

wellness senior dog food

Wellness Senior Dog Food: Nourishing Your Aging Best Friend

Is your furry companion starting to show their age? Are those once-boundless leaps now a little more... hesitant? As our canine companions enter their senior years (generally considered 7 years and up for smaller breeds, and 5 years and up for larger breeds), their nutritional needs change dramatically. This isn't just about slowing down; it's about ensuring they maintain their quality of life and enjoy their golden years to the fullest. This comprehensive guide dives deep into Wellness Senior dog food, exploring its benefits, ingredients, variations, and helping you determine if it's the right choice for your aging best friend. We'll cover everything you need to know to make an informed decision about your senior dog's diet.

Understanding the Nutritional Needs of Senior Dogs

Senior dogs face a unique set of nutritional challenges. Their metabolism slows, leading to weight gain and a decreased ability to process nutrients efficiently. They may also experience age-related conditions like arthritis, kidney disease, or cognitive decline, all of which impact their dietary requirements. A senior-specific diet is crucial for:

Maintaining a Healthy Weight: Obesity puts extra strain on aging joints and can exacerbate existing health problems. Senior dog food is formulated with lower calorie densities and higher fiber content to promote satiety and prevent weight gain.

Supporting Joint Health: Many senior dog foods contain glucosamine and chondroitin, essential nutrients that support cartilage health and can alleviate joint pain associated with arthritis.

Boosting Immune Function: As dogs age, their immune systems weaken, making them more susceptible to illness. Senior dog foods often include antioxidants and immune-supporting ingredients to help bolster their defenses.

Protecting Kidney Function: Kidney function often declines with age. Senior formulas often have reduced phosphorus and protein levels to minimize strain on the kidneys.

Supporting Cognitive Function: Some senior dog foods include ingredients like antioxidants and omega-3 fatty acids, which may help maintain cognitive function and prevent age-related cognitive decline.

A Deep Dive into Wellness Senior Dog Food

Wellness is a well-respected brand known for its commitment to using high-quality, natural ingredients. Their senior dog food line is specifically formulated to address the unique nutritional needs of aging canines. Let's explore what makes it stand out:

High-Quality Protein Sources: Wellness Senior utilizes high-quality protein sources like chicken, turkey, or fish, providing the essential amino acids needed for muscle maintenance and repair. This is crucial for maintaining strength and mobility in senior dogs.

Real Fruits and Vegetables: The inclusion of real fruits and vegetables provides a rich source of vitamins, minerals, and antioxidants, supporting overall health and immune function.

Omega-3 and Omega-6 Fatty Acids: These essential fatty acids contribute to healthy skin and coat, and can also have anti-inflammatory effects, beneficial for arthritic joints.

Prebiotics and Probiotics: These ingredients support digestive health, crucial for efficient nutrient absorption, particularly important as digestion slows with age.

Limited Ingredients: Wellness often features limited-ingredient diets, minimizing the risk of allergic reactions, a common concern in senior dogs.

Wellness Senior Dog Food Variations: Finding the Perfect Fit

Wellness offers various senior dog food formulas to cater to different needs and preferences:

Wellness Complete Health Senior: This is a general-purpose senior formula designed for most senior dogs.

Wellness Complete Health Senior Small Breed: This formula is tailored to the smaller body size and specific nutritional needs of small breed seniors.

Wellness Complete Health Senior Formula with Chicken: A classic formula that highlights chicken as the main protein source.

Wellness Complete Health Senior Formula with Whitefish & Oatmeal: A grain-inclusive option with whitefish as the protein source for dogs with mild sensitivities.

(Note: Always check the current offerings on the Wellness Pet Food website, as formulations may change).

Transitioning Your Dog to Wellness Senior Food

It's crucial to transition your dog to a new food gradually to avoid digestive upset. Start by mixing a small amount of Wellness Senior food with their current food, gradually increasing the proportion of Wellness Senior food over 7-10 days until they are eating only the new food. Monitor your dog for any signs of digestive distress, such as vomiting or diarrhea, and adjust the transition speed accordingly.

Is Wellness Senior Dog Food Right for Your Dog?

While Wellness Senior is a high-quality option, it's essential to consider your dog's individual needs. Factors like breed, size, existing health conditions, and allergies should all be taken into account. Consult with your veterinarian to determine if Wellness Senior is the appropriate choice for your furry friend, or if another senior formula would be better suited. They can assess your dog's health and provide personalized recommendations.

Conclusion

Choosing the right food for your senior dog is a critical aspect of ensuring they enjoy a comfortable and healthy retirement. Wellness Senior dog food offers a high-quality, comprehensive option that addresses the unique nutritional needs of aging canines. By understanding the benefits, variations, and potential considerations, you can make an informed decision that supports your beloved companion's well-being in their golden years. Remember to always consult your veterinarian for personalized dietary advice.

Frequently Asked Questions (FAQs)

1. How much Wellness Senior dog food should I feed my dog? The recommended feeding amount will vary depending on your dog's size, age, activity level, and overall health. Always refer to the feeding guidelines on the bag and adjust as needed based on your dog's weight and body condition.
1. Can I switch my dog to Wellness Senior food if they are already on another senior formula? Yes, but do it gradually, following the same transition guidelines as mentioned above.
1. Is Wellness Senior dog food suitable for dogs with specific health conditions like kidney disease? While Wellness Senior often caters to

senior needs, it's crucial to discuss it with your veterinarian, especially if your dog has existing health problems. They may recommend a prescription diet or another specialized formula.

1. Where can I purchase Wellness Senior dog food? Wellness Senior dog food is widely available at pet stores, both online and brick-and-mortar locations, as well as through various online retailers.

