

What Is Healthy Food ?

It is important to determine what is healthy for human consumption, but equally important to know what is best for our pets. We strive to feed them the best food we can. Now, what does that mean?

I found an article in *The Natural Dog* magazine by Diana Laverdure that may help answer that question.

She states that you can't rely on the description on the label. The terms "Natural", "premium", "holistic", and "human-grade" do not mean much, but are intended to lead you to believe otherwise. These words are not defined by the FDA, (Federal Drug Administration), so they really don't do not address the quality of the food.

"Organic" is defined and certified. The bag must bear the USDA Organic seal to be valid.

The best indicator is the ingredient listing. The first ingredient should reflect what comprises the bulk of the contents. So, meat should be listed first. Whether it is beef, lamb, or chicken it should not say byproducts. You want the real thing. Next should be fruits and veggies which will contain antioxidants. Grains should be gluten-free. Preservatives should be natural, such as vitamins

C and E.

Avoid sugar, artificial colors, flavors, or preservatives.

Varying your pet's diet can be beneficial as well. By changing the type of protein you can ensure they are



getting a balance of nutrients. No one single food contains everything needed, so a variation can help ensure a balanced diet.

Changing your pet's food may cause gastrointestinal upset if done abruptly. It is always safer to mix the new food with the old food at a 50/50 ratio for a week, to allow your pet to become accustomed to the new food slowly. If you stay within the same dog food line and are only changing from lamb to chicken it is unlikely to cause a problem.

You can supplement your dry dog food with canned dog food and treats. This is another way to make sure your pet is getting all necessary nutrients.

There are kits of recipes on the web for creating home-made treats. This permits you to control what goes into the treat and how it is processed.

Be careful not to be lulled into things that sound good to us. Our system has different needs than our pet. Look for those things that are good for a dog. Do some research. There is lots of information out there at your fingertips. A little knowledge can go a long way in making better choices for our pets.

Take your food label to your veterinary. He should be able to assist you in determining if the food quality is mediocre or really good! There are more and more nutritionists for animals these days. If you can find one, pick their brain.

Common sense goes a long way. You don't have to be a scientist to read "real" ingredients and decide if they make sense. If you can't pronounce it, it probably isn't something you really want in your dog's diet.

Our pets are our responsibility. Most can't go out and eat wild game. They only have what we make available. So, do some research and provide the best you can afford. Those bright, clear eyes will thank you for it with a wagging tail!

SPECIAL POINTS OF INTEREST:

- ◆ What Is Healthy Food
- ◆ Supplements



INSIDE THIS ISSUE:

<i>Bogie</i>	2
<i>Supplements</i>	2
<i>Zoki</i>	2
<i>Jia</i>	3
<i>Millie</i>	3
<i>Zelda</i>	3
<i>Mystic</i>	4
<i>Bear</i>	4
<i>Harley</i>	4
<i>Puppy Pickups</i>	5
<i>Farm Happenings</i>	6

Bogie in Ohio

At 15 weeks old, Bogie is quite the BIG boy. He is strong-willed, but as sweet as can be.

He is taking puppy classes and doing well. He also gets to occasionally visit his sister (who lives nearby) and gets to play with her. Her name is Millie.

Bogie has become quite popular in the neighborhood, as well as with the veterinary's staff.

Keep up the good work Bogie! You are being a great ambassador for the Chow Chow breed.

Bogie is a puppy from Amber & Solomon.

D&M Farm Kennel is awaiting a



happen!



Chipmunk patrol.

visit from both Bogie & Millie for a photo op together, before Bogie departs the area for Tennessee!

Come on parents ... make this

Additional Supplements ... Needed or Not?

Most veterinarians would say that all dogs do not need additional supplements. But they sometimes can be beneficial to some dogs. If you feed the same dog food all the time ... giving additional supplements can fill in the gaps.

For example, adding a small amount of vegetable oil to your dog's food can be great for their coat and digestion. Adding an

egg can provide additional protein that may also enhance the appearance of their coat, as well as adding additional nutrients to their diet.

Some healthy treats can provide additional nutrients. Sweet potato treats or any treats with vegetables or fruits are beneficial. You can also give treats that provide more protein. Try to give a protein treat that is from a

different meat than their primary dog food. Again, it is all about providing a well-rounded healthy diet and providing your pet with variety. Their bodies may react adversely to getting the same foods all the time and allergies can develop over time.

Therefore, variety really is the spice of life! Provide that in your pet's diet for a more happy and healthier pet.

Zoki in Iowa

Zoki is the little dog who can! She may be small in stature, but what she may lack in size ... she more than makes up for in attitude.

She is loved by all!

Zoki is a puppy from Amber & Yogi.



“VARIETY IN YOUR
PET’S DIET CAN
MEAN A HEALTHIER
ANIMAL. ENSURE
THEY ARE GETTING
ALL THE NUTRIENTS
THEY NEED.”

Jia in Pennsylvania

Jia is only three months old.
What a cutie she is !



Jia is a puppy from Shadow
& Simba.

Millie in Ohio

Millie is Bogie's sister. Here is a picture of their playdate. Millie is on the left and Bogie is on the right.

Just like Bogie, Millie is loved by everyone she meets.

Her vet and the pet trainers think she is awesome!

Millie is also a puppy from Amber & Solomon!



