



Natural Help for...

Pet Weight Loss



Helping your Pet Lose Weight

Having a pet with a few extra pounds to spare may not seem like a serious problem, however, **more and more pets are becoming over-weight** and [pet obesity](#) is becoming a steadily increasing concern. Being over-weight makes your pet vulnerable to a number of health risks including diabetes, arthritis, and heart disease as well as decreased immune functioning.

Extra strain is placed on your pet's internal organs, as well as on joints and bones, making simple activities more strenuous. **Over-weight pets also tend to have a poorer quality of life** as they aren't able to be as active, often get excessively hot, and may even be uncomfortable a lot of the time.

In most cases, [weight gain](#) is so gradual that you may not even notice it until one day you realize, or someone comments that your pet is actually over-weight. What ever the case, it is never too late to make **healthy and positive changes** now that will affect your pet later, and possibly add year to his or her life!

What Causes Pets to Become Overweight?

There are a number of factors that **contribute to our pets gaining weight**. The main culprit is an unbalanced exercise-diet ratio meaning your pet is eating more calories than what he or she is using in physical activity. Other factors include:

1. **Diet** – many store-bought pet foods are inappropriate for your pet's digestive system and are too high in carbohydrates and fats. In addition to this, many pet owners constantly give into puppy dog eyes and pleading meows at the dinner table and so pets are being given tid bits and treats which are high in calories!
2. **Activity levels** – Some pets are more active than others, and so they require a higher caloric intake than sedentary pets. If your pet is getting very little exercise then they do not need as much food as an active pet. Use activity levels as a rough gauge for meal portions.
3. **Eating patterns** – Many pet owners opt for free-choice feeding, meaning they set a bowl of food out which is always full for when their pet is hungry. While some pets manage fine on this eating option, and only eat when they are hungry, some pets over-eat and don't know when to stop. Free-choice feeding also allows for eating out of boredom. [Over-weight pets](#) should rather be fed smaller meals at regular intervals throughout the day.
4. **Illnesses** – Certain illnesses and medical conditions can cause [weight gain](#). These include pituitary gland and brain diseases, Cushing's disease, Hypothyroidism and tumors of the pancreas (insulinoma).
5. **Age** – When our pets are young they tend to be more active and use much of their energy for growth. From the age of 2, many pets will start to gain

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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.

weight if their diets aren't adapted accordingly. Peak [weight gain](#) age is at round about 6 years old.

6. **Medication** – Certain medications can cause changes in metabolism and appetite. Some of these include glucocorticoids such as prednisone and dexamethasone and barbiturates such as phenobarbital which is frequently used to control epilepsy.
7. **Genetic factors** – Studies have revealed that [weight gain](#) can be genetic and certain breeds seem to be more predisposed to [weight gain](#) than others. High risk dog breeds include Labrador Retrievers, Beagles, Dalmatians, Basset Hounds, Shetland Sheepdogs, and Miniature Poodles to name a few. Mixed breed cats tend to be at higher risk than pure bred cats.
8. **Sterilization** – Spaying or neutering your pet can cause hormonal changes and changes in activity levels which can cause [weight gain](#). Sterilized pets generally need about 20% less food than non-sterilized pets. The problem therefore, is not so much with the procedure, as with the changes of dietary needs after it.
9. **Social environment** – Some pets over-eat because they are bored, lonely, stressed or feel that there is competition for available food amongst other pets. These problems should be tackled directly so that your pet no longer feels the need to over-eat.

Natural Remedies

Helping your pet lose that extra weight is no easy task, but luckily nature has a few natural ingredients to assist with the process. The mineral rich sea vegetable, Fucus vesiculosus will help **increase your pet's metabolism** by assisting in the production of thyroid hormones.

Other beneficial weight-loss ingredients include Curcuma longa which helps with the break-down of dietary fats, and Milk Thistle which is **renowned for its beneficial** effects of the liver, the organ responsible for metabolizing fats in the body.

How to help your pet lose weight

- If your pet has a weight problem the first step is a veterinary consult where your vet can check for any underlying conditions that may be causing [weight gain](#) and see if the weight gain has caused any health concerns. Your vet may also enquire about your pet's diet and suggest a dietary change.
- Your pet's diet and feeding program then needs to be reassessed. If you decide not to change your pet's food, then you may need to look at reducing portion sizes to better suit your pet's caloric intake. Try reducing your pet's food by 30% over a period of three weeks. The key is gradual [weight loss](#) so make sure you reduce portions slowly. You can help control your pet's appetite by feeding smaller portions multiple times throughout the day.
- If you decide to change your pet's food then opt for something low in carbohydrates and low in fats. Your pet may be fussy at first and turn his or her nose up at this new food, but remember to persevere and they will get used to the change. It often helps to make the change over a period of about 4 days, mixing the two foods together and gradually reducing the old food.
- Once your pet's diet has been changed, it is important to eliminate or seriously cut down on treats and table scraps. Make sure that everyone in the household is aware of the situation and get everyone to co-operate



Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies for both people and pets. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

together to help your pet.