1. What are the potential side effects of switching my dog to Wellness Senior food? The most common side effects are digestive upsets like diarrhea or vomiting, primarily due to a sudden change in diet. Gradual transition minimizes this risk. If severe issues arise, consult your veterinarian immediately.

wellness senior dog food: The Forever Dog Rodney Habib, Karen Shaw Becker, 2024-09-10 #1 New York Times Bestseller In this pathbreaking guide, two of the world's most popular and trusted pet care advocates reveal new science to teach us how to delay aging and provide a long, happy, healthy life for our canine companions. Like their human counterparts, dogs have been getting sicker and dying prematurely over the past few decades. Why? Scientists are beginning to understand that the chronic diseases afflicting humans--cancer, obesity, diabetes, organ degeneration, and autoimmune disorders--also beset canines. As a result, our beloved companions are vexed with preventable health problems throughout much of their lives and suffer shorter life spans. Because our pets can't make health and lifestyle decisions for themselves, it's up to pet parents to make smart, science-backed choices for lasting vitality and health. The Forever Dog gives us the practical, proven tools to protect our loyal four-legged companions. Rodney Habib and Karen Becker, DVM, globetrotted (pre-pandemic) to galvanize the best wisdom from top geneticists, microbiologists, and longevity researchers; they also interviewed people whose dogs have lived into their 20s and even 30s. The result is this unprecedented and comprehensive guide, filled with surprising information, invaluable advice, and inspiring stories about dogs and the people who love them. The Forever Dog prescriptive plan focuses on diet and nutrition, movement, environmental exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food--including what the commercial manufacturers don't want us to know--and offer recipes, easy solutions, and tips for making sure our dogs obtain the nutrients they need. Habib and Dr. Becker also explore how external factors we often don't think about can greatly affect a dog's overall health and wellbeing, from everyday insults to the body and its physiology, to the role our own lifestyles and our vets' choices play. Indeed, the health equation works both ways and can travel up the leash. Medical breakthroughs have expanded our choices for canine health--if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come.

wellness senior dog food: Yin & Yang Nutrition for Dogs Judy Morgan DVM, Hue Grant, 2017-11-10 Cooking for dogs according to traditional Chinese medicine food therapy including

recipes.

wellness senior dog food: Good Old Dog Nicholas H. Dodman, Lawrence Lindner, 2010 The gold standard guide to caring for your older dog.

wellness senior dog food: Dog Food Logic Linda P. Case, M.S., 2014-02-12 Choosing the right dog food in a world with too many choices
 Walking down the dog food aisle in a pet supply superstore can present you with an overwhelming number of choices. Reading about dog food on the internet can make your head spin with so many opinions and stories. And judging the content that you find on dog food packaging can be confusing and misleading. How can the average dog owner make an informed choice in accordance with her dog's age, size and condition? In her latest book, author Linda Case describes how to make logical, evidence-based decisions for what to feed your dog amid all the options available.

 You will learn
 • How pet food marketers appeal to your emotions to persuade you to buy a particular type of dog food.
 • To distinguish between scientific, evidence-based information and the anecdotal evidence which is so pervasive—and often misleading—in the dog food arena.
 • Is there a scientific basis for dog foods designed specifically for puppies, senior dogs, canine athletes—even various breeds of dogs?
 • How to read and evaluate all of the material included on a typical package of dog food from the ingredients and label claims (“Natural,” “Anti-Oxidant,” “Low Fat”), to the Nutrient Analysis and Nutritional Adequacy statements.
 • How to avoid choice paralysis and the cognitive traps that can interfere with clear decision making.

 What experts are saying about <I>Dog Food Logic</I>
 Pet food is like a religion for many—but now those strong emotional ties can be backed up with fact. Linda Case separates fact from fiction, explains the complex terms and offers a guide to pet nutrition in simple to comprehend language. Unlike other books on this topic, there is no agenda here—except to present facts and then allow pet owners to make their own logical conclusions, letting the kibble drop where it may.
 Steve Dale, CABC, columnist Tribune Content Agency; radio host Black Dog Radio Productions and WGN Radio (Chicago); contributing editor USA Weekend; special correspondent Cat Fancy; author Good Cat!

 <I>Dog Food Logic</i> is the indispensable guide to the science behind canine nutrition that will help us to make wise, well-informed choices about how and what we feed our dogs. It takes the fear out of trying to understand proper nutrition and will empower us to determine what is best for the health of our dogs.
 Claudia Kawczynska, Founder and Editor-in-chief of The Bark

 Don't read this book if you want someone to tell you what to feed your dog. This is a book for people who want to learn, in a reasoned and thoughtful way, how to figure it out for themselves.<I> Dog Food Logic</I> goes way beyond the usual textbook list of nutritional requirements to cover the pet food industry in all its glory: the history, the business, the marketing, and best of all, the science. Case deftly navigates the most controversial topics in pet food and presents the big picture without interjecting judgment about what approach is best. There's something here for everyone: pet care professionals and dog lovers alike will learn something new from this informative, easy to read, and well researched book.
 Jessica Vogelsang, DVM, CVJ, author, speaker, and CEO of Pawcurious Media

wellness senior dog food: CANINE NUTRIGENOMICS W. Jean Dodds, DVM, Diana Laverdure, 2014-12-30 Nutrigenomics is the new science of how diet affects gene expression at the cellular level, creating vibrant health or chronic disease. Optimum health begins in the cells—and this book shows you how to achieve it for your dog!

wellness senior dog food: Nutrient Requirements of Dogs and Cats National Research Council, Division on Earth and Life Studies, Board on Agriculture and Natural Resources, Committee on Animal Nutrition, Subcommittee on Dog and Cat Nutrition, 2006-07-01 Updating recommendations last made by the National Research Council in the mid-1980s, this report provides nutrient recommendations based on physical activity and stage in life, major factors that influence nutrient needs. It looks at how nutrients are metabolized in the bodies of dogs and cats, indications of nutrient deficiency, and diseases related to poor nutrition. The report provides a valuable resource for industry professionals formulating diets, scientists setting research agendas, government

officials developing regulations for pet food labeling, and as a university textbook for dog and cat nutrition. It can also guide pet owners feeding decisions for their pets with information on specific nutrient needs, characteristics of different types of pet foods, and factors to consider when feeding cats and dogs.

wellness senior dog food: The Ultimate Pet Health Guide Gary Richter, MS, DVM, 2017-08-15 As a holistic veterinarian and scientist, Dr. Gary Richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction. He wants us to use what actually works, not just what Western science or alternative medicine say should work. This multifaceted approach to health is known as integrative medicine. Dr. Richter examines traditional medicine from many cultures alongside modern medical techniques, describing the best of complementary care and the best of conventional veterinary medicine. Every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice. After explaining the treatment, he offers specific recommendations for an integrative approach to common diseases, including allergies, skin conditions, diabetes, heart disease, and cancer. A holistic approach to health includes nutrition, as it sets up the foundation for your pet's health. Dr. Richter cuts through the hype in the pet-food world and explains how to choose the best commercial foods and supplements, and even includes both raw and cooked dog- and cat-food recipes for general diet as well as to treat specific needs. He also explains how we can use the right foods and supplements to hack the body's processes, including the immune system.

