



The NLRC was organized in 1996 with the idea of creating a national club that would preserve and promote the Labrador Retriever. Everyone in the Labrador community is welcome...from pet owners to old timers.

We are a National Lab Club formed by the members, for the members, working together for the preservation, betterment and service to the Labrador Retriever.

THE LABRADOR CONNECTION

DECEMBER 2009 ELECTRONIC EDITION

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Times are a-changing....

By now, we all know that the day is here that the American Kennel Club® has invited Mixed Breeds to enroll with the AKC.

The AKC invites owners of Mixed-Breed Dogs to enroll "to receive listing benefits and an AKC number to be eligible to compete in mixed-breed classes at stand-alone Agility, Obedience and Rally events."

The current AKC [webpage](#) for the AKC Canine Partners Program for Mixed-Breed Dogs & Their Owners says, "Enroll your mixed-breed dog today for the one-time fee of \$35 to receive special AKC benefits (a value of more than \$50)! Lifetime enrollment in AKC CAR Lost & Found Recovery Service. One-year subscription to AKC Family Dog Magazine. AKC Canine Partners Certificate of Recognition. AKC Canine Partners Decal. Eligibility to participate in AKC Companion Events."

A caption on that same webpage further promises that, "AKC Canine Partners Listing includes a custom, blue AKC logo tag."

A blue AKC logo tag sounds cool! All AKC registrants should get one!

The upside to this change is that inviting Mixed-Breed dogs to enroll with the AKC should assist with the AKC's financial health, and with that improved financial health, the AKC can continue to fund those programs and campaigns that the AKC supports.

AKC supported events are too numerous to list off, but a quick glance at the pages detailing donations given out to date at the AKC website range from assistance provided by the AKC during times of natural disasters to the donation of AKC books to libraries and schools.

Everything from the donation of microchips into law-enforcement K-9s in New York City to the donation of portable kennels to assist displaced animals during last year's flooding in Iowa is listed.

What I don't see, are donations to **fight** current issues in canine legislation. Yes, there's the Canine Legislation Support Fund that requests donations that according to the AKC's explanatory [webpage](#) serves to support legislation that protects the rights of responsible dog owners. That's a very optimistic position, definitely!

Biosecurity Means Preventing Disease Part 2

By: Bretagne Jones, DVM reprinted with permission from RoyalCanin.us

(Part one of Dr. Jones's Biosecurity article can be viewed [here](#))

As discussed in part I, Biosecurity Means Preventing Disease, biosecurity is the responsibility of everyone who handles the animals, or is in the kennel. Biosecurity is a broad term that encompasses maintaining perimeters to keep diseases out by way of direct and indirect contact with other animals, people and materials that can act as fomites; and supporting and encouraging the health of the animals in the facility.

Maintaining a perimeter can be accomplished through a series of applications including an actual barrier, usually a fence, to keep visitors and some animals out, while keeping the incumbent animals in. It is also an intangible aspect of having policy and procedures addressing who and what comes onto the property, and how that is done, such as by limiting the areas where non-resident animals and humans can access. Sometimes a perimeter is a foot-bath blocking the entry of any human without walking through a disinfectant solution to help cut down on pathogenic infectious microorganisms being carried into the facility.

Supporting and encouraging the health of the animals in the facility is a multifaceted effort. Limiting the exposure to new animals, or those returning from trips (shows, breeding, etc), is a very important aspect. Means of maintaining the health of the kennel's residents takes a precise and well-executed plan. Tools such as vaccination protocols, parasite control, and optimal nutrition, all play a critical role. Staff who can identify quickly when an animal is not feeling well, and isolate it can prevent major disasters when dealing with contagious illnesses. The daily fight to keep pathogenic viruses, bacteria, fungi and parasites to a minimum, is an absolute necessity. For kennels that breed dogs, less than optimal cleaning and disinfection practices may mean a drop in litter numbers, numbers of puppies per litter, the numbers of puppies born, and puppies weaned, no matter what vaccines are used, or what food is fed. No vaccine can provide 100% protection even in ideal circumstances, and any healthy animal can have its immune system devastated by over-exposure to pathogens.

