

# Tristania

## German Shepherd Dogs

Quality German Shepherd Dogs since 1977



**- puppy buyer's guide  
to puppy and dog care**

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Tristania German Shepherd Dogs  
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## TRISTANIA GERMAN SHEPHERDS

I have kept German Shepherds since 1977, and performance events (obedience, tracking, agility/jumpers, herding, endurance) are my hobby. I breed a litter only when I want to keep a puppy for myself, therefore I have only bred six litters in that time. I attempt to breed physically and mentally sound dogs to the breed standard. Needless to say, when I breed a litter I use the very best dog I can find in order to breed the very best puppy possible for myself and as my hobby is performance events I also look for a dog with a strong performance pedigree to use over my bitches.

Tristania dogs are bred to be sound, intelligent, trainable, athletic and of good temperament.

My dogs are pets first and foremost, performance dogs second and show dogs third - I aim to breed a dog that is all three.

My dogs have been raised on a strict Biologically Appropriate Raw Foods (BARF) diet since 1983. Early influences on dietary principles were Juliette de Bairacli-Levy, Dr Richard Pitcairn and other advocates of natural diets for dogs although over time I have developed my own diet designed to optimise the health of my dogs. I avoid feeding commercial food and any food with artificial colours, flavours, preservatives, etc. Puppies fed a natural raw foods diet grow and mature more slowly (with less chance of skeletal defects) and adults age more slowly than those fed on commercial diets. I find a natural diet keeps my dogs incredibly healthy. I also do not use chemical wormers, flea rinses, etc.

I have included some information about your puppy, a copy of your puppy's diet, the adult diet I use, and some general information which I hope you find useful.

If you have any problems (however small) please don't hesitate to contact me:

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Please keep in touch, as I am always interested to hear of "my" dogs' progress. If at any time you find you are unable to keep your dog, please contact me - Tristania puppies/dogs are always welcome back at any stage of their lives – no exceptions.

I hope your Tristania German Shepherd brings you many years of pleasure and loyal companionship.

Carole

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## **ABOUT YOUR PUPPY**

I believe puppies bred and raised in a household environment ultimately make better pets than kennel raised dogs, and your puppy has already been exposed to a variety of experiences to prepare him for living as part of your family.

Your puppy has also been provided with Early Neural Stimulation (ENS) a process developed by the USA military to improve the performance of dogs used for military purposes. Dogs that have been provided with ENS have been shown to have improved cardiovascular performance (heart rate); stronger heartbeats; stronger adrenal glands; more tolerance to stress and greater resistance to disease.

In addition your puppy has had many sessions of TTouch. Exposing a puppy to TTouch from a very young age can help it to grow up with good self awareness, good balance and co-ordination, self control and confidence. TTouch (short for Tellington Touch) was developed by Linda Tellington-Jones as a means of improving behaviour and performance in animals by improving self awareness. Many behavioural and training problems occur because animals lack self awareness as they have become “switched off”. Helping an animal to become more aware of its own body can lead to an improvement in behaviour and performance. TTouch can improve balance and co-ordination, teach self-control, improve self confidence, and help relieve pain due to injury or illness.

I expect your Tristania puppy to be capable of becoming a top class performance dog and/or loving family pet.

Your puppy's registered name is:       TRISTANIA

Registration No.:

Ear tattoo No. (right ear):       TRS

Microchip number:

## **ABOUT THE GERMAN SHEPHERD BREED**

German Shepherd Dogs (GSD) developed as a herding/guarding breed in the early 20th century (but are now regarded as a general purpose breed - police/security, guide dog, obedience, tracking, agility, herding, pet).

The key characteristics and virtues of the breed are: large, active, intelligent, trainable and protective. Because your German Shepherd puppy will grow to be a large, strong, intelligent and protective adult it is essential that your puppy be trained so that you are able to control it.

An under-exercised, untrained, unsocialised, bored German Shepherd has the potential to become overactive, neurotic, destructive and aggressive.

German Shepherds have a real “need” to belong to a family or individual person and are not suited to being a backyard dog. The more you include your dog as part of your family, the happier your dog will be. This characteristic is possibly due to their herding/guarding background where they are closely involved with their handler in working with and protecting their herd but also because dogs are by nature social pack animals.