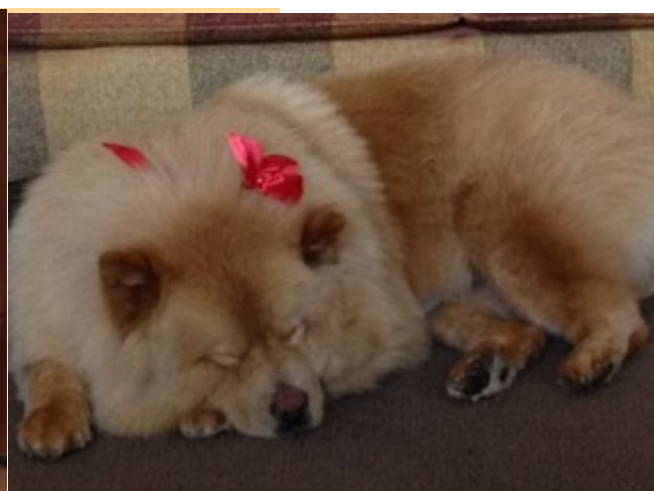
"MORE CHOWS TO
ADMIRE."

Zelda in Kentucky

Zelda is an absolute beauty queen! She is a very big part of her family and much loved. Of course, she returns all that love ... triple fold!

Look at her stunning face. She knows what a beauty she is. What a perfect pose.

Zelda is a puppy from Onyx & Hagrid.



Long day at the beauty salon.

Mystic in Colorado

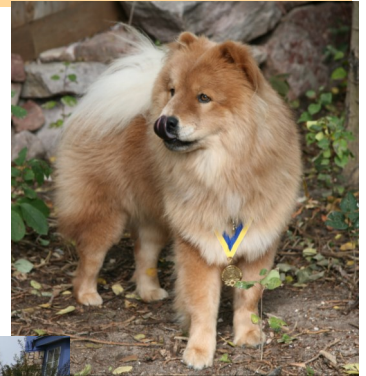
Mystic wanted to show everyone her AKC **Canine Good Citizens** Award.



Mystic is a dog of many talents. She is now trying her hand ... or paws at agility ... and loves it. Her trainer says she is a natural.

Mystic continues to amaze all of us who follow her remarkable feats!

Mystic is a puppy from Bella & Kaiser.



"WE NEVER GET
TIRED OF SHOWING
OFF OUR CHOWS!
THANK YOU SO MUCH
FOR SHARING!"



Bear in New Jersey

Bear has become quite the sailor!

You can see her picture when she was a puppy in the July 2011 newsletter. She was just learning the ropes then. Now she's an ole pro!

Isn't she adorable? Her mane looks worthy of a queen!

Bear is a puppy from Shadow & Kaiser.



Harley in Washington

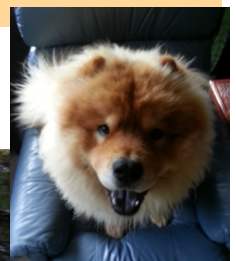
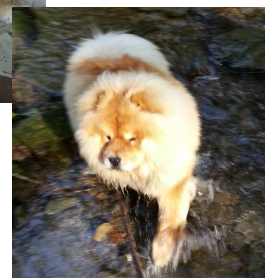
Harley just wanted to say hello.

He is such a handsome boy!

Look at that mischievous face!

He dwarfs the chair he's sitting in!

Harley is a puppy from Bella & Kaiser.



D & M FARM KENNEL

617 W Dayton-Yellow Springs Rd.
Fairborn, OH 45324

Phone: 937-767-7075
E-mail: dnmfarm@aol.com

**WE'RE ON
THE WEB
DMFARM.COM**

QUALITY CHOWS WITH
EXCEPTIONAL
TEMPERAMENT



Rowdy

With Maleah's upcoming retirement, we decided it was best to downsize. So, sadly, the decision was made to sell three of the Haflinger horses, a red & white Holstein cow, and two of the goats. They are all gone now. That leaves us with Polly, our Jersey cow, four Haflinger horses ... Katie, Magic, Sonny & a no-named colt, Princess, our pony, and four goats ... Amos, Laverne, Shirley & Lucy.

We tragically lost our old Quarter Horse, Rowdy. He was 23 years old. We suspect bleeding ulcers. He went down just a few days after our return from Europe. Rowdy was the best horse you could ever have. Anyone could ride Rowdy and he would take care of them. We will sorely miss him.

Our nanny goats are all pregnant, so we will be having babies after the first of the year. There is nothing like new life to bring the farm alive.

Our September litters are gone. We are at one of the few lulls we have during the year. Our next litters are due at the end of November/first of December. We will be busy from then through January with puppies of all ages and colors! We don't hardly know what to do when we don't have puppies!

We've just about finished with all we can do in preparation for winter. They are predicting a bad one this year. Some say lots of snow and others say it is just going to be frigid.

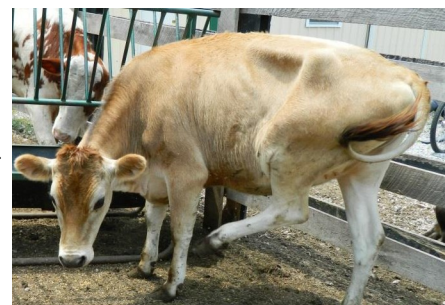
Maleah plans to start working in her greenhouse, preparing it for the seeds to be planted for spring flowers. Those of you who have been to our farm know how we love flowers.

We can thankfully say all of our furry family are currently healthy and



Amos

happy. We want to thank all of you who have provided updates to us. We love following our puppies as they grow!



Polly

"The goal of D & M Farm Kennel is to

breed healthy quality Chow Chows

with exceptional temperament.

We want all of our puppies to be good

ambassadors of the breed"