

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Spitting In Your Dog's Food To Build Dominance – Revisited**

**By Adam Katz**

I was having dinner last week with Jeff and Michelle—two of my first dog training clients, when I branched out on my own and started South Bay K-9 Academy in Southern California, back in 1994.

[I'm now actively retired from working with the general public... I love working with dogs, but the dog owners (Jeff and Michelle not withstanding) drove me absolutely nuts!]

Anyway, Jeff and Michelle still have their Dalmatian, "Dotty," who's now close to 11 years-old.

I've always thought it was funny that the one thing people seem to remember from my 324 page dog training book, "Secrets of a Professional Dog Trainer!" is that I recommend spitting in your dog's food.

As if this were the magic key to getting a well behaved dog.

Regardless, it seems to be the one thing that almost everybody remembers—from literally hundreds of dog training tips I present in the book, on our web site Dogproblems.com, and in our discussion forum.

Why do I recommend spitting in your dog's food?

Because you're marking the dog food with your scent. And because the Alpha dog in the pack always eats first.

This is a subtle way to communicate to your dog that you are the pack leader. But this alone won't do it. You need to be acting like a pack leader in every other aspect of your dog's life, too. Such as being the first to walk through a door. Or telling your dog where to lay down, and when he's allowed to eat. And making sure you follow through and enforce any and every command that you give.

I take a lot of guff from people—especially other dog trainers—who misinterpret my advice and think that spitting in your dog's food is the only thing you need to do to make you the Alpha dog. It's not.

## Spitting In Your Dog's Food To Build Dominance – Revisited

Well, not any more than the 100 other subtle things you must do to communicate that you are the pack leader. I always stress to new dog owners that the more things you're doing to reinforce that you are the pack leader for your dog, will make your dog view you as the pack leader, faster. Spitting in your dog's food is just one more thing to do that helps.

So anyway, back to my dinner with Jeff and Michelle:

When I asked how Dotty was doing, Jeff responded that Dotty was absolutely fantastic. The best dog they'd ever had, due in no small part to their diligence and consistency in applying the dog training techniques I showed them.

But then Jeff said something very interesting: "I'm still spitting in her food. In fact, she won't even touch the food until after I spit in it." (Remember: The Alpha dog always eats first!).

So there you go: Further proof that some of my more outlandish dog training techniques really work!

Even if you may feel silly doing it.

That's all for now, folks! Adam Dogproblems.com

P.S. Jeff and Michelle are able to take Dotty anywhere—off leash—and know that she'll respond to commands, immediately. They even take her camping quite frequently..., which Dotty absolutely loves!

Adam G. Katz is the author of the book, "Secrets of a Professional Dog Trainer: An Insider's Guide To The Most Jealously Guarded Dog Training Secrets In History." Get a free copy of his report "Games To Play With Your Dog" when you sign up for his free weekly dog training tips e-zine at:

<http://www.dogproblems.com>

### **Dealing With A Dog Food Allergy?**

**By Blake Kritzberg**

Just as humans allergies can show up as a sneeze or rash, your dog's allergies can manifest as itchiness -- or even ear infections. In fact, if your dog's allergic to his food, it can cause him to scratch himself constantly, even with no obvious parasite problem.

Dog allergies rarely get solved with medicine, so the best we can do for our four-footed friends is focus on prevention. Providing the right type of food is essential to stopping your dog's scratching habit.

Many people like to share their food with their dogs or let them help "clean up" the kitchen after a meal. Little do they know, their dogs just may not be able to take the tasty food we love so much, and some breeds (like the greyhound) are extremely sensitive. Even common foods like cheese, beef sausage and tuna may cause allergic reactions in some dogs. So it's best to let dogs enjoy dog food and not

human food, even though they clearly adore and want what we're eating!

### Narrowing Down the Problem

To determine the exact ingredients your dog is allergic to, try an elimination diet. Although powerful, it also requires patience. In fact, the elimination diet can call for eliminating specific food for up to 12 weeks before you'll notice the effects. And if you still haven't found the right (and wrong) ingredients, you'll have to repeat the process all over again.

So is there an alternative to the lengthy elimination diet? Yes — give your dog a brand or type of food he's never eaten before. But simply changing to a new brand of dog food might not be enough to eliminate his food allergies, since many brands contain similar ingredients. Instead, study the existing ingredients your dog is eating to determine which types of protein source he hasn't been exposed to. Then, hunt for a dog food that doesn't contain any of the ingredients you saw listed. For example, there are many brands of dog food that contains unusual protein sources such as rabbit or venison — great for testing allergic reactions to other, more common proteins.

Perhaps the best way for you to get control of dog's allergies is to whip up your own dog food. That way, you'll know exactly what he's getting and what he isn't — something that's extremely hard to tell from reading the back of a dog food bag. Making your own food is especially helpful in elimination diets. To start, combine a portion of rice with baby food and lamb — so long as your dog isn't already eating lamb and possibly displaying a reaction to it.

Dog food allergies are a special condition that can be frustrating and take patience to solve. Since allergic reactions don't disappear overnight, you'll need lots of time and thoughtfulness to help your dog overcome this problem — but his goofy smile and those scratch-free days ahead will probably make it all worth it.

Blake Kritzberg is proprietor of Poodle-oo: Fashion for Toy Dogs. Stop by for toy dog couture and home decor, free toy dog postcards and the Toy Dog Blog.

<http://www.poodle-oo.com/>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**