Not all disinfectants are created equal, as each type has strengths and weaknesses. Some of the least expensive disinfectants can be the best if used correctly. The key phrase there is "used correctly". The correct use incorporates not only the correct dilution and contact time, but what materials it is effective on, what other chemical compounds it may come into contact with such as detergents, the ventilation required, and the storage (where, how long, under what environmental conditions). The most expensive disinfectant will not yield any better results than the least expensive if it is not used appropriately. Any disinfectant can pose a health threat if not used according to label directions.

Correct use starts with the applicator or staff person being knowledgeable about the product and its application. It sounds really basic to train someone on power spraying, or wetting down surfaces and scrubbing, even where in the run or cage they start the cleaning and disinfection procedure. However, to ensure consistent effort, this training needs to take place for every person.

Main types of disinfectants are quaternary ammonium compounds (QACs), halogens, potassium peroxymonosulfate, phenols, aldehydes, alcohol, and biguanides. Don't get stressed by the chemical names. As each family is discussed, familiar products will help identify it.

Quaternary ammonium compounds, frequently referred to as QACs, include trade names such as Roccal, Parvo-sol, Triple-two, and Kennel-sol. That is not a complete list of the trade names possible, just some of the more recognizable. Even though one is called Parvo-sol, it is not particularly effective against the parvovirus. This family of disinfectants has never been reliable to kill parvovirus. Studies performed in 1980, 1995 and 2002 all found that regardless of label claims, these products are not effective against parvovirus. They can be easily inactivated by organic material (feces, urine, vomit, etc), and should not be mixed with detergent or soap. The mixture can neutralize each component, resulting in both detergent and disinfectant becoming inactive. Bleach is one compound in the halogen family of disinfectants. Iodine is another. The usual bleach product sold for laundry use is typically a 5% solution. The relatively small amount of half cup bleach to one gallon water completely inactivates parvovirus, assuming there is no organic material present. This is one of the vulnerable disinfectants that can be rendered useless by organic material, necessitating thorough cleaning with a detergent prior to use. Another benefit of bleach is that it can inactivate ringworm fungus at higher concentrations when used repeatedly. It is sensitive to light, and will break-down, losing its effectiveness if not stored in a light-resistant container. Extended storage also will negatively affect its ability to disinfect. Hard water, as well, inactivates bleach. One major draw-back to the use of bleach is that it is corrosive to metals. It also can be an irritant to respiratory tissues if the concentration is too strong, or if there is inadequate ventilation.

In the potassium peroxymonosulfate family of disinfectants contains trade name products, Virkon and Trifectant. This family of compounds is effective against parvovirus, and labeled as effective against ringworm fungus. A benefit to this family of disinfectants is it is less corrosive to metal than bleach. It has moderate ability to kill microbes where organic material is present, due to some detergent activity for lightly soiled surfaces. These compounds come in powder form, and are mixed with water to make a solution. This solution is only stable for up to seven days.

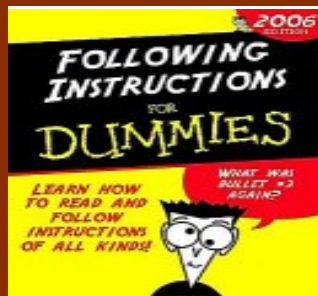
Lysol® is an example of phenolic compounds, as are Pheno-Tek II, One-Stroke Environ, and Tek-Trol. One of the main considerations with phenolic disinfectants is that they may be toxic to animals, especially cats and pigs. On the plus side, it is not corrosive, it retains efficacy with organic material present, and stays stable in storage. However, they are not effective against parvovirus.

Aldehydes include formaldehyde and glutaraldehyde. This family of compounds is particularly effective for disinfection, but they are toxic, and should not be used for routine cleaning and disinfection. Use of these compounds requires well-ventilated areas, and they are considered carcinogenic. The cons out-weigh the pros on this family.

Alcohols such as isopropyl and ethyl alcohol should not be used for environmental cleaning, as they are flammable. Additionally, alcohols are not effective against parvovirus, or ringworm. Alcohols are routinely used in hand sanitizers. Since it is not effective against ringworm or parvovirus, use of these hand-sanitizers between cages, or areas within a kennel are not helpful. Good hand-washing with soap and warm water will achieve more.

