

## Summer Fun, Nutrition & Exercise! July-08

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**All I know is, if I didn't get enough healthy exercise, nutrition and lots of understanding love, I'd be in canine jail. I have two volumes ON and OFF! Casidy ~**



The jury is in on this: healthy nutrition, exercise and de-stressing contribute to a longer life for dogs and humans. Add a dose of deep breathing and centering and life takes on new meaning.

Summer fun with our dogs is a time to carefully enjoy! Our dogs sweat through the pads of their paws and skin. Their normal body temp is 101.5 to 102.2. They can overheat in about 10 minutes, reaching body temps of about 102. In 30 minutes it can go to 106 (very dangerous - *heatstroke*).

While engaging in summer sports, biking, walking and hiking, be sure your dog has water available. Observe them! Panting and bulging eyes are a good sign that they need to cool down, but most dogs will keep right on going to please US!

Dogs kept outdoors need extra-special attention, particularly geriatric dogs. They MUST have shelter and water or be kept inside where it is cooler. **A kid's**

**plastic swimming pool makes a great mini-pool and cooling spot for dogs.**

We are often asked what we feed our dogs in the summer. Should we make summer time adjustments? As long as they are doing well on whatever diet you have them on, and their activity level remains about the same, not really! You know your dog's lifestyle better than anyone. If hot summer months mean less activity, then common sense says less food will sustain them.

***Fuel your dog to meet the needs of activity & energy output!***

We are often asked what we feed our dogs. This depends on the dog! Most often, we adhere to a combo and/or variety diet, that is adjusted according to each dog's needs. Raw meaty bones, a whole food kibble and a variety of fresh (pulverized) veggies, with a few healthy supplements added in the core of their diet through-out their life.

If there is one piece of solid advice, it would be educate yourself, observe your dog and make changes that seem appropriate. Don't be fearful of variety and/or changing your dog's diet! That's silly. It would be like us eating the same thing everyday, even though our teeth & hair began falling out.

Here is a list of kibble foods that the "Whole Dog Journal" recommends: [www.whole-dog-journal.com](http://www.whole-dog-journal.com)

Although the food is processed, they have better ingredients:

Innova, California Natural, Wellness (OMH), Canidae, Eagle Pack Holistic, Flint River Ranch, Solid Gold, Natural Balance Ultra Premium, Blue, Halo, Lifespan, Timberwolf Organics, Wysong, Artemis, Drs. Foster & Smith, Royal Canin. There are many more. Breathe in and exhale. Make choices that work best for you and your dogs. Trust your instincts, knowing that the cheapest foods are that way for a reason. Do not be fooled by marketing and pretty colors. The dogs do not care.

Raw Diets are in; there is no doubt about it. Some Vets say absolutely not, while others (including nutritionists) say absolutely!

It be confusing. I can only share what works, tried and true, for us. BRAVO and OMAs PRIDE are two our favorites because they are easier to GET. That's important. If it requires 3 times as much work, most of us don't have the time. The dogs enjoy Sojo's Europa, freeze dried veggies mixed with meats.

Go to our web site and click on helpful links. **Support local distributors whenever possible.** This helps to save the planet too.

I recommend a lot of books. Knowledge is empowering. One of my favorites is Monica Segals' K9

Kitchen. You can visit Monica's other diets (including cancer) at [www.monicalsegal.ca](http://www.monicalsegal.ca).

For more books, journey to [www.dogtalk.com](http://www.dogtalk.com), click on Library and Helpful Links.

Most of us find that when we switch to a healthy, natural diet, adding moderate supplements that our dogs may need, it takes about 3-4 weeks for the dog's system to adjust, then they show remarkable improvement. There may be a toxic spell with some loose stools, but stick with it; it improves.

The stages of your dog's life are a primary consideration. All dogs are different; some do better on higher protein foods, others on lower protein. Some can't digest chicken, while others breakout on wheat.

What works for our dogs is feeding them a combination diet of whole kibble and raw food. I use 60/40 with natural and kibble (factoring in caloric intake, activity level & stress factors), ground veggies, venison, turkey, chicken, occasionally buffalo, fish and bone meal. I moderately add alfalfa, kelp and rotate omega 3-oils, like EVOO (extra virgin olive oil), flaxseed and salmon oil. Do not overdose on oils unless you are fond of cleaning up loose stools. A little goes a long way.

The proof is in the results. Our dogs thrive on variety. There is a noticeable

difference in their reaction before and after eating when raw, meaty (crushed for us) bones are added. Clearly, kibble is terribly boring after this. Magnify this with watching them live longer, with fewer health problems ... works for us!

As always, consult with your Veterinarian, one who is open-minded and follows an integrative path to whole health.

Essentially, if we eat healthy, we can share some of this good stuff with our dogs like Organic Eggs, low or no fat yogurt, sardines, salmon and tilapia.

Exceptions: Raw onions, garlic and grapes can harm your dogs. Chocolate is toxic if ingested in large enough quantity.

In summary, and you can research this extensively on the internet, change can be difficult, but reap amazing rewards like over-all-well-being.

My opinion is fresh and raw is better especially with veggies. The enzymes and nutrients are alive. The more processed or cooked, the fewer nutrients are readily available. I believe in variety to build a healthy immune system that isn't allergy prone.

Exercise that is in-tune with your dog's conditioning is essential. For more intense workouts like dog sports, canine stretching (warm-ups) is a must before exercising *and eating light*.

The benefit of socializing your dog through walking is an invaluable *desensitizing tool*. They get to spend quality time with us while meeting different cultures, sights, sounds and smells.

Have careful fun this summer by simply adjusting what you do with your dogs!

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Enjoy the Journey!