



My Dog Food Facts Book

A Labrador Owner's Review

Index:

- About Me – Why am I Writing This Book ...
- A Diet of Good Food and Good Exercise
- Cost Efficient High Quality Dog Food
- Dangerous Foods
- Does Your Dog Eat Too Much?
- Is Your Dog Eating Grass?
- Junk Foods for Dogs
- More Information on Dog Food
- The Best Dog Food
- Top Quality Food for Your Dog
- Resources



Max ---- My Beloved Labrador

Disclaimer: The content of this book is for your general information, and does not intend to substitute for informed professional medical veterinarian advice.



About Me – Why am I Writing This Book ...

Being a proud owner of a lab (Max – his photo is up on top) and having owned dogs most of my life, I have experienced many ailments and conditions that have caused my dogs a lot of discomfort and pain.

The greatest frustration of them all was when Max had developed Hip Dysplasia....

The painful look in his brown eyes brought me to open a blog dedicated to helping other lab owners on their quest to find solutions to help their lab's (or any other dog's) hip dysplasia.

Speaking about Max's hip dysplasia, ever since he was diagnosed with it, I have tried getting best help and treatment for him.

Different medications & natural supplements... not all of them helped. None of them can cure him. ☹

The only treatment that stabilized his condition that eased his pain that got him up and running again was [FlexPet](#).

I have devoted a couple of articles to FlexPet on my blog.

If you have missed them click here to read the [facts about FlexPet](#).

To date, as I write this book, Max is well. Yes he is still a 10 years old lab... aging and slowing down as he does. But he is a happy dog. Free of pain and suffer.

Owning dogs for many years I have also discovered the importance of feeding your dog the right food.

Did you ever wonder if commercial dog food is really good for your dog? Did it ever cross your mind that you have no idea what is supposed to be included in your dog's food to actually be good for him?

Have you ever wondered if any of your dog's ailments were caused by the food he eats?

Did you read the news stories when popular dog food got recalled for being POISONOUS? It could literally kill your dog...

This is why I have put together a few articles to help you have a bit more knowledge, be more informed, have a better understanding of your dog's food.

Enjoy.

Rita (and Max)



A Diet of Good Food and Good Exercise

To stay fit and healthy and happy and strong, a dog needs good exercise and good food just as humans do.

They're an important part of our families, and they rely on us understanding their needs, as they cannot talk to us.

Fortunately, dogs are a bit more resilient than humans but they still do need regular exercise and good food.

One of the benefits of owning a dog is the fact that in many cases, knowing that they need exercise is a good reason for us to get out and exercise as well.

So you could say that owning a dog actually keeps humans healthier. Certainly a well-trained dog keeps us a lot happier.

There are many benefits that can be gained from owning a dog but you only get as much out of them as you put into them. Good training, good shelter, good food, fresh water, regular exercise and a happy home are all that a dog needs to be content.

Just as the wrong foods can be very detrimental to the health of humans, the same goes for the health of dogs.

We have already discussed some of the nutritional requirements in an earlier newsletter and in the next newsletter we will be looking at some items that can be quite dangerous to dogs such as chocolate.

Until then, feed your dog premium pet food and fresh meat and make sure you get out and take them for a walk or run.

If you are interested in feeding your dog home made dog food (which is a whole lot better for his health, of course) you may find [home made dog food recipes](#) recommended by a dog care medical expert.



Cost Efficient High Quality Dog Food

Dog allergies can be caused by all the filler, colors and preservatives that the dog food manufacturers put into the processed dog foods that are sold through the stores.

There is a solution if you have a dog that has food allergies and it is not only a cost effective way to feed your dog but it can also add to the quality of your dog's health.

[Creating your own dog food](#) and dog treats might be the best solution for your dog's allergies.

Even if your dog doesn't have food allergies you can often see an improvement in the health of a dog by changing to homemade treats that don't have all the harmful additives of the dog food you will buy over the counter.

You will also have full control over the ingredients that you use for your food preparation and you can eliminate any foods that you already know your dog is allergic to.

If you are still unsure of the food that your dog might be allergic to you can add and delete the various different foods until you eliminate those that cause negative reactions and only use food that your dog is comfortable eating.

While it might be difficult determining exactly what is in the dog food that you buy from the store you will always know exactly what your dog is eating if you prepare the food yourself.

You can create the food fresh and in the quantities that you require rather than rely on the portions that are determined by the manufacturers.



Dangerous Foods

Many people are unaware that some of the foods that we eat on regular basis can be deadly to your dog.

A piece of chocolate can cause seizures, coma and death.

Even a small piece of chocolate is dangerous.

Anything containing caffeine can have a similar effect and be as dangerous as chocolate, and that includes coffee grounds, tea, and tea bags.