A more common group of disinfectants by trade names is the biguanides. Products in this family include chlorhexidine, Nolvasan and Virosan. These compounds are actually gentle, with low toxicity, but are not very powerful. They are not effective against parvovirus or ringworm fungus. They are only active in a specific pH range between 5 and 7. They are toxic to fish, so water run off is an important consideration in use. Biguanides are easily inactivated by soaps and detergents. In addition, they are relatively expensive. Basically, they are not meant for general purpose cleaning and disinfection.

Deciding which disinfectant to use depends on the surface to be cleaned (concrete, wood, metal, etc), the harmful microorganisms that are targeted, the cost of the compound, ease of application, shelf-life and storage requirements, safety for animals and people, equipment on hand, and the ability to use the compound according to the requirements for dilution and contact time for efficacy. Most chemical disinfectants that are diluted with water will have greater efficacy in warm or hot water. If you only have cold water available in your kennel, find a disinfectant that is particularly good in cold water, or plan to also use mechanical means such as scrubbing, to increase its efficacy. Continued page 4



Sandra Scarr, PhD. was Commonwealth Professor of Psychology at the University of Virginia and an award winning researcher in behavioral genetics and developmental psychology.



Kibbles are Starches that Destroy Dog's Health

article by: Sandra Scarr, PhD., reader discussion is invited, email Sandra Scarr, PhD [here](#)

We've seen them on TV and in countless print advertisements. Cute pictures show raw meats and fresh vegetables pouring into colorful bags of kibble that claim the products are "natural" "fresh" "wholesome" "meaty" and so forth. The truth is quite different. Ingredients listed on bags of kibble are extremely deceptive, and purposely so. Pet food manufacturers are allowed to list ingredients in the order of their weights, **prior to processing**. The high-temperature cooking that is required to produce kibble radically changes the proportions of those ingredients.

Kibbles Are Starches, no matter how much you pay for them. So-called "Premium" and "Super-Premium" kibbles list meat as the first ingredient, leading consumers to believe that meat is the largest percentage of the product. That conclusion is false. Raw meats contain 75 - 80% water. When cooked in kibble, meats are reduced to vanishing small percentages of the final product. Grains and other starches are the predominant ingredients of all kibbles.

Here is the explanation of this scam from the Food & Drug Administration, which administers federal labeling requirements for pet foods:

*"Ingredient List: All ingredients are required to be listed in order of predominance by weight. **The weights of ingredients are determined as they are added in the formulation, including their inherent water content** (emphasis added). This latter fact is important when evaluating relative quantity claims, especially when ingredients of different moisture contents are compared.*

"For example, one pet food may list "meat" as its first ingredient, and "corn" as its second. The manufacturer doesn't hesitate to point out that its competitor lists "corn" first ("meat meal" is second), suggesting the competitor's product has less animal-source protein than its own. However, meat is very high in moisture (approximately 75% water). On the other hand, water and fat are removed from meat meal, so it is only 10% moisture (what's left is mostly protein and minerals). If we could compare both products on a dry matter basis (mathematically "remove" the water from both ingredients), one could see that the second product had more animal-source protein from meat meal than the first product had from meat, even though the ingredient list suggests otherwise." The FDA tells pet owners how to calculate the meat percentages of dry and canned pet foods (<http://www.fda.gov/cvm/petlabel.htm>). The only useful conclusion, however, is that kibbles that list meats as the first products have tiny percentages of meats in the final products, after 75% of the meat's initial weight (water) is removed.

Conscientious pet owners pay huge amounts for "super-premium" pet foods because they believe they contain healthier ingredients. Pet owners are not told the better ingredients are reduced to ash in the high-temperature cooking process kibble requires. To make kibble sustain life at all, manufacturers have to spray the cooked product with solutions of vitamins, minerals, fats, and other nutrients, because cooking destroys the nutritional value ingredients had before cooking.

Starches are Bad Food for Carnivorous Dogs . Kibble foods consist primarily of sugary starches that are required to hold kibble shapes together. So what's wrong with feeding dogs a food that is primarily starches? Everything is wrong with a starchy diet for carnivorous dogs.

