

Dog Health Checks

What to observe:

Teeth and Dental Hygiene – Provide safe chews. Watch gum health, tartar build-up, breath or mouth 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. Watch for changes in toileting habits, straining.

Urine – Watch for straining, incontinence (can follow speying).

Skin – Hair loss, redness, itching, odour.

Ears – Check no strong odour or excessive discharge, hearing loss in the elderly.

Eyes – Should be clear, bright, no discharge. Watch for cloudiness in the elderly.

Changes – Lumps and bumps, mobility, stiffness.

Eating and drinking habits – Watch for any marked changes, vomiting after meals.

Grooming – Regular, a good way to notice any early changes. Ensure nails are trimmed regularly. Watch for excessive coat drop.

Play/exercise – Moderate exercise according to needs.

Mental stimulation/training – Watch for any behavioural changes.

Socialisation – Encourage with daily activities.

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:

Sarndra 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
- Crystals, Bowen Therapy
- Nutritional Guidance
- Bioptron Light Therapy

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FEEDING AND CARE FOR DOGS



What we can do to help your dog

We provide chemical and drug-free choices in healthcare using naturopathy, nutritional products, Bach Flowers, Bowen Therapy and our extensive homeopathic and herbal dispensary.

Our staff can assist in the treatment of incontinence, arthritis, skin problems, pancreatitis, diabetes and other endocrine disorders, tumours and elderly support. 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 feeding your dog:

Generally it is considered good practice to feed twice daily keeping them lean and not overweight (can feel ribs, but not see them). Allow for lifestyle, lifestage, breed.

Most 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 lifestage of your dog. Higher quality protein is required by the older dog so meat (dead protein) may be partially substituted for 'live' protein e.g. white cheese, yoghurt, eggs. Any milk MUST be raw e.g. cows milk or goats milk. Fresh chlorine-free water must be available at all times.

Dogs should not be fed frozen or cold 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 dog has allergies. Vegetables must be cooked although raw grated carrot can be fed just before full moon to assist in worming.

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

Meats & Fish: (60%)

Green Tripe - Easily digested, ideal for transitioning to a real-food diet.

Game meats (rabbit, possum, wallaby) high in Omegas. Grass-fed chicken, veal, lamb.

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 be feeding 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 Muesli is a quality dehydrated product if you have difficulty providing vegetables. Frozen veges must be cooked. No corncobs, onions or excessive garlic.

Other Foods:

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

Fruit – Prefer ripe (no raisins or grapes), take care with stones in fruit, avocados without skin, dates, apples, (stewed or raw).

Cereals – cooked rice, pasta, millet, quinoa, ancient grains, all 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) with marmite or honey on toast.

Additives:

Organic Apple Cider Vinegar ¼ tsp daily in food, Flea Flea powder daily provides dolomite (which assists bone growth), sulphur (internal cleanser), garlic (antimicrobial), kelp (trace elements) and keeps fleas away!

Treats:

Quality NZ-made, chemical-free no rawhide bones, 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 to avoid any upset in gut or bowel health.

- ✓ Stop all dried food immediately.
- ✓ 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 a normal acid/alkaline function.
- ✓ Other meats such as veal, lamb, horse and a little game meat may be introduced slowly.
- ✓ Avoid beef and chicken if dog has allergies, choose a novel protein if skin problems. Other cooked vegetables (see list) may be added slowly.

NB: We can provide remedies to assist in the transition or if there are pre-existing health considerations.