Grapes and raisins can cause kidney failure and even a single serving of raisins can kill your dog.

Excessive salt intake can also cause kidney problems.

Onions can cause anemia by destroying red blood cells while tomatoes can cause tremors and heart arrhythmias.

Tomato plants are particularly toxic to dogs.

Avocados are also highly toxic and can cause breathing difficulty and fluid accumulation around the abdomen chest and heart.

When giving your dog bones ensure that they are raw as cooked bones can splinter and damage their internal organs.

Excessive fat can cause pancreatitis, so it is not wise to feed your dog a diet of fatty foods.

Fried foods also fall into this category and are not good to retain maximum health in your dog.

Certain nuts, such as Macadamia nuts and walnuts can cause weakness and muscle tremors.

Peanut butter however is generally okay provided you use the salt and sugar free peanut butter as sugar can encourage cancer growth.

The core and pits of fruits such as Apple's cherries and peaches contain cyanide, which is poisonous to dogs and can kill them within 24-hours without warning.

If in doubt, always refrain from feeding your dog foods that we are eating assuming that they will be okay.

What is safe for humans can kill your dog within hours.

Also, commercial dog food might be very dangerous to your dog.

Do you know what's in these cans?

Here is [a shocking report about the ingredients of your dog's commercial food.](#)



Does Your Dog Eat Too Much?

How much food does your dog really need?

Along with the general population of people, dogs are also suffering from obesity from eating the wrong food and eating too much food.

It is relatively easy to control the amount of food your dog is eating and it is essential that you gauge its weight on a regular basis to ensure that it doesn't get obese.

Dogs can suffer from many different ailments due to obesity including diabetes.

There are an increasing number of dogs suffering from this disease and in most cases this could have been avoided through the correct nutrition and monitoring the amount of food the dog has been eating.

Having a dog with diabetes will necessitate the injection of insulin or in some cases taking of pills to assist in the maintenance of the correct sugar levels in their blood.

Obviously this involves additional expense and inconvenience and there is also a danger that should the insulin level be incorrect your pet could die.

It makes sense then that your dog should only eat what is good for it and in quantities that won't result in it developing health problems later in life.

Working dogs will need more food for the energy that they will expend in the course of the day but a dog that lays around the house all day and doesn't get any exercise will not need to eat the same portions of food.

You should weigh your dog on a regular basis and see whether it is gaining or losing weight and adjust the amount of food it is eating accordingly.



Is Your Dog Eating Grass?

What does it mean if you see your dog eating grass?

There are two main reasons why your dog will be eating grass.

The first reason is to help it to induce vomiting. It will be doing this to get rid of something that it has eaten that is unpleasant or dangerous.

Dogs do not have the ability to digest grass due to a lack of the necessary enzymes that are required for grass digestion.

By eating grass the dog knows that it will bind with the offending food and when it vomits the food will be dispelled from its system.

This is a natural instinct that the dog has, to protect itself from poisoning or foods that can make it feel ill.

Dogs instinctively know what type of grass to eat for this process of elimination.

As they cannot digest the grass there is no alternative other than to bring the grass up which will clear out its stomach of any unpleasant matter that is making it feel ill.

Grass also contains other vitamins, minerals and enzymes that can assist in the relief of pain and the treatment of infections, which is another reason why your dog might be eating grass.

Another likely scenario why a dog will be eating grass is to aid in the digestion of food.

Certain grasses will help in the digestion process and the dog instinctively knows what grass is needed for this.

The only thing that you need to ensure is that you haven't recently sprayed the grass with herbicides or poison that could do your dog more harm than good.



Junk Foods for Dogs

There has been a marked deterioration in the general health of dogs since the introduction of processed dog foods.

Many of these foods offer very little nutritional value but it is their convenience and the fact that they have added flavors that ensure our pets get delight in eating them that have increased the sales and popularity of this food.

Just as we might like to eat foods that contain sugar, which is detrimental to our health, our dogs also like to eat these low value foods because they taste so good.

Most of the popular dog foods use by-products and are actually worse to feed our dogs than the scraps from our meal tables.

But therein lies another problem with many of the foods that we eat, unsuitable for dog consumption.

Some foods, as discussed in previous newsletters can actually be toxic to dogs so we are faced with the dilemma of knowing what is the [best food to feed our dogs](#).

The best solution that many people are finding is to prepare their own dog food using only those ingredients that will enhance the health of the dog.

There are several excellent books that teach you how to prepare your own dog food that will be nutritious and also cost effective.

Dogs find these foods tasty and they don't need the added sodium, preservatives and coloring to enhance the look and taste of the food.

It is well worth looking at this method to ensure your dog gets the optimum health from their food.