Hear what a pet food manufacturer says about his own and others manufacturers' kibble products. Wysong Pet Foods produces both dehydrated meat products and ordinary kibbles. In their email with the subject line, Truth 34: The Starch Question, it is stated what's wrong with feeding dogs processed foods, especially kibbles. *"Although farmed starches (grains and tubers) represent a predominant part of modern processed pet foods, they are not really a natural food. That's because they are too difficult to digest or are toxic in their raw state. As a steady part of the diet, starches, which are really polysugars, predispose pets to a variety of diseases including diabetes, dental disease, obesity, arthritis, and more. So why are they present in pet foods at all?"* *"There is a widely held belief that starches are merely used as cheap fillers. Although this ... (cont. page 10)*

Biosecurity, Part 2, continued from pg 2

Steam can be a good disinfectant, depending on the material being treated. The hand held steamers available now can help kill pathogens in cages, especially corners, kennel-cabs, etc. It can be helpful with fencing if the material has a protective covering. Chain link fence that is untreated will rust if steam is used routinely. One of the benefits of steam is the lack of chemical residue afterwards.

Lysol® is a registered trademark of Reckitt Benckiser.

Reprinted with permission and written by: Bretagne Jones, DVM Scientific Communications Royal Canin, USA

Example of a steam unit



NLRC Membership -- Open Enrollment

Please feel free to forward our newsletter to interested family and friends

Membership in the National Labrador Retriever Club, Inc. is open to all Labrador enthusiasts; however, to join you must be in good standing with the American Kennel Club, Inc. and should consider the guidelines set forth in the NLRC Code of Ethics when engaged in any activities involving the breeding, exhibiting and selling of Labrador Retrievers.

Two types of annual individual memberships are offered:

Full (voting member)	\$30
Associate (non-voting)	\$20

Click the below links for NLRC Membership forms:

[NLRC Membership Application Form \(that can be printed and mailed in with your membership fee\)](#)

Or to both apply and pay online

[NLRC Membership Application](#)

Are you listed in our [NLRC Breeders Directory](#)?

NLRC Members with full membership rights can apply to participate on the NLRC website Breeder Directory by completing the applicable section on the PDF membership application and submitting a \$10 fee.

Any questions? Contact our Membership Chair:

Deb Arnold 262-849-0962
twin_cedars@prodigy.net



National Labrador Retriever Club, Inc.

Sandra Scarr, PhD. was Commonwealth Professor of Psychology at the University of Virginia and an award winning researcher in behavioral genetics and developmental psychology.



Photo courtesy of GrassFedTraditions



How to Feed a Diet of Raw-Meaty-Bones

article by: Sandra Scarr, PhD., reader discussion is invited, email Sandra Scarr, PhD [here](#)

When I began breeding Labs 8 years ago, I fed commercial kibble that my veterinarian said was “premium quality”, guaranteed to be “100% complete and balanced. Several dogs had itchy skin, ear irritations/ infections, and poor coats. One had sore joints. Veterinarians prescribed anti-histamines, steroids, and antibiotics. The poor dogs were constantly receiving some kind of medication to alleviate their allergies and other health problems.

After 7 months of feeding commercial pet foods, and observing allergy problems, I consulted an alternative vet. She told me she will not even treat dogs that are fed commercial pet foods, because those foods cause so many health problems. Thus began my voyage toward raw feeding. The alternative vet recommended a BARF (Bones and Raw Food) diet, which I prepared at home. Almost immediately, the dogs allergies disappeared, and they became notably healthier and happier. The “premium”, “100% complete and balanced” kibble that other vets recommend and sell was causing their health problems (and health problems for tens of millions of other dogs).

BARF diets usually include minced raw vegetables and cooked whole grains, as well as raw meats and meaty bones. More research and reading about wolves and their diets convinced me that the most appropriate diet for wolf/dogs is primarily raw meats and meaty bones, so I dropped the time-consuming, home-cooked portions and focused on meat and meaty bones. Today I feed my 12 Labs (and one Papillion) Raw Meaty Bones (RMB). Remember, you are feeding a friendly wolf, whose natural diet consists of whole prey – raw meat, organs, and meaty bones. Dogs did not evolve to eat or digest grains and cooked foods.

