

wellness small breed healthy weight

Wellness Small Breed: Achieving and Maintaining a Healthy Weight

Is your tiny terror a little too tiny? Or perhaps a bit too chunky? Maintaining a healthy weight for your small breed dog is crucial for their overall wellness and longevity. This comprehensive guide dives deep into the specifics of achieving and maintaining a healthy weight for your petite pup, covering everything from understanding ideal body condition to navigating the complexities of small breed-specific nutrition. We'll explore the unique challenges faced by small breeds, offer practical tips for weight management, and help you ensure your furry friend enjoys a long and healthy life.

Understanding Ideal Body Condition Score (BCS) in Small Breeds

Before we talk about weight loss or gain, it's vital to understand your dog's current body condition. Forget the scales – they aren't always the best indicator for small breeds. Instead, focus on the Body Condition Score (BCS). A BCS of 5/9 is generally considered ideal. This means you should be able to feel their ribs easily, but not see them prominently. There should be a slight tuck-up in their abdomen, and you shouldn't see a significant fat pad over their spine.

Small breeds can easily mask weight problems. A slightly overweight Chihuahua might not look obese compared to a larger breed, but even a small amount of extra weight can significantly impact their health. Regularly assessing your dog's BCS is essential, ideally monthly. If you're unsure, consult your veterinarian; they can provide expert guidance and help you determine your dog's ideal weight range.

Nutrition: The Cornerstone of Wellness Small Breed Healthy Weight

Small breeds have unique nutritional needs. They have a higher metabolic rate than larger breeds, meaning they burn calories faster. However, they also have smaller stomachs, requiring more frequent, smaller meals. Choosing the right food is paramount. Look for a high-quality dog food specifically formulated for small breeds. These formulas usually contain higher levels of protein and fat to support their energy needs while still maintaining a healthy weight.

Avoid foods with excessive fillers, artificial colors, and preservatives.

Read the ingredient list carefully, opting for foods with named meat sources as the primary ingredients. Consider the kibble size, too; small kibble is easier for small mouths to manage.

Portion Control is Key: Follow the feeding guidelines on the food packaging, but remember these are just guidelines. Adjust the amount based on your dog's activity level, age, and BCS. Weigh your dog's food to ensure consistent portions. Overfeeding, even slightly, can quickly lead to weight gain in small breeds.

Exercise: Keeping Your Small Breed Active and Healthy

Regular exercise is crucial for maintaining a healthy weight in small breeds, just as it is for any dog. While they may not need hours of strenuous activity, daily walks and playtime are essential. Think short bursts of activity throughout the day rather than one long session. This helps keep their metabolism active and prevents boredom, which can lead to overeating.

Consider these activities:

Short, brisk walks: 2-3 walks per day, even for just 15-20 minutes each.

Interactive games: Fetch, hide-and-seek, or puzzle toys.

Agility training (with modifications for small breeds): Helps build muscle and burn calories.

Socialization: Playing with other dogs (appropriately sized and supervised) can be a great form of exercise and mental stimulation.

Remember to tailor the exercise to your dog's age, breed, and physical condition. Avoid overexertion, especially in older or frail small breeds.

Identifying and Addressing Potential Weight Problems

Early detection of weight issues is crucial. If you notice your small breed gaining weight or becoming lethargic, consult your veterinarian immediately. They can rule out underlying health conditions that might be contributing to weight gain, such as hypothyroidism or Cushing's disease.

Weight loss in small breeds requires a gradual and careful approach. Sudden, drastic weight loss can be detrimental to their health. Your vet might recommend a specific diet plan or suggest blood work to identify any underlying medical issues contributing to weight fluctuations.

Monitoring and Maintaining Wellness Small Breed Healthy Weight

Maintaining a healthy weight is an ongoing process, not a one-time fix.

Regularly monitor your dog's BCS, adjust their food portions as needed, and ensure they're getting enough exercise. Consider keeping a food and exercise journal to track their progress and identify any patterns.