I believe the introduction of German bloodlines in the 1970s has generally improved temperaments in the breed. In Germany, dogs must have their Schutzhund working titles before they can be shown and breed surveyed which has tended to weed out those dogs that lack working ability and which are of poor temperament. In Australia, the German Shepherd Dog League conducts breed surveys to determine the breed worthiness of individual dogs (assessing conformation, movement, temperament, bloodlines and hip status). Although not infallible, this gives assurance of a reasonable degree of physical and mental soundness of the dog, so buying a puppy from breed surveyed parents greatly increases the chances of getting a physically and mentally sound puppy.

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## NATURAL DIET - puppies (under 12 months of age)

### Morning, midday & late afternoon meals:

1 large handful raw shredded or minced meat (beef, lamb/mutton, chicken) – with a little raw liver/heart/kidney or occasionally plain canned fish)

[Berigora Farm Vegies Plus](#) (1 teaspoon per 5 kg bodyweight) or 1 cup processed or very finely cut raw green vegetables (such as celery leaves, lettuce, silver beet, broccoli, sprouts, parsley) and/or processed or finely grated raw carrot or beetroot)

1 tablespoon apple cider vinegar

[Berigora Farm Everyday supplement](#) (2 teaspoons per 5 kg bodyweight) – see Appendix for product information

or in lieu of Berigora Farm Everyday Supplement:

2 cloves garlic, crushed (or process together with the vegetables)

4 teaspoons powder supplement mix (see adult diet)\*

¼ - ½ teaspoon Vitamin C powder (1000 - 2000 mg) (calcium ascorbate, sodium ascorbate or ascorbic acid, or better still a mixture of all 3) or ¼ teaspoon Ester C

1 tablespoon oil supplement mix (see adult diet)\*\*

- sprinkle with water if necessary to bind together
- divide into 3 portions and feed a portion at morning, midday and late afternoon

**Evening:** 250 – 500 g raw, meaty bones (chicken necks/carcase/wings/pieces; meaty lamb/mutton flaps or other lamb with chewable bones; soft beef brisket bones). Crush bones with meat tenderiser or mallet if puppies are unable to chew up bones (young puppies).

**Supper:** small quantity raw meaty bones (as per evening meal)

Once a week give a large bone to gnaw on.

Always have clean water available.

Initially your puppy will need less than these quantities. Gradually increase the quantities of the meals as the puppy grows until he is having the quantities shown above. If your puppy seems hungry increase the quantity of his meaty bones (providing he isn't overweight – see below)

Please don't allow your puppy to put on excess weight - you should be able to easily feel his ribs but not see them. Excess weight, especially in a young dog, can cause many problems in later

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life. If your puppy is putting on too much weight, cut back on the amount of fat on his raw meaty bones.

The midday meal may have to be fed in the morning if you work or are away during the day (in this case give the breakfast meal early in the morning and the “midday” meal as you are leaving). You can switch the meals around to give bones at night and other meals earlier in the day if that is more convenient.

After 4 months of age your puppy should have a ½ day fast once a week to rest his digestive system.

Afternoon and evening meals can be combined into one meal after 6 months of age.

After 12 months of age, your dog can move on to the adult diet (a lunch or morning meal plus meaty bones at night) ....

## NATURAL DIET - adult dogs

These quantities are for an adult German Shepherd Dog (over 12 months of age), 30 - 35 kg. The midday and night time meals can be switched around if it is more convenient.

### MIDDAY (or morning if you are not home during the day):

1 large handful raw minced meat (lamb/mutton, beef, chicken – with a little raw liver, kidney, heart or plain canned fish)

[Berigora Farm Vegies Plus](#) (1 teaspoon per 5 kg bodyweight – see Appendix for product information) or 1 cup processed or very finely cut raw green vegetables (such as celery leaves, lettuce, silver beet, broccoli, parsley, sprouts) and/or processed or finely grated raw carrot or beetroot

1 tablespoon apple cider vinegar

[Berigora Farm Everyday supplement](#) (2 teaspoons per 5 kg bodyweight) – see Appendix for product information

or in lieu of Berigora Farm Everyday Supplement:

2 cloves garlic, crushed (or process together with the vegetables)

¼ - ½ teaspoon Vitamin C powder (1000 - 2000 mg) (calcium ascorbate, sodium ascorbate or ascorbic acid, or better still a mixture of all 3) or ¼ teaspoon Ester C

2 teaspoons powder supplement mix \*

1 tablespoon oil supplement mix \*\*

#### \* Powder supplement mix

2 cups dolomite

1 cup kelp (seaweed meal)

½ cup sulphur

#### \*\* Oil supplement mix

1 cup vegetable oil (sunflower, soybean, olive)

1 cup flaxseed oil

¼ cup cod liver oil

- mix together and feed

## NIGHT

Approx. 500-750 g raw meaty bones (lamb/mutton flaps, chicken pieces). Once a week give a large hard bone to gnaw on.

