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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!

What's In Your Dog Food?

By A. M. Wilmot

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According to holistic veterinarian Dr. Jane Bicks, the maximum life span of dogs is estimated to be around 25 to 30 years, yet the average dog generally lives no longer than about 13 to 14 years.

She says that this deficit is due largely to poor nutrition.

For example, canned food is about 75 to 78 percent moisture, which leaves very little room for nutrition.

In addition to containing what is generally considered the bottom of the barrel ingredients in terms of nutritional density, most conventional dog food products contain especially large amounts of sodium to make them palatable, as well as

dairy, by-products, chemical preservatives, artificial colors and other potentially harmful ingredients. The carbohydrate ratio is too high in some dog food brands as well, eventually leading to obesity, which is increasingly becoming a serious problem with dogs.

In fact, obesity is one of the greatest health concerns facing our dogs; it can cause unnecessary suffering and a shortened lifespan

Renowned research scientist Dr. Barry Sears believes that dog food should have about the same 30-30-40 ratio as the human Zone diet. This means a relatively small amount of carbohydrates. Not only do many dog food brands have a particularly large amount of carbohydrates, they are mostly grain based, which are exactly the ones the Zone diet tries to minimize.

Another problem, according to the USDA Agricultural service, is that mites often get into dog food pellets, which can cause a number of problems such as disease. They recommend keeping dog food cool and dry, and vacuuming in the places where the food is stored the food is stored a least once a

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week. In addition keep the area around the dish where the dog food is served clean.

Also, do not leave any dog food in your pet's bowl on warm, humid days.

It should be noted that harder working dogs require more protein and fat in their diet to maintain stamina and good body form. A dog food that is complete and balanced and includes at least 26 percent protein and 1650 kilocalories of metabolizable energy per pound is ideal. During the seasons when dogs are not working, their energy requirements decrease. Feed less of the high calorie

food or change to a less nutrient-dense dog food.

Dr. Jane Bicks has been honored on many occasions by the veterinary profession and is the author of several books including 'Thirty days to a healthier, happier dog' and 'Dr. Jane's Natural guide to a healthier, happier dog'. She has been involved in many advisory boards including Canine Companions

for independence and has served as the President of the Veterinary Medical association of New York City.

To find out more about her holistic food and other dog food nutrition facts, go to

A. M. Wilmot is an author and researcher in the fields of human and pet health. For more info. go to

Quality Dog Food Is Essential For The Health Of Dogs

By Mike Yeager

Dog food is very important for the health of dogs. It is easy to overlook it, but it is essential to pick the right dog food for your pet dog. People sometimes just pick the first dog food bag they see at the store, instead of considering what is needed for your own dog. Puppies need different types of food than mature dogs, just as different breeds of dogs also require different types of dog food. If your dog seems like it has no energy, consider switching to another type of dog food. If you are unsure what kind to buy, you should consult your veterinarian.

Dog Food should be healthy and tasty.

If your dog does not like a certain type of dog food, do not force your dog to eat it. Instead, try to find another type of dog food that has all the vitamins that your dog needs, and your dog enjoys eating. Also, be aware that your dog's taste may change over time, and may not necessarily eat the same dog food all of its life. If it does not like its current dog food, then buy some other types of brands, and see which one is its favorite.

Mike Yeager
Publisher

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