wellness senior dog food: From Needles to Natural Judy Morgan D.V.M., 2014 In *From Needles to Natural*, she shares her journey from traditional to holistic veterinary medicine and helps pet owners understand the differences between good advertising and good health for their animal friends.--Page 4 of cover

wellness senior dog food: Unlocking the Canine Ancestral Diet Steve Brown, 2009-12 Ancestors and canine cousins of our dogs didn't eat crunchy kibble or meat 'n gravy in a can. They ate what they found or caught... and it wasn't cooked or enriched either! It was high in protein, with balanced fats, and usually included a few fruits, vegetables and grasses. Steve Brown, an expert on canine nutrition, shows how you can bring the benefits of the canine ancestral diet to your dog by feeding him differently as little as just one day a week. And no, you won't need to lead a pack of dogs on a hunting expedition! Just follow Steve's well-researched and easy to follow ABCs to make improvements to whatever your dog currently eats. BONUS! Raw food or home prepared feeders will learn how to balance nutrients more precisely, especially fats, for optimum health. A dog diet to get wild about! bull; Learn about the latest research on the importance of protein and healthy fats in your dog's diet. bull; Find out why commercial foods can't include these fragile-but-crucial nutrients, and how you can make sure your dog gets them. bull; Just one day a week, or more frequently if you choose, follow the simple recipes that balance the nutrition in the commercial food you are feeding-wet or dry!

wellness senior dog food: Raw & Natural Nutrition for Dogs Lew Olson, 2010 The first comprehensive book to cover both raw and home-cooked diets specifically for dogs, written by an expert in dog food research and development--Provided by publisher.

wellness senior dog food: My Old Dog Laura T. Coffey, 2015-09-18 "No Dog Should Die Alone" was the attention-grabbing — and heart-stirring — headline of journalist Laura T. Coffey's TODAY show website story about photographer Lori Fusaro's work with senior shelter pets. While generally calm, easy, and already house-trained, these animals often represent the highest-risk population at shelters. With gorgeous, joyful photographs and sweet, funny, true tales of "old dogs learning new tricks," Coffey and Fusaro show that adopting a senior can be even more rewarding than choosing a younger dog. You'll meet endearing elders like Marnie, the irresistible shih tzu who has posed for selfies with Tina Fey, James Franco, and Betty White; Remy, a soulful nine-year-old dog adopted by elderly nuns; George Clooney's cocker spaniel, Einstein; and Bretagne, the last known surviving search dog from Ground Zero. They may be slower moving and a tad less exuberant than puppies, but these pooches prove that adopting a senior brings immeasurable joy, earnest

devotion, and unconditional love.

wellness senior dog food: Holistic Guide for a Healthy Dog Wendy Volhard, Kerry Brown, 2000-05 A complete revision of a ground-breaking reference. Designed to provide updated information found in the original book, as well as lots of new topics, and a new organization--this second edition is more user-friendly than ever! Readers will get the latest on: Healthful diets for dogs of every age and activity level How to modify your dog's diet to best meet seasonal needs Natural ways to keep your dog healthy throughout all stages of life How to care for a dog in poor health The vaccine controversy--the pros, the cons and how to sort them out * Homeopathic remedies Alternative therapies, such as acupuncture, acupressure, aromatherapy, chiropractics and use of medicinal herbs

wellness senior dog food: The Clean Pet Food Revolution Ernie Ward, Alice Oven, 2019-12-09 Did you know that a quarter of all the meat consumed in the United States is eaten by our pets? That's the equivalent to the amount devoured by 26 million Americans, and it makes U.S. cats and dogs equal to the fifth largest country in terms of animal protein consumption. Yet the impact pet food has on the environment and climate change, how healthy or necessary it is for our animal companions, or how it impacts the welfare of the farmed animals who become that food are barely known or ignored--even by animal lovers! The Clean Pet Food Revolution lifts the lid on the current pet food industry: its claims of what constitutes a natural diet for pets, its shocking record on animal welfare, and its devastating effect on the environment and climate change. The book explodes myths about grain-free diets, protein intake, and what our pets want. Finally, it details the many exciting scientific developments in alternative proteins--whether from plants, fungi, insects, or cell-based meat products--that promise not only to completely change what we feed our cats and dogs but to reduce greenhouse gas emissions, end farmed-animal slaughter, and make our pets healthier. Written by specialists in veterinary science, biotech, and animal welfare, The Clean Pet Food Revolution is a thoroughly researched and compellingly written excoriation of an unsustainable present and a fascinating glimpse of future possibilities.

wellness senior dog food: Veterinary Secrets Andrew T. Jones, Andrew T Jones DVM, 2014-05-23 This manual draws from Dr Jones' 17 years' experience in veterinary medicine to provide a comprehensive, step-by-step guide to home pet care and disease remedies. Dr. Jones opens by explaining how he came to question conventional veterinary treatments then began to share his concerns publicly and openly educate pet owners, empowering them to provide their pets with quality, holistic care at home. Eventually, his efforts led to his expulsion from the British Columbia Veterinary College, resulting in a ban from practicing animal medicine.

wellness senior dog food: The Complete Guide to Golden Retrievers Dr. Joanna de Klerk, 2019-02-21 Golden Retrievers are one of the most loyal and lovable breeds around, and so it is easy to see why they are so popular. They are playful and friendly, even into their golden years, and are ideal dogs for first time dog owners. This book provides all you need to know about the breed, whether you are buying a Golden Retriever for a pet, working dog, show dog or breeding dog. In The Complete Guide to Golden Retrievers you will learn everything you need to know from start to end; how to choose a puppy, training, traveling, grooming, health care and senior care. You will also learn all about the background of the breed, its history, breed pre-disposed diseases, and special traits. All the information is specific to Golden Retrievers and in easy-reading comprehensive detail. Find answers to questions like: Is a Golden Retriever the right dog for me? I brought my Golden Retriever home. What now? How can I best train my Golden? What are some common mistakes should I avoid? Whether you are a veteran Golden Retriever owner, or new to the breed, there will be something for everyone in this book. You'll find out everything you'll need to know as a new owner, including: Golden Retriever History Golden Retriever Behavior Preparations for a New Dog How to choose a Golden Retriever Training a Golden Traveling with a Golden Retriever Nutrition Dental Care Grooming Your Golden Retriever Preventative Veterinary Medicine Golden Retriever Diseases Working Breeding Golden Retrievers Showing Golden Retrievers Living with a Senior Golden Compiled by veterinarian, Dr. Jo de Klerk, the book will ensure there is nothing left for you to

wonder or worry about. It will provide you with everything you need to know to help you care for, train and bond with your new lovable friend.