Feed as above 6 days per week

7th day: fast day - give nothing but clean water

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Adjust the size of the midday meal to suit your dog's appetite - if he seems hungry increase the quantity of this meal, or give less if he doesn't seem to need it. Avoid any food you find your dog is sensitive to (grains, dairy foods and/or yeast are the foods dogs are most commonly sensitive to).

After the age of about 8 years, your dog will benefit from switching to [Berigora Farm Everyday Extra supplement](#) (see Appendix for product information) to provide additional nutritional support as he ages.

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## WORMING

How can we keep our pets free of worms without using harsh chemicals? Actually there are a number of ways of removing worms without exposing our animals to all those toxins. However, the most important means of keeping our dogs free of internal parasites is to feed them a healthy diet which in turn will allow them to build a healthy immune system that will resist parasites.

Not sure if your dog has parasites? If in doubt take a faecal sample to your vet and ask for a worm count to be done. A worm count will reveal what types of parasites and eggs are present and in what numbers. No worms or eggs means there is no need to worm your pet. Arrange for your vet to do a worm/worm egg count on a sample of your dog's droppings every 6 months to be absolutely sure.

Picking up your dog's droppings regularly and keeping him free of fleas (which carry tapeworms) will also help to keep him worm free. Give extra garlic whenever you take your dog out amongst other dogs or where other dogs have been (parks, etc.).

The natural diet (and the [Berigora Farm Everyday supplement](#) mix) is a strong deterrent to worms. A little finely grated raw carrot, or desiccated coconut in your dog's food every few days will also help.

If you follow the recommended diet strictly you are unlikely to have problems with worms.

If you prefer to use standard chemical wormers - talk to your vet about the most appropriate one to use.

### *Natural alternative*

#### **Roundworms, whipworms, hookworms and tapeworms**

If you feel your pet may have worms, there are a number of options to choose from without using harsh chemicals:

**Herbal medicines** work by expelling worms from the host animal. Some herbs are known to be more effective against particular types of worms but usually a mixture of herbs is given to deal with a broad spectrum of internal parasites. A short course of herbal medicine is normally given over a period of a few days to a week.

**Homoeopathic remedies** work by creating an environment in the animal that repels worms. Homoeopathic medicines are given at specific intervals to act as a deterrent, have the advantage that they don't require careful dose calculation. For particularly uncooperative pets, homoeopathic remedies can be given in the drinking water.

**Diatomite** works mechanically by damaging the protective covering of the parasite which causes it to dehydrate and die without harming the host animal. Powerful magnification of diatomite powder reveals razor sharp edges that are responsible for diatomite's parasite destroying action. Diatomite is administered by mixing with feed and needs to be given for 30—60 days to ensure removal of all parasites and eggs.

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**MSM** powder, (methylsulfonylmethane), a naturally occurring form of sulphur, is also effective against parasites when given in high doses.

## **Heartworm**

As the name implies heartworm does not live in the dog's digestive system. Heartworms are transmitted to the dog via mosquitoes and travel through the bloodstream to lodge in the heart where they can cause enormous damage or even death. Heartworm is a problem in this area due to our warm subtropical climate and high mosquito population.

Prevention is important as heartworm is difficult to cure and the treatment can be quite risky for the dog. Heartworm tablets prevent heartworm developing. The tablets are inexpensive and will need to be given either daily or monthly depending on the type used (see your vet about a routine and dose rates).

### *Natural alternative*

Because heartworm prevention medication is known to have undesirable side-effects, I choose not to use these drugs. Although I live in a high risk area I have not used heartworm medication on my dogs for over 20 years and my dogs remain healthy and free of heartworm. If you choose not to use heartworm prevention medication you will need to be extremely careful about your dog's diet, have regular blood tests done and use other natural prevention measures (some herbs are known to kill blood parasites or alternatively you may choose to use a homoeopathic preparation). I can supply these or you can obtain them from a holistic veterinarian or natural therapist.

## **VACCINATIONS**

Your puppy has had a temporary vaccination - he will need to have his permanent needles between 12 and 14 weeks of age. This will give him protection against distemper, hepatitis and parvovirus.

