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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!

Will Your Dog Survive The Summer Sun?

By Honey Wesley

As a 10 year old child, I watched helplessly one hot August day as my beloved boxer, Duke, died in my arms. Four decades later, I still have that memory painfully etched in my mind. We didn't learn until after the fact that Duke had died of a heat stroke. Even more painful was the realization that, had we known what to look for, we could have taken measures to possibly prevent his death. In honor of his memory, I want to share vital information that may keep your dog from suffering Duke's fate.

What is heat stroke?

Too much time exposed to the dangerous combination of increased temperature and humidity can lead to a heat stroke. A mammal's body (and that includes humans, too) can only tolerate temperatures up to about 107 degrees before cells start dying. The higher the temperature, the faster this occurs. The longer the body remains at an elevated temperature, the less chance there is for recovery. Heat stroke can occur very quickly, given the right set of circumstances, and if too much time has elapsed, even your best efforts may not be enough to keep your dog alive.

Is my dog at risk for heat stroke?

Any dog can fall victim to heat stroke, but hot weather is especially hard on puppies and older dogs, (they have a harder time regulating their body temperature), short-nosed breeds, (like pugs, pekes, boxers and bulldogs), overweight dogs, those with heart or lung problems, and dogs recently moved from a cooler climate. These risk factors increase if your dog doesn't have enough water, if he's in an enclosed space or is exposed too long to direct sunlight.

How can I recognize heat stroke?

Heat stroke causes dogs to pant rapidly and heavily, the body's defense in an effort to lower the core temperature. Their eyes may be open abnormally wide, and they may appear to stare blankly, ignoring your commands. They may drool excessively and stagger weakly. The gums will appear pale and dry and eventually, if left untreated, the animal will collapse into unconsciousness.

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What should I do if my dog has a heat stroke?

If you suspect your dog is suffering from heat stroke and you're close to a vet or animal hospital, put him in the car, crank the air conditioning all the way up and get him there as soon as possible. They're the ones best equipped to handle your dog's recovery. If that's not possible, you must try to reduce your dog's temperature yourself. Get him to a shady area and either put him in a tub of cool (not cold) running water, or spray him with a hose. Be sure the water penetrates his coat and wets the skin beneath. Run it over his tongue and mouth, inside the legs and on his stomach. Remember that small dogs will cool down more quickly than larger breeds. Take your dog to a vet as soon as you can.

Hopefully your dog will never suffer a life-threatening heat stroke. If he does, at least now you know the signs and symptoms to be aware of, and the measures you can take that will offer him the best chances for a full and total recovery.

Honey Wesley is the owner of

<http://www.justsaydogs.com>

, a fun, innovative and informative website

dedicated to dogs and dog lovers everywhere. Send a blank email <mailto:Bou@justsaydogs.com>. You'll get "12 Ways to Keep Your Dog Safe this Summer".

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.

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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!

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

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