wellness senior dog food: The Healthy Dog Cookbook Jonna Anne, 2008 At a time when pet parents are increasingly alarmed by health scares caused by manufactured pet food, more people are looking to home-prepare fresh and healthy meals for their canine companion. The Healthy Dog Cookbook offers 50 safe, nutritious, and appealing recipes. There are menus for every type and size of dog, from Pointer to Pomeranian. And if your beloved pooch has allergies or a special diet requirement, like wheat-free food, you'll find a recipe that fits his needs. From full-fledged dinners to snacks and treats, you'll find the recipes easy and inexpensive to make. A veterinarian provides health and nutrition comments, and each meal has a nutrition panel and portion calculator to help you give your dog the safest and healthiest diet. Cooking meals from The Healthy Dog Cookbook ensures each and every ingredient is wholesome and nutritious-and that's good news for your best friend's health and your own peace of mind.

wellness senior dog food: Dr. Becker's Real Food for Healthy Dogs & Cats Beth Taylor, Karen Shaw Becker, 2013

wellness senior dog food: *The Best Dog Diet Ever* by Caroline Griffith Caroline Griffith, 2012-03-29 This is the book your dog, has been waiting for you to read! An absolute must for any dog owner wanting to provide the best for their dog. An easy to read, fun, informative guide to the science and the reasoning behind why feeding raw meat, bones and a small amount of vegetables is the best diet your dog could ever be fed. You will discover how to feed the diet, why to feed the diet and find answers to all your questions, even the controversial ones - included in this logical, enjoyable book. Discover how to feed a raw diet on a budget and fit the diet into your dogs lifestyle Find out how diet could be influencing your dogs behaviour Discover the true nutrients and elements your dogs needs for happiness and well-being Learn the anatomy of your dogs digestive system, and how different it is to a humans! Learn ways the raw diet can boost immunity and improve a dogs ability to Heal. Understand what makes up a raw diet for dogs and how to feed it effectively. Also includes raw feeding insights from Celebrity dog trainer Sophi Stewart, Owner and Trainer of the Lassie movie dogs Bob Weatherwax and Canine behaviour specialist & TV star Jez Rose.

wellness senior dog food: Off Leash Dog Play: A Complete Guide to Safety and Fun Bennett Robin K., 2007 Learn how to read canine body language in groups of dogs, manage off-leash play, identify signs of trouble and much more. For pet professionals who work with groups of dogs in daycares, boarding facilities and dog training classes and serious pet-parents.

wellness senior dog food: Music Has Power® in Senior Wellness and Healthcare Concetta Tomaino, The Institute of Music and Neurologic Function, 2023-11-21 The transformative role music therapy can play in all areas of healthcare, and especially in the care of older adults is increasingly apparent. However, while music activities are present in most care settings, these activities don't provide the therapeutic benefits that are possible with music therapy-informed interventions and programs. Best practices from music therapy are transforming dementia care, and have the potential to improve healthcare-and health-for older people, whatever their needs, wherever they receive care. Dr. Concetta Tomaino, a pioneer in the field of music therapy,. shares more than 40 years of clinical and research experience--not just with Music Therapists but also with healthcare leaders, clinicians, and direct care staff. With chapters on mental health and wellness, dementia, as well as movement and speech rehabilitation, this comprehensive and friendly practice guide will help all caregivers use music therapy best practices to provide better, more fulfilling support across all senior healthcare settings.

wellness senior dog food: The Whole Pet Diet Andi Brown, 2006-09-01 One in four pets is obese, and every year owners spends thousands of dollars treating allergies, joint problems, digestive disorders, and serious diseases that could improve dramatically with a nutritious diet. Yet despite promises of complete and balanced meals, most commercial pet foods contain chemical preservatives, indigestible fillers, and dangerous by-products. If your pets are overweight, ailing, or aging, or you just want them to be as healthy as possible, THE WHOLE PET DIET offers a

straightforward plan to achieve lifelong health and well-being. Featuring twenty-five easy recipes for homemade meals and treats, a guide to natural supplements, and practical tips for no-stress grooming and play, this holistic approach to pet care creates optimal health for dogs and cats, and it just might change the way you eat, too.

wellness senior dog food: Small Animal Dental Procedures for Veterinary Technicians and Nurses Jeanne R. Perrone, 2020-08-07 Small Animal Dental Procedures for Veterinary Technicians and Nurses, 2nd Edition brings together all aspects of canine, feline, and exotic animal dentistry for veterinary technicians and nurses. Offering complete coverage of all aspects of dental treatment for dogs, cats, and exotic pets, the book describes techniques for veterinary technicians providing dental care. The new edition includes brand new information on digital radiology, plus updates to current protocols and improved images throughout the book. The chapters contained within include in-depth coverage of all stages of small animal dental care, including: • Anesthesia • Radiology • Dental cleaning • Common diseases and treatment • Equipment needs and maintenance • Exotic dentistry Small Animal Dental Procedures for Veterinary Technicians and Nurses includes access to a companion website that provides video clips, review questions, training exercises, forms, and editable glossaries. This book is an essential and invaluable resource for any veterinary technology student, veterinary technician or nurse regularly or occasionally engaged in small animal dental care.