How To Feed Raw Meaty Bones

Think of what makes up whole prey for a carnivore – muscle meats, meaty bones, and organ meats. The goal is to approximate whole prey in your dogs’ diet.

You do not have to feed premium cuts of expensive meat. Dogs are quite happy and well-fed on cuts and parts of beef, pork, goat, mutton, game, and fish that humans do not prefer or usually eat. Poultry can make up the bulk of dogs’ diet. Whole chickens and turkeys are usually quite economical to feed. You don’t have to cook anything. You just shop for meats and meaty bones, and hand your dogs suitably sized hunks of meat and meaty bones, preferably outside, where they’ll make less of a mess, or on an easily washable surface. Dogs proudly carry off their “prey” to eat in peace away from competitors, so be aware they may not eat where you feed them. Because I have so many mouths to feed, I buy meaty beef soup bones, cheek and skirt meats, beef back ribs, whole beef hearts, whole beef livers, kidneys, green tripe, spleens, trachea and esophagi from a beef producer at wholesale prices. I buy cases of whole chickens, pork butt, shoulder, and ribs, fish trimmings, and at Thanksgiving, I stock my freezer with turkeys on sale. In other parts of the country, deer meat, wild turkeys, and other game can be found. Anything that is, or adds up to, whole prey is excellent food for dogs. Depending on how many dogs and how much freezer space you have, you may want to find a wholesaler or purchase what you need at your local grocery store.

Puppies under a year should be fed approximately 2 to 3% of Labs’ adult weight (70 lb) every day, which is 1.4 to 2 lb of food per day. They are growing very fast and need a lot of animal proteins and fats. From 2 to 4 months, puppies should be fed three times a day, so you can divide 1.4 to 2 lb of food into three servings. If he does not eat it all in 10 to 15 minutes, put away the remainder for another meal. Adjust how much you feed to his appetite. Young puppies do not usually overeat. Older puppies, 4 to 12 months can be fed twice a day. Again, divide 1.4 to 2 lb of food into two servings. At this age, they will probably eat it all and act like they needs more. If he seems slim, increase his food allowance. If he is chubby, don’t give into “I’m starving” tactics. Most well-exercised puppies don’t get fat on a RMB diet, because they need a lot of protein and fat calories to grow.

Adult dogs, over 12-months, should be fed 2 to 3 % of their adult weight once a day. Adjust feeding to your dog’s activity level and metabolism. You should be able to feel his ribs when you pass your hand lightly along his side. If you have to press hard to feel ribs, he’s overweight.

(continued page 11)



CAN CH SWENTINA DRESS FOR SUCCESS, CGC – “Henry”

Beverly Chapman's (Whipowil) CAN CH SWENTINA DRESS FOR SUCCESS, CGC - “Henry” on August 28th at the Central Maine Kennel Club Friday Show Beverly showed her almost 4 yr old boy, “Henry” for the first time! He had finished as a young man with his Co-Owner/Breeder in Quebec and had been shown here in the States a couple of times as a teen and in Bred-By with Tina Turcotte. Our first time in the ring we were Winners Dog for a point and then back in the ring for Best of Breed with a Special - just as the Judge Marge Martarella was giving us, “the nod” I FELL!! Really fell! I am no light weight so it took the Judge and the Special’s Handler to set me upright! Later when it was close to time for our Group appearance I was so lame it was just not going to happen. Fortunately the Show Chair introduced me to a great gal “Mirisa.” She took Henry into Group and he took Group One! How exciting! Henry is sired by: CH Lobuff Bobwhite @ Chucklebrook WC with BISS CH Chablais Kamikazi Swentina. Henry is owned by Beverly Chapman and Tina Turcotte.



CH RYGWOOD BRASIA STOLEN JEWEL – “Rubee”

Kim Stahl's (Rygwood Labrador Retrievers) CH Rygwood Brasia Stolen Jewel - "Rubee" was BOB and Group 3 from the BBE class at the Aloha State Sporting Dog Association Sporting Group Specialty Show on 6/20/09 in Honolulu, HI. On 8/15/09 at Ewa Beach, HI, Rubee earned her WB & BOS from the BBE class at the West Oahu Kennel Club Show. She finished her championship with 4 majors, all from BBE.