### *Natural alternative*

Strong evidence is emerging worldwide to indicate vaccination is in fact the cause of many health problems in our pets. One very large ongoing worldwide survey has produced startling evidence of the incidence of various diseases and their relationship to vaccination. Well known holistic veterinarians such as Dr Jean Dodds, Dr Richard Pitcairn, Dr Martin Goldstein and others agree with these findings.

If you choose not to vaccinate you can either: do nothing (a choice I do not recommend); optimise your dog's diet to build a strong immune system; use homoeopathic prophylaxis to improve your dog's resistance to the major infectious diseases.

However, most training clubs and boarding kennels require proof of current vaccination before accepting your dog. A few will accept homoeopathic prophylaxis. Show dogs are also required

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to be vaccinated. For many dog owners an acceptable compromise is to vaccinate their dog and give a dose of an appropriate homoeopathic remedy immediately following the injection to minimise side effects. Giving double the normal dose of vitamin C for a few days before and after vaccination can also help to minimise reactions.

If you choose to use homoeopathic prophylaxis, you can obtain these remedies from me or from an holistic veterinarian or natural therapist.

## EQUIPMENT

You will need for your dog:

- Bed** I like the metal framed hammock type beds with a replaceable cover - they are comfortable for the dog and keep him off the ground (so discourage fleas). For outdoors the hessian bag style cover is ideal and you can simply replace the cover when it gets tatty. For indoors there are durable synthetic covers available which can be easily hosed down when grubby and although these are initially more expensive than the hessian, this is made up for by their durability and smarter appearance.
- Dishes** Food dish (preferably easy to clean and non-spill - stainless steel is ideal)  
Water bowl
- Grooming equipment** Metal comb (for removing dead hair) - the kind with rotating teeth are good  
Slicker brush (square head with fine bent metal pins) - unbeatable for removing dead coat and undercoat  
Undercoat rake – the tool of choice for those times of the year when your German Shepherd is shedding coat in bucketfuls!  
Soft bristle brush (natural or nylon bristle) for face, legs and belly  
Flea comb (very fine toothed) for physically removing fleas - have a container of hot water nearby to drop the little blighters into!  
Grooming/flea powder  
Nail clippers (I prefer the guillotine type - buy a good pair and they will last almost forever, mine are over 30 years old)  
Nail file for smoothing off sharp edges after clipping
- Exercise/training** Nylon martingale collar for walking and training. This is comfortable for your dog to wear but can be adjusted so the dog cannot slip out of it  
Buckle on collar (to wear at home), plus a name tag with your phone number on it. I also suggest a tag that says “I’m microchipped - please scan me”. Your dog must be registered after he is six months old.  
Lead/s - a 1 - 2 metre lead for exercising is easiest to manage (25 mm wide cotton webbing is best for your comfort); a 2 metre training lead (again 25 mm wide cotton webbing is best); a 10 metre lead made from yachting rope (won’t burn your hands) or long retractable lead is useful for situations where you would like your dog to have the freedom to run and explore but where it is not safe to be off lead.

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**Other equipment** Many people find it easier to walk and train their dog in a headcollar. A headcollar effectively provides power steering for your dog. Even the strongest and most boisterous of dogs can be easily managed in a headcollar. I highly recommend them and I prefer the Black Dog Wear brand in the Infin8 design as they are light and comfortable for the dog to wear and can't pull off when correctly fitted.

## GROOMING

German Shepherds have a coat that is very easy to care for, being relatively short with a soft, dense undercoat and weather repellent top coat.

A weekly grooming session should keep your dog's coat looking its best.

If you need to kill rather than deter fleas, a pyrethrin based powder or rinse is less toxic for your dog (and for you!).

If you live in an area where ticks are a problem you may need to groom more often or use a tick rinse (ticks will also get into the ears and occasionally even in the mouth and anus).

Check your dog's nails once a month and trim if necessary.

### *Natural alternative*

[Berigora Farm Pet Grooming Powder](#) is formulated to provide a safe, grooming powder for your dog - the essential oils help to deter external parasites and keep your dog smelling fresh and clean. It is just the most beautiful smelling grooming powder you could find!

I use a metal comb (not too fine) and/or slicker brush to remove loose hair on the body (use a softer bristle brush around the face, legs and belly), followed by a flea comb to catch any fleas the dog may have picked up (the Berigora Farm Everyday Supplement mix and apple cider vinegar in your dog's diet also help to make your dog unattractive to fleas). When your dog is changing coat and shedding by the bucket load, the undercoat rake will quickly remove the bulk of the loose undercoat.

