

English text for interview with [Cesar Millan in Cost Rica](#)

**"Interviewer:** Cesar, a few days ago, Costa Rican and international media informed about a message you sent about Puppy mills in Costa Rica. Could you tell us a little bit more about this?

**Cesar:** Well, look, this is a moral issue. Right? Because the only thing that this involves is money. There is no love, there is no health. It's not healthy, and it doesn't involve spirituality. You are not treating the dog in either a humane or canine way. It does not have the essence of Costa Rica either, it stands against the Peace Nobel Prize and what that represents.

If we really wish to breed, what we must do is to only reproduce dogs that have a good mentality and possess good health. Do you know what I mean?

Dogs that are both stable and healthy. That way, you as a society will take a dog that is in balance. Therefore all you have to do is keep him that way: with EXERCISE, DISCIPLINE AND AFFECTION, you see?

So, there is a solution, we simply have to understand it, in every way. That is why I like to say: For financial matters, this is the benefit. For health matters this is the benefit. For psychological matters, aggression mainly, which is people's main concern, this is the specific benefit, it is possible to stop it.

You can breed submissive pitbulls, rottweilers or German shepherds. It is possible to obtain that, we can do it because it has already been done.

To domesticate means to be submissive towards humans, that is why humans can command dogs to do this or that, the only time it is impossible to tell a dog what to do is when their mind is dominant, so why not breed submissive dogs? See what I mean?

But in order to make this happen you must provide the animals with a particular lifestyle. Puppy mills keep their dogs locked in cages 24/7 and that is not normal. Dogs become anxious, so if an anxious dog is bred, what will you get? Anxious puppies.

It's almost like keeping their minds in a prison, we know we are creating unhealthy beings, but money always comes before health, so...But Costa Rica is not about money, Costa Rica is about health."