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The content of this ebook is intended for informational purposes only.

## Does the Old Adage “You Are What You Eat” Hold True for Canines?

*Experts Say Yes... So is Your Pet Getting the Nutrition He Deserves?*

By A. Tarallo

Although the United States Food and Drug Administration responsible for pet food regulations has taken some measures toward **improving tracking and response methods during the past pet food safety crisis**, legislation to enforce stricter standards for ingredient testing and food quality is still in the works.

Furthermore, ingredient listings are regulated and defined by the Association of American Feed Control Officials (AAFCO). AAFCO is an independent corporation that aids industry and government representatives in setting the standards for the animal feed industry. Although **pet foods are not required by law to follow AAFCO standards**, most do and will state this on their label.




It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.


**While analyzing a label can be a daunting task, it is the owner’s primary source of information. The most important things to look at are the sources of protein, fat, and the type of preservatives used.**

Protein should be listed by name; such as chicken, beef, salmon, lamb, etc., and a generic term “meat” or “meat by-products.” The same standard should be used when looking at the source of fat. Avoid generic listings such as vegetable oil, animal fat, or poultry fat.

**Avoid foods with artificial preservatives** such as BHA/BHT or ethoxyquin. High-quality foods use natural preservatives such as mixed tocopherols, vitamin C



[Breath-A-Licious small](#)  
 Dancing Paws Breath-A-Licious bones contain sodium tripolyphosphate to help



[Brewer's Yeast](#)  
 ActiPet Brewer's Yeast Chewables, with Garlic and Flax are specially formu

sources such as ascorbic acid, rosemary extract, and other herbs or antioxidants.

A sure way to **evaluate your pet's overall health** is by observing his coat. A **lackluster coat** should be considered a warning sign that nutritional needs aren't being met.

Another way is to **take note of energy levels**. A fatigued pet is hardly healthy and one of the causes could be insufficient nutrients in his food.

Natural remedies are a safe alternative to help support your pet's health. **Spirulina, for example, can be used in pets to support energy, immune system and liver functioning**, as well as overall systemic health.

**Dandelion** is known to contain bitter principles, which have a **beneficial effect on the liver and digestive system**. Dandelion is also a source of vitamins and minerals, including vitamin A, D, C, various B vitamins, iron, lecithin, silicon, potassium, magnesium, zinc and manganese.

Keeping these key factors in mind will be of great help when looking at different pet foods for your companion. And although paying a little extra for natural supplements and high-quality organic foods might seem like a lot, it will save most likely **save you money in veterinary bills in the long-term**—and most importantly, provide your pet with the priceless gifts of health and vitality.



*"Since the vet didn't have anything to help with liver and pancreatic health, I turned to two of your products - **Immunity & Liver Support** and **Liver Aid** - and started a lower fat diet... Now at almost 9 years old, he's acting like a puppy again... I have become such a believer... Thank you so much for your great products."*

—Damaria



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Pet Naturals of Vermont Calming Formula is recommended for animals exposed



[Calming Formula for Dogs](#)  
Pet Naturals of Vermont Calming Support formula for dogs is a supplement re



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**Question:**

"Please help me to decide about my dog's food. She is a German Shepherd female, 1 year and 3 months old. What is the best food that can also offer joint support?"

--Sorina

**Answer:**

Hi Sorina,

Thank you for your query. You are to be commended for researching the use of natural alternatives. While our PetAlive range does not include pet food, we recommend our [Muscle and Joint Support](#)™ for your pet's joints.

[Muscle and Joint Support](#) is a 100% natural remedy, specially formulated for pets and contain a unique formula combining herbal medicines, biochemic tissue salts and nutritional substances all well known for their supportive effect on the skeletal system, including muscles, joints, cartilage and tendons. Regular use will help to maintain health and mobility in the muscular skeletal system, without the risk of side effects.

For further info, please go to:

[Muscle and Joint Support](#)

Please let us know if there is anything else we can assist you with.

Warm regards,  
The PetAlive team

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Natural Remedies

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# Naturally Helping Your Overweight Pet to Slim Down

As many as 25% of all dogs and cats in the United States are suffering from obesity. This problem can lead to heart failure, and older overweight dogs and cats could end up suffering from serious joint and muscle problems.

Along with low calorie and low carbohydrate pet foods that you can find on the shelves of many pet shops, there is a plethora of natural treatments available to aid dogs and their owners in the fight against pet obesity.

Natural supplements for dogs and cats, especially those containing the very potent ingredients milk thistle and dandelion, have been shown to be successful in the treatment of the obese pet. Both of these ingredients can help tackle the problem of dog and cat obesity as they help to clear the system of fats and chemicals by detoxifying the body.

Fucus vesiculosus (or kelp) is another ingredient to look for in supplements for the obese dog or cat. This herb supplies a host of vitamins (A, B, C and D) and minerals (iron, potassium, magnesium, zinc) that can help restore a healthy metabolism. A slow metabolism can make your pet lethargic and unresponsive to its surroundings.

If you are interested in a natural supplement to help treat your pet's weight problem, take a look at [SlenderPet](#), a special herbal formula with therapeutic natural ingredients.

Keep in mind that supplements for pets can never take the place of a healthy diet and plenty of exercise, as these are vital for pets suffering from dog obesity, as well as otherwise healthy animals. Consulting a vet if you suspect that your dog or cat is overweight is always the first step back to health.

It could be possible that your pet is suffering from an underlying health issue if you notice rapid weight gain over a shorter period of time. Your seemingly obese dog or cat might be dealing with

a defective thyroid, slowing down its ability to process foods and fat. It is likely that your vet will prescribe a special diet for your pet, and sticking to this diet in combination with natural supplements should prove successful. Your pet will lose weight and regain its perky nature in no time.

As an overweight dog or cat can be depressed as a result of a lack of vigor and exercise, simply because the body does not have the energy to get up and play, it is vital that the pet regains its lust for life. The key focus if you need to combat pet obesity is to speed up the metabolism of the overweight animal, so that nutrients are properly digested and fat is burned. Stimulating the animal to play and feeding it special low calorie pet foods should make all the difference.

Tackling dog obesity can only be accomplished by combining exercise and the right type of food. There is no secret to losing weight really as the overweight dog simply needs to eat less and exercise more. However, [natural supplements for pet obesity](#) may help speed up the process.