

Lumps and your Lab!

If you have ever had Labradors in your life, then you are likely familiar with the look and feel of lipomas. I recently adopted a beautiful chocolate lab, Murphy, through Lab Rescue. As Murphy was a stray, little information was known about him, but his numerous lipomas were obvious.

Lipomas are a group of fat cells that collect under the skin that can range in size. They feel soft and moveable and are usually benign and painless unless they grow too large or grow in an area that impedes a joint.

There are several theories as to why lipomas develop. As a nutritionist, I believe that toxins contribute by becoming trapped in the fat cells and the body walls them off, creating a lump. Congestion, poor lymphatic flow and poor circulation can develop around the lipomas.

Toxins can come from a few different sources:

- Environmental – pesticides, air pollutants, cleaning products around the house, etc.
- Poor diet – too many grains or poor-quality ingredients
- Too many medications
- Grooming products saturated with chemicals

Lipomas can also be related to poor digestion in your dog, specifically the inability to breakdown fats. A dog's digestion was never meant to process vegetable oils or genetically modified soy or canola oil - ingredients often found in treats targeted at your pet.

I decided to tackle Murphy's lipomas a few different ways:

1. Improve his diet overall.
2. Support the detoxification of the liver.
3. Get him exercising.
4. Use a topical spray on the lipomas.

We started Murphy on an anti-inflammatory diet that included a grain-free, limited ingredient kibble. It was supplemented with salmon and sardines to boost his omega 3 levels and a digestive enzyme at each meal to ensure he was properly breaking down his fats. Each morning Murphy also enjoys a liver- supporting smoothie that includes:

- Kale, dandelion or mixed greens for their affect on the liver.
- Beets, turmeric root and ginger for their liver detoxification properties.
- Wild blueberries for their powerful antioxidants.

We began increasing Murphy's exercise each day to help build muscle. Converting fat to muscle may also contribute to the reduction in size of some of the lipomas. As Murphy's endurance and stamina improves so does his

circulation and lymphatic flow. This has a direct impact on the lipomas as well as better digestion and liver function.

Finally, I have been treating the lipomas externally with an essential oil mixture of frankincense and German (blue) chamomile in distilled water. Both essential oils are safe for dogs and are known for their anti-inflammatory and detoxification effects.

In the month that Murphy has been with us we have seen a dramatic improvement in his vitality and energy and a reduction in the size of some of his lipomas! Vikki Crane-Small

BAYMAX & BENNIE

Happy Tails

We first contacted Lab Rescue in January 2018 when our family was ready to adopt a lab as our black lab had passed away in Oct.2017. We had a meet and greet with Baymax who was 9 months old and we fell in love with his cute face and endless energy. We soon found out that with Baymax playing ball is life!! We took Baymax for training level 1 and he finished 1st in his class!

We knew Baymax needed a brother or sister, so again in October 2018 we contacted Lab Rescue and at that time Lab Rescue had a sweet, sweet 4 year old yellow lab that was having seizures and some issues. Our family was open to his needs and we set up a meet and greet with our family including Baymax. Instantly, Baymax and Bennie were like long lost friends. Bennie came home with us and has really come alive.

He has only had one seizure since coming home with us, while taking his medication twice a day. Bennie and Baymax love to run in the backyard play ball and enjoy their three walks a day together. Both dogs are super happy, get lots of love and their tails never stop wagging. Thanks Lab Rescue! Kristin