Regular veterinary checkups are essential for monitoring your dog's overall health and weight. Your veterinarian can provide guidance and adjustments to your dog's diet and exercise plan as needed.

Conclusion: A Healthy Weight, A Happy Life

Achieving and maintaining a healthy weight for your small breed dog is a commitment to their overall well-being. By understanding their unique nutritional needs, providing appropriate exercise, and monitoring their body condition score regularly, you can help your furry friend live a long, healthy, and happy life. Remember that consistent effort and attention to detail are key to success.

FAQs:

1. My small breed is picky eater. How can I ensure they get the right nutrition? Try offering a variety of small breed-specific foods, incorporating wet food alongside kibble, or adding low-calorie toppers like plain cooked chicken or vegetables. Consult your veterinarian or a veterinary nutritionist for personalized recommendations.
1. My small breed is overweight. Should I put them on a strict diet immediately? No. Sudden drastic weight loss can be harmful. Consult your vet to create a gradual weight loss plan tailored to your dog's specific needs.
1. What are some signs of an unhealthy weight in small breeds? Difficulty breathing, lethargy, reluctance to exercise, excessive thirst or urination, and difficulty grooming are all potential indicators.
1. Can I give my small breed human food? Generally, no. Many human foods are toxic to dogs. Even seemingly harmless foods can upset their digestive system or contribute to weight gain.

1. How often should I weigh my small breed dog? While weighing your dog is helpful, it's more important to regularly assess their body condition score. Weighing them monthly in conjunction with a BCS assessment offers the best approach.

wellness small breed healthy weight: 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 small breed healthy weight: 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 small breed healthy weight: 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 small breed healthy weight: Italian Greyhound 101 Samantha D. Thompson, 2023-06-19 Italian Greyhounds are the ultimate lap dogs, but don't let their size fool you. If you're an Italian Greyhound lover or considering bringing one into your family, Italian Greyhound 101: The Ultimate Guide for Italian Greyhound Lovers is the book for you. This comprehensive guide covers everything you need to know about the breed, from its history and physical characteristics to grooming, training, socialization, and more. The book begins with an exploration of the Italian Greyhound's history, including its origins and ancestry, breed development and recognition, and its popularity around the world. You'll learn about the breed's physical characteristics and traits, including its size and proportions, coat colors and patterns, and unique features and attributes. The Italian Greyhound's personality and temperament are also covered extensively, providing insights into its general disposition, intelligence, trainability, and socialization and friendliness. You'll also discover common health issues in Italian Greyhounds, exercise and activity needs, and diet and nutrition. Grooming and maintenance are crucial aspects of owning an Italian Greyhound, and Italian Greyhound 101 covers all the essentials, including coat care and shedding, nail trimming and ear cleaning, and dental health and oral care. The book also provides guidance on training your Italian Greyhound, from basic obedience and manners to advanced techniques and troubleshooting common behavior issues. For those interested in working and service Italian Greyhounds, Italian Greyhound 101 covers guide dogs and assistance roles, search and rescue, and therapy and emotional support dogs. The book also explores sporting and outdoor activities that Italian Greyhounds enjoy, such as hiking, agility and obedience competitions, and hunting and field trials. Traveling with your Italian Greyhound? Italian Greyhound 101 provides tips on road trips and car safety, air travel and regulations, and dog-friendly accommodations and destinations. The book also includes information on Italian Greyhound clubs and associations, rescue and adoption organizations, competitions, and events. If you're preparing for a new Italian Greyhound puppy, Italian Greyhound 101 has got you covered. The book includes advice on choosing a breeder or adoption source, puppy-proofing your home, and essential supplies and gear. It also covers puppy development and milestones, socialization and training milestones, and health checkups and

vaccinations. And for those with senior Italian Greyhounds, Italian Greyhound 101 offers guidance on recognizing the signs of aging, special care and accommodations, and end-of-life considerations. The book also covers seasonal care and safety, common behavioral issues, fun and games with your Italian Greyhound, and much more. Whether you're a seasoned Italian Greyhound owner or considering bringing one into your family, Italian Greyhound 101: The Ultimate Guide for Italian Greyhound Lovers is an indispensable resource. With its comprehensive coverage and expert advice, this book is the ultimate guide to owning and caring for your beloved Italian Greyhound. Get your copy today and become an expert on this amazing breed!