For bathing use [Berigora Farm Pet Shampoo Bar](#). This is a luxurious shampoo bar with a rich creamy lather to gently clean your pet's coat, discourage fleas and leave the coat shiny with a fresh, clean smell.

However, you will find that your dog doesn't become smelly on a natural diet, so you won't need to bath him all that often.

A safe and economical way to kill fleas in the environment is by using borax as a cleaning agent. Borax kills fleas by dehydrating them rather than by poisoning. Used at the rate of 1/3 cup borax per bucket hot water, borax can be used to clean kennels and bedding, to mop floors and clean carpets. It is also a very economical method of cleaning. Since I started using borax

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for cleaning my floors several years ago, I have hardly seen a flea even though all my dogs and cats sleep indoors.

There are homoeopathic remedies available which may help improve your dog's resistance to fleas and ticks respectively. I can supply these or contact your homoeopath or natural therapist.

## **SLEEP**

Puppies need lots of sleep. Choose sleeping quarters where your puppy can sleep undisturbed in an area free of draughts. Your puppy will probably suggest in or next to your bed but you may prefer him to sleep elsewhere! However, sleeping next to your bed can be reassuring for a puppy who is missing the company of his mum and littermates.

## **EXERCISE**

Your puppy will need exercise to keep him fit and healthy. If you have a suitable safe park nearby, running free is ideal but keep your dog on a lead whenever you walk him on the street or in areas where there is traffic close by. A young puppy (up to 4 months) will get enough exercise in his own yard, after that time, gradually increase his exercise until he is walking/running a minimum of 3 km daily as an adult. Avoid too much running on hard surfaces (concrete, bitumen) as these can be damaging to joints, especially in young dogs. Dogs that frequently run on hard surfaces can also develop a shortened stride as a way of compensating for the jarring. This is undesirable for performance and show dogs that need to move freely.

## **TRAINING**

Your German Shepherd puppy will rapidly grow into a large, strong, active, intelligent dog and in order to be able to control your dog as an adult, basic obedience training is essential.

If there is a puppy pre-school in your area I strongly recommend you take advantage of this opportunity to socialise your puppy and begin teaching him basic good manners. Socialisation is very important for your puppy. Your puppy has already been exposed to many different sights, sounds and other experiences and it is important that you continue to do this as your dog grows to ensure that he/she remains outgoing and confident.

Choose a training club or private trainer that offers positive reward based training (training methods that reward your dog for good behaviour rather than correcting/punishing mistakes). Dogs trained using positive methods are more confident and enthusiastic about carrying out tasks and are therefore better able to reach their full potential.

Small pieces of liver bread or dried liver make tasty but healthy rewards when training. I have included the recipe for making liver bread - dried liver is available commercially.

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The person to contact about training classes in your area is:

### **Tips on training and behaviour**

Never, ever punish your dog after calling him to you, not matter how angry you are. If you punish him when he comes to you, even if he has been naughty, you will find that the next time you call him he will wisely refuse to come at all! If you always reward your dog for coming to you (food, toy, praise, stroking) he will always be happy to come to you.

Encourage your puppy to develop good habits right from the start. Don't allow behaviour you aren't prepared to tolerate in an adult dog (e.g. if you don't want him to sleep on your bed or chase stock as an adult - don't let him do it as a puppy) ... or from a different perspective, don't allow behaviour you wouldn't tolerate in your children.

Don't let your puppy become possessive about food. It may seem funny to see a tiny pup guarding his food - it is definitely not funny when an adult German Shepherd threatens his owner for approaching him when he is eating. Get your puppy used to having you take his food from him when he is eating (but don't tease him) - reward him by swapping his food for a tasty treat, praise him - then give his food back to him.

### **DOGS AND CHILDREN**

Teach children to handle the puppy/dog correctly and gently (he is not another fluffy toy!). Basically if you teach your children to treat the puppy the same as a new baby (and an adult dog as another child), you can't go wrong.

Teach your dog to not jump up on people, to take food from the hand gently, and to never use his teeth (even in play).

This mutual respect is the basis of a lifelong friendship between your children and your dog.

### **HOUSE TRAINING**

House training is no big deal if you remember to put your puppy outside immediately he wakes up and immediately after each meal. Tell him to "go to the toilet", or simply "toilet", and reward and praise him when you see him going to the toilet where he should. He will soon learn what "go to the toilet" means - it can be very useful when travelling with him, etc. to be able to get him to go when you want him to.

