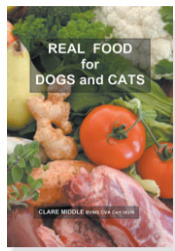


BOOKS



Real Food for Dogs and Cats
DR CLARE MIDDLE

BVMS CVAC CVHOM
REVIEW BY
DR CHARISSA SMITH BVMS
www.claremiddle.com

The most important thing I have to say about this book is that I have sold 10 copies in the last three days; I have one copy remaining for a presale inspection by clients!

This is a manual for dog and cat owners wishing to embark on a preventative health program for their pets. It is a small, inexpensive and comprehensive publication, which addresses the issues common to our society where most pets have been fed commercial food for the last 30 years. This practice has come about as lives get busy, both partners in a relationship work, and food preparation becomes more onerous as time pressures increase. A survey five years ago showed commercial pet food was second only to Coca Cola as the item on which Australians spent the most of their weekly food budget.

This book is not intended as a manual for feeding in disease states. Rather, it's a commonsense, down to earth, informative book that will empower people wishing to make their pets healthy. Important issues are outlined in text boxes so that they are easily read and noticed.

The book is divided into Part One for dogs and Part Two for cats.

Part One has three chapters that cover components of the diet, nine important points about feeding dogs, and changing over from commercial foods. Part Two reviews these issues in light of the special needs of cats.

Chapter One contains a detailed description of feeding meat, bones, oils, fruit and vegetables, as well as basic supplements. I particularly like the way in which Dr Middle reminds us that dogs do not need much digestible carbohydrate, and details the size of portions and their preparation. Reading this made me think of gourmet cooking for dogs, and how simple it could be. She also discusses the use of organic foods. There are basic sections on use of herbs and wonderful cooking tips.

Chapter Two is a summary of the principles of dog nutrition. I admire the way in which she points out that dogs are not human, no matter the closeness of our relationship, and describes their particular digestive functions. This chapter also contains an interesting section on fasting to improve liver metabolism, something that will benefit most dogs. This is reinforced by the advice totally banning ad lib feeding, I rejoice at this. I have rarely seen a backyard dog that did not overeat if allowed to ad lib feed.

Chapter Three is devoted to the most

difficult part of the fresh food project, the changeover. It is here that pets may refuse the beautiful new food, eat too much of it too quickly, have detoxification reactions, and maybe need veterinary supervision to meet their special needs. Dr Middle describes how to handle raw meats, and assess the weight your pet ought to be. She also discusses regular blood tests for dogs and keeping a full metabolic check.

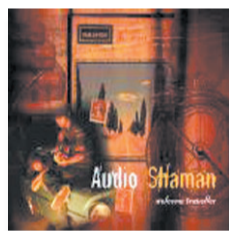
It is not sensible to expect animals that have had a three to four generation intake of commercial foods to always readily adapt to the new regime. This means the changeover period is often the most difficult part of fresh food feeding.

Dr Middle, a vet who employs holistic practices, empowers people – this section will prove most useful to those wilting at the thought of the human-animal confrontation, especially with cats (a subject covered in some detail). Part Two discusses the difference between cats and dogs, and their special needs. I especially like the treatment of kitten nutrition, and ways in which to feed fish.

It is interesting to note that she emphasises the importance of never leaving dry food or cat food out when feeding cats, and how many different normal household chemicals can actually be poisonous for cats, especially if they contaminate food. There is a lovely session on cat fetishes with food. I think cats are the most amazing individualised attention seekers in the business, and food is one of their tools, so with a cat you can expect anything. Dr Middle clearly explains what is healthy and what is not.

It has been a pleasure to review this book. I only wish she could tell me how to remove cream buns from an overweight retriever who has stolen them from the neighbours!

MUSIC



Welcome Traveller

AUDIO SHAMAN
(ONE WORLD MUSIC)
(AMBIENT GROOVES)
REVIEW BY
PHIL BENNETT

Defined by the sinuous flamenco guitar lines and melodically powerful composition skills of Paul George, coupled with the lush production ethic of Carey O'Sullivan, this Australian duo's debut is a spicy dish of exotic sounds, rich instrumentation and a strange, sad mood that flows through from track to track.

The majority of these pieces are instrumentals but they're nicely broken up by a handful of vocal numbers, with guest singers Melanie George and Sid Horth making brief but accomplished appearances.

There are some truly fine moments here as numbers like Café Beluga and Manifesto

are imbued with an almost mystical quality that melds their subtle integration of international flavours with an imaginative mix of acoustic and electronic instruments.

Things get really interesting with the mesmerising Holi which is all Eastern melodies, sampled voices, steady rolling percussion and sand dune waves of rhythm.

Elsewhere, there's the irresistible momentum of the Latin flavoured Muscat and the sweet soulful funk of Vijiantes to mix things up a bit.

A delightfully downbeat collection of dreamy soundscapes and cross cultural influences, *Welcome Traveller* is an excellent first album and promises much for future releases. Quite magical.



We All Love Ella
VARIOUS ARTISTS
(UNIVERSAL)
(JAZZ)
REVIEW BY
PHIL BENNETT

The career of Ella Fitzgerald matched her remarkable talent, with 13 Grammys on her mantelpiece and over 40 million album sales. But, more than that, she has been acknowledged the world over as the First Lady Of Song and this album, which features some of today's most renowned singers, is a suitable, welcome and loving tribute.

