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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

8 Simple Visual Indicators Your Dog Is Fat

By Andrew Lewis

Your dog is fat. OK, possibly not.

But there's a very good chance he or she is, and you don't even know it.

Statistics vary, but veterinarians report that as many as 25 – 44% of all dogs are overweight, and that obesity is the number-one canine health disorder. Obesity is defined as weighing over 15% more than the standard accepted weight for the dog's height.

With nearly half of our dogs weighing in on the heavy side, it's no surprise, then, that obesity-related conditions are on the rise within the pet population. These conditions include diabetes mellitus and orthopedic, musculoskeletal, cardiovascular, gastrointestinal, endocrine, respiratory, immune and reproductive disorders. These can be devastating conditions for your dog to live with.

Doctors ascribe the rise in obesity to a combination of the general lack of fussiness of dogs, their natural gorging behavior, and insufficient exercise.

And since dogs don't do their own grocery shopping or prepare their own meals, we must add to this a prevailing ignorance among their owners in providing a nutritious, well-balanced, calorie-controlled diet.

Do you know if your dog is fat or fit? Do you know her daily caloric requirements? Do you know what factors may mitigate those daily caloric requirements?

Did you know regular dog food is packed with sugar and fat to make the toxic crap they put in it palatable?

A healthy dog is ready to eat at any time. Some dogs quite literally can eat while flat on their side and more or less asleep. Therefore, it is pointless to use your dog's begging behavior as any indicator of how much to feed him.

Knowing how many calories he needs and how that translates into food will help keep him trim and healthy. Energy needs for the dog change throughout his life, increasing the more active he becomes,

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and, as you might surmise, decreasing as the dog reaches his senior years.

Your vet will help you determine if your dog's weight is on target, or if she is headed for fat city, and all diet-related considerations should definitely be discussed with your vet before introducing any major changes into your dog's nutritional sphere. But, before your next office visit, you can do an assessment to determine (albeit imprecisely) your dog's general body condition and weight.

Can the ribs be easily felt with slight fat cover, or are they difficult to feel under moderate or thick fat cover?

>From the side view, do you see an abdominal tuck?

Is there thickening at the tail base?

>From the overhead view, is there a well-proportioned waist?

Or, from the overhead view, does she have a marked hourglass shape? (an indicator of being underweight)

Or, from the overhead view, is the back slightly or markedly broadened at the waist? (indicators of being moderately to severely overweight)

Is your dog slow to rise or move around?

Is she reluctant to exercise, or does she tire easily with activity?

Individual metabolism, exercise, age, environment and overall health will determine what your dog really needs to remain lean and healthy. Since your dog can only have so many calories every day, it is important to pack lots of nutrition, bulk and appeal into those calories.

Our wildly popular Dog Food SECRETSTM information products can help you step-by-step overcome your nutritional naivete.

Embracing this information doesn't mean you have to prepare every meal with a set of scales on the counter, no. Do it a few times and you can do it forever.

After you determine your dog's caloric needs, the ideal solution to meet those needs is to prepare your dog's food at home, where you can have total control over the caloric and nutritional content.

Our books can help you there, too — as it includes a collection of easy, healthful, natural and delicious recipes created with your dog's palate and welfare in mind. In fact the Silver and Gold packages include over 200 easy-to-make healthy recipes.

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Making Your Dog Win In Sled Races

By Jack Russell

So, you decided to train your dog win in sled races. Here are some tips to do it.

1. Provide dry and clean bedding.

If you want to have a winning dog, provide him first with a clean and complete house. It is your duty and responsibility that your dog must have adequate and clean bedding.

2. Give high quality diet.

Give your dog the best diet that you can find. All year round, feed him with the best diet possible. This includes giving the dog some quality fat in his diet. Fat gives your dog enough energy to run. How much fat you give depends on various factors. For example, Alaskan Huskies are burning fat seemingly by just standing still! Some dogs like Malamutes and Siberians do not require fat as much. Don't scrimp on quality.

3. Follow schedule.

Make a regular schedule for your dog to relieve himself. Stick to the schedule. Making a schedule to relieve your dog will earn you his trust. Whether the schedule is every after two or four hours (or more), follow strictly your schedule.

4. Provide shade.

Give shades to your dogs, especially in summer.

5. Clean your dog regularly.

Clean the dog's house regularly. This is also for your dog's good health.

6. Control flies.

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Your dog would appreciate if you put something on him to defend him against flies.

7. Give water consistently, adding a few more buckets in summer.

Like humans, your dog needs water too. Give them clean water regularly. Add a few buckets of water in summer, when the heat is too much for some dogs.

When your dog is training and running all day long, you might want to give him water right after his run. If you are training your dog on a cool season, then you might probably not give him water every after run. But, if you are training in summer, be sure that you give your dog water consistently. Your dog might collapse from heat if you ignore his need for water.

9. Buy your dog from well known breeders.

If you have no dog yet, you might want to buy a puppy from a winning breeder. Winning bloodlines enhance your dog's chances of winning. Of course, having a dog from a winning breed does not ensure outright victory in sled racing. The dog still has to be trained to win.

Having a winning dog in sled races is a cooperation between your dog and his trainer – you. It entails a lot of mutual trust and care to ensure a winning dog.

Jack Russell is a a long time dog fancier, visit his Dog Resources Blog and download his Free Dog Owners Handbook – it's Dog Gone Good!

<http://www.daveshealthbuzz.com/dogcare/>



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