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DISABILITIES TRAINING AND CERTIFICATION REQUIREMENTS THE BENEFITS OF ITALIAN GREYHOUND ASSISTANCE DOGS The Future of the Italian Greyhound Breed ADVANCES IN CANINE HEALTH RESEARCH ETHICAL BREEDING AND PRESERVATION OF THE BREED ITALIAN GREYHOUNDS IN THE 21ST CENTURY AND BEYOND Training Resources and Techniques POSITIVE REINFORCEMENT AND REWARD-BASED TRAINING CLICKER TRAINING AND MARKER TECHNIQUES ONLINE AND IN-PERSON TRAINING RESOURCES Emergency Preparedness and Your Italian Greyhound CREATING A PET EMERGENCY PLAN ASSEMBLING A CANINE FIRST AID KIT RECOGNIZING AND RESPONDING TO EMERGENCIES Celebrating Your Italian Greyhound BIRTHDAY PARTIES AND SPECIAL OCCASIONS CUSTOMIZED GIFTS AND KEEPSAKES ITALIAN GREYHOUND-THEMED EVENTS AND GATHERINGS Have Questions / Comments? Get Another Book Free ISBN: 9781776847655

wellness small breed healthy weight: 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 small breed healthy weight: Pet-Specific Care for the Veterinary Team Lowell Ackerman, 2021-03-23 A practical guide to identifying risks in veterinary patients and tailoring their care accordingly Pet-specific care refers to a practice philosophy that seeks to proactively provide veterinary care to animals throughout their lives, aiming to keep pets healthy and treat them effectively when disease occurs. Pet-Specific Care for the Veterinary Team offers a practical guide for putting the principles of pet-specific care into action. Using this approach, the veterinary team will identify risks to an individual animal, based on their particular circumstances, and respond to these risks with a program of prevention, early detection, and treatment to improve health outcomes in pets and the satisfaction of their owners. The book combines information on medicine and management, presenting specific guidelines for appropriate medical interventions and material on how to improve the financial health of a veterinary practice in the process. Comprehensive in scope, and with expert contributors from around the world, the book covers pet-specific care prospects, hereditary and non-hereditary considerations, customer service implications, hospital and hospital team roles, and practice management aspects of pet-specific care. It also reviews specific risk factors and explains how to use these factors to determine an action plan for veterinary care. This important book: Offers clinical guidance for accurately assessing risks for each patient Shows how to tailor veterinary care to address a patient's specific risk factors Emphasizes prevention, early detection, and treatment Improves treatment outcomes and provides solutions to keep pets healthy and well Written for veterinarians, technicians and nurses, managers, and customer service representatives, Pet-Specific Care for the Veterinary Team offers a hands-on guide to taking a veterinary practice to the next level of care.

wellness small breed healthy weight: 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 small breed healthy weight: 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 small breed healthy weight: *Communities in Action* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need

to be overcome.