What strikes the listener as the music unfolds is what an extraordinary range of material she covered, from sweet, sultry ballads to show stopping scat workouts.

Classics roll by – A-Tisket A-Tasket, The Lady Is A Tramp, Lullaby Of Birdland – and the performances are startlingly good.

Natalie Cole, who features on three tracks, eerily captures Fitzgerald's eccentric muses, a result, no doubt, of her fascination with the First Lady from the age of seven.

Queen Latifah adds a huskier dimension with her lilting take on Dream A Little Dream Of Me, while Linda Ronstadt continues her penchant for sophisticated balladry with Cole Porter's lyrically brilliant Miss Otis Regrets.

Relative newcomer, Ledisi, performs a knee-melting version of Blues In The Night, while Nikki Yanofsky scats ferociously on Airmail Special.

All in all, a wonderful set of songs performed by some of today's best.

Fabulous.



The First Little Angels on Earth

LIA SCALLON
(SOUNDS OF SIRIUS)
REVIEW BY AZRIEL

This is an enchanting story with lovely musical excerpts. Children and adult children alike will all be delighted by this simple and beautiful tale of our real origins. Lia Scallon's powerful voice takes you on a serene and sublime journey through the stars, flying on the wings of angels back to the very beginning of all time, before we split from Source and descended into matter.

On this, her sixth CD, sound healer Lia Scallon narrates in her beautiful voice honed by years as a professional actress, the story of five brave little angels who go on a grand adventure to planet Earth. The first CD recounts their adventures on earth and also includes a soothing lullaby of love. A healing meditation returning to the transformative love of Source, is on the second CD.

Lia channels the sounds of the star Sirius for planetary and personal healing. Her CDs include channelled sounds and words from Sirius. According to Lazaris, the Sirius vortex is the Goddess vortex energy. All the ancient civilisations recognise the power of this star and there are many important prophecies about it. We are now beginning to understand the powerful influence of the two Sirius stars and their important role in our human expansion at this amazing time.

The lullaby and channelled sounds were very soothing and restful, though I found the spoken channelled words pulled me out of the beautiful music and sounds. I played the CD to my three young children in the car and all went really still as they listened from a very deep place within. I'm certainly packing this one for long car trips. On this day, I arrived peaceful and nourished and so did they!

GIVEAWAYS/TICKETS ONLINE

To help us be more environmentally friendly, you can now respond to Giveaways and Free Tickets online. Visit www.novamagazine.com.au and click on the links

free tickets

NOVA MAGAZINE & PALACE FILMS
are giving away 20 DOUBLE PASSES to
HUNTING & GATHERING (TBA)
Adapted from Anna Gavalda's bestselling novel, a universal story of four destinies at crossroads, four people who, against the odds, form an unbreakable bond and rediscover their passion for life.
Mark your entry HUNTING

NOVA MAGAZINE & NIX Co
are giving away 20 DOUBLE PASSES to
PS I LOVE YOU (TBC)
A young woman picks up a mysterious package addressed to her from her late husband containing 10 envelopes with letters he has written to her to help get her life back on track. Mark your entry LOVE

NOVA MAGAZINE & HOPSCOTCH FILMS
are giving away 20 DOUBLE PASSES to
SEPTEMBER (M)
Set in the sweeping Western Australian wheatbelt in 1968, September tells the story of two 16 yo boys, one black and one white, whose pure and unaffected friendship begins to fall apart under the pressures of a changing social and political climate.
Mark your entry SEPTEMBER

NOVA MAGAZINE & FOX SEARCHLIGHT
are giving away 10 DOUBLE PASSES to
27 DRESSES (TBC)
A woman who has made a career out of being a bridesmaid - but never a bride - faces her worst nightmare when her sister becomes engaged to the man of her dreams. Mark your entry DRESSES

NOVA MAGAZINE & RIALTO
are giving away 10 DOUBLE PASSES to
I SERVED THE KING OF ENGLAND (M)
Set in the turbulent middle decades of the 20th century, this film follows the darkly comic adventures of a young provincial waiter who wants to become a millionaire. Mark your entry KING

To be in the draw for these great freebies write THE TICKETS OF YOUR CHOICE and your day time phone number on the back of an envelope and send with a s.s.a.e. to:

NOVA MAGAZINE FILM COMPETITION
33a Glebe Point Road, Glebe NSW 2037
DEADLINE: DECEMBER 17



A New Double CD Set for Children and Adults
by Lia Scallon

“utterly superb...
deserves to be discovered”
G.Major - Fish Records



5 brave little angels undertake a grand adventure to visit planet Earth. Adults and children alike will be swept up by this magical cosmic fable and the exquisite musical journey that evolves from the storytelling. You will feel soothed and nurtured to your very soul.

YOUR SPIRITS WILL SOAR WITH LOVE FOR OUR BEAUTIFUL PLANET EARTH...

At all music stores or from Lia: 0419486073 email: lia@soundsofsirius.com
WWW.SOUNDSOFSIRIUS.COM