



The HealthyPetNet News



FOR THE LOVE AND THE LIFE OF OUR PRECIOUS PETS

Issue 3

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To Be or Not to Be ... Obese

Detecting Obesity

Obesity is the most common nutritional disease in dogs. Scientific studies have confirmed that 20% of cats are overweight. Experts consider a dog obese when he or she weighs over 15% of the optimum weight for its species. The best way to detect obesity is not to just weigh your pet, but to observe its figure as you would a human being (see diagram). Does your pet have a streamlined figure? Or does your pet have no figure at all? Then, feel the ribs. If you can pinch at least an inch of fat over the ribs (with the exception of dog breeds like Greyhounds) then there is a good chance that your pet is overweight.

Causes of Obesity

There are several reasons for obesity. Some of the major causes are overeating, lack of exercise, hormonal problems and improper feeding (such as leaving food down all day). In addition, a big contributor to obesity particularly in older pets is the inevitable slowing down of metabolism, just like with humans. The slower the metabolism, the fewer calories an animal needs. However, these calories should contain ample amounts of protein, fat, vitamins, minerals and antioxidants. It is our natural tendency to feed our pets the same amount of food in their older age as we do in their younger years. *Big* mistake. (No pun intended!)

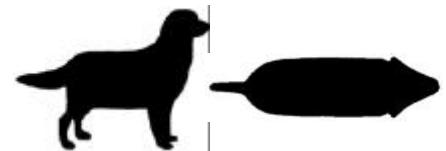
Also, spaying and neutering contribute significantly to obesity, particularly in older pets. Though spaying and neutering is necessary for the overall good of the animal community, removal of the reproductive organs result in a slowing down of the metabolism, which means less calories burned. Furthermore, spayed or

Ideal Weight Guidelines



Easy to feel ribs without excess fat covering. Viewed from the side, belly is tucked up. Viewed from above, a noticeable waist in front of the hips.

Overweight Guidelines



Difficult to feel ribs with excess fat covering. Viewed from the side, belly has minimal or no tuck. Viewed from above, no waist in front of the hips.

neutered pets no longer come into heat, which is where they tend to burn a noteworthy amount of calories due to sexual anxiety. And lastly, our dogs and cats usually produce a food inhibitory hormone, which helps prevent them from overeating. When they are spayed or neutered, this hormone is no longer prevalent in the bloodstream therefore causing them to overeat.

To Be or Not to Be ... Obese (continued)

Canine Zone™ Weight Loss Food For Dogs

Canine Zone is specifically formulated by Dr. Barry Sears and our own Dr. Jane Bicks to help our dogs shed a few pounds while maintaining robust good health.

Clinical Trials

After a year of clinical trials, pet owners who have used Canine Zone™ can testify to less begging, less hunger between meals, shinier coats, a greater enthusiasm for life and steady weight loss.

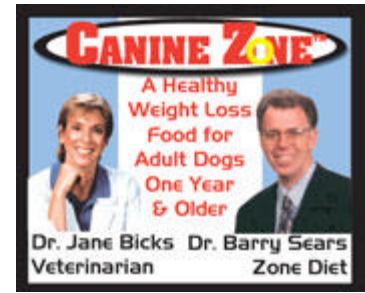
Modified Version of The Zone

Canine Zone™ is a dog modified version of the world renowned Zone Diet with a few minor adjustments to meet our canines' hormonal needs. It contains L-Carnitine, an ingredient in human weight loss products, Vitamin E for the immune system and several antioxidants. What distinguishes Canine Zone™ from many other weight loss foods is that it doesn't compromise the necessary carbohydrates, fat, protein and

nutrients that your dog still needs to maintain good, balanced health. Even though your dog may be overweight, he still needs fat in his diet for the immune system. Because protein is the building block of the body, Canine Zone™ contains real fish, chicken and eggs. Many diet dog foods on the market today are choked with fiber. Although fiber is indeed necessary in one's diet, unfortunately, a diet consisting mostly of fiber does not nourish the body properly. If your dog is eating a poorly balanced diet food, he will lose weight the hard and unnecessary way—eternally hungry.