- The next step after managing the diet is encouraging exercise! Some pets are naturally more active than others, but most pets can be enticed into doing some form of daily exercise. Taking dogs for daily walks is essential and if your dog likes playing fetch, then regular trips to the park with a ball will help your pet lose some of those extra pounds. While daily walks for cats are usually not an option, most cats can't resist a game of mouse-on-a-string. Ping-pong balls and catnip filled toys are also a firm favorite!
- Lastly, your pet may be in the habit of receiving food and treats as a reward or a gesture of affection. Break this habit and make sure you substitute these food treats for lots of attention, affection, verbal praise and toys!

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors and veterinarians. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors and vets (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Just like humans, domesticated animals like dogs and cats are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans. In fact, many, if not most pet health concerns can be addressed by helping your pets to live a healthier lifestyle. While it has its place, conventional medicine for animals and 'modern technology' have failed our pets in many ways.

According to pet expert and author CJ Puotinen, most holistic veterinarians and animal health care professions list annual vaccinations and commercial pet foods as the major contributory cause in the rising rates of chronic illness in pets today. Similarly, Juliette de Bairacli Levy, respected author and renowned animal breeder, points out that contrary to the belief that mass vaccination and antibiotic use will contribute to a decrease in disease, the opposite has in fact proved true. Like their human counterparts, today's pets are becoming more and more vulnerable to chronic disease and ill health. This has led many veterinarians to search for alternatives and to espouse more holistic methods of keeping our pets healthy.

"In the wild, animals instinctively seek out healing herbs to help them when they are ill or undernourished. In fact, Asclepius, the ancient Greek god of medicine, respected dogs very highly for their ability to seek out and eat medicinal herbs in the wild. This ability is shared by other animals, including cats. We are coming to realize that nature often has the answers - but animals have always known this! Natural medicine can help your pet just as it can help you. While there is always a

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place for conventional veterinary medicine, natural medicine can compliment conventional veterinary care and in many cases do just as well. I have applied the same care and research that have gone into our Native Remedies range for adults and children to the development of pet-friendly, safe and effective natural remedies for animals. As always, all remedies are formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions for your peace of mind and the well being of your pets. " Michele Carelse, Clinical Psychologist.

"When a veterinary surgeon practices the use of homeopathic medicine and is asked why he does so, he may give one of several answers. The simple answer would be that the results are good, an emphatic answer would be that homeopathic treatment has no unpleasant or dangerous side effects, while still achieving successful results.

The [PetAlive Homeopathic range](#) has been formulated with this knowledge and is specifically designed to treat your pet in a holistic and natural manner."

Dr. Glenn Ferguson
M-Tech Homeopathy, Doctor of Chinese Medicine

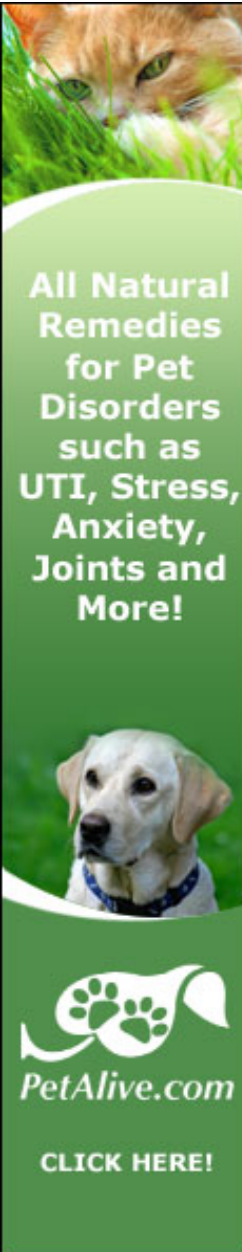
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SlenderPet is a 100% herbal remedy specially formulated to **assist pets to maintain healthy body weight** by supporting liver and thyroid functioning, metabolism, and the body's ability to eliminate fat. Used regularly and as part of a total weight management program, SlenderPet is a very effective remedy for pets.

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All Natural Remedies for Pet Disorders such as UTI, Stress, Anxiety, Joints and More!



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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a PetAlive product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your pet's health.

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