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4 Things Minerals

There are 2 kinds of minerals: essential or macro-minerals; and micro-minerals, better known as trace minerals. Essential minerals include calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur and are needed in larger quantities. Trace minerals are necessary but only in very small amounts. Chromium, boron, molybdenum, silicon, vanadium, iron, manganese, copper, iodine, zinc, cobalt, fluorine, and selenium are examples of trace minerals.

Much like enzymes, minerals act as catalysts for many biological reactions. Minerals function as co-enzymes that all cells depend upon to function properly. Vitamins and nutrients cannot be utilized by the body without the presence of minerals. Unlike vitamins, minerals cannot be manufactured by your skunk's body, they must be obtained through diet or supplementation. Minerals are necessary for healthy bones, muscles, teeth, blood, heart function and nerves. There are more than 80 different minerals identified as essential for health.

Whole, unrefined foods are the best sources of minerals for your skunk. Plants grown in soil that is deficient in minerals make it difficult to maintain healthy mineral levels even if you feed the healthiest of diets to your skunk. Malnutrition from insufficient minerals can cause low bone density or osteoporosis, heart disease and other degenerative conditions in your skunk. Even slightly reduced mineral levels can contribute to premature aging and a weakening of the immune system of your skunk.

Calcium is necessary for strong, healthy bones. Chicken necks contain calcium and other minerals needed for good bone density. Beef neck bones, marrow bones, oxtail bones and lamb shank bones are rich in minerals. Choose bones that appropriately sized for your skunk and supervise them whenever they are given a bone. Bones can be given raw or lightly steamed but not cooked as cooking makes them brittle and unsafe. Quail eggs or any egg served with the shell contains important minerals. An ounce of canned salmon with bones or 2 sardines with bones contain high amounts of calcium and other minerals. Dairy products like cheese or cottage cheese also contain calcium. 4% milk fat is recommended when feeding dairy as low or non fat dairy reduces absorption of nutrients.

An important thing to mention, while calcium is needed for the healthy skunk, it should be obtained through food sources rather than supplementation. Calcium is absorbed by the bones only when all the co-nutrients are present. Skunks taking calcium supplements need to be monitored by a vet with frequent x-rays and blood levels checked to verify the correct amount is being given and utilized.

Excessive calcium can cause bone and joint problems that are irreversible. Skunks that are not fed raw bones will benefit from Perma-Guard food grade DE added to their diet. Average skunk dose is 1 teaspoon for skunks 8 to 10 pounds. Less for smaller skunks. DE contains 28 minerals and is rich in silica which the body uses for many functions including bone and joint health. Make sure food grade DE only is used as the other grades are toxic.

Iron is present in organ meats like chicken hearts and gizzards. Beef marrow bones and lamb bones also contain small amounts of iron. Sardines and eggs are other iron sources. Potassium is present in bananas, and peanuts and many meat sources. Zinc is present in nuts and beef and lamb. Sprouts contain minerals and other important nutrients in an easily assimilated form. Different factors can affect mineral absorption such as acidity of the gut, intestinal flora, illness or the presence of parasites. Skunks fed a diet of mostly vegetables are most at risk for a mineral deficiency as this diet alkalizes the gut. Low bone density and heart disease are not uncommon at an early age in skunks fed this way. Skunks fed a diet high in meat protein without adding bone or otherwise balancing the mineral deficiencies are also at risk. As your skunk gets older, he may have more trouble absorbing minerals and other nutrients from diet alone. A colloidal mineral supplement can be added to your skunk's water that will help prevent mineral deficiencies. Because trace minerals are only needed in tiny amounts, colloidal mineral supplements are a very cost effective supplement to use. Re-mineralize your skunk's water according to the directions on the label. If you grow your own sprouts, add a few drops of the minerals when you soak the seeds for a nutritional mineral boost.

There are 3 basic types of minerals found in supplements. Metallic minerals which are minerals in the pure elemental form or a salt such as potassium chloride. Metallic mineral supplements are the least expensive and the hardest for the body to absorb. Chelated minerals are slightly easier to absorb. The chelation process binds the mineral to an amino acid making it about 40% easier to assimilate. An example is magnesium aspartate which is magnesium chelated with the amino acid aspartic acid. Colloidal minerals are naturally occurring, tiny particles that are held in suspension in water. Colloidal minerals are the best choice for maximum availability and absorption.

Maria Ellis
November 30, 2009



Did You Know?



The gestation period of a skunk is about 66 days.

Featured Product

Supplement Profile: ConcenTrace from Trace Minerals Research



ConcenTrace trace mineral supplement is a highly concentrated, natural mineral supplement. It contains at least 70 different trace minerals from the Great Salt Lake. It is all natural with no synthetic additives and no heavy metals.

ConcenTrace contains the electrolytes potassium, sodium and chloride. Electrolytes are needed for neuromuscular activity and are necessary for proper functioning of the heart, adrenal glands and kidneys.

You can put 1 or 2 drops directly on the skunk's food or re-mineralize distilled or reverse osmosis water with 20 to 40 drops per gallon.