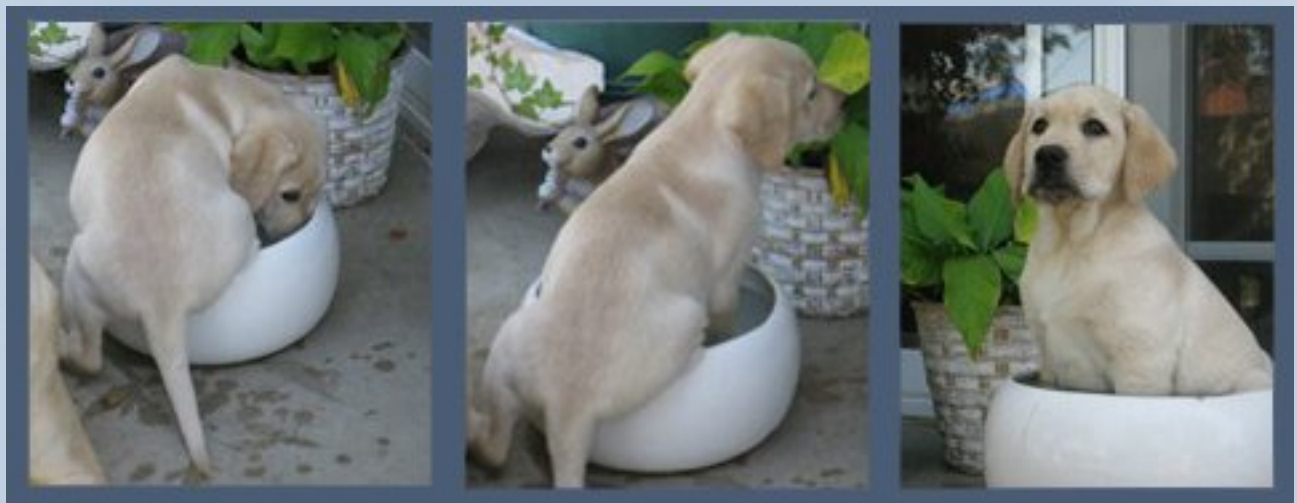
On 9/5/09 at Honolulu, HI, Rubee was BOB and Group 4 at the Hawaiian Kennel Club Show.

Bred and owned by Kimberley Stahl and Brandi Barretto, Rubee's sire is BISS AM CH Borador's By George CGC with CH Brasia Davaron Harley. All breeder/owner handled by Kim Stahl.



MAXAMILLIAN OF JUNCTION CREEK CD, RN, CGC

Theresa Tuttle's ([SundancerLabs](#)) Maxamillian of Junction Creek, CD, RN, CGC
My best "bubbe" and fox red boy! 6/21/97—09/04/09



This is not what I meant by Potty Training!

Julie Brady (SunCountryLabs)

Sandra Scarr, PhD. was Commonwealth Professor of Psychology at the University of Virginia and an award winning researcher in behavioral genetics and developmental psychology.



Photo courtesy of GrassFedTraditions



Kibbles, continued from pg 3

May be true for some manufacturers, there is another reason they must be used. To create a shelf stable dry kibble, starch is necessary for cohesion, shaping, and efficient drying. Thus some starch is essential." "... most manufacturers simply try to deceive consumers into believing their foods do not contain starches, when they in fact do. The "no grain," "no corn," "no wheat," and the like marketing slogans are examples of such deception. When scrutinized closely, such foods are found to have starch just like all others, but in the form of potato, rice, tapioca, or the like." (Wysong@WysongPetHealth, Subj: Truth 34: The Starch Question, E-mail to the author, 8/1/2009 4:59:49 a.m.)

Manufacturers' claims of wholesome nutrition in a bag are false. They know their kibble products are unhealthy for two major reasons: they cause gum infections that lead to serious chronic diseases and they provide the wrong nutrients.

