

## Nine Ways to Prevent Canine Cancer

**Discover preventive strategies to help guard your dog against cancer.**

*Cal Orey*

5. Use natural flea products on your dog. Did you know that flea collars, sprays, and shampoos are full of poisons? Instead of chemical insecticides, use natural and less-toxic methods of flea control such as natural flea shampoos, vacuuming frequently, and combing your pet with a flea comb. Pyrethrins are a natural and safe means of flea control, but need to be applied frequently. D-limonen and other citrus-based methods can be used in dogs, however, avoid D-limonen in cats, as it is toxic to them. Putting borates, salt, or diatomaceous earth into carpet or cracks between the wall and floor is effective for indoor flea control.

6. Do not allow your pet to ride in the back of a pickup truck. Along with the danger of being thrown out of the truck, your pet will be susceptible to inhaling toxic car fumes and smog. Let your dog get fresh air either by way of a park, beach, or your backyard.

7. Keep your dog away from pesticides and herbicides on lawns and plants. A report by the National Cancer Institute found that dogs whose owners used weed-killing products containing 2,4-D (2,4-Dichlorophenoxyacetic Acid) had twice the rate of lymphoma as dogs whose owners did not use it. Cocoa mulch is also dangerous to dogs.

Stay clear of house and garden pesticides. Get rid of pesky insects naturally or seek out the least-toxic products. There are also nontoxic, organic products available.

8. Keep your pet stress-free. Stress is emotional imbalance caused by anger, frustration, or anxiety. These emotions overwork the liver, where they can stagnate and create tumors, according to Dr. Schwartz.

High anxiety in pets happens for a variety of reasons: neglect, a multiple animal household, an owner going away on vacation, or an owner going through a divorce. Whatever triggers stress in your dog, tune in and help your pet chill out.

Try some de-stressing methods such as: maintaining a regular pet routine (including feeding times and playtimes); massaging your pet; being in tune to your pet's needs; looking for stress signals (from appetite changes to excessive barking); keeping peace in a multipet household; and providing tender loving care.

9. Exercise your dog on a regular basis. Research shows that canine fitness not only strengthens immunity to chronic disease such as cancer, but is also essential for optimal health and well-being.

Sustained, vigorous use of the muscles stimulates all tissues and increases blood circulation. Blood vessels dilate and blood pressure rises. As a result, tissues become oxygenated, which helps to clean the cells of toxins. Digestive glands secrete their fluids better, and the bowels move more easily, says Dr. Pitcairn.

Some activities that you can enjoy with your pooch to get fit together are bicycling, hiking, jogging, in-line skating, and walking (at least 20 minutes a day). Your dog also will enjoy the bonding time he gets with you!

- More Natural Care Tips -

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