

This Free E-Book is brought to you by Natural-Aging.com.

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

Obesity In Dogs

By Kirsten Hawkins

Numerous studies have shown that more Americans are obese today than ever before and,

interestingly, we're not the only ones. Not only are Americans fatter than ever, so are their dogs; and the phenomenon can have serious ramifications for both groups. Obese dogs run a lot of the same risks that obese people do. When a dog is over weight it is at higher risk for heart disease, respiratory ailments, weak joints and other problems. In short; it is every bit as dangerous for a dog to be carrying extra weight as it is for a person - perhaps more so due to the shorter lifespan that dogs have. An overweight eight year old dog is akin to an overweight fifty-six year old man and subject to many of the same health risks.

Fortunately for us and our dogs; the equation is associative and works the same in the opposite direction. Just as a healthy diet and plenty of good cardiovascular exercise can trim down a chubby man; it can take the extra weight off of a dog.

Doggie Diets:

To reduce the overweight or obese dog's body weight, a program of diet and exercise should be introduced. It is important to visit a veterinarian as the doctor can determine whether the dog's obesity is simply due to high caloric intake or some other medical concern like diabetes. The vet can also give you the best suggestions about diet and exercise. There are many brands of dog food on the market that are specially balanced to help a dog lose weight.

Despite what food or dietary supplements you're using, there is no substitute for the support and commitment of the family. Each member must agree to help control the dog's caloric intake, feeding exact amounts at exact times and limiting the intake of snacks. Feeding the dog extra treats or table scraps on the sly will not be doing the pooch any favors.

Doggie Exercise Programs:

Exercise is important for any dog. A dog that doesn't get enough exercise quickly gains weight and may become extremely keyed up or very lethargic. Fortunately, most dogs love to exercise by nature.

Obesity In Dogs

They love to run and play with their people. The overweight dog may be reluctant to exercise at first, but if you persist in taking him for walks or to play games like "fetch" (most dogs love to run after a thrown tennis ball or other object), the pup will soon come around and start exercising more frequently and for longer periods of time.

It Takes Time:

People don't get to their ideal weight overnight when dieting and neither will a dog. Remember that Rover didn't put on those extra pounds all at once and they won't come off that way either. Most dogs take between ten and twelve months to reach their ideal weight goal, depending upon how much extra weight must be lost.

Kirsten Hawkins is a dog lover and animal expert from Nashville, TN. Visit

<http://www.doghealth411.com/>

for more information on dog health, the care of dogs, and dog travel.

Weight Problems In Dogs: Is Your Dog Fat?

By Jack Russell

People may not be aware of this, but obesity is one of the greatest problems dogs are dealing with these days. Obesity, like humans, is also caused by excessive eating and unhealthy binges. Mostly, this situation is triggered by some environmental factors that when not controlled may just lead to more problems.

Like humans, dogs develop certain diseases too when they are overweight. These diseases will lead to more serious complications including death. So for people who wish to know the repercussions of obesity in dogs, here are some of the known consequences:

1. Arthritis

Obesity in dogs tends to put extra weight on their bones. In turn, the joints and other parts of the dog's bones develop arthritis.

Excess weight in dogs may also initiate the development of other muscle and joint problems like spinal disc disease, hip dysplasia, and cracks on the joint ligaments.

2. Diabetes

Like humans, dogs can get diabetes too. We all know for a fact that overweight cause diabetes in humans, this can also happen in dogs. This is because the more fat is stored in the dog's body, the greater its system will generate insulin in order to cope up with its growing mass. Hence, dogs have the

Obesity In Dogs

tendency to resist too much insulin in the body. The end result is diabetes.

3. Skin problems

Obesity in dogs can cause some skin problems. This is because excess fat deposits are being stored in their skin; hence, their owners are having a hard time grooming them. When dogs lack proper grooming, there is a tendency to accumulate bacteria, dirt, or other elements that could cause harm to your dog's skin. In the end, they develop rashes, skin ruptures, and infections.

4. Capacity to tolerate heat

With too much fat deposits accumulated in their skin, dogs are more inclined to problems concerning heat tolerance. This is because dogs find it hard to tolerate heat due to the build-up of fats in their skin. That is why most obese dogs are prone to heat stroke especially during summer time.

5. Respiratory problems and other heart diseases

Like humans, obese dogs have also the tendency to develop respiratory problems and heart diseases. This is because the chest cavity is already covered with thick fat deposits. Hence, whenever the dog breathes, the lungs are having a hard time to expand, so does the heart. The problem starts when the heart and the lungs can no longer produce the right amount of oxygen and circulate it within the dog's body.

6. Gastrointestinal problems

Obesity in dogs causes some problems in their intestines and pancreas. This problem results to inflamed pancreas, which, in reality, is very painful to the dogs and can also cause death among them.

7. Liver problems

Fats are harder to strain and this can pose a great problem to the dog's liver. Hence, when the liver can no longer function well because of the fat deposits that accumulated in the area, liver problems may occur and may even cause the death of your dogs.

These health problems are indeed life threatening. And so, it depends upon the owner how to combat these problems in order to keep their dogs healthy.

One of the greatest ways in solving weight problems is a strict exercise schedule. So, it is a must that owners should create a healthy exercise schedule for their dogs. This can be done by tagging them for a walk every afternoon or letting him run through a field.

The best thing about this program is that not only the dogs get the chance to exercise but their owners as well. So, it's a double result with just one purpose.

Next is to create a healthy diet for your dogs. Diet meals are extremely important for dogs so that they

Obesity In Dogs

can still obtain the necessary nutrients they need in order to stay healthy. This should include the right combination of fiber, meat, vegetables, vitamins, and minerals.

However, dog owners should always keep in mind that when their dogs are taking fiber, more water should be employed so as to prevent constipation.

Alternatively, dog owners should also remember that before incorporating all of these things to your dog, it's best to consult the veterinarians first. In this way, only the proper methods of dieting for dogs shall be employed.

So, for healthier and happier dogs, give them the best love and care you can give plus a great dietary regimen. As they say, a healthy do is a happy 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/>



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**