



STEPPIN' OUT AND STEPPIN' IN



AS WE LEARN MORE AND MORE ABOUT THE DANGERS OF GLYPHOSATE AND COMMON LAWN CHEMICALS, PAYING ATTENTION TO HOW WE CAN PROTECT OUR DOGS BECOMES CRITICAL.



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The expression, "May you live in interesting times" is an phrase that's only been around in the US for about 50 years (I know, it always seems so much more like ancient wisdom to me too). When you look at how we're poisoning the planet with herbicides and chemicals and how readily it's accepted by most, it seems to me to be both strange and interesting. Most of us might agree that the mindset of many folks is such that they simply cannot grasp how many poisons and toxins are continuously being sprayed on the ground. The thing is, we're exposed to all of this along with our dogs – and they don't even wear shoes!

Here's how nuts it gets: dandelion is one of the most healing herbs on the planet. It cleans the liver, kidneys and lymphatic

system. Appearing in the spring, the earth gives dandelion to us at the exact time that our bodies need a good spring-cleaning. In many countries in Europe it was gathered in the spring to be prepared in foods. Dandelion is sold in health food stores. But ... when it's on your lawn it's considered a toxic weed that must be sprayed with products that destroy your liver and poison your lymphatic system, sometimes causing lymphoma. Interesting, yes? Crazy? Certainly!

When your dogs walk in, play on and roll around on a pesticide-treated lawn, they're continuously picking up whatever residues remain on the grass from chemical lawn treatments. As dogs sweat through their feet, it's easy for them to pick up and absorb these products. While

we might think the rain will wash these poisons away, they in fact form an aerosol herbicide-rich mist several feet up from the ground. This is all absorbed into dogs' sinus cavities, respiratory systems and skin. This will happen whenever it rains for weeks following the application of the lawn treatment. Our dogs run through this mist, inhaling these proven carcinogenic products. Wind can also carry these chemicals up to 50 feet from where they're applied. Considering our dogs "hoover" the ground as they walk, they get even more of these chemicals in their sinus cavities. Knowing this, chewing on the grass takes on a whole new meaning.

Our dog's exposure to these chemicals occurs through ingestion (fetching toys and digging in the grass), inhalation (through

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the mist and sniffing) and transdermally (through their paws, jowls and skin).

It's not even a *maybe they pick them up on a bad day* type scenario. These toxic lawn chemicals are *in their systems*. A study published in the *Science of the Total Environment* found that the incidence of lawn chemicals in dogs' urine was widespread – even among dogs in households where chemicals were not applied. Untreated lawns get contaminated through drift and dogs can be exposed to chemicals during walks. Remember that these chemicals get tracked into the house and contaminate flooring and furniture for everyone in the home.

HARMING HEALTH

Studies have repeatedly shown that dogs from homes with routinely treated lawns get *significantly more bladder cancer*. One of the studies, done at the Department of Veterinary Clinical Studies at Purdue University in 2004, found lawn chemicals have a definite link to bladder cancer. This included, but was not limited to, our common herbicides containing 2,4-dichlorophenoxyacetic acid (2,4-D) and 4-chloro-2-methylphenoxypropionic acid (MCPA).

Breeds more at risk for bladder cancer are Beagles, Scottish terriers, Shetland sheepdogs, West Highland White terriers and Wire Hair Fox terriers. Scottish terriers are 20 times more likely to develop bladder cancer than other breeds of dogs.

Studies in people have linked herbicide exposure to cancers of the colon, sinus, lung, prostate and ovary, as well as lymphomas and multiple myelomas. Dogs, unlike people, have their noses to the ground inhaling these herbicides like nobody's business. Think sinus cancer.

The National Cancer Institute found that dogs were twice as likely to develop lymphoma if Roundup was applied on their properties *four* or more times a year. By now, we all know that cancer is the top cause of death in dogs over a year of age. One in two are getting cancer. Glyphosate use four times a year doubles the chance of a dog getting cancer. Do the math.

According to a study conducted over a six year period at the Foster Hospital for Small Animals at Tufts University Cummings School of Veterinary Medicine, exposure to lawn pesticides raised the risk of canine malignant lymphoma by as much as 70 percent. That's an even greater risk. Lymphoma is the most common cancer that we see in our dogs.

Are we really buying the statements on the label? How does each of us justify the use of these products? There's no more room for conjecture and guesswork. The die has been cast and the proof is plentiful.