Infected Gums and Chronic Diseases. Let's look at the mouth: Kibbles and canned mush coat pets' teeth with gummy sludge that leads to gum infections and periodontal disease. The American Veterinary Dental Association has reported for at least a decade that 85% of dogs have serious periodontal disease by the age of three (3) years. Gum infections drain into the bloodstream, causing chronic diseases of major organ systems, such as heart, liver, and kidney, and auto-immune diseases, such as diabetes. Chronic mouth infections challenge and eventually overwhelm dogs' immune systems, leading to organ failures, cancers, and other wasting disorders.

Owners and vets smell suffering dogs' foul mouths. Pain from rotting teeth and infected gums is often borne stoically by our courageous dogs. Vets' remedy is to clean dogs' teeth under anesthesia, prescribe antibiotics, and start the infection process all over again with kibble diets. Brushing dogs' teeth and feeding so-called dental chews may slow the re-infection, but they have not been shown to prevent periodontal disease, caused by a diet of cooked carbohydrates. A high carbohydrate diet is just all wrong for carnivorous pets. Kibbles and canned mush are the wrong textures – teeth are not cleaned – and the wrong nutrients. Wolves and dogs that eat raw meaty bones have clean teeth and healthy gums. Gnawing on meaty bones cleans dogs' teeth as Nature intended. Other indicators of what's wrong with starchy diets are the large piles of malodorous poop that kibble-fed dogs leave behind. Dogs fed raw-meaty-bones have 1/3 to ¼ as much poop, and it doesn't smell, because raw meats and edible bones are digested more completely. For healthy, long lives, carnivores require diets high in animal fats and proteins; they do not need or thrive on carbohydrates.

Dogs Are Wolves That Need a Carnivore Diet. Since 2005, we have known that dogs share 99.8% of their genes with gray wolves. Dogs are biologically a subspecies of wolves. It is easier to see the wolf in Labrador retrievers than, say Poodles or Papillon's, but all dogs are equally related to wolves, despite man-made changes in their sizes and shapes. Dogs' digestive systems are species wolf.

Whole prey provides a complete and balanced diet for wolf/dogs. Wolf mothers bring their pups pieces of prey to gnaw and chew and regurgitate partly digested raw meaty bones for their babies. Wolf mothers do not urge their pups to eat cereals, fruits and vegetables, unless they are starving, because wolves are carnivores that thrive on meat and meaty bones. A noted wolf researcher, David Mech, showed that wolves do not eat the vegetable contents of their prey's intestines; they shake out the vegetable content and eat the meaty intestines. Wild wolves and dogs will eat eggs and grasses, but their main diet is meat and meaty bones.

For wolves, whole prey provides a balanced diet of muscle meats, organ meats and meaty bones. Chewing meat and tearing meat off bones keeps their teeth clean and bodies healthy. Dog owners can quite easily provide a diet of muscle meats, organ meats, and meaty bones. Lab owners have only to shop for meats and meaty bones as they shop for food for other family members; nothing to cook or mix, nothing to mince. Just hand your adult Labs hunks of meaty bones -- say, half a chicken or a large meaty soup bone -- and watch them chew, gnaw, and be satiated by real food. Their teeth will stay pearly white and gums healthy.

A great deal of information on raw feeding can be found in Tom Lonsdale's *Raw Meaty Bones* and *Work Wonders*, both available at Amazon.com, at www.rawmeatybones.com, and in dozens of Yahoo groups on raw feeding (for example, rawfeeding, rawpup, rawLab, and many more).

How to Feed a Raw Diet, continued from pg 5

Reduce his portions. You should not be able to see his ribs, however. If he is too thin, increase the amount you feed. Some of my dogs need 1 ½ times as much food as others of approximately the same weight. Your dog is an individual with his own individual metabolism. Just keep an eye on his waistline.

Here are suggestions for a varied diet for Labrador retrievers in puppyhood and adulthood. Vary their food from day to day and week to week, just as you vary your family's food. You can mix and match within the daily ration. You don't have to "balance" every meal – just try to get some poultry with bones, red meats and meaty bones, and organ meats into his weekly diet. Raw eggs three or four times a week are a great addition to the diet.