wellness senior dog food: The Complete Guide to English Springer Spaniels Dr. Joanna de Klerk, 2019-05-23 English Springer Spaniels are beautiful and full of life, and so it is easy to see why they are so popular. They are playful and devoted, with massive characters. However, their drive and neuroticism can make them a very challenging breed for the inexperienced owner, and anyone new to the breed should have a full awareness of what owning a Springer Spaniel entails. This book provides all you need to know about the breed, whether you are buying or rescuing an English Springer Spaniel for a pet or a working dog. In The Complete Guide to English Springer Spaniels you will learn everything you need to know from start to end; how to choose a puppy, training, traveling, grooming, health care and senior care. You will also learn all about the background of the breed, its history, breed pre-disposed diseases, and special traits. All the information is specific to English Springer Spaniels and in easy-reading comprehensive detail. Find answers to questions like: Is a English Springer Spaniel the right dog for me? Should I buy from a breeder or adopt from a rescue? I brought my ESS home. What now? How can I best train my Spaniel? What are some common mistakes should I avoid? Whether you are a veteran or novice English Springer Spaniel owner, there will be something for everyone in this book. Chapters include all the basics such as: English Springer Spaniel Breed Overview Breed History Behavior Preparations for a New Dog How to choose an English Springer Spaniel Behavioral Training Recall Obedience Training Traveling Nutrition Dental Care Grooming Preventative Veterinary Medicine English Springer Spaniel Diseases & Conditions Hunting Working dogs Living with a Senior ESS Compiled by veterinarian, Dr Jo de Klerk, the book will ensure there is nothing left for you to wonder or worry about. It will provide you with everything you need to know to help you care for, train and bond with your new friend.

wellness senior dog food: The Dog Cancer Survival Guide Demian Dressler, Susan Ettinger, 2011 If your dog has cancer, you need this book. No matter what you've heard, there are always steps you can take to help your dog fight (and even beat) cancer. This scientifically researched guide is your complete reference for practical, evidence-based strategies that can optimize the life quality and longevity for your dog. No matter what diagnosis or stage of cancer your dog has, this book is packed with precious advice that can help now. Discover the Full Spectrum approach to dog cancer care: Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects. The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine. How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many

other personal factors. Imagine looking back at this time in your life, five years from now, and having not a single regret. You can help your dog fight cancer and you can honor your dog's life by living each moment to the fullest, starting now. This book can help you as it has helped thousands of other dog lovers. The Authors Dr. Demian Dressler, DVM practices in Hawaii and is internationally recognized as the dog cancer vet and blogs at DogCancerBlog.com. Dr. Susan Ettinger, DVM is a veterinary oncologist and a diplomate of the American College of Internal Medicine who practices in New York. Praise from Veterinarians, Authors & Book Reviewers The future is upon us and this ground-breaking book is a vital cornerstone. In dealing with cancer, our worst illness, this Survival Guide is educational, logical, expansive, embracing, honest and so needed. Dr. Marty Goldstein, DVM Holistic veterinarian and Host, Ask Martha Stewart's Vet on Sirius Radio The message of this book jumps off the written page and into the heart of every reader, and will become the at home bible for cancer care of dogs. The authors have given you a sensible and systematic approach that practicing veterinarians will cherish. I found the book inspiring and, clearly, it will become part of my daily approach to cancer therapy for my own patients. Dr. Robert B. Cohen, VMD Bay Street Animal Hospital, New York I wish that I had had The Dog Cancer Survival Guide when my dearly beloved Flat-coated Retriever, Odin, contracted cancer. It would have provided me alternative courses of action, as well as some well needed reality checks which were not available from conversations with my veterinarian. It should be on every dog owner's book shelf--just in case... Dr. Stanley Coren, PhD, FRSC author of many books, including Born to Bark A comprehensive guide that distills both alternative and allopathic cancer treatments in dogs...With the overwhelming amount of conflicting information about cancer prevention and treatment, this book provides a pet owner with an easy to follow approach to one of the most serious diseases in animals. Dr. Barbara Royal, DVM The Royal Treatment Veterinary Center, Oprah Winfrey's Chicago veterinarian Picking up The Dog Cancer Survival Guide is anything but a downer: it's an 'empowerer.' It will make you feel like the best medical advocate for your dog. It covers canine cancer topics to an unprecedented depth and breadth from emotional coping strategies to prevention-in plain English. Read this book, and you will understand cancer stages, treatment options, and types, and much more. If you have just had the dreaded news, pick up a copy and it will guide the decisions your dog trusts you to make. Laure-Anne Visel Dog behavior specialist and technical dog writer, CanisBonus.com

wellness senior dog food: *The Angell Memorial Animal Hospital Book of Wellness and Preventive Care for Dogs* Darlene Arden, 2004 Boston's famed Angell Memorial Animal Hospital, part of the Massachusetts Society for the Prevention of Cruelty to Animals (and associated with Tufts Veterinary School), was established in 1915, and since its inception has been a national leader and innovator in animal care. Angell Memorial's clinical specialties include surgery, radiology, neurology, dentistry, internal medicine, ophthalmology, dermatology, oncology, neurology, and nutrition. support staff of over 190. More than 52,000 cases go through Angell Memorial each year. The hospital has gained nationwide media attention. It was featured in Life magazine, Parade magazine, on The Today Show, Good Morning America, PBS, Animal Planet, and 20/20 The hospital was the first in the nation to recognize the benefits of animal preventive care, and in doing so, instituted a Wellness program for dogs. This book gives away the plan to dog owners who do not have access to Angell and who are looking to learn to maintain their pets health in an easy and understandable and habitual way.

wellness senior dog food: *Training the Best Dog Ever* Larry Kay, Dawn Sylvia-Stasiewicz, 2012-09-25 Training the Best Dog Ever, originally published in hardcover as The Love That Dog Training Program, is a book based on love and kindness. It features a program of positive reinforcement and no-fail techniques that author Dawn Sylvia-Stasiewicz used to train the White House dog, Bo Obama, and each of Senator Ted Kennedy's dogs, among countless others. Training the Best Dog Ever relies on trust and treats, not choke collars; on bonding, not leash-yanking or reprimanding. The five-week training program takes only 10 to 20 minutes of practice a day and works both for puppies and for adult dogs that need to be trained out of bad habits. Illustrated with step-by-step photographs, the book covers hand-feeding; crate and potty training; and basic

cues—sit, stay, come here—as well as more complex goals, such as bite inhibition and water safety. It shows how to avoid or correct typical behavior problems, including jumping, barking, and leash-pulling. Plus: how to make your dog comfortable in the world—a dog that knows how to behave in a vet's office, is at ease around strangers, and more. In other words, the best dog ever.