Ingredients:

Ionic sea minerals, contains no other added ingredients. This product contains the following in naturally occurring, varying trace amounts: Chloride, Magnesium, Sodium, Potassium, Sulfate, Boron, Bromide, Carbonate, Calcium, Silicon, Nitrogen, Selenium, Phosphorus, Iodide, Chromium, Manganese, Titanium, Rubidium, Cobalt, Copper, Antimony, Molybdenum, Strontium, Zinc, Nickel, Tungsten, Germanium, Scandium, Vanadium, Tellurium, Tin, Lanthanum, Yttrium, Silver, Gallium, Bismuth, Zirconium, Cerium, Cesium, Gold, Beryllium, Hafnium, Samarium, Terbium, Europium, Gadolinium, Dysprosium, Thorium, Holmium, Lutetium, Erbium, Ytterbium, Neodymium, Praseodymium, Niobium, Tantalum, Thallium, Rhenium, Indium, Palladium, plus the other elements found in sea water.

Maria Ellis

December 5, 2009

Featured Skunk

Vizagi

With winter approaching, more heating appliances will be in use, so I thought this would be a good time to tell Vizagi's story. We were asked if we would be interested in taking in a little boy that had the cutest face, but otherwise looked pretty bad. One look at that face was all it took. Of course we would!

Vizagi's previous owner said he wouldn't bond to her and didn't get along with her dogs so she thought he needed another home. At some point he had gotten under or behind the stove and burnt his right rear area. In the picture below you can still see the area that was affected. The wound was healed but the fur hadn't yet grown back in. We were told he was a black and white classic, but when we got him his fur looked brown. The right side of his tail had also been burned so the tail feathers were missing. His back had old bite marks on it. Although he and the dogs did not get along, Vizagi was kept in the same room as them, so we assumed the bites were from the dogs.

It only took a few months to get his fur to brilliant black and white and for him to grow a glorious new tail. Please take this story and remind yourself to be extra careful with your skunks around any heat source, especially stoves, ovens and heaters.

Then



Now



Mary Vice
December 2, 2009

You can contact us if you need to re-home your skunk.

We can help you at no charge if you want to adopt a skunk.

We need stories!

Please submit any of your skunk's stories to

StripedBandits@yahoo.com

Fun Tips

Why not have some New Year's fun with the skunks! Here's a fun tip we do with our kids every year. We got a few packages of crepe paper and put them through the paper shredder, laid out a sheet on the floor then dumped all the crepe paper on the sheet. We hid nut pieces and small pieces of bell peppers throughout the shredded paper, then added skunks. You can save the crepe paper to use again next year.

Mary Vice
December 2, 2009



Holiday Recipe

Cranberry Relish
By Dolores Lindvall

Old fashioned meat grinder (what I have and use)
1 pound bag cranberries
6 oranges
5 or 6 apples (leave skin on)
Rind of one orange (or more to your taste)
Sugar to taste (start with appr. 1 1/2 cups)
Chopped walnuts (optional)

Wash the cranberries and toss out any that are bruised or spoiling. Peel all oranges except for the one. Pull the oranges apart into quarters. Cut up apples into quarters or eighths and discard apple seeds.

Coarsely cut up walnut halves. Position meat grinder so it won't slip off of cupboard or table.

Put a pan down under handle part of grinder to catch the juice that runs out of grinder handle, and there will be plenty of it.

Start putting ingredients thru grinder. I add more rind than from the one orange because I like it that way. When you've got it all ground up, add your sugar and let sit for awhile before you taste it. If it's a bit on the "dry" side, add a little of the juice that has run out of the grinder. Then toss in nut meats. Mom never used them, but I love them in it. I used close to a cup of them.

The juice is good to drink. Sweeten it to your taste. Add some 7up. Good!

Put in a pretty glass bowl and stick in fridge to get cold.

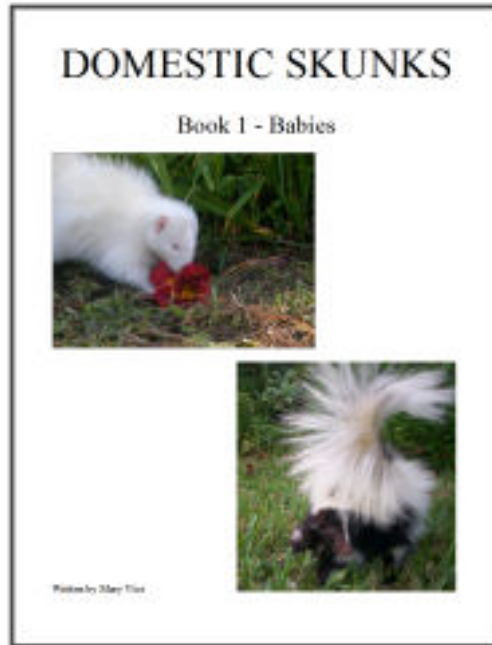
This freezes very well. That's why I did four recipes while I was in the mess. You can freeze it in oleo containers or bags.

Now Available For Purchase! Domestic Skunks, Book 1 – Babies

~ Testimonial from a happy customer ~

I love your book. I'm getting my first baby skunk in the next 2 weeks and I can't wait. Your book is the best I've seen. Please can you email me when you have books 2, 3 and 4.

Many thanks,
Patricia



\$15.50 each (includes domestic USA postage)

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Question for Ashlar



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