In the Zone or In Balance

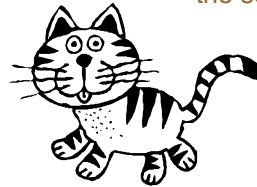
Canine Zone's balance of carbohydrates, fat and protein will help keep your dog's blood sugar balanced. An imbalance of the blood sugar may make your dog feel hungry and cause him to overeat. It's the brain responding to something it's lacking.



How to Introduce the Canine Zone to Your Dog

Change food gradually. Dogs' bodies and minds get accustomed to their food. Changing too suddenly might cause diarrhea and/or confusion. 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 their regular food. Increase to 15-20 nuggets of Canine Zone™ the next week and watch for signs of loose stool due to the change in diet. If everything looks normal, increase to 1/8 of a cup and so on. Start to expect steady weight loss about a month after the successful conversion.

What to Do About the Garfields?



After making sure that your cat is in fact obese, now it is a question of what you are going to do about it. Though it is arguably easier to treat obesity in dogs, there are a few things you can do to help your cat shed some unnecessary pounds:

Feed only at meal times—It's much more beneficial to feed your cat with Life's Abundance® two times daily as opposed to uncontrolled meals. Leaving food down all day gives the cat a greater propensity to overeat, especially spayed and neutered cats.

Measure the amount of food—Feed the recommended amount of food for their *current* weight, not their ideal weight. Monitor your cat by weighing and checking for fat over the ribs. 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 the cat will be forced to eat more slowly. Cats often vomit because eating too fast results in poor digestion.

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 but cats are creatures of habit and will adjust, so be firm.

Increase Exercise—We must find creative ways to get our cats' hearts pumping. Take a very fat chord (that is impossible for the cat to swallow) and pull it around the house and up and down the stairs and make them chase it. This is great for animal bonding as well.

Ask Dr. Jane Bicks

I have a real problem. Please help me, help us. You see my cat weighs 19 pounds. I was told by my veterinarian that Sam must loose weight and loose it now. The veterinarian also told me that Sam's weight problem was partially due to my leaving his food down all day and night. He loves his Life's Abundance and loves to eat. When I pick it up before bed, he screams most of the night and jumps into bed with me. What do I do?

Select a room in your home or apartment that is preferably not close to your bedroom. Then place an article of clothing or fabric that has your scent on it in the room, perhaps a pillow case or a pajama top. Make a comfy bed for Sam. When bed time comes, bring Sam in there. Give him a small amount of food, fresh water, of course, turn the radio to a station with soft gentle music and leave a night light on. Sam will settle into his little bedroom within a short period of time.

Lost & Pound

We didn't realize how overweight Felicity, our Himalayan, had become until visitors started commenting on her figure. The first incident was when my husband's boss and his family came over for dinner one weekend. The first thing their eight-year-old daughter said was, "Mommy, look at that fat cat!" I explained to her that Felicity only looked fat because she had so much fur, and that Himmies have a naturally stubby build. Over the years, the fat comments grew more frequent and Marcus and I gave more extravagant and refined excuses. We were in complete denial. After all, when humans start gaining weight, the first way we notice is when our clothes start

My dog has been on a weight loss food from the veterinarian for about six months. I can't stand it. Yes, she is loosing some weight but she always has dandruff and her stools are huge! If I switch to the Canine Zone dog food, will that help solve the problem?

The Canine Zone™ dog food was formulated by Dr. Sears and myself to promote healthy weight loss. Unlike many other weight loss foods, the protein and fat in Canine Zone have not been reduced. Instead, Canine Zone™ contains normal amounts of protein and fat for healthy skin and coat and for optimum nutrition. The fiber levels are also normal so that you don't have a clean up issue. The key to this food is the balance of nutrients, not the lack of them. Give it a try. Our clinical trials demonstrate that dogs appear to be less hungry,

getting tighter, but how can you tell with cats, especially if you see them everyday? One day, Felicity did the most unpredictable thing ... she dashed outside as soon as I opened the front door! I waited hours for her to come home. I was hysterical. Mark and I looked for her day and night. Half of our neighborhood got involved in the search. We spent months calling shelters, making lost and found posters, putting in prayers at our local church and combing the city. Still no Felicity. Several months after Felicity's disappearance, we heard whining and scratching against our bedroom window in the middle of the night. We opened the front door and in ran this Himalayan that looked a lot like our Felicity, except this Himmy was