wellness senior dog food: *The Metabolic Typing Diet* William L. Wolcott, Trish Fahey, 2008-11-19 Customize Your Diet to Your Own Unique Body Chemistry For hereditary reasons, your metabolism is unique. Cutting-edge research shows that no single diet works well for everyone—the very same foods that keep your best friend slim may keep you overweight and feeling unhealthy and fatigued. Now, William Wolcott, a pioneer in the field of metabolic research, has developed a revolutionary weight-loss program that allows you to identify your metabolic type and create a diet that suits your individual nutritional needs. In *The Metabolic Typing Diet*, Wolcott and acclaimed science writer Trish Fahey provide simple self-tests that you can use to discover your own metabolic type and determine what kind of diet will work best for you. It might be a low-fat, high carbohydrate diet filled with pasta and grains, or a high-fat, high-protein diet focused on meat and seafood, or anything in between. By detailing exactly which foods and food combinations are right for you, *The Metabolic Typing Diet* at last reveals the secret to shedding unwanted pounds and achieving optimum vitality with lasting results. *The Metabolic Typing Diet* will enable you to: - Achieve and maintain your ideal weight - Eliminate sugar cravings - Enjoy sustained energy and endurance - Conquer indigestion, fatigue, and allergies - Bolster your immune system - Overcome anxiety, depression, and mood swings

wellness senior dog food: *Stock, Broth & Bowl* Jonathan Bender, 2015-12-08 Stock up on ways to make—and use—these versatile, flavorful building blocks of good nutrition. Whether you're a seasoned cook or have never set foot in a butcher shop, *Stock, Broth, and Bowl* will help you dip your toe in the wildly popular bone broth pool. This book teaches you to prepare nine different stocks with straightforward recipes that are the foundation for great comfort food and the building blocks for creating nourishing drinking broths. You'll learn about sourcing ingredients, having the right kitchen tools, and straining and storing stock. There are nine stock recipes in this book, including a recipe for bone broth and how to doctor it. You'll recreate the essence of a multi-meat broth and discover the essential sweetness of root vegetables with a vegetarian broth. *Stock, Broth, and Bowl* also includes 20 recipes for turning stock into broth, into a delicious drink, or into dinner. The recipes range from one-pot meals like a savory bread pudding or decadent pot roast to broth-based cocktails. Get comfortable. Get simmering. Get well stocked! "A book for those who want to be exceptional cooks." —John Currence, author of *Pickles, Pigs, and Whiskey*

wellness senior dog food: *The Barf Diet* Ian Billinghurst, 2016-05-24 This third book from Dr. Ian Billinghurst was written to help pet owners either understand or expand their knowledge of evolutionary diets for both dogs and cats. It contains important background research from his first two books together with lots of new information. Experienced BARFers will benefit from a number of new suggested recipes and practical information to assist in the home production of BARF diets - now everyone can do the BARF diet for their pets!

wellness senior dog food: *The Healthy Hound Cookbook* Paris Permenter, John Bigley, 2014-03-18 Your best friend deserves the best, and the simple, all-natural recipes in this book will make it easy to create healthy treats and meals for your favorite canine. Authors Paris Permenter and John Bigley, of the popular DogTipper.com website, have crafted more than 125 nutritious recipes using healthy, fresh ingredients from your kitchen. From Oatmeal Turkey Dog Biscuits to Peanut Butter and Banana Dog Ice Cream, each of these homemade dishes uses only real, whole ingredients like beef, chicken, potatoes, and carrots, so you'll always know that your furry friend is getting a snack that's flavorful as well as nutritious. You'll also find information on cooking techniques, recipes for pets on grain-free, Paleo, or raw diets, and a portion calculator to adjust serving sizes according to breed. With the whole foods recipes in *The Healthy Hound Cookbook*, your dog will start living a more natural, happier, and more flavorful life.

wellness senior dog food: *The Ultimate Pet Food Guide* Liz Palika, 2009-04-29 The 2007 pet

food recalls followed a multitude of pets getting sick and dying from contaminated food; now pet owners must take charge of what they feed their dogs and cats. With *The Ultimate Pet Food Guide*, veteran dog trainer, behaviorist, and author Liz Palika focuses on nutritional needs and covers every type of feeding, including controversial raw diets, homemade cooked food, and commercial foods. Palika also addresses introducing new foods; what "human foods" pets shouldn't eat; free-feeding; responsibility for food safety; where ingredients come from; and red flags in ingredients. Included are over fifty veterinarian- and pet-nutritionist-approved recipes and diets tailored to special-needs pets, such as puppies/kittens and pregnant, older, overweight and/or more sedentary animals.

wellness senior dog food: PetChiDog's GIANT Book of Chihuahua Care PetChiDog, 2018-01-21 Brand new to Amazon This incredible Chihuahua care book will be your guide for every step of your Chi's life, from puppy to adult to senior. At 364 pages, this book about Chihuahuas covers every single aspect that you need to know about: Sections regarding Chihuahua appearance (coat, size variations, non-official varieties, color), how to facilitate a smooth transition into the home, a complete puppy care chapter, extensive feeding & nutrition info (10 sections), and every single behavioral topic that applies to Chihuahua puppies and dogs (30 sections) which allows you to correct current problems and prevent future ones. Behavioral sections include 'Your Chihuahua's Personality' which covers the importance of not leaving your Chihuahua's personality up to chance. You'll learn how your everyday actions and training methods will help cultivate your Chi's acceptance, tolerance, and ability to interact with you and the rest of the world in a positive way. This Chihuahua book also has detailed training for a host of issues including fears (other dogs, traffic, people), exact steps to resolve separation anxiety, care tips for rescued Chihuahuas, a full command training chapter, walking on leash issues, and heeling. If your Chihuahua isn't housebroken yet, you'll be pleased that this book includes a fail-proof house training chapter for speedy success. You will also have detailed information regarding marking and submissive urination. This remarkable book about Chihuahuas has a comprehensive barking chapter (covering all possible situations), exercise & activity (5 sections including 'Fun Things to Do'), grooming (6 sections), seasonal care, body-part specific care, female issues, and a full whelping chapter. A Chihuahua care book is not complete without detailed health topics, and this book delivers with 20+ extremely thorough health sections regarding every single condition the Chihuahua is prone to, issues seen with toy breeds, and those common to canines. Gain the knowledge to spot early signs, and read about treatment options, prognosis, and prevention. Chihuahuas are a mix of contradictions. Some can be rather hyper. If so, you'll love the section of 'Hyper Behavior' and the training sections of 'How to Teach Proper Hierarchy', 'Jumping on People', 'Running Away', and more. And, if your Chihuahua is shy or nervous, you'll love 'Clingy Behavior' and the incredible 'Socialization and Desensitization' chapter that will make a huge difference in how your Chi reacts to his/her world. You'll also learn about first aid, how to keep your Chihuahua safe, tips for travel, bonding, sleeping issues, teething & chewing, and much more. Included are enlightening survey results showing the stats of 3,272 Chihuahuas; this will help you know what to expect and allow you to see where your Chi puppy or dog falls in with others. And, you'll have two charts that show the stats of 128 Chihuahua puppies over their first-year weigh-in's. Contributors include Faye Dunningham (canine trainer and author) and several AKC Chihuahua breeders. This book is truly GIANT; however, you won't be overwhelmed; meticulous care was given to fonts, bullets, side bars, and specialized text to make it a joy to read. Whether you have your first puppy or are a seasoned owner, this Chihuahua book is a must-have. Let's start fresh today and work toward optimal health and happiness for your canine family member.

