



Ref9 v6

### BENEFITS

- Stable Healthy Weight
- Improved Immune System
- Proper Endocrine Balance
- Improved Energy
- Longer Life
- More comfortable joints
- Lower risk of disease

### DEXTER SUGGESTS

Ask our knowledgeable staff about introducing fresh food in to your pet's diet.

Check out these books:

- *See Spot Live Longer*
- *Optimal Nutrition*
- *Dr. Pitcairn's Complete Guide to Natural Health For Dogs & Cats*
- *Whole Health for Happy Cats*
- *The New Holistic Way for Dogs & Cats*



# Healthy Weight = Healthy Life

## OBESITY INCREASES THE RISK OF:

- |                 |                    |
|-----------------|--------------------|
| Diabetes        | Arthritis          |
| Torn ACL        | Back Pain          |
| Heart Problems  | Cushing's Disease  |
| Thyroid Disease | Pancreatic Disease |
| Kidney Disease  | Reduced Immunity   |
|                 | Shorter Life!      |

Many of these diseases are not immediately apparent, so by the time you notice something your dog may already be quite sick!

## HOW DO YOU KNOW YOUR DOG OR CAT IS OVERWEIGHT?

No matter what breed of dog or cat you have, IDEAL WEIGHT is:

- The ribs and spine are not protruding but are easily felt, with just a little fat padding them
- When looking down from above you can clearly see a waist

You know your dog needs to lose weight if:

- You're not sure where their rib cage ends
- When you look down from above & there is definitely *no* waist
- When you look from the side there is no "tuck up" in the loin

## WHAT CAN CAUSE OBESITY OTHER THAN IMPROPER FEEDING?

- Endocrine Disease (Cushings, Diabetes, Hypothyroidism)
  - Low Thyroid is very common in dogs so get tested! Have your vet use Hemopet Lab for testing.
- Medication
- Lack of exercise (if they lack interest there may be pain)

If you suspect it's not just the food, please take them to your vet for tests.

## STEPS TO WEIGHT LOSS

- Reduce or eliminate treats (less than 10% of the day's calories)
- Measure the food!
- Reduce calories by 5%-20%



### **PRODUCTS**

- Organic canned pumpkin
- Psyllium Husk Powder
- Acana Light & Fit dry food for dogs and cats
- Orijen Fit & Trim dry food for dogs and cats
- Raw Food Diets
- Premier foraging toys
- Kong foraging toys
- Slim Cat foraging toy

### **STEPS TO WEIGHT LOSS (continued from 1<sup>st</sup> page)**

- Feed twice a day to keep metabolism regular
- Reduce fat
- Increase protein (maintain muscles so they can burn calories, satisfy hunger)
- Moderately increase fiber (satisfy hunger)
- For cats: eliminate dry food

### **WHAT NOT TO DO!**

- Don't reduce protein
- No crash diets! Reducing calories by more than 20% may result in nutritional deficiencies and a slowing of the metabolism

### **STRATEGIES**

- Use foraging toys to engage the pet in longer feeding times and to take the place of high-calorie chew treats
  - Dry food in foraging toys like Green Feeder, Buster Cube, Atomic Ball, Amaze-a-Ball, Kibble Nibble, Tug-a-Jug, Waggle, Kong Wobbler, Twist-n-Treat, and Slim Cat.
  - Kongs are best for wet food, including frozen broth
- Increase exercise, but do it carefully and gradually
  - use interactive toys for variety (cats especially)
  - swimming burns calories, start slow (20 minutes is like 2 hours of walking)
- If your pet is begging, engage them in an activity
  - play a game
  - go for a walk
  - do some training (use treats the size of a pea as rewards)
  - Love your pet with a massage instead of something to eat
- If you're going to add veggies to the diet, be sure you're adding them to a high-protein food, and keeping the veggie amount low (don't overdo the substitution, you don't want to unbalance the diet)
- Feed fresh food!
  - Raw food diets help dogs & cats normalize their weight because they are providing nutrients in the best form for their body
  - Home-cooked diets can be customized to your pet's needs