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.

have added vigor and their skin and coats are very healthy looking. Stools are normal. At this point, we have many satisfied pet owners.



well.... much thinner! But a collar never lies. The cat was wearing the same collar we had bought Felicity years ago. Felicity was home! That night, Felicity who is a pretty independent cat clung to us all throughout the night. The next day, we took her to the vet and aside from parasites, she was in good health. To this day, we don't know where Felicity went to or how she lost so much weight. We're just sorry it had to take such a drastic change for us to realize that our cat was overweight and unhappy. Now she is as happy as she was when she was a kitten!

Testimonials from Happy Customers

Dear HPN:

The [Canine] zone diet is the best for my dogs. They are losing weight and have more energy.

D. S.

Dear HPN:

[Canine Zone] It's wonderful. The dog is doing so well now. He has a healthy digestion, he has more energy, he is losing weight (I must admit that I cheat and still feed him his favorite treats and table scraps), and he looks beautiful.

C. F.

Dear HPN:

Much thanks!! My cats are so incredibly healthy - the Devon (who had a patchy coat prior to switching to Life's Abundance) has the most gorgeous curly coat now - the Sphinx has almost more energy than I can handle and he's solid muscle - two super healthy beautiful babies - I know it's due in large part to this food!!

A. T.

Dear HPN:

My cat loves the food and his fur is soft and shiny.

J. M.

Dear HPN:

I just wanted to let you know that my boys LOVED!! your cat food. I have been feeding them Nutromax and as I am sure you are aware that is one of the better foods out there. Well, I put your food in one bowl and the Nutro in the other and they gobbled your food, even the crumbs (which are usually left in the bottom of the bowl). I was stunned. So I just wanted you to know I added your cat food to my autoship and I

really appreciate the samples that you sent me. Also, as a side note they also devour the vitamins, it used to be that only my youngest liked vitamins but now two of my three like them. (My third kitty gets them mixed in with his dinner so he does not notice that they are there). Thanks for the quality products.

D. S.

Dear HPN:

Hi, just a quick note to tell you how much my cats love the cat food. "Meow, it is great, we won't eat any other cat food."

D. P.

Dear HPN:

Hello...I just wanted to write and thank you for your great products. I am feeding your food to both my cats and my puppy and they are all very satisfied. I was amazed when one night I put the old brand of cat food in one of the cat's dishes, and your food in the other. The cats went right past the old food and right to yours. They used to love the other brand! It is wonderful to know that I am feeding my pets the best quality food available. I want them to live a very long and healthy life, and I am confident that with your products they will do just that.

K. K.

Dear HPN:

My pets are doing very well with the food and their coats have never been nicer. And the heavy ones are losing weight.

R. B.

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

	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.

Life's Abundance Premium Pet Foods

Life's Abundance for Dogs	
Serving Sizes:	
8 lb. bag	32 cups
20 lb. bag	80 cups
40 lb. bag	160 cups
Feeding Chart:	
3 lb. dog	1/4 cup daily
10 lb. dog	2/3 cup daily
20 lb. dog	1 cup daily
30 lb. dog	1 1/2 cups daily
40 lb. dog	1 3/4 cups daily
60 lb. dog	2 1/2 cups daily
80 lb. dog	3 cups daily
100 lb. dog	3 1/2 cups daily



Life's Abundance for Cats	
Serving Sizes:	
6.6 lb	20 cups
16.5 lbs	66 cups
Feeding Chart:	
3-6 lb	1/4 -- 1/3 cup daily
7-12 lb	1/3 -- 1/2 cup daily
13-18 lb	1/2 -- 3/4cup daily

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 pet 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 HPN 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 1-877-387-4564 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



Our Pet Promise

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



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

Kirk Thomas

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Email: pets@caring4yourpet.com

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

TRILOGY
PEOPLE • PETS • PLANET

HealthyPetNet™ is a Trilogy brand name. Trilogy ... people, planet and pets, where Mother Nature and modern science come together to provide safe and effective products for the health and well being of people, our pets and the planet in which we live