



Photo by
Wendi Pencille

live. My veterinarian told me that giant breeds generally only lived to 5 or 6 years of age.

While traveling in England several years earlier, an old-time Newfoundland breeder had given me a book called *The Complete Herbal Book for the Dog and Cat* by Juliette de Bairacli Levy. With the help of this book and extensive research on my part, I formulated the **Natural Diet** for Heidi, who lived to the ripe old age of 12½.

Option 5

Elect-tro-bytes

Elect-tro-bytes are small reward/training treats and were invented simply because we didn't want to put 'junk' treats into our dogs when training. Rewarding good behavior with treats needs to be motivational enough for the dog to continue working and nutritional enough not to unbalance the rest of his diet. These small treats are unique

since they energize the dog while he is working, helps alleviate stress with the large amount of B-complex vitamins and contain electrolytes to replace the minerals lost in vigorous exercise. Dogs that suffer from motion sickness, get stressed and won't eat when traveling, can be helped by using **Elect-tro-bytes** which contain appetite stimulants. 90 dogs were tested with these treats at our annual Training Camp, and not one refused them. Dogs who wouldn't eat or had diarrhea were cured of their stress by using these treats. Cats love them too! These treats are just the right size for stuffing inter-active toys.

As for myself, I still make the **Natural Diet** for some of my senior dogs. The other dogs in the family get **NDF 2**, and the cat gets a little **Endurance** sprinkled over her food and they **all love Elect-tro-bytes**.

Try a **VDN** product.
Your pets will thank you.

Wendy Volhard www.volhard.com



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Volhard Dog Nutrition (VDN)

Better Food for Better Dogs

A message from Wendy Volhard



Photo by Jane Kelso

VDN products have been developed for pet owners who only want the best for their dogs and cats, and who want them to live long and healthy lives.

VDN products use only human-grade ingredients produced by U.S. growers. Each batch is tested three times during production for bacteria, molds, fungi, salmonella and E. coli.

VDN products have been clinically tested (*annual* blood, thyroid, urine and fecal analyses) for over 30 years on my own dogs and those of my students. I am not aware of any other dog food that undergoes such continuous and rigorous testing.

VDN offers you four options to feed your pet safe, wholesome and healthy food. You choose which one suits your lifestyle. I have fed my own dogs this way for over 30 years.

I treasure my dogs and want them to have a long and healthy life. I certainly do not want to spend a great deal of money at the veterinary office dealing with chronic ear discharges, skin problems, hot spots, excessive shedding and dirty teeth. I would rather spend a little extra money feeding them the best diet I can.

Preventative medicine at its best!

Option 1 Endurance

Endurance was developed after I was invited to talk about nutrition at an annual conference of K-9 police officers. All the dogs were fed various brands of commercial kibble, but the main complaints were the same – difficulty dealing with stress (diarrhea), falling asleep during shifts (a real problem), excessive shedding and dirty teeth. A year later, I was invited again and presented them with **Endurance**. An immediate improvement was seen after only 48 hours



and they continue to use it. During the course of my clinical trials of **Endurance**, my cats wanted to eat it too, so I sprinkled a little on their food. *They loved it.* All dogs and cats can experience allergies, skin

problems, excessive shedding, bad breath, chronic ear discharges and digestive upsets. These conditions are typical of nutritional deficiencies. **Endurance** is a dehydrated supplement formulated with human grade ingredients. It is **THE** supplement to

overcome nutritional imbalances, stress when traveling and boarding.

Endurance is easy to use – *just sprinkle a small amount on the top of your dog or cat's food.*



Option 2 NDF 2

Natural Diet Foundation 2 (NDF 2) is the dehydrated food developed to meet the demand for a product that is safe, properly balanced and easy to prepare – all you add is water and your dog's favorite meat, mix and serve. **NDF 2** is popular with professionals and busy people who want only the very best for their dogs. It is the same as the original **Natural Diet Foundation AM and PM** (*see below*), but with added probiotics, safflower oil and carrots.

Option 3 NDF Original AM & PM

The **Natural Diet Foundation (NDF)** was developed in the late 1990's and it was the first dehydrated dog food on the market. **NDF** is an exact replica – in a dehydrated form – of my original **Natural Diet**, first published in 1984, which is made from a recipe using fresh human grade ingredients. **NDF Original** gives you the flexibility to tailor the diet to the individual needs of your dog. It is well suited for **all life stages and helps dogs** with delicate digestive tracts.

The breakfast meal (**NDF-AM**), is called Porridge, to which you add water, yogurt or kefir, and a selection of different vegetables. Ingredients (after water, yogurt or kefir and vegetables) are Oats, Buckwheat, Safflower Oil (Omega 6), Dried Whole Egg, Molasses, Vitamins, Minerals and Probiotics.

The dinner meal (**NDF-PM**), called Crumble, is even simpler. You add meat and water, mix and serve. Ingredients (after the water and fresh meat) are Wheat Bran, Wheat Germ, Dried Chicken Livers, Calcium Phosphate and Carbonate, Brewers Yeast, Dried Apple, Cod Liver Oil (Omega 3), Parsley, Kelp, Alfalfa, Dandelion Root, Apple Cider Vinegar, Rosemary, Garlic, Ginger, Vitamin C (Calcium Ascorbate), Vitamin E (natural mix tocopherols).

Option 4 Natural Diet

The homemade **Natural Diet** was developed in the 1970's. First published in 1984, after 12 years of clinical testing, it spawned the "home made raw food" movement. The **Natural Diet** consists of raw meat, fresh vegetables and a small amount of grain. The recipe is contained in *The Holistic Guide for a Healthy Dog*, (Howell Book House, 2000), which was co-authored with Kerry Brown, DVM.

The **Natural Diet** was born out of desperation. I had imported my Landseer Newfoundland, Heidi, from Germany as a puppy. At the age of five she was diagnosed with kidney and liver degeneration, and given 6 months to