



Jan Rasmusen is a well-known dog health and safety advocate, and a frequent blogger and guest on television and radio. We have all learned the importance of holistic care and proper nutrition for humans; Jan has been feverishly researching the best way to care for dogs to bring this same intensity of medical scrutiny to the dog world. Jan co-authored *Scared Poopless: The Straight Scoop on Dog Care* with her feisty Maltese friend, Chiclet (pictured here with Jiggy, left, and Jan). *Scared Poopless* won the Ben Franklin “Best Health Book” award and the USABookNews “Best Pet Book”

award. It’s also endorsed by the *Journal of the American Holistic Veterinary Medical Association* and *Animal Wellness Magazine*.

Ms. Rasmusen, you’re best known as a natural dog care expert. What exactly is a natural dog care expert?

JR - I really consider myself a consumer advocate for dog lovers, an honest broker, if you like, with no commercial agenda. I do independent research on vaccination, nutrition, “pet meds” and other areas of care, then write articles, make videos and blog about what I learn, using a whole-dog, holistic, approach. I am not a veterinarian, although numerous holistic and conventional veterinarians advise me. I do not profit from food or pharmaceutical sales, and in fact donate much of what I earn to animal causes, particularly rabies vaccine research.

Can you tell us the story about what inspired you to do research for Scared Poopless?

JR - My year-old dog, Jiggy, was diagnosed with a life-threatening autoimmune liver disease. I insisted my vet refer me to a specialist, but was shocked when the specialist put Jiggy on prednisone (a corticosteroid) and several other drugs. Afraid this toxic drug cocktail might ultimately kill my little boy, I consulted a holistic vet. She immediately changed Jiggy’s diet to whole, fresh foods, weaned him off the drugs, and much to my surprise, Jiggy improved dramatically within just one month.

Clearly, much of the “conventional wisdom” about dog care was wrong. I began years of daily research and interviews with nationally-recognized experts. Shocked and angered by what I learned, I decided to write a book to help others learn the easy way what I had learned the hard way.

How has Chiclet's life changed, now that she's a famous author?

JR - Chiclet, my charming, opinionated four-pound co-author, has always believed--and rightfully so--that the world revolves around her. Fame only intensified this belief. She loves going on television and even stars in her own video biography (now showing on my website and YouTube) called "Fame is a Bitch."

In your discussions and writing, you frequently debunk common dog myths. What are the most important myths dog owners should know about?

JR - There are soooooo many. Here are a few.

Myth: Adult dogs need continued yearly re-vaccination after their puppy shots. There isn't one study showing dogs need yearly vaccination against the most important diseases: parvovirus and distemper. In fact, most dogs likely have seven years to lifetime immunity. And there are ways to test that immunity. Check out Titer Testing at my blog www.truth4dogs.com.

Myth: Processed foods provide the best nutrition. If processed foods are destroying human health, why wouldn't they be damaging pet health as well?

Myth: Dogs need pet med "preventatives" year round. Learn about the life cycle of pests like heartworms and fleas and save your dog the toxic overload of unnecessary medication.

What's the best piece of advice you've ever heard about caring for dogs?

JR - Question everything! Pretend your dog is a two-year-old human and question the wisdom of what you're doing. Would you feed your child cheap cereal for every meal? Would you give her childhood shots every year of her life? That's what most people do with their dogs.

Here's another piece of advice: Follow the Money! There are big profit motives behind most of what we're told to do and purchase.

Do you have a story about getting fit with one of your Fidos that you'd like to share?

JR - My dogs improve my mental, physical and emotional fitness in countless ways. Mentally, their every problem becomes a source for research and an opportunity to help others. I'm reading and web surfing hours every day.

Emotionally, I've made countless new friends: dog guardians with problems and veterinarians across the country. And, of course, I get unconditional love and cuddling from Chiclet and Jiggy.

Before I became involved with canine health and safety matters, I spent most of my spare time obsessing about my golf game. Now I play golf as a way to get outdoors with my husband and dogs and exercise in a beautiful environment. The dogs ride along with us in a special nylon net carrier secured to the cart and keep everything light and fun. Then we all have lunch together and go for a lovely walk. We're all fitter and happy for our canine companionship.

Anything you'd like to add?

JR - Dogs give us so much. We owe them, as we do our human children, education in good behavior, health-building food and thoughtful medical care. Learning the right way to care for animals is easy, and even fun. And it's the least we can do for our furry kids.

Visit Jan to learn more at her website: <http://www.dogs4dogs.com/> Read excerpts from *Scared Poopless* (and get a copy), watch free videos, and listen to audios at this info-packed dog care site. And the next time you visit your veterinarian, be sure to take Jan's advice and ask questions to help you and your vet make the best health choices for your Fido.