wellness small breed healthy weight: *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 small breed healthy weight: *Loving Italian Greyhounds* Ava X. Sinclair, 2023-06-19 A home without an Italian Greyhound is just a house. Introducing *Loving Italian Greyhounds: A Beginner's Guide to Raising a Happy and Healthy Italian Greyhound* - the ultimate resource for anyone looking to bring this lovable breed into their family. This comprehensive guide covers everything you need to know about Italian Greyhounds, from their history and physical characteristics to their unique personalities and the best ways to care for them. The book starts with a detailed overview of the breed's history, including its origins and ancestry, breed development, and recognition around the world. You'll learn about the Italian Greyhound's physical characteristics and traits, including their size and proportions, coat colors and patterns, and unique features and attributes. The Italian Greyhound's personality and temperament are also covered extensively, providing insights into their general disposition, intelligence, trainability, and socialization. You'll learn about their common health issues, exercise and activity needs, and diet and nutrition. Grooming and maintenance are crucial aspects of owning an Italian Greyhound, and *Loving Italian Greyhounds* covers all the essentials, including coat care and shedding, nail trimming, and dental health. The book also provides guidance on training your Italian Greyhound, from basic obedience to advanced techniques and troubleshooting common behavior issues. For those interested in working and service Italian Greyhounds, the book covers guide dogs and assistance roles, search and rescue, and therapy and emotional support dogs. The book also explores sporting and outdoor activities that Italian Greyhounds enjoy, such as hiking, agility and obedience competitions, and hunting and field trials. Traveling with your Italian Greyhound? *Loving Italian Greyhounds* provides tips on road trips and car safety, air travel and regulations, and dog-friendly accommodations and destinations. The book also includes information on Italian Greyhound clubs and associations, rescue and adoption organizations, competitions, and events. If you're preparing for a new Italian Greyhound puppy, *Loving Italian Greyhounds* has got you covered. The book includes advice on choosing a breeder or adoption source, puppy-proofing your home, and essential supplies and gear. It also covers puppy development and milestones, socialization and training milestones, and health checkups and vaccinations. And for those with senior Italian Greyhounds, *Loving Italian Greyhounds* offers guidance on recognizing the signs of aging, special care and accommodations, and end-of-life considerations. The book also covers seasonal care and safety, common behavioral issues, fun and games with your Italian Greyhound, and much more. Whether you're a seasoned Italian Greyhound owner or considering bringing one into your family, *Loving Italian Greyhounds: A Beginner's Guide to Raising a Happy and Healthy Italian Greyhound* is an indispensable resource. With its comprehensive coverage and expert advice, this book is the ultimate guide to owning and caring for your beloved Italian Greyhound.

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GREYHOUND-THEMED EVENTS AND GATHERINGS Have Questions / Comments? Get Another Book Free ISBN: 9781776847662

wellness small breed healthy weight: The Healthy Way to Stretch Your Dog Sasha Foster, Ashley Foster, 2009 Stretch your dog to a longer and healthier life Research on human athletes is changing what we know about stretching. For example, it is now recognized that aggressive stretching should only take place after muscles are warmed up and shortened from exertion. Authors Sasha and Ashley Foster have applied this latest research to dogs-many of whom compete in vigorous canine sporting events-so that you can learn how to safely and effectively stretch your dog to prevent injuries, maintain joint integrity, and improve you dog's fitness whether he is an elite canine athlete or a lap dog. Over 300 photos and diagrams demonstrate how to safely and effectively stretch each major muscle group. Teaches correct hand placement for joint stabilization and how to maintain good form. Stretching routines are presented for both large and small dogs, older dogs, and those that are involved in a variety of dog sports. Learn more about: -How to read your dog's body language and behavior while stretching him. -Techniques that keep you from injuring yourself while stretching your dog. -20 minute daily maintenance stretching routines. -Do's and don'ts when stretching, and when you need to consult with a vet. -Special considerations when stretching older dogs and small or toy dogs. What experts say about The Healthy Way to Stretch Your Dog: There are a lot of stretching books, videos and DVDs out there. This is the first one I've seen that definitively explains why stretching needs to be done in a relaxed, prone position with correct stabilization in order for the stretch to be effective. The descriptions of the various stretches are clearly written and anatomically correct. The photographs accurately depict what is to be done. The photographs of the incredibly handsome dogs luxuriating while being stretched are alone worth the price of the book and should be an inspiration to anyone who wants to do canine body work. All praise to the authors for a great book! Sue Ann Lesser, DVM, ACAC, CVSMT The Healthy Way to Stretch Your Dog is a comprehensive, easy-to-follow guide to improving your dog's physical health through proper stretching techniques. The book provides a wealth of information and photos to get you working with your dog right away, whether it's for strengthening your dog's performance in a variety of dog sports, or helping to properly maintain your senior dog's physical health. Mychelle Blake, editor of The APDT Chronicle of the Dog The Healthy Way to Stretch Your Dog contains a tremendous amount of information. Knowing the science behind successful stretching will be a valuable resource for all dog owners. Understanding dog behavior as it relates to therapeutic interventions and directing the reader to engage in proper body posture will allow users of this book to continue to stretch many dogs for many years to come! Laurie M Edge-Hughes, BSCT, MAnimSt (Animal Physiotherapy), CAFCI, CCRT