MONSANTO'S MISCHIEF

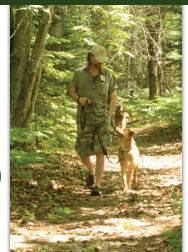
Think this is a minor issue? People are fighting back – and winning. Monsanto, the makers of Roundup (glyphosate) just lost a lawsuit filed for their actions.

Although Monsanto appealed the verdict, it was upheld and the jury ordered the company to pay out \$289 million (eventually reduced by a judge to \$78 million). The reason for the ruling was that the company had not warned on their label or in their literature about the cancer risks posed by its main weed killer. The case of the school groundskeeper, Dewayne Johnson, filed in 2016, is a well-known

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one. It was fast-tracked due to the severity of Johnson's non-Hodgkin's lymphoma, which he claimed was caused by Roundup and Ranger Pro - both Monsanto glyphosate herbicides. In fact, for decades Monsanto has fought, using every resource it has, countless lawsuits filed against the company. That's why this victory is outstanding and noteworthy, especially since we know that studies have shown the dangers of exposure for many years.

And Roundup wasn't the only offending product from this company. Monsanto was also the primary US manufacturer of polychlorinated biphenyl (PCBs) from 1935 until 1977, at which point they were banned by Congress. Studies of PCBs have found increased rates of melanoma, liver cancer, gall bladder cancer, GI cancer and brain cancer in people. In 2016 a St Louis jury awarded \$46.5 million dollars in compensatory and punitive damages to three people who claimed that PCB exposure caused their non-Hodgkin's Lymphoma. There were initially nearly 100 plaintiffs, with many not making it to trial.

It's more than interesting that our dogs, busy hoovering the ground all the time, so commonly get malignant melanoma in their mouths.

While some literature suggests keeping your dogs away from treated areas for the duration of package label recommendations or even at least 48 hours, I strongly believe that this is misleading. Glyphosate does not dissipate speedily. It lingers in the soil well beyond a month, or even years. The Extension Toxicity Network at Oregon State University reports that glyphosate has a half-life of 47 days. That said, even Monsanto has stated that it can have a half-life of 141 days in some soils. Interestingly, the metabolite of glyphosate

AMPA (aminomethylphosphonic acid) is more persistent, with a half-life of 958 days. In laboratory rats this caused excessive cell division in their bladder linings. It's the same reason smokers get lung cancer - smoke inhalation causes excessive cell division in their respiratory tract. Do your thoughts shift to lawn chemicals causing bladder cancer in dogs?

Monsanto continues to assert that Roundup is safe, even after the many lawsuits have found otherwise! A study published in 2013 in the journal *Entropy* shows that exposure to glyphosate - *even* when the body rids itself of the herbicide rapidly - creates inflammation, which can lead to diabetes, heart disease and cancer in people.

AN OUNCE OF PREVENTION

We know that our furry friends like to go out for their walks and get out on the town. We can't very well stop this (nor do we want to). Here's what we can do to keep their bodies free of chemicals, pesticides and herbicides.

1. Feed your dog chlorophyll every day. Chlorophyll comes in both powder and liquid drops. As chlorophyll is really a food, I would suggest taking the suggested human dose and adjusting it for your dog's weight, figuring that a human weighs 150 lbs.
2. Energetix makes a homeopathic preparation called Agri-Chord, which is designed to pull glyphosate, agricultural chemicals, herbicides and pesticides out of the body.
3. Stop spraying lawns with this stuff. I over-seed my lawn with select grasses that would not need these chemicals. Or, change your perspective. Think about those dandelions and the beauty and

health benefits they offer, rather than viewing them as weeds.

4. Check out what your neighbors are spraying and educate them by sharing this article with them.
5. Try to walk your dog in more natural parks where the chance of these products being sprayed is lower.
6. Educate your community, parks and your township. And make sure you know where these chemicals are being used in your neighborhood.
7. Booties are always an option (but good luck if your dog's never worn them!). Videos abound of dog's reactions to having these babies put on their feet. I almost fell on the ground after watching my English Labrador Retriever the first time I put them on him. I never put them on again Maybe someone will come up with booties designed for this purpose only. It's a good idea for a cottage industry.

We can't keep our dogs in a bubble. For most dogs, walks are the highlight of their day. But we can become more aware, educate others around us and change this course of events on our planet. Make the interesting times we live in on this planet *even more interesting* by getting others interested in these facts. 🐾



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