	\$8.25	\$6.95	510010	Three Glass & Surface Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>)
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 (<i>makes three 32 fl. oz. bottles</i>) plus Bottle & Sprayer
Degreaser System Refill Pack	Make three 32 oz. bottles	\$9.50	\$7.95	510025	Three Degreaser Concentrate Foil Packs (<i>makes three 32 fl. oz. bottles</i>)
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>).





Our Pet Promise

HealthyPetNet™ will always provide you with responsible products that help pets live the healthiest, happiest and longest life possible.



What is Autoship?

Autoship is our **FREE Automatic Shipment Program** ... we ship products right to your door automatically! On Autoship, you can get shipments from every 14 days to every 90 days or anywhere in between. Or you can get shipments on the same day of each month (between the 1st and 28th). Autoship is absolutely risk free and it can be cancelled at any time. But that's not all ... customers that are on Autoship can get **ALL their products for wholesale prices!** Contact your Field Representative to go on Autoship and you'll never have to worry about running out of products again!

When will my Autoship order arrive?

If you give us your e-mail address, a notification will be sent to you with your tracking information. This will enable you to track your shipment through the UPS web site. The number of days required to ship your order from the warehouse to your home depends on your individual location.

If I change my Autoship order for the next month, will it revert back to my original order on the following shipment?

No. Once an Autoship order has been changed, that order becomes your standard Autoship shipment.

How do I change my Autoship?

To change your autoship, you can call customer service toll free at 877-387-4564 from Monday through Friday from 8:00 AM to 7:00 PM Eastern Time or you can email your Autoship changes to support@healthypetnet.com -- please type "Autoship" in the subject line.

Kirk & Faithe Thomas

Independent Field Representative ID#: 10087333

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<http://www.trilogyonline.com/caring4yourpet>