Here is a link to the best natural dog food book I am using and is the best one I know of:

<http://labradorhipdysplasiatreatment.com/recommends/dogfood.html>



More Information on Dog Food

You need to consider various different factors when feeding your dog. You certainly wouldn't want to be feeding a sedentary dog as much food as one that is exercising regularly or a working dog.

The dog's activity levels are very important when deciding how much to feed it.

Over-feeding will obviously lead to an overweight dog with corresponding health problems and a potential shortening of its life.

Another factor that will determine what food to give your dog will be the breed of the dog.

Obviously, you won't be feeding the same quantity of food that a Doberman might eat to a miniature poodle.

It is not just the size of the dog that needs to be taken into account, but also specific requirements for certain dog breeds.

If you have a pedigree dog it is wise to check with that dogs society to get more information on the types of foods that you should be feeding it.

Incorrect food choice can be very detrimental to the health of your dog.

[Some foods might even kill your dog!!!](#)

If in doubt, and you are unable to find any suitable information, it is always better to stick with natural foods, meats, and a little vegetables, and always monitor the weight of your dog to see that it is not getting overweight or alternatively losing weight.

One thing that is essential with all dogs, all breeds of dogs, and all sizes of dogs, is the need for fresh water at all time.

Just like humans, dogs need to remain hydrated at all times or they will become lethargic and sick.

You'll also need to give your dog, food that they can chew to assist in the cleaning of their teeth.

And of course, any dog will always be happy with a nice big bone to chew on.



The Best Dog Food

It is important that you select the correct food for your dog. With all the fancy packaging and advertising that is available these days it can be difficult determining what food is best for your dog.

The manufacturers prepare food based on the age of your dog, and the food you buy for an elderly dog might not be suitable for a puppy. Proper nutrition is vital to the health of your dog and its happiness, and it is essential that your pet get all the vitamins and minerals that it needs for a healthy diet.

Here is a list of some of the vitamins and minerals that your dog should have in its diet...

Vitamins A, D, E, B-complex, Biotin, Calcium, Choline, Copper, Folic Acid, Iodine, Iron, Magnesium, Niacin, Manganese, Pantothenic Acid, Phosphorus, Potassium, Selenium, Sodium Chloride and Zinc.

Of course, that is not all but they are certainly ingredients that you should be looking to find in your dogs diet.

Giving your dog fresh meat with some vegetables and grain included is a healthy natural diet that many people believe is better than anything you can buy from the store.

There are also some excellent books on creating your own dog food where you can be assured that your dog will get all the best ingredients needed for all-around nutrition.

Have you read [Dog Food Danger](#)? – I highly recommend it...

This can be quite a cost effective method of feeding your dog without being concerned that the dog might not be receiving all the ingredients it should for a healthy happy life.

If your dog has any specific health problems, this needs to be addressed when determining what food you should be feeding it.

A consultation with your vet would be wise to see if there are any special requirements or problems that certain foods might create for your pet.



Top Quality Food for Your Dog

Just as we perform better when we eat the best foods, your dog will also be healthier if you feed it premium high quality pet food.

The top brands of dog food, while often a little more expensive also have higher quality ingredients that will give your dog better all round nutrition.

The best foods have a complex range of vitamins and minerals that have been designed to give your dog all the elements that they need in their diet. This applies to their canned foods and also the dry food such as biscuits and nibbles.

These foods also contain a lot less additives and we have shown in a previous newsletter how these additives in the form of preservative, coloring and fillers are detrimental to your dog's health and fitness.

The nutrients that are found in the good dog foods can be absorbed well and your dog will be able to eat less food to get the same benefits. Their energy levels will be higher and the incidence of obesity will be reduced.

Their immune systems will be better and they will be less likely to develop allergies that some dogs are prone to get with skin rashes and other problems with their skin.

Some of the cheaper dog foods contain dyes and these are often the main cause of skin allergies in dogs. How would you know you're [feeding your dog the best food](#)? – Click to read some facts

You can often tell when a dog has been on a good diet by the condition of their fur, which will have a lot more luster than a dog that has been fed poor quality food.

They are also likely to shed less fur as it will be in better condition and that is a huge bonus for anyone who has their dog inside the house.

The premium dog foods are generally better for cleaning your dog's teeth and this can save money in the long run by having reduced veterinary fees.

Having good teeth is one of the essential elements of longevity for a dog so this is a very important factor.



Resources

To help improve Hip Dysplasia, Arthritis and joint pain damage, to prevent future increased pain and damage, to re-energize your pet ,to make your pet more active, and therefore healthier

All with absolutely no side effects

Max (my Labrador) and I recommend - [Flexpet](#)

To feed your dog best quality food, IMO you have to look into getting this book that is actually a survival-guide to a healthier, happier dog that lives up to 8.3 years longer than dogs whose owners feed them commercial dog food and don't follow the comprehensive steps outlined – [Dog Food](#)

[Secrets](#)