wellness senior dog food: Natural Nutrition for Dogs and Cats Kymythy R. Schultze, Kymythy Schulze, 1999 In these pages, Kymythy Schultze has provided an excellent nutritional text to help us build a healthier life for our animal friends.- Dr. Stephen R. Blake, Jr., D.V.M. [This book is] an excellent starting point for us all. Its pages are filled with helpful hints, good advice and most important, logic and common sense.- Dr. Bruce W. Cauble, D.V.M.

wellness senior dog food: *Your Dog's Golden Years* Jennifer Kachnic, 2012-03-24 Twenty

canine experts each contribute a chapter on their particular area of expertise, including tips on nutrition, energy healing, and canine massage and bodywork.

wellness senior dog food: *The Complete Guide to the Maltese* Jordan Pogorzelski, Coral Drake, 2021-10-13 Authors and experienced Maltese owners Jordon Pogorzelski and Coral Drake teamed up with six top Maltese breeders to create this GO-TO guidebook that covers everything a new owner needs to know about the Maltese breed. In *The Complete Guide to the Maltese* you'll learn everything you need to know to raise a happy and healthy Maltese from puppy to old age. If you have recently adopted a Maltese, these pages will teach you how to deal with any past traumas they may have experienced and help them adapt to a safe and happy life in their new home. Chapter Topics include: Is a Maltese the Right Breed for Me? Buying vs. Adopting Getting to Know Your Adult Maltese Preparing for a Maltese Puppy Bringing Home your Maltese Puppy Raising a Happy, Healthy Maltese Exercising your Maltese The Art of Grooming a Maltese Socialization and Living with Other Pets Dealing with Unwanted behavior Feeding your Maltese Health Care: Beginning to Advance Traveling with your Maltese The Maltese has graced the laps of luxury for thousands of years. This elegant little dog comes from the now-extinct nation of Malta. As Malta was invaded and colonized, the beautiful little white dog spread across the world. The Maltese was never meant to be anything but a companion, and thousands of years of dedicated breeding have made a truly wonderful best friend. These tiny dogs are unaware of their small size. They are fearless, playful, and endlessly charming. If you know somebody who doesn't like dogs, introduce them to a Maltese and you may change their mind. Maltese are hardy and adaptable. Their fearlessness makes them good watchdogs but also will help them win over anyone. These little athletes can excel on the agility course and look truly stunning showing off their athleticism in full coat. Maltese are truly beautiful little dogs. Their pure white coat grows continuously. When kept in show coat, the ends of their hair sweeps the ground. However, Maltese can also be clipped short for a low-maintenance and easy to clean coat. The coat is low shedding and easy to maintain with regular brushing. Maltese can be willful and their affection natures do not respond well to harsh training techniques. Therefore, consistent positive training is essential in order to shape your dog's behavior. Learn how to best train for a Maltese's willful and sometimes stubborn nature. Find out the basics of grooming this gorgeous coat. Decide what to feed and how to supplement your Maltese's diet in order to keep them healthy well into their teens. This book can guide you through every element of life with your Maltese.

wellness senior dog food: *Caring for Your Aging Cat* Janice Borzendowski, 2007 Since cats have a natural talent for looking better than they feel, it may surprise owners to learn that felines are considered senior" at 7 and geriatric" at 14. This invaluable guide explains such things as how to help an older cat with grooming, how to recognize the diseases that come with age, and how to tell if the animal is in pain or discomfort. Here, too, are the many different state-of-the-art treatments available--including how much each should cost. End-of-life questions--such as euthanasia and hospice care--are discussed frankly and with compassion for both pet and owner. Full of heartwarming case studies, this is a book for everyone who has the good fortune to live with a cat.

wellness senior dog food: *The Complete French Bulldog Owner's Care Manual* Marie Tremblay, Amazon AIDA Sales copy Are you a proud French bulldog parent or considering bringing home one of these adorable companions? Look no further than *The French Bulldog Manual*, your ultimate companion for nurturing a loving and thriving relationship with your Frenchie. *The French Bulldog Manual*, the definitive guide designed to make every moment with your French bulldog extraordinary. Whether you're a seasoned Frenchie parent or about to welcome one into your home, this comprehensive handbook is your key to becoming the best Frenchie caregiver. Imagine having the expertise to nurture a happy, healthy, and harmonious bond with your Frenchie. With this manual, you'll gain insights into breeding, grooming, health care, and training, ensuring your Frenchie thrives at every stage of life. Unearth the secrets to a deeper connection with your four-legged friend, making each day together a joyous adventure. Features of the book include · Temperament and Personality Traits of the French Bulldog · Preparing for Your French Bulldog ·