wellness small breed healthy weight: Raw Dog Food Carina Beth MacDonald, 2004 Many dog parents, including breeders and competitors, believe that feeding a raw food diet has improved their dogs' health, performance and longevity. Learn how to source, prepare and feed your dog simply, economically and efficiently.

wellness small breed healthy weight: 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 small breed healthy weight: 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 small breed healthy weight: 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 small breed healthy weight: *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 small breed healthy weight: *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 small breed healthy weight: 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 small breed healthy weight: Walk a Hound, Lose a Pound Phil Zeltzman, Rebecca A. Johnson, 2011-05-15 A dog is an ideal workout partner: always supportive, happy to go for a walk and never judgmental. The human-companion animal bond is a great way to help you and your dog lose weight or stay fit. When people and dogs exercise together, fitness and health happen on both ends of the leash. As the obesity epidemic spreads, 70% of Americans and 50% of dogs are overweight or obese, resulting in staggering health care costs and suffering. The causes, consequences, and treatment for overweight and obesity are strikingly similar in people and dogs. Walk a Hound, Lose a Pound, written by an expert veterinary surgeon and a leading nurse researcher, helps you move from a food-centered relationship with dogs, to an exercise-centered relationship. Even better, you don't have to own a dog! The book gives several creative suggestions to exercise or walk a dog even if you do not or cannot have one. This volume is designed for dog lovers, dog owners and families. Based on the latest scientific findings, it will also help professionals (including physicians, veterinarians, and physical therapists) fight obesity and promote fitness in both people and pets. Dog-walking programs can easily be implemented in neighborhoods, parks, workplaces, animal shelters, hospitals, retirement homes and obesity clinics, and this book shows you how to establish them. In nearly every health care profession, practitioners are teaching human patients and dog owners on a daily basis about the risks of obesity. Never has there been a more compelling time for innovative approaches to increasing physical activity, reforming sedentary lifestyles, and enhancing fitness. Walk a Hound, Lose a Pound provides specific strategies for people and dogs to exercise together, lose weight together, and have fun in the process.

wellness small breed healthy weight: Dog Obsessed Lucy Postins, Sarah Durand, 2016-10-11 Are you OBSESSED with your dog? Have you ever canceled plans because you'd rather spend Saturday night with your pup? Does your dog have his own Facebook page or Instagram feed? When you go on vacation, does your furry BFF come along with her own suitcase? If you answered yes to any of these questions, this dog-care book is for you! Packed with expert tips on dog park etiquette, good grooming, holiday safety, and how to visit friends and family with your dog in tow (hint: BYO treats and a special blanket), Dog Obsessed combines humorous advice with sound, veterinarian-approved programs for weight loss, exercise, and physical and emotional health. Including 45 easy-to-prepare, homemade dog food recipes (plus celebratory party fare and wine pairings for you!), Dog Obsessed is the definitive guide to enjoying a happier, healthier life with your favorite furry family member.

wellness small breed healthy weight: Dogs, Dog Food, and Dogma Daniel Schulof, 2016-10-25 An in-depth investigation of the science and business of America's pet obesity epidemic.

wellness small breed healthy weight: 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 small breed healthy weight: The Five Love Languages Gary Chapman, 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

wellness small breed healthy weight: The Dog Diet Answer Book Greg Martinez, 2016-05 This is a complete guide for dog lovers to make homecooked meals and treats for their furry friends, as well as tips for diagnosing common ailments.

