

DEXTER'S DELI

PET HEALTH GUIDE

Ref.9 v.7



HEALTHY WEIGHT

OBESITY INCREASES THE RISK OF:

Benefits

- Stable, healthy weight
- Stronger Immune System
- Proper Endocrine Balance
- Improved Energy
- Longer Life
- More Comfortable Joints
- Lower Risk of Disease

Diabetes
Torn ACL
Heart Problems
Thyroid Disease
Kidney Disease

Arthritis
Back Pain
Cushing's Disease
Pancreatic 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!

Product Suggestions

- Raw Food Diets
- Acana Light & Fit Dry Food
- Orijen Fit & Trim Dry Food
- Psyllium Husk Powder
- Organic Canned Pumpkin
- Slim Cat, Kong, & Busy Buddy Foraging Toys

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% . Commercial pet food companies should be able to provide kcals/cup so you can calculate how much to reduce.
- Feed twice a day to keep metabolism regular

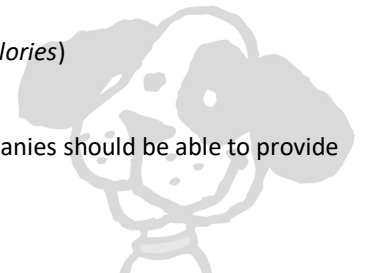
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Learn More

Check out these books:

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

Websites

- Littlebigcat.com

- Reduce fat
- Increase protein (maintain muscle so they can burn calories, satisfy hunger)
- Moderately increase fiber (satisfy hunger)
- For cats especially: 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, Amaze-a-Ball, Kibble Nibble, Barnacle 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
 - Talk to our staff about how to make the switch!

