



HEALTHY WEIGHT REDUCTION

Benefits

- Stable healthy weight
- Improved immune system
- Proper endocrine balance
- Improved energy
- Longer 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, 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

Product Suggestions

- 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
- Busy Buddy foraging toys
- Kong foraging toys
- Slim Cat foraging toy

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...



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Learn More

Check out these books:

- *The New Holistic Way for Dogs & Cats*
- *Dr. Pitcairn's Guide to Natural Health for Dogs and Cats*
- *Whole Health for Happy Cats*

Food & Snack Recipes Online:

- planetpaws.ca/category/pet-food-and-treat-recipes

Steps To Weight Loss

- Reduce or eliminate treats (less than 10% of the day's calories)
- Measure the food!
- Reduce calories by 5%-20%
- 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.
 - When these are both done some animals will try to eat anything they can, like paper and plants.

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, Barnacle, Waggle, Kong Wobbler, Twist-n-Treat, and Slim Cat.
 - Kongs, Topples, & lick mats 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 species-appropriate 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