Confining your puppy to a crate or small area overnight or when you are unable to supervise him will help prevent puddles in inappropriate places as dogs won't normally soil the sleeping

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quarters unless they desperately need to go to the toilet or they are unwell. You will still need to take your puppy out to toilet at regular intervals.

## **TEETHING**

At about 4 months your puppy will start to cut his adult teeth. He may take to chewing up your belongings at this time. Giving him a constant supply of bones (and some toys of his own) may well save your shoes and furniture! Providing him with a hollow rubber Kong toy stuffed with treats can keep him occupied for hours and give him something to chew. There is an excellent homoeopathic remedy for soothing painful gums when teething. I can supply this or purchase this from your homoeopath or natural therapist.

## **GENERAL**

After being involved with dogs and training for over 40 years I can honestly say that most dogs' behaviour problems are caused by lack of physical and/or mental exercise. Giving your pup enough exercise, taking him to training classes and giving him lots of attention (by treating him as part of your family) will avoid almost all problems.

When we take on a dog as a pet it is important to consider not only our needs (companionship, affection, protection, etc.) but also the dog's needs. In order to do this we need to understand a bit about dogs in their natural state.

A dog is a social animal and dogs normally live in packs. So when we get a dog we need to make him part of the family (one of the pack) - not stuck out in the back yard to be given attention when it suits us (German Shepherds in particular need to feel part of the family - they are not suited to being isolated away from their family). We need a securely fenced yard or enclosure to keep our dog safe and we need to give him sufficient daily exercise to use up his surplus energy. We need to train him (to provide him with mental stimulation and to develop a communication system between him and us). He also needs his own space - his own private retreat he can go to when he needs to sleep or be on his own.

When we do this we fulfil both our needs and the dog's needs - he is happy and obedient; our dog is a pleasure to own and we enjoy his company.

## **RECOMMENDED READING & RESOURCES**

"Grow Your Pups with Bones" & "Give Your Dog a Bone" Ian Billinghurst (self published)  
approx \$25 each

- excellent books on natural diet for dogs, written by an Australian vet

"The Complete Herbal Book for the Dog" Juliette de Bairacli-Levy (Arco) approx \$20

- for info on the "Natural Rearing" diet (the original natural diet for dogs),

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written by a world-renowned herbalist who used this diet for over 50 years

"Natural Health for Dogs & Cats" R.H. & S.H. Pitcairn (Rodale) approx. \$40

- another excellent book on natural dog/cat care, written by an American holistic vet

"Australian Dog Training" Dr Bruce Fogle (Dorling Kindersley) approx. \$12

- a great little book that shows you how to train your dog using the reward system of training. Clear explanations and lots of really good illustrations.

"Go Click" Elizabeth Kershaw Approx \$15

- a small book that clearly explains the use of the clicker method of training your dog.

"On Talking Terms With Dogs: Calming Signals" Turid Rugaas approx. \$20

- this book explains dog body language, and shows us how to better train and understand our dogs by being able to interpret what our dogs body language really means.

"Getting in TTouch with Your Dog" Linda Tellington-Jones approx \$35

- a wonderful book with lots of illustrations and information on how to use Tellington TTouch to help your dog reach his/her potential.

"Unleashing Your Dog's Potential" DVD Linda Tellington-Jones approx \$50

- the companion to Linda's book. Shows Tellington TTouch in action.

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**OTHER RESOURCES:**

Association of Pet Dog Trainers (APDT) publishes a bi-monthly newsletter for its members. Has interesting articles as well as information on upcoming seminars, workshops, etc. They also have a video library that is available to members. Contact them at: PO Box 3122, Bankstown. 2200.

There are also many useful internet sites and e-mail discussion lists on all aspects of dog care and training. One particular site I can highly recommend is: [www.k9events.com.au](http://www.k9events.com.au) This site has masses of information using reward-based training methods.

Note: some of the books, equipment, etc. I have recommended may not be stocked by your local supplier. Please contact me if you need help locating a supplier who stocks the items you require.

**The fidelity of a dog is a precious gift demanding no less binding moral responsibilities  
than the friendship of a human being**

- Konrad Lorenz

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## APPENDIX



## BERIGORA FARM PET CARE PRODUCTS

After feeding and caring for my animals using natural products since 1980, and working as a naturopath with animals since 1993, I launched a range of natural pet care products in 2005 under my Berigora Farm Natural Products label.

At present the range comprises:

## ABOUT OUR PRODUCTS

Formulated and made by Naturopath, Carole Bryant, Berigora Farm Natural Products uses only high quality, natural ingredients. Our products are free of artificial colours, fragrances & preservatives to bring you the best quality finished products.

