



Wrinkle Time

JANUARY 2011

Upcoming Gathering Dates:

March 18th at 11 am
Pet Supplies Plus, Burnsville, MN

May 20th Time TBD
Picnic in the Park, Shakopee Memorial Park

No Bull...Just Fun



THE HEALTH BENEFITS OF COCONUT OIL

BY DOGS NATURALLY ON JULY 8, 2011

Although supplements can be a confusing topic for many pet owners, most dog owners have heard of the benefits of feeding fish oils. There are however, a variety of oils that you can also use to your dog's benefit, each with different actions and benefits.

Coconut oil consists of more than 90% saturated fats, with traces of few unsaturated fatty acids, such as monounsaturated fatty acids and polyunsaturated fatty acids. Most of the saturated fats in coconut oil are Medium Chain Triglycerides (MCTs). The main component (more than 40%) of MCTs is lauric acid, followed by capric acid, caprylic acid, myristic acid and palmitic. Coconut oil also contains about 2% linoleic acid (polyunsaturated fatty acids) and about 6% oleic acid (monounsaturated fatty acids).

Most of the coconut oil benefits come from the MCTs. For example, the lauric acid in coconut oil has antibacterial, antiviral, and anti-fungal properties. Capric and caprylic acid have similar properties and are best known for their anti-fungal effects.

In addition, MCTs are efficiently metabolized to provide an immediate source of fuel and energy, enhancing athletic performance and aiding weight loss. In dogs, the MCTs in coconut oil balance the thyroid, helping overweight dogs lose weight and helping sedentary dogs feel energetic.

According to Dr. Bruce Fife, certified nutritionist and naturopathic doctor, coconut oil gently elevates the metabolism, provides a higher level of energy and vitality, protects you from illness, and speeds healing. As a bonus, coconut oil improves any dog's skin and coat, improves digestion, and reduces allergic reactions.

Fed regularly to pets, coconut oil may have multiple benefits:

Skin Conditions

- Clears up skin conditions such as eczema, flea allergies, contact dermatitis, and itchy skin

- Reduces allergic reactions and improves skin health
- Makes coats become sleek and glossy, and deodorizes doggy odor
- Prevents and treats yeast and fungal infections, including candida
- Disinfects cuts and promotes wound healing

Applied topically, promotes the healing of cuts, wounds, hot spots, dry skin and hair, bites and stings

Digestion

- Improves digestion and nutrient absorption
- Aids healing of digestive disorders like inflammatory bowel syndrome and colitis
- Reduces or eliminates bad breath in dogs

Aids in elimination of hairballs and coughing

Immune System, Metabolic function, Bone Health

- Contains powerful antibacterial, antiviral, and anti-fungal agents that prevent infection and disease
- Regulates and balance insulin and promotes normal thyroid function
- Helps prevent or control diabetes
- Helps reduce weight, increases energy
- Aids in arthritis or ligament problems

Integrative Veterinarian and Naturopathic Doctor, Dr. Karen Becker, says “Medium-chain triglycerides (MCTs) have been shown to improve brain energy metabolism and decrease the amyloid protein buildup that results in brain lesions in older dogs. Coconut oil is a rich source of MCTs. I recommend 1/4 teaspoon for every 10 pounds of body weight twice daily for basic MCT support.”

Why not give coconut oil a try and introduce it to your dog? It offers many benefits for your dog and is a more sustainable and less toxic source of oils than fish.

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Wrinkle Time

You Wrote the Caption



You've got to be kidding!!

I thought you loved me!

Your tree...is...toast....

"Yeah, right lady!"

What are you laughing at?

Your mother is a Poodle.

I'm leaving a "gift" in your shoe later.

Jingle Bulls... Jingle Bulls...

Do these stripes make me look fat?

The sweater says Freddy Krueger, the antlers say Santa...talk about naughty or nice!!!

Don't they know I need vertical stripes?

Don't look at me that way, Mom is making me go to an ugly sweater party!

Mom, am I suppose to be a dog, a kid or a reindeer?

Well---What do you think! Am I cute or what?

Just give me that red nose & call me Rudy!!!!

Tell Grams no more sweaters, please!

Just call me Santa's helper.

If A Dog Were the Teacher, You Would Learn:

When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When it's in your best interest, practice obedience.

Let others know when they've invaded your territory.

Take naps.

Stretch before rising

Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back on the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

No matter how often you're scolded, don't buy into the guilt thing and pout ... run right back and make friends.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal. Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by and nuzzle them gently.



We are on Facebook!

No Bull...Just Fun!



www.wrinkletime.org

Watch Your Dog!

Just a reminder to keep an eye on your dogs when you are at our gatherings. You are responsible for their behavior when you are out in public. Wrinkle Time assumes no liability at gatherings. You assume the same liability you would at any other public event as Wrinkle Time does not screen attendees.