Puppy vs. Adult Dog: Which Should You Choose? · Bringing Your Frenchie Home: Essentials for a Smooth Transition · Feeding and Nutrition Requirements for French Bulldogs · Types of Dog Food: Choosing the Right Option for Your Frenchie · The Raw Diet for Dogs: Benefits, Risks, and Considerations · Symptoms of Food Allergies · 12 special Considerations for determining the right amount of food for your French bulldog · 13 special French Bulldog Feeding Essential Guidelines for a Healthy Diet · Feeding puppies · Feeding seniors · Grooming Needs for French Bulldogs: Coat, Skin, and Nails · Exercise and Physical Activity for French Bulldogs · Training Your French Bulldog · Basic Obedience Commands · Housetraining and Crate Training · Crate training · Clicker training · Collar training · Lead training · Addressing Common Behavioral Issues · Canine emotion, and Interpreting Canine Emotions · 12 ways to avoid bad behavior · Creating a Safe and Dog-Friendly Environment · Top signs of a healthy Bulldog · Vital signs of illness · Tips to resolve health issues arising from Extreme Temperatures, Cold Weather, Dental Problems, Eye, Skin conditions, Digestive Problem, Gastrointestinal Issues, Weight Management, Brachycephalic Challenges, Eating Difficulties, Whelping Complications, Luxating Patella · Adapting Care for an Aging Frenchie · Common Health Considerations in Senior French Bulldogs · Playtime Ideas for Physical and Mental Stimulation · Frenchie Fashion and Style · Dressing Up Your Frenchie: Practicality vs. Fun · Seasonal Outfit Ideas and Accessories · Playtime Ideas for Physical and Mental Stimulation · Canine Sports and Activities Suitable for French Bulldogs · And much more If you're a proud parent of a French bulldog or an aspiring one, The French Bulldog Manual is your ultimate guide. This book is not just a manual but also a trusted companion throughout your Frenchie's life, from the adorable puppy stages to their golden years. It'll help ensure your furry friend's health, happiness, and create beautiful memories together. This book is reasonably priced and offers excellent value for money. You won't regret purchasing it as it'll help you become the ultimate Frenchie expert, and your pet will live their best life by your side. So, why wait? Order your copy now and embark on an exciting journey with your French bulldog!

wellness senior dog food: Senior Dogs For Dummies? Susan McCullough, 2011-04-20

Covers wellness, nutrition, and socialization Keep your dog happy and healthy through the golden years Senior dogs are special creatures with special needs. This friendly guide provides reassuring, positive advice on handling the physical and emotional issues involved in caring for your beloved companion. You'll see how aging affects your dog, how to cope with common ailments, and what you can do to help your senior live a joyful, high-quality life. Praise for Senior Dogs For Dummies The book is a resource that will enhance life both for senior dogs and for the humans who love them. - Teri Goodman, Coordinator, The Senior Dogs Project, www.srdogs.com A dog who has lived his lifetime with you is a precious jewel to be loved and treasured. Susan has captured that spirit. - Liz Palika, author of Purebred Rescue Dog Adoption Discover how to: * Meet your senior's dietary needs * Safely exercise your senior * Manage health costs * Teach an older dog new tricks * Gain inspiration from stories about super senior dogs

wellness senior dog food: The Complete Guide to Scottish Terriers Tracey Squire, 2019-05-29

With so many Terrier breeds on the market to choose from, be secure in your choice by learning everything you need to know about the prospective Terrier breeds so that you can choose the right pup for your lifestyle. In this comprehensive guide, you'll learn the history of the Scottish Terrier, how to identify this specific breed from other Terrier breeds, what makes Scottish Terriers different from other Terrier breeds, and how to care for this diligent canine companion. Instead of settling for an overly-hyper or annoyingly-yappy dog, invest your time, money, and love into the Scottish Terrier.. This book will teach you all about the Scottish Terrier temperament, the right animal companions for him, and everything else you need to know in order to keep your loyal friend happy, healthy, and by your side for as long as possible. You'll also learn how this breed isn't especially friendly with strangers, so with a Scottish Terrier in your life, you can feel safe knowing that your home is protected. Topics covered include: Is a Scottish Terrier the right dog for me? Should I buy from a breeder or adopt from a rescue? I brought my Scottie home. What now? How can I best train my Scottie? What are some common mistakes should I avoid? This book will guide

you through the sophisticated Scottie history, explain the Scottie's personality and needs, and teach you what you need to know to ensure a well-socialized, dignified, and confident Scottish Terrier. Chapters include all the basics such as: Scottish Terrier History Choosing a Scottish Terrier Preparing your Home for your Scottish Terrier Bringing Home your Scottish Terrier Being a Puppy Parent Housetraining Socializing with People and Animals Scottish Terriers and Your Other Pets Physical and Mental Exercise Training your Scottish Terrier Basic Commands Dealing With Unwanted Behaviors Traveling with Scottish Terriers Nutrition Grooming your Scottish Terrier Basic Health Care Advanced Scottish Terrier Health and Aging Dog Care Scottish Terriers have long been popular in America with several U.S. presidents claiming these compact hunters as part of their families. Scottish Terriers need attentive socialization if they're to be around children and other dogs. Otherwise, this breed is best suited for the serious and solitary household. Their bold and somewhat-serious nature keeps them in demand as watchdogs, hunting companions, and lifelong friends. This dog is independent and doesn't need your attention, but you can be sure that your Scottish Terrier will quickly become attached and remain loyal.

wellness senior dog food: *Next-Generation Wellness at Work* Stephenie Overman, 2009-09-15
Fact: Wellness programs benefit the bottom line. Motorola, for example, found that each dollar invested in wellness benefits returned \$3.93 in health and disability cost savings. *Next-Generation Wellness at Work* tells how to get in on the action. A nuts-and-bolts, how-to guide for managers, it delivers the latest thinking on how to take full advantage of the benefits that wellness programs can offer both employees and companies. And the effort couldn't be more important. With the soaring cost of medical care and the increase in obesity and lifestyle-related illnesses, there is growing recognition that companies must build a culture of health and enable employees to become better guardians of their own well being. This book illustrates, in detail, exactly how to accomplish those goals. Good health saves in ways that go beyond smaller insurance premiums. It also has a direct relationship with employee productivity, making wellness a matter of high-level strategy. However, many workplace wellness programs are not as effective as they could be. They are not comprehensive, not long-term, and not marketed to the people who could benefit most. Wellness expert Stephenie Overman helps managers take practical steps to overcome these deficiencies and build successful workplace wellness programs that result in tangible, bottom-line benefits for organizations. And the book starts from the ground up, first by explaining how to take a company's temperature, get management buy-in, and design a program that fits a company's unique needs and situation. Building a program is one thing, but will they come? That's where Overman's expertise is essential: She shows how to motivate workers to take advantage of the program and reap its many benefits. And she explains how to partner with local health providers and integrate methods to promote psychological well being, two key ingredients for success. Not many corporate programs benefit both employees and the company equally, but a well-planned wellness initiative will boost the health and productivity of employees, leading to a happier—and more competitive—workplace.

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