## PET FOOD SUPPLEMENTS

### EVERYDAY SUPPLEMENT FOR DOGS & CATS

A powdered supplement for young, healthy dogs and cats, designed to be fed in conjunction with fresh meat, vegetables and bones to provide a balanced diet.

**Ingredients:** ground flaxseed, ground sunflower seed, dolomite, kelp, lecithin, vitamin C mixture (ascorbic acid, calcium ascorbate, sodium ascorbate), calcium bentonite clay, dandelion, nettles, spirulina, olive leaf, alfalfa, garlic, aniseed, cinnamon, MSM (methylsulfonylmethane), peppermint, rosemary, parsley, sage, thyme.

**Available in:** 250g (\$8.80); 500 g (\$13.20); 1 kg (\$22.00); 2 kg (\$38.50) and 5 kg (\$88.00) packs.

### EVERYDAY EXTRA SUPPLEMENT FOR DOGS & CATS

Designed for pets with high nutritional needs, Everyday Extra is a powdered supplement designed to be fed in conjunction with fresh meat, vegetables and bones to provide a “nutrient dense” balanced diet.

**Ingredients:** ground flaxseed, ground sunflower seed, dolomite, vitamin C mixture (ascorbic acid, calcium ascorbate, sodium ascorbate), gelatine, kelp, spirulina, lecithin, turmeric, bentonite clay, crataeva, dandelion, green lipped mussel, shark cartilage, MSM (methylsulfonylmethane), nettles, olive leaf, alfalfa, garlic, hawthorn berries, mullein, aniseed, cinnamon, fruit pectin, ginger, peppermint, rosemary, parsley, sage, thyme, cleavers, copper sulphate.

**Available in:** 250g (\$16.50); 500 g (\$27.50); 1 kg (\$44.00); 2 kg (\$71.50) and 5 kg (\$164.00) packs.

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## VEGIES PLUS FOR DOGS & CATS

No time to prepare fresh vegies each day? Now we make feeding a healthy, natural diet even easier with our mix of 13 different vegetables, fruits and other foods in a convenient powdered form.

**Ingredients:** desiccated coconut, beetroot, carrot, pumpkin, spinach, apple, apricot, banana, paw paw, pineapple, barley grass, broccoli, pumpkin seeds.

**Available in:** 100 g (\$9.35); 250 g (\$16.50); 500 g (\$29.70) and 1 kg (\$55.00) packs.

## PET CARE PRODUCTS

### SHAMPOO BAR (eucalyptus, tea tree & peppermint)

A luxurious shampoo bar with a rich creamy lather to gently clean your pet's coat, discourage fleas and leave the coat shiny with a fresh, clean smell. Not suitable for pregnant animals and cats. **Ingredients:** olive oil, filtered water, coconut oil, shea butter, jojoba, castor oil, neem oil, essential oils of eucalyptus, tea tree & peppermint, chlorophyll. 100 g (\$13.20)

### SHAMPOO BAR (lavender)

A luxurious shampoo bar with a rich creamy lather to gently clean your pet's coat, discourage fleas and leave the coat shiny and pleasant smelling. Suitable for pregnant animals and cats. **Ingredients:** olive oil, filtered water, coconut oil, shea butter, jojoba, castor oil, essential oil of lavender, chlorophyll. 100 g (\$13.20)

### HERBAL VINEGAR SKIN RINSE

This versatile product has a variety of uses. Use diluted as a final rinse after bathing or as a coat freshener between baths. Use undiluted on problem skin areas. Avoid using undiluted on broken skin (use Berigora Farm Soothing Skin Gel on broken skin). Use diluted to assist in maintaining ear health. Not for use on pregnant animals or cats. **Ingredients:** apple cider vinegar; calendula, chickweed, echinacea, elderflowers, gotu kola, green tea, lavender, neem leaf, nettles, oregano, peppermint, red clover flowers, rosemary, rue, sage, thyme, violet leaves, wormwood; lemon; crystal essences of aventurine, azurite, brown jasper, copper, lepidolite, malachite, moss agate, rhyolite. **Available in:** 250 mL (\$9.35) and 500 mL (\$16.50).

### LAVENDER & CALENDULA VINEGAR SKIN RINSE

Safe for use on pregnant animals and cats. Use as for Herbal Vinegar Skin Rinse. **Ingredients:** apple cider vinegar; lavender flowers, calendula, flowers; lemon; crystal essences of aventurine, azurite, brown jasper, copper, lepidolite, malachite, moss agate, rhyolite. **Available in:** 250 mL (\$9.35) and 500 mL (\$16.50).

