



# PHP Monday Morning Health Minute

March 9, 2009

Volume 3, Number 10

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*Buy 2 bottles of Great Stuff for Cats or 2 bottles of Great Stuff for Dogs, get 1 bottle (of same) FREE\**

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### ***A WORD FROM DAVE....***

What if you could dramatically extend the life of your beloved pet? Did you know that dogs and cats typically live out only 50% of their life potential and that 30-40 year life spans should not be unusual? Well, just as American's eating habits have contributed to premature death, the same is true with that of our pets. Processed, packaged, preservative-filled animal feeds that do not resemble the diets of their wild counterparts are the most commonly offered, and because of this, overtime, nutrient deficiencies and chemical imbalances reach the point of no return. That is why we have dedicated our Monday Morning Health Minute and have created a (two month long) **Pet Health Awareness Special** (more details below), which includes PHP's Great Stuff for Cats and Great Stuff for Dogs. PHP's **Great Stuff for Cats/Dogs** products are made up of very high quality, nutritious ingredients with no binders, fillers or excipients- just as we humans expect for ourselves!

Please tune in LIVE Wednesday night for our weekly Consumer Education call at 6 pm PST/ 9 pm EST by dialing (212) 461 5800 and then enter pin code #8246 when prompted. Be prepared to hear some amazing testimonies and to learn more about raising a healthy pet.

Please also remember (and tell your friends) that for your convenience we archive all recorded **Consumer Education conference calls** on our website [www.phporder.com](http://www.phporder.com). Simply click on the 'Education' tab at the top of the home page, then click on *Listen & Learn*, scroll down to the [Consumer Education Calls](#) and click on "*listen online.*" Education is power- be sure to check them out and let us know what you think!

*-Dave Sandoval*  
*Author of The Green Foods Bible*  
*Founder of PHP*



Listen on  
Wednesday,  
March 11 to hear  
all about all  
about Great Stuff

Click [here](#) to download  
the fact sheet on Great  
Stuff for Cats

Click [here](#) to download  
the fact sheet on Great  
Stuff for Dogs

**\*\*PET HEALTH SPECIAL\*\***

***Buy 2 Get 1 FREE***



#### **GREAT STUFF FOR CATS**

Cats are natural foragers and retain nearly every instinct of their ancestral wildness. This can create problems if A) you let your cat "forage" where toxic lawn chemicals, pesticides or other unnatural substances may be or B) you do not let your cat forage at all. Unnatural foraging may risk the health of your feline friends who cannot deal with this toxicity over time; however, lack of quality foraging denies "kitty" the "phyto" or plant nutrients that they require to live a long healthy life. Either way, PHP has an excellent solution called Great Stuff for Cats.

Many pet food labels are very misleading and legally allowed in the name of advertising to make unsubstantiated claims. Be sure to read all labels carefully! PHP's Great Stuff for Cats™ is made up of very high quality and very nutritious ingredients with no binders, fillers or excipients- just as we humans expect for ourselves! The specially selected choice ingredients in Great Stuff for Cats™ provide important nutrients like essential fats, vitamins, minerals, proteins, and tyrosine. Unlock the chains that have held your domestic cat from the "wild" diet of their not so distant past, and maybe you can enjoy your best friend for a few more years than expected.

Great Stuff for Cats contains Barley Grass, Wheat grass, Oat Grass, Desiccated Liver, Whey Protein, Dried Yeast, Taurine, and Acacia Gum.



#### **GREAT STUFF FOR DOGS**

"One of the pack", that's what we are in the eyes of our tail-wagging, belly rub-loving friends. Of course, the "pack" traditionally "hunted" for their food, and being carnivorous, they consumed mostly animals, but they also sought out and consumed grasses, plants, and herbs to aid their digestion, healing, and elimination process. This combination of meat and plants ensured naturally good health, digestion, and extended life spans.

Unfortunately, many canines are far from the fields where hunting and foraging are possible and most have gradually lost the proper instincts to forage with each domesticated generation. This has created significant nutritional deficiencies that threaten the health of our best friends.

Many pet food labels are very misleading and legally are allowed, in the name of advertising, to make unsubstantiated claims. Be sure to read the labels carefully! PHP's Great Stuff for Dogs is made up of very high quality, nutritious ingredients with no binders, fillers or excipients- just as we humans expect for ourselves!

Give your favorite canine PHP's Great Stuff for Dogs to let them know that the "Alpha

Dog" (or leader of the pack)- you- really cares! Great Stuff for Dogs will help your dog have more energy, a shinier coat, better digestion and less odor!

**\*\* Buy 2 bottles of Great Stuff and get 1 bottle FREE \*\***

*Buy 2 bottles of Great Stuff for Cats or 2 bottles of Great Stuff for Dogs, get 1 bottle (of same) FREE\**

Click [here](#) for more info or to purchase Great Stuff for Cats and/or Great Stuff for Dogs at this special price.

*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease*

## Product Knowledge Call

March 11, 2009

GREAT STUFF - FOR CATS AND DOGS

Wednesday @ 6pm PST

Call 212-461-5800 pin 8246#

Listen to the March 4th Call:

Click [here](#) - Bee Energetic

*Remember...*

***Knowledge is Power!!***

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# *Feeding Your Pet Treats Could Be Harmful - Give Them a Nutritional Bonus Instead*

by Susan Thixton (NaturalNews)

We all do it; we give our pets treats as a reward or just because we love them. And many times pet owners don't think about the extra calories in treats or worse yet, consider if the treat contains harmful ingredients. It's a treat, it won't hurt anything... right? Well, it could. Dog and cat treats are *not* required to meet the nutritional standards of pet food and many are nothing more than junk food for pets adding useless calories and potentially dangerous ingredients to their diet. So please, don't give your pet a treat -- give them a 'bonus'.