wellness small breed healthy weight: 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 small breed healthy weight: The Canine Thyroid Epidemic W. Jean Dodds, Diana Laverdure, 2011-03 Weight gain, hair loss and behavior changes are symptoms of thyroid problems. Learn how to recognize and get treatment for this under-diagnosed and misunderstood malady. Easy to read text with color photos and case studies to help you help your dog.

wellness small breed healthy weight: Workplace Wellness Rose Karlo Gantner Ed.D., 2012-03-01 Workplace Wellness is a guide for business leaders, managers, and consultants who want to decrease health care costs even as they improve employee productivity, satisfaction, and health conditions. -- from xi

wellness small breed healthy weight: *The Good Life* Dion Giacchina, 2018-03-07 You're probably thinking . . . just another book that tells you how to live a good life? How many of those are they going to make?I don't blame you for thinking that. However, there's still a lot of people who are walking through life disconnected, disengaged, dissatisfied, stuck in regret, poor health, and a boring consistent daily routine.There's so much potential but nothing is getting through. We don't know whom to trust. We don't know what's true and what's false. We don't know how and where to begin and we don't want to take in another minute of advice that gives us hope, then wastes our time and leaves us empty.The Good Life is your cure; a practical and influential modern-day guide for the pursuit of a life well lived. No need for blind faith or surrender of intelligence; everything you'll discover is immediately actionable and subject to validation through your own experience.Each day will bring a new, practical yet powerful idea, along with a specific exploration designed to revitalize deep, loving, and compassionate relationships; breed vitality, brilliance, and ease; and leave you feeling great by the way you contribute to the world, like you're doing the work you were put on the planet to do.The Good Life is not just a book to be read; it's a path to possibility, to be walked, then lived.

wellness small breed healthy weight: Shut Up and Run Robin Arzon, 2016-06-21 An ultra marathoner and running coach captures the energy and joy of running in this illustrated, full-color motivational interactive fitness guide and journal that will inspire every type of runner—from beginner to experienced marathoner—to shut up and run. Running isn't just an activity, it's a lifestyle that connects runners with the world around them, whether they're pounding the pavement of crowded big city streets or traversing trails through quiet woods and fields. Reflecting the excitement, color, and focus of the running experience, Shut Up and Run offers tips, tricks, and visual motivation to help every runner cultivate miles of sweat, laughter, swagger, and friendship. Combining a fitness manual, training program, and self-help advice book in one, this gorgeous, four-color book—filled with anecdotes and stunning action imagery, and supported by graphic inspirational quotes—contains essential training tips for every level, including meditation and visualization techniques, that address a runner's body and mind. Robin Arzon offers unique style tips

and practical gear recommendations to help you show off your best stuff mile after mile, and tells you everything you need to know, from how to pick the best running shoes to how to get off that sofa and go. No detail is left to chance; *Shut Up and Run* is loaded with information on every aspect of the runner's world, from gear and music to training for a half marathon and post-race recovery tips. Robin includes space at the end of each chapter to track your progress as you build up to your first marathon or other running goals. Designed to help readers find the information quickly and easily, loaded with practical advice, style, and attitude, this practical guide—written by a runner for runners—makes it clear that to succeed, all you need to do is shut up and run!

wellness small breed healthy weight: *Grow Your Pups with Bones* Ian Billinghurst, 1998

