

## Puppy Health Checks & Options:

### What to watch for:

**Teeth & Dental Hygiene** – Teething approx. 3-6 months of age. Provide safe chews. Watch gum health, breath odour.

**Stools** – Can vary in colour. Should be well formed, chalky stools form when too much bone is being fed. Loose stools – too much liver, unsuitable food, parasites.

**Urine** – Encourage good toileting, frequent opportunities to eliminate outside, especially after meals.

**Thirst** – Provide clean chlorine-free water at all times. Watch for excessive or lack of thirst.

**Skin** – No hair loss, redness, itching, odour.

**Ears** – No strong odour or discharge.

**Eyes** – Clear, bright, no discharge.

**Growth** – Varies, growth spurts happen. Should be able to feel ribs but not see them.

**Handling** – Get puppy used to having ears, teeth, feet and tummy examined in a positive manner.

**Play/exercise** – Self exercise only for first year. Discourage jumping, high impact exercise. Encourage mental stimulation/ training and building good rapport and trust.

**Socialisation** – As much as you can to as many different things/situations/people/other animals as soon as you can.

**Vaccinations** – Ask us about our Nosode programme.

**Flea Control and Worming** – We provide choices in chemical-free products.



*Every animal is an individual and deserves to be treated as such*

### ANIMAL NATUROPATH:

**Sandra G Urwin**, Dip NAH (Hons), Dip Cl.Hyp. HbT. (Consultations by appointment)  
027 448 3322

- Homeopathic & Herbal Dispensary
- Bach Flowers
- Tissue Salts
- Bioceuticals,
- White Tui Animal Products
- Nutritional Guidance
- Crystal & Bowen Therapy
- Bioptron Light Therapy

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## FEEDING AND CARE FOR PUPPIES



### What we can do to help your puppy

We provide chemical and drug-free choices in healthcare using naturopathy, nutritional products, and our extensive homeopathic and herbal dispensary. Our staff can assist in the maintenance of puppy health including advice on natural nutritional supplementation for correct bone and dental development, and suitable training for toileting and socialisation. We also offer alternatives to vaccinations and worming.

### Our Food Recommendations:

No chemical nasties, free range, grass-fed, crate and cage free, sustainably produced, ethical and organic where possible.

*“Feed to meet the need”*

## **Facts you should know about puppy feeding:**

Generally it is considered good practice to feed three times daily until 6 months and then twice daily. Remember puppies are growing fast so alter meal portions accordingly, keeping them lean and not overweight.

Most of the digestive/skin problems occur when weaning onto an inappropriate food, setting the gut up to fail. 80% of the developing immune system 'buttons' are in the gut, so food that is not accepted as natural by the gut will trigger an immune response. This may impact immediately or later in the life of the dog.

It is important to have a balance of protein, carbohydrates and fats to suit the life stage of your puppy. Higher quality protein is required by the young growing dog so meat (dead protein) may be partially substituted for 'live' protein e.g. white cheese, yoghurt, eggs. Any milk **MUST** be raw cow's milk or goat's milk. Fresh chlorine-free water must be available at all times.

Bone growth in puppies requires both calcium and phosphorus; the perfect ratio is found in bones so it is advisable to provide a meat formula that contains ground bone. It is not recommended to supplement these minerals with commercial additives.

Puppies should not be fed cold or frozen food or allowed to help themselves to food between meals. Meat should be fed raw unless there is a health issue. Avoid beef steak, mince and chicken if puppy has allergies. Vegetables must be cooked, mashed and added to the meat content.

The following are suggestions only and consideration must be made for the lifestyle, life stage, breed and overall health of the puppy.

## **Meats & Fish: (60%)**

Green Tripe – Easily digested, ideal for weaning. Game meats (rabbit possum, wallaby) are high in omegas. Grass-fed chicken, veal, lamb containing fine-minced bone.

Fish poached or raw (no bones), sardines in spring water; pilchards, mackerel in their own oil.

Organ meats – Heart, kidney, liver (the latter sparingly) high in vitamin/mineral content.

### **Bones:**

Must be fed raw. Choose appropriate size for breed. Supervise feeding. Chicken necks, veal bones, brisket.

Important to feed vegetables to provide fibre for good elimination when feeding bones.

### **Vegetables: (40%)**

Serve cooked. All green leafy veges, root crops in small quantities, kumara, pumpkin (the latter good for gut health). Carrots may be grated and added to meal to assist with worm control. Tukka Thyme Puppy Muesli is a quality dehydrated product if you have difficulty providing vegetables. Frozen veges must be cooked. No corncobs, onions, excessive garlic.

### **Other Foods:**

A quality biscuit e.g. Mighty Mix (not kibble).

Fruit – prefer ripe (no raisins, grapes) and take care with stones in fruit e.g. avocados, dates. apples, (stewed or raw).

Cereals – Always cooked. Rice, pasta, millet, quinoa, ancient grains in small amounts.

Eggs (raw), cottage cheese, unsweetened yoghurt, organic tofu, quark, kefir.

Meatless Meals – Scrambled egg with mashed veges, crumbled biscuits and stewed apple with tofu and yoghurt. Sweetcorn (canned or fresh but no cob), marmite or honey on toast.

## **Additives:**

Organic apple cider vinegar ¼ tsp daily in food, Flee Flea powder daily provides dolomite (which assists bone growth), sulphur (internal cleanser), garlic (antimicrobial), and kelp (trace elements).

The Tissue Salts Calc Fluor and Calc Phos ensure regulated uptake of minerals for bone growth.

### **Recommended Treats:**

Quality NZ-made, chemical-free. No rawhide chews, pigs ears or other artificial or coated treats.

### **Transition Diet:**

If you are changing from a dried kibble to a 'real food' diet we recommend the following method.

1. Stop all dried food immediately.
2. Provide raw green tripe (60%) and cooked mashed pumpkin (40%) as the usual meal for three days. Tripe has useful enzymes for digestion and pumpkin is exceptionally good for the gut. This will allow the stomach and gut to return to its normal acid/alkaline balance.
3. Other meats such as veal, lamb, horse and a little game meat may be introduced slowly. Avoid beef and chicken in the meantime or if dog has allergies. Other cooked vegetables (see list) may be added slowly.

We recommend adding ½ capsule of Slippery Elm to each meal in the three-day transition period for puppies. This is a nutritive and supports gut function in the transition.

### **Puppy Milestones:**

Weaning Time: 6-8 weeks

New Home Time: 8 weeks

Teething: 12 weeks to 6 months

Sexual Maturity: 6-12 months, later for giant breeds

De-sexing: We recommend leaving it as late as possible.