A 'bonus' would be one of the many treats that contains added nutrients and health promoting ingredients. Some include nutrients that even pet food can't provide or doesn't provide enough of. A 'bonus' can add these health promoting benefits to your pet's diet and many of them can do this in a low fat/low calorie fashion.

Poor quality treats contribute to the obesity problem in pets. I've talked to many

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pet owners who have been directed by their Veterinarian for the pet to lose a few pounds — yet owners forget about the contribution that a handful of treats add to the weight problem. And right along with weight issues, many treats are made using by-products and chemical preservatives and utilize ingredients that are difficult for the pet to digest. You might be feeding your dog or cat the right food, yet they still show signs of being overweight or have digestion and/or allergy issues. It could be that you have forgotten about looking at the ingredients in treats. And good marketing helps to sway pet owners from even thinking about looking at the ingredients.

A few months back, I went to one of the pet super stores to browse the dog and cat treats just to see what they offered. A mom and her two sons with dog in tow were searching for dog treats. The only ones that caught their attention were treats that had some type of human food connection like ‘ribs’, ‘bacon’, and so forth. Never once did they look at the ingredients on the ‘ribs’ or ‘bacon’ treats. I did and every single variety they picked out contained by-products and BHA, BHT, or ethoxyquin. The pet treat marketing lured them into a comfort zone thinking treats with names like ‘ribs’ and ‘bacon’ were as safe as human food. Again, every single treat this family picked out contained by-products and chemical preservatives linked to cancer. Pet owners must look at the ingredients of everything they feed their pets. Treat manufacturers are *not* going to alert you if they use risky ingredients. As you would guess, treats with the names ‘Chicken Feet Dog Treats’, ‘Cow Intestines Cat Treats’, or ‘Cancer Causing Chemical Treats’ won’t be top selling items; yet more treats than you realize contain all three of these undesirable ingredients.

Read those labels regardless of what the name of the dog treat or cat treat implies. Avoid treats that contain the ingredients ‘by-product’, ‘meat and bone meal’, ‘animal digest’, ‘BHA’, ‘BHT’, and ‘ethoxyquin’ (the short list). Look for health promoting ingredients like antioxidants and omega fats from natural sources and as supplements. Don’t forget about some ‘people food’ bonuses. Carrots, green beans, and apple slices make great treats for dogs (and even some cats). Canned pumpkin makes a great healthy treat for cats. Always consult your veterinarian if your pet has a health condition that requires care or you have any questions. Stop feeding treats, give your pet a nutritional bonus instead!

by NaturalNews, citizen journalist

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## Tips to Healthy Firm Cat and Dog Stool

By Rebecca Shelly

Runny stools or diarrhea are one of the most common problems seen in our pets. Digestive disorders can be a result of a change in diet, food allergies, virus, overeating, toxic substances like garbage or rotten food, unknown objects, diseases like cancer, and parasites.

One of the most important things you can do for your pet to maintain firm cat and dog stools are to provide a healthy diet. Never feed your pet chocolates, spicy food, people food or milk. Make sure

they have ample water and plenty of exercise to help keep his bowel movements regular and relieve stress.

If your dog or cat has diarrhea that is persistent or lasts more than a couple of days seek medical advice. Your pet can become dehydrated, or there could be a blockage which can be life threatening. Other signs to look for which would require immediate veterinarian services would be fever, pain, vomiting, blood in the diarrhea, lethargy, depression, weight Loss, dehydration and loss of appetite.

### **Treatment**

If no cause has been found that requires medical treatment for your pet's runny stools or diarrhea you may want to introduce a raw diet. Cooked over processed food and pasteurized milk all can be detrimental to the health of our animals. Treating your pet for loose stools could be as simple as giving our pets the diet that they were designed to eat. Gradually introduce raw, unprocessed food in small amounts while reducing canned foods.

To help your pet maintain healthy firm cat and dog stools a homeopathic veterinarian might prescribe plantago major, alchemilla vulgaris or a combination of these and other herbs and botanical extracts. All of these are well known tonics for treating and preventing digestive disorders.

### **Prevention & Maintenance**

Runny stools or diarrhea is not a disease but a symptom of something else going on with the stomach or intestinal tract and there are many home remedies to help correct an irregular digestive problem, if no medical problem exists.

If you are now using a regular veterinarian, consider switching to a holistic vet. They are usually more aware of the stress that a vet visit causes an animal. They avoid over-immunizations and help you learn to support your pets' digestive system.

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### **Do you know PHP's staff naturopath?**

*PHP is proud to have naturopathic doctor **Dr MICHAEL WOHLFELD, ND** on staff- the best part is that health and nutrition consultations with Dr Wohlfeld are **ABSOLUTELY FREE** of charge with no strings attached! Make sure you take advantage of this valuable resource...*

*He can be reached via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at **[askphpdoc@gmail.com](mailto:askphpdoc@gmail.com)**.  
**Get to know Dr Wohlfeld- you will be glad that you did!***

*PHP is based on the tradition of Naturopathics which operates on the premise that our bodies are self-healing if given the right tools and environment. This has been well practiced for over 5000 years!*