### GROOMING POWDER (eucalyptus, tea tree & peppermint)

Use as a dry shampoo between baths, or for regular grooming. This grooming powder has the same fresh, clean fragrance as our shampoo bar. Not for use on pregnant animals and cats. **Ingredients:** white rice flour, bicarbonate of soda, essential oils of eucalyptus, tea tree & peppermint. **Available in:** 200 g with reusable shaker (\$16.50) and 250 g refill (\$9.25).

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### **GROOMING POWDER (lavender)**

Safe for use on pregnant animals and cats. Use as for Eucalyptus, tea tree & peppermint grooming powder. **Ingredients:** white rice flour, bicarbonate of soda, essential oil of lavender. **Available in:** 200 g with reusable shaker (\$16.50) and 250 g refill (\$9.25).

### **EYE WASH**

A gentle non-stinging eye wash to keep your pet's eyes sparkling clear. **Ingredients:** filtered water, colloidal silver, eyebright & golden seal herbal tinctures. 30 mL (\$11.00).

### **EAR CLEANER**

A non-irritating cleaner to gently clean your pet's ears. **Ingredients:** witch hazel, aloe vera, boric acid (5%), lavender essential oil., natural preservatives (grapefruit seed extract, rosemary extract). 100 mL (\$16.50).

### **PAD CONDITIONING WAX**

A great pad conditioner, pad wax helps to keep your dog's pads in top condition. Use daily for dogs that do lots of exercise. Great for dry, cracked pads and minor injuries. **Ingredients:** calendula infused olive oil, natural beeswax, tea tree oil, natural Vitamin E. 40 g (\$16.50).

### **SOOTHING SKIN GEL**

A light non-greasy gel that soothes irritated and damaged skin. May assist with minor skin injuries. **Ingredients:** aloe vera gel, calendula tincture, jojoba, tea tree essential oil, natural Vitamin E, lavender essential oil. 50 g (\$16.50).

## **Berigora Farm Natural Products**

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## LIVER BREAD

### Ingredients

400 g liver (beef, lamb or chicken)  
2 cups plain flour (substitute rice flour if your dog is allergic to wheat)  
½ teaspoon crushed garlic

### Method

Process all ingredients in a food processor until smooth. If your food processor isn't powerful enough to do this, process the liver and half the flour then mix in the rest of the flour by hand. Spread the mixture about ¼ cm thick into a greased and well floured lamington tray and bake at 200°C for about 25 minutes (it's ready when it feels like rubber). Allow to cool and cut into very small cubes (about the size of a pea). Keeps for several days in the fridge. Freezes well (we put ours into very small zip-top plastic bags and just take a bag out of the freezer as we need it - or you can put the lot into a container and just remove however much you need for a training session).

Although liver bread is messy to make, most dogs really love it.

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## CAROLE BRYANT

(ATMS & HATAA accredited)

**Dip.Naturopathy  
Touch for Health  
Swedish Massage  
Reiki II**

**Tellington TTouch Practitioner (Companion Animals)  
Canine CranioSacral therapy**

**Theta Healing**

**Tellington TTouch (Horses) Practitioner-in-Training  
Behavioural Dog Trainer (Delta Society CGC Instructor)  
Royal NSW Canine Council Instructor (since 1968)**

In her practice Carole uses Nutrition, Herbal Medicine, Homoeopathy, Flower Essences, Iridology, CranioSacral balancing, NAET (Nambudripad Allergy Elimination Technique), Massage, Manipulative Muscle Therapy, Kinesiology, Reflexology, Reiki, Theta Healing, Neuro Linguistic Programming, Thought Field Therapy and, especially for animals, Tellington TTouch (Companion Animals), Canine CranioSacral Therapy and Tellington TTouch (Horses) techniques. She cares for people, pets and livestock and has been working professionally with animals since 1993, working with all species. Carole has a special interest in using natural therapies to improve behaviour and performance in animals.

Her own menagerie includes dogs, cats, horses, donkeys, birds, rabbits, ducks and chooks. Carole breeds German Shepherd Dogs under her Tristania prefix and competes in obedience, tracking, agility/jumpers, herding, endurance and breed shows.

Carole also sells natural pet food supplements and pet care products under her Berigora Farm Natural Products label.

Consultations are available in person plus (for animals) by telephone, post or email. Available for Tellington TTouch (Companion Animals) workshops.

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