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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!**

**Is Your Dog Fat?**

**By Bev Storer**

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Obesity is one of the greatest health concerns facing dogs. You can and should do something about it. Overweight dogs may live shorter and less healthy lives and your enjoyment of their unconditional love and companionship may be shortened because of it.

Extra pounds place an excess burden on bones and joints and can make arthritis problems worse. Overweight dogs are less able to exercise and play comfortably and their breathing may be labored. Their bodies may be less able to resist infections, and they may be at greater risk for problems during surgery and anesthesia.

Potential health problems include: Joint or Locomotion Difficulties. Extra pounds add stress to joints, bones, ligaments and muscles. Conditions such as arthritis, hip dysplasia, spinal disc disease and ruptures of joint ligaments may be caused or aggravated by obesity. Heart and Respiratory Disease. Excess fat tissue in the chest cavity and around the muscles of the heart can decrease the efficiency of the heart and lungs. Your dog's heart and lungs have to work harder to provide adequate oxygen and circulation. Diabetes. Just as in humans, diabetes is much more common in obese dogs. Liver Disease. Obese dogs are prone to liver disease. Heat Intolerance. The insulating properties of excessive fat make it harder for obese dogs to tolerate heat and they feel uncomfortable. Skin Problems. Obese dogs may have trouble grooming because the rolls of skin built up by fat deposits can often harbor dirt, bacteria and other harmful organisms. Gastrointestinal Disorders. Inflammation of the pancreas is frequently found in obese dogs. It is painful and can be life threatening.

**How Dogs Become Overweight?**

Dogs most always become overweight from lack of good exercise and from eating more food than they require. Food calories, which aren't burned during their daily activities, are stored as fat.

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Overeating can result from greediness, boredom, or overfeeding. Feeding leftovers or giving frequent snacks or treats often contributes to excess weight problems.

Over-fed puppies tend to become overweight dogs. They also have a greater risk of developing orthopedic problems. Properly feed puppies will be less likely to suffer from weight problems later in life.

Occasionally, metabolic disorders can cause a dog to become overweight. But overfeeding and under exercising are much more common causes of excess weight. If your veterinarian suspects that a metabolic disorder is causing your dog to gain weight, he or she will test for that disorder and treat it accordingly.

### How Can I Tell if My Dog is Overweight?

A quick check to determine whether your dog is overweight is to feel his ribs with the flat palm of your hand. If you have difficulty feeling his ribs, then your dog probably needs to lose weight.

### Helping Your Dog Lose Weight.

Weight loss for most dogs involves increased exercise and eating food with fewer calories. It's generally easier to feed normal amounts of a low-calorie dog food than to feed much smaller amounts of his/her regular dog food. In addition, your dog will not feel as hungry when fed a normal amount of food

### Dieting for Dogs.

Your vet will help set a weight goal for your dog and will recommend how much food he should eat each day. A special diet may also be prescribed. The food choice should be designed to satisfy your dog's appetite and provide him all the vitamins and minerals he needs while at the same time helping him to lose weight.

Your dog may need a gradual transition from the old to the new diet. So, you would feed him increasing amounts of the new diet while decreasing the amounts of the previous diet each day over several days until the transition is complete.

To help keep your dog from begging, feed him before your family eats, and keep him out of the room during your meal. It is also a good idea to feed overweight dogs at the same time as other pets to help prevent food stealing from their slimmer companions. Always provide plenty of clean, fresh drinking water.

Regular exercise, such as walks or runs, is good for most dogs because it increases the number of calories they burn. If your dog is old or in poor health, check with your vet before increasing exercise.

The time period your dog will require to lose weight depends upon how much weight he is required to

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lose. Your dog may need 8 to 14 weeks or longer to reach his target weight.

### What Type of Dog Food is Good for Weight Control?

A dieting dog has special nutritional needs. His diet should be balanced with a proper ratio of protein, fat and carbohydrates. The diet should also provide a normal volume of food to satisfy his hunger and the food should also provide quality nutrients.

Weight loss plans don't need to include high levels of fiber. Fiber is not necessary for weight loss in pets, and in large amounts, it may have side effects such as increased feces and lack of interest in the food because of its poor taste.

We recommend Canine Zone - a revolutionary weight loss dog food based on Dr. Barry Sears' Zone Diet. Millions of people all over the world have improved their health and have lost weight on Dr. Barry Sears' Zone Diet. Now you can get your dog in "The Zone". Canine Zone is based on the Zone's 30-30-40 ratio of protein, fat and carbohydrates. This revolutionary new dog food will help your dog achieve a balance so his or her body can operate at its maximum efficiency while shedding unwanted pounds.

Always consult with your vet before you start a weight loss program for your dog.

Bev Storer is a writer and researcher in the field of nutrition and nutritional supplements. To learn more about Canine Zone, go to

or e-mail her directly at

.

## **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

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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.

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!

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