

Nine Ways to Prevent Canine Cancer

Discover preventive strategies to help guard your dog against cancer.

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More and more dogs are becoming cancer survivors because their owners are doing their holistic homework. Here, Drs. Richard Pitcairn, Cheryl Schwartz, and Bob Goldstein provide nine at-home preventive strategies to help guard your pet against cancer:

1. Provide only pure water. Tap water can contain chemicals such as lead, arsenic, and nitrates. Holistic vets strongly advise using a good-quality water purifier to filter your tap water. If you decide to buy a water purifier, keep in mind that although initially costlier than bottled water, it is much cheaper in the long run, costing only pennies a gallon, says Dr. Pitcairn. You may also decide to use bottled or distilled water. Pure water flushes toxins from the body and contributes to the feeling of well-being, says Dr. Goldstein.

Avoid contaminated water. Keep your pet away from street puddles, which can contain cancer-causing toxins such as hydrocarbons and asbestos dust from brakes.

You should change your pet's water daily. Keep the bowl clean and in a place protected from dust and debris. Most of all, says Dr. Pitcairn, make it available so that your pet will not be tempted to drink from a contaminated puddle, creek, or pond.

2. If your pet already has cancer, avoid all vaccinations. Vaccinations can stress your pet's immune system. For cancer patients, at the very least, avoid vaccinations during treatment because they may counteract any positive and immune-enhancing effects of your home-support program, says Dr. Goldstein. Ask your vet about the homeopathic remedy *Thuja occidentalis* 30C, which may remove the immune-suppressing effects of vaccinations.

3. Avoid indoor pollution. Keep your pet away from cigarette smoke. Studies show that secondhand smoke contains hundreds of toxic chemicals that can cause lung cancer in humans. Research also shows a strong correlation between secondhand smoke and oral cancer (squamous cell carcinoma) in cats. In dogs it's associated with nasal sinus cancer, and even lymphoma, although the connection is weaker. The more people who smoke around a pet, the more at risk the animal is.

Ventilate your house well to reduce indoor air pollution. Grow houseplants that filter the air, such as philodendrons, spider plants, aloe vera, chrysanthemums, and gerbera daisies, but keep the plants out of your pets' reach. Don't use harsh chemicals such as pesticides and household cleaners around the house. Seek out natural products, such as vinegar and baking soda.

4. Keep your dog's weight under control. Obese dogs are prone not only to cancer but heart ailments, joint problems, diabetes, breathing difficulties, and more. Ask your vet what a healthy weight for your dog should be and strive to achieve it. Feed your dog a healthy diet free from artificial preservatives, artificial flavors, and dyes. A healthy, balanced diet supports your dog's natural defenses against cancer.