



Top Ten Canine Health Tips

- Feed a healthy diet with lots of VARIETY if possible (see *nutrition sheet* in your Pet-Pack for specific tips on selection, and ways to add fresh foods).
- If you don't feed a raw or home-prepared diet, add a daily whole-food supplement such as Standard Process "Whole Body Canine".
- If feeding dry food only, ADD IN CANNED food and fresh food (about 20% healthy fresh food is a good goal).
- Add daily probiotics to your pup's diet in the form of yogurt, kefir, or a prepared powder ☺.
- Give daily fish oil (Omega 3 fatty acid) -- one 1000 mg gel cap daily per 10-20 lb dog, or use a pour-on "Rx Vitamins Ultra EFA" from Whole Pet.
- Engage in daily exercise and play -- remember, a tired dog is a well-behaved dog!
- Socialize, socialize, socialize! From the very first chance you get, carefully expose your dog, over and over, to all types of pets, people and places.
- Keep your pup at a good weight -- being overweight is a risk factor for various diseases, such as arthritis, and diabetes.
- Keep toenails well-trimmed; this will help to avoid nail injuries, as well as keep you from getting scratched.
- Practice regular teeth brushing if possible -- every 1-2 days is ideal (starting young is best!)
- (*Bonus tip!*) Give your pet unconditional love -- you are going to get it back in a big way :-))