¼ to ½ a Chicken. Raw chicken is a great staple food for Labs because they chew it up and digest the meat and bones

Whole Chicken frames (carcasses after most meat is removed, have lots of edible bone)

Rabbits, whole or in large chunks

Meaty Beef Bones (lots of meat to chew off ribs or round bones with marrow). Do not feed hard beef leg or knuckle bones with little or no meat on them, because dogs can break their teeth trying to chew them.

Beef hunks large enough that dogs have to tear them and chew, not swallow them whole.

Beef or Pork Liver, Kidney, and Green Tripe hunks that require chewing.

Organ meats should be 10 to 20% of the dog's diet. More may give him loose stool, but your dogs may accept more.

Beef Heart chunks, great for chewing

Whole small fish and big hunks of larger fish. Trimmings and guts from large fish are fine.

2 to 4 Raw Eggs with crushed shells (good vitamin and calcium source)

Pork and beef ribs – meaty slabs of 3 or 4 ribs. He won't eat all the rib bones, but he'll enjoy chewing them. Throw away leftover bones.

Lamb necks and mutton hunks and meaty bones

Pork loin hunks, pork shoulder with bones, pork butt with bones

Turkey parts, chicken gizzards, chicken livers

Goat, venison, and any large meaty parts of game.

Just think whole prey and how to simulate that in your dogs' diet.

Some poultry and meat parts are too small to be safe. Dogs will be tempted to swallow them whole and may choke. Do not feed chicken necks, chicken wings, or small bones to older puppies and adult dogs.

Never feed cooked bones – they splinter and can damage your dog's throat or intestines. Raw bones do not splinter.

Fruits and veggies: Dogs in Hawaii love avocados, which are a good source of vegetable fats and vitamins. Some also like bananas, apples, papayas, carrots, and various cooked vegetables. These can be used as treats or occasional supplements to meaty meals

Do feed kitchen and table scraps occasionally. My dogs love meat trimmings and leftovers, cooked vegetables, pasta, cheeses of all kinds, yogurt, and so forth. Table scraps should be a minor part of the diet, a little variety to round out his nutrition. Dogs do not need sweets, especially chocolate, which is poisonous to dogs.

Feeding large hunks of meat and meaty bones cleans his teeth, gets their digestive juices working, and provides all the vitamins and minerals they need. Remember you are feeding carnivores that will live long, healthy lives on a diet that is high in animal proteins and fats and low in carbohydrates.

You will save a lot of money on vet bills throughout your dogs' lives. Their teeth and gums will stay healthy and will not need expensive veterinary cleanings under anesthesia. They are not likely to develop chronic debilitating diseases that cost a fortune to treat and cause unnecessary suffering for animals.

For more detailed guidance on why and how to feed Raw Meaty Bones, look at www.rawmeatybones.com, and read Tom Lonsdale's books, *Work Wonders*, and *Raw Meaty Bones*, available at Amazon.com. There are dozens of raw feeding Yahoo groups that provide helpful advice (RawMeatyBones, NaturalRawDog, rawfeeding, Raw-Pup, to name a few).

Your dogs will thank you for their raw meaty bones with great health and happiness.

Sandra Scarr, PhD. was Commonwealth Professor of Psychology at the University of Virginia and an award winning researcher in behavioral genetics and developmental psychology.



Photo courtesy of GrassFedTraditions





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The National Labrador Retriever Club, Inc. exists for the protection and betterment of the breed, to encourage education of the general public who may want to add a Labrador to their family and to meet a social responsibility to its members, the general public, and the Labrador world in particular. To this end, we adopted a [Code of Ethics](#) to serve as a guide.

Our Newsletter, The Labrador Connection, is published by the club periodically when sufficient material is received. The Labrador Connection's newest electronic issue is emailed to members when it is published and all issues may be viewed online at any time.

Visit our website online at www.NationalLabradorRetrieverClub.com



The National Labrador Retriever Club, Inc. Membership list is viewable online from our website [MEMBERS](#) link. The NLRC membership list is intended for viewing by fellow NLRC members only. To access the membership list, please enter the user name: *nlrc* and then the password: *in08doNATE2tvd*
Once the login window is displayed, enter the password *overview* to view the membership list.