

## Dr. Becker's 18-Point Assessment

Please assign the most appropriate number to each question pertaining to the *parents* of the litter you are interested in.

Questions for the breeder:

\_\_\_ **I have fed a raw, balanced, living (fresh) food diet.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

\_\_\_ **I have fed a store brand dry food.**

- 0 - don't know
- 1 - most of their life
- 2 - 75% of their life
- 3 - 50% of their life
- 4 - 25% of their life
- 5 - almost none of their life

\_\_\_ **I intentionally selected my companion/breeding stock based on excellent genetics/diversified gene pool and the breeder's commitment to a healthy lifestyle.**

- 0 - don't know
- 1 - I didn't consider/think about it or I purchased my pet from a puppy mill/pet store
- 2 - my breeder gave me information about the dam and sire's lineage
- 3 - my breeder gave me information about my puppy's lineage, the parents' nutritional status
- 4 - my breeder gave me information about my puppy's lineage, the parents' nutritional status, OFA (hip dysplasia ranking) and thyroid status, as well as cause of deaths of last 3 generations
- 5 - my breeder gave me information about my puppy's lineage, the parents' nutritional status, OFA (hip dysplasia ranking) and thyroid status, as well as cause of deaths of last 3 generations. I independently

researched the lineage to assure no inbreeding and asked the breeder to modify the pup's vaccine protocol, if needed

**\_\_\_ I have modified my pets' vaccine protocol to eliminate unnecessary vaccines that could negatively affect their immune system.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

**\_\_\_ I have supplied antioxidants and other nutritional supplements throughout my pets' lives, as their bodies dictated.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

**\_\_\_ I have reduced my pets' chemical exposure by reducing topical insecticide application (flea and tick products), the frequency of heartworm prevention and the application of chemicals to my lawn and their immediate environment.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

**\_\_\_ I have supplied a means of detoxification from toxic environmental substances (milk thistle after heartworm prevention, etc.) throughout my pet's life**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life

- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

\_\_\_ **I have given my pet filtered water of some kind.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

\_\_\_ **My pets have had healthy, smoke-free air to breathe.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

\_\_\_ **My pet has had physical trauma that has brought us to the ER (hit by car, broken bones, dog fight, poisonings, etc.).**

- 5 - no trauma
- 4 - minor trauma that did not require veterinary care
- 3 - moderate trauma that did not result in recurrent medical issues
- 2 - significant trauma that temporarily affected my pet's life
- 1 - significant trauma that has chronically affected my pet's life
- 0 - don't know

\_\_\_ **My pet exhibits behaviors that could cause body damage over time; fence running, pulling on the leash every walk, falls or goes "spread eagle" on the tile regularly, "T-boning" or being the "T-boner" with another dog (body-bashing), as examples.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life

- 5 - most of their life

\_\_\_ **I have had regular chiropractic adjustments performed on my dog.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

\_\_\_ **I have supplied joint supportive supplements (Glucosamine, MSM, etc.) throughout my dogs' lives as their bodies have required.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

\_\_\_ **How true is this statement? "I have been blessed with a pet that is physically resilient and free from disease."**

- 0 - don't know
- 1 - I wish, my vet is my best friend (you've known them since your pet's first year of life with one issue after another) because my pet is always having problems
- 2 - my pet used to be healthy, until that one inciting incident... nothing's been the same after that (allergic response, vaccine reaction, ACL rupture, tumor removal, etc.)
- 3 - my pet has "the usual stuff"... I don't expect perfection: I have visited the vet more and more for "stuff" that's going on
- 4 - my pet has had a few weird things happen, but all in all, has been incredibly healthy
- 5 - my pet is thriving, above the level of disease: we visit our vet for wellness visits only

\_\_\_ **My pet is predisposed to wacky behaviors, such as eating toxic house plants, foreign bodies (Q-tips, mulch, pins, clothing, etc.), licking unclean surfaces (garage floors, lead paint, etc.), slipping his/her collar, attacking**

**other dogs or people (these are only examples, we are trying to assess the environmental risks your pet takes with this question).**

- 0 - don't know
- 1 - my pet eats everything I don't want him/her to, regularly acts in ways that could be harmful to him/her
- 2 - my pet sometimes "gets into stuff," and does things that could cause harm to him/her
- 3 - my pet is well behaved, but on occasion exhibits some behaviors that could lead to physical harm
- 4 - my pet has never intentionally done anything inappropriate, but has had bad luck with occasional "accidents"
- 5 - thank goodness, my pet is a saint with good luck