wellness small breed healthy weight: *Feed Your Best Friend Better* Rick Woodford, 2012-04-10 From Rick Woodford, the Dog Food Dude himself, comes *Feed Your Best Friend Better*, with easy recipes that will make even humans drool a little bit. Healthy food can enable dogs to live longer, healthier lives, just as it can for humans, and with these meals, treats, and cookies, dogs will never miss commercial kibble. Rick has researched nutrition for dogs and has used the same manuals veterinarians use to develop his recipes. *Feed Your Best Friend Better* makes the transition to homemade dog food simple, so you can make natural pet food for your dog every day. From nutritional value to portion sizes, these recipes will help dog parents know what their dog is eating. The meals are healthy, and dogs love them. Rick Woodford wants dogs in every family to be healthy and happy. His recipes use a variety of herbs and spices for their antioxidant properties but they smell so good everybody in the house will be drooling. Recipes include: * Puppy Pesto * Bacon Yappetizers * Barkscotti * Mutt Loaf * Gingerbread Mailman In addition to 85 recipes other helpful chapters include: * How to Pick out a Commercial Food; making the ingredient label easy to understand with a breakdown of ingredients that are good for the bowl and those that are best left on the shelf. * Determining Portion Size; information on body type and size help readers understand how much food their dogs need to be in the best shape * Problem Mealtime Behaviors; how to deal with the early morning wake up call, reluctant eaters, counter surfing and more

wellness small breed healthy weight: *Dr. Greg's Dog Dish Diet* Greg Martinez, 2009-10-10 In his outside-the-bag look at pet nutrition, Dr. Greg opens the eyes of the reader to a commonsense approach to feeding our four-legged friends. ...Dog Dish Diet guides the pet owner through the commercial pet food jungle and leads them to the bounty of fresh meat and produce found in those sections of the grocery store normally reserved for those who walk upright. ...Dog Dish Diet is a must read for those dog lovers. It is time to think outside the bowl, and Dr. Gregs no nonsense approach to canine cuisine will help bring out the wolf in anyones pooch. -John B. Symes, D.V.M. (aka Dogtor J.) Dr. Gregs Dog Dish Diet shows us that food is not only medicine for people but for our dogs too. This simple approach addresses the root cause of the unhealthy symptoms in our dogs. Dr. Greg has written a delightful, straight-forward, how-to book to help pet owners and veterinarians alike keep their pets in tip top shape. All I can say is bow wow! Its about time. -Robin Nielsen, Certified Nutrition Consultant, Juvenescence, Morgan Hill I work with Search & Rescue Dogs and have found first hand that the K-9s have more stamina to search longer hours in arduous conditions if they have a high-protein, balanced diet thats free of allergens]while following Dr Gregs Dog Dish Diet. -Gerri Schmutz, FEMA USAR K-9 Handler, Morgan Hill, CA In my kennel and training facility. Dr. Martinez has seen many of my personal pets, competition dogs and clients pets with excessive itching, hair loss and hotspots and gastrointestinal issues. Upon changing to Dr. Gregs Dog Dish Diet, my clients and I noticed significant improvement in the animals health. -Deleta Jones, K-9 Ambassador, Gilroy, CA Product Description: Healthful Eating. We know its good for us. But when did someone suggest that junk food, empty calories and food allergies might be hurting our dogs health? Consider yourself warned. We are what we eat, and that applies to our pets as well. In *Dog Dish Diet: Sensible Nutrition for Your Dogs Health*, Dr. Greg Martinez, DVM, outlines the problems and explains what you can do. Changing your dogs diet may help relieve: Weight Gain Red, Painful Ears Flaky, Inflamed Skin Hotspots Stomach Upsets and Ongoing vomiting Diarrhea Urinary Infections Mild Seizures As a veterinarian, Dr. Greg has dedicated almost 30 years to the health and

treatment of 10s of 1000s of animals. In that time, he discovered an important link between many common dog ailments and the one-dog-fits-all commercial diet they eat. In Dog Dish Diet, you'll learn how to: Identify the three most common food allergens which are also the most commonly used ingredients in commercial dog food. Supplement commercial dog food with healthful people food. Choose treats from your refrigerator that are better than doggie snacks]and will also save you money. Add healthful fats and oils that your dog desperately needs. Feed your dogs inner wolf by simulating the ratio of proteins, carbohydrates and fats that sustained dogs earliest ancestors. Cut calories without leaving your dog hungry and unsatisfied. And much more! Read Dog Dish Diet, share it with your veterinarian, and start making a difference in your dogs health today. Better health means smaller vet bills]this book will more than pay for itself.

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