**\_\_\_ My pet has had daily aerobic activity (intentional exercise) throughout his/her life. I make it a goal to exercise my pet on a daily basis.**

- 0 - don't know or I consider "playing" exercise
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

**\_\_\_ I have engaged in formal training (agility, obedience, tracking, etc.) and have continued this throughout my pet's life.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life
- 5 - most of their life

**\_\_\_ I engage in some form of body work with my pet on a regular basis: body work, massage, T-Touch, acupressure, stretching, etc.**

- 0 - don't know
- 1 - almost none of their life
- 2 - 25% of their life
- 3 - 50% of their life
- 4 - 75% of their life

- 5 - most of their life

## **Results**

### **Add up your score:**

#### **81-90**

Exceptional guardianship... you are an empowered owner, proactive by nature, and have done all you can to allow your pet to thrive. You are to be commended and are a light to those around you.

Continue to set your benchmark high; you will accept nothing less than excellence for those in your care and your companion is tremendously blessed from the fruits of your labor.

Offspring from these animals have the best chances of living life with few to no metabolic roadblocks, combined with a proactive lifestyle these animals will thrive.

#### **71-80**

Good job! You have made wise choices to remove lifestyle obstacles in your pet's path. You have the desire to create abundant health and allow your companion to thrive. Putting all the pieces together takes education, commitment and persistence. You are well on your way. The journey only gets more rewarding.

Offspring from these parents have a good chance of being healthy throughout their life by continuing a proactive lifestyle.

#### **56-70**

Well done. You have the desire to make all the right choices for your companion, but need encouragement, knowledge and commitment. You are learning lots at this point... applying it is another story! Recognize all of your efforts will translate into healthier, more vibrant relationships with your companions... and that's why you started this journey in the first place.

Be encouraged; your pet is by your side through it all and reaping the benefits of your evolution on the journey. Offspring from these parents will need all aspects of wellness addressed consistently to achieve homeostasis and balance.

#### **36-55**

Congratulations, you have recognized that your companion's health takes work! Health is on a spectrum and your pet is moving one way or the other. You want him/her to move towards health, you just need guidance, support and time. There is much to learn, but don't stress!

You're right where you need to be to apply one health principle at a time, building one healthy habit upon another. Before you know it you will see the benefits expressed in your pets, fueling your desire to learn more, apply more, and again, see your efforts pay off in terms of vibrant health and improved quality of life in that creature you so dearly love. Offspring from these parents may exhibit metabolic, skeletal and nutritional roadblocks that will take time, money and effort to correct and maintain.

### **25-35**

Don't panic! Now is your time to become empowered! You have accepted the responsibility to care for your pet(s) to the best of your ability... that's why you're here, learning. You have much to learn, but stop and celebrate the fact that you're on your way. Initially you'll feel overwhelmed, wondering if it's all worth it. It is... you're just not far enough along to see it. And besides, you've come to recognize your companion deserves nothing less.

It's up to you to be persistent in putting the pieces together. These animals are surviving, but not thriving. With pointed, consistent effort these animals can feel better in their bodies, but should not be bred. Offspring from parents that are not thriving will rarely thrive themselves.

### **Less than 25**

You have either rescued a pet with an unknown background, have recently recognized that health must be created (it doesn't just happen), or have a companion that rules the house and has poor vitality/increased risk for disease. In any situation your companion, although happy, may not be healthy. There are lifestyle obstacles you must commit to addressing.

Rescued animals may have little degeneration prior to you adopting them; or there may be lots. Your only choice is to assume little has been done to improve health before you were in their life and best case scenario, you've provided proactive care that goes above and beyond what's needed... your pet will benefit from these healthy choices.

If you have just started thinking about creating abundant living for your companion, recognize degeneration may already be present, but you have committed to providing the best quality of life to your pet from this point forward. You have consciously chosen health, the first step in creating it for your companion. You have lots to learn and do, time is of the essence.

The more proactive lifestyle changes you make at this point, the better, you can't do too much now.

Don't worry, and take the pressure off of you and your pet... every change means your companion is at a better place than before. These animals are surviving, but not thriving. With pointed, consistent effort these animals can feel better in their bodies, but should not be bred. Offspring from parents that are not thriving will rarely thrive themselves.