

# DEXTER'S DELI

## PET HEALTH GUIDE

Ref.11 v.11



# EXTRA CARE FOR PUPPIES

## Benefits

- Stronger Immune System
- Healthy Digestion
- Prevent Future Problems
- Proper Growth & Development
- Healthy Behavior

## Product Suggestions

- Green Juju Farm Probiotic
- Green Juju Bam's Beets
- Solutions Jiggles
- Four Leaf Rover *S. boulardi*
- Real Mushrooms Daily Dawg
- Sustenance Herbs Canine Wellness Blend
- Four Leaf Rover Kibble Fixer
- Grizzly Fish Oils
- Nordic Naturals Omega-3 Pet
- Colostrum
- Herbal Energetics Pet Calm

### Start Your Puppy Out Right

A combination of basic and preventative nutrition is a safe and effective approach that both reduces potential health problems and optimizes the wellbeing of the animal.

### Why Does My Pup Have Diarrhea?

Don't assume it's your puppy's food. While they may have simply eaten something they found on the floor that wasn't appropriate, it's equally likely that their diarrhea is a reaction to vaccinations, pesticides, medications (ex: Flagyl), and in some cases parasites. Prebiotics and Probiotics are the most important preventative for puppy diarrhea. Be sure that your puppy isn't vaccinated when they're actively sick.

### Supplements For Puppies

While you should be careful that you don't overdo some nutritional supplements for puppies, there are a few that are incredibly beneficial and will help prevent future problems.

**GOOD** additions for any puppy, you can't start too early!

- Probiotics - #1 supplement to add to build healthy digestive and immune systems. *S. boulardi* is always a good one to include, but there are numerous options, including herbal formulas with probiotics & fermented foods in our freezers.
- Omega 3 Fatty Acids— important for the brain and immune system, fish oil and krill are excellent sources.
- Antioxidant Plant Foods & Mushrooms— improve vaccine response, improve the immune system, and are critical for a healthy microbiome. Adding powdered formulas are an easy and effective source and don't take up much room in the bowl.

What **NOT** to add to your puppy's "complete & balanced" commercial diet

- Calcium - (supplements, and foods with added calcium like dairy foods for people) Before six months of age their body cannot regulate calcium uptake, it ALL goes in so it's easy to overdo it. Too much can cause skeletal problems, especially in large breeds.
- Multivitamin - You might be doubling up on some nutrients, and creating more of a problem when giving additional synthetic vitamins. Whole-food sources are fine.
- Carbohydrates, Fiber, Sugar - Young puppies don't have much of the enzyme needed to digest carbs, and too much can cause them to grow too fast. Excess fiber can make them feel full too soon, and can block some nutrients. Treats can be a hidden source, so training treats should mainly be their food and carefully chosen meat products. Don't add "filler" to their bowl like rice.

### Puppy Food—For The Whole Growth Period

If you switch your puppy to adult food too early they may need to eat more food to meet their energy needs, which can lead to nutritional imbalances. Different size dogs grow at different rates, so they need to stay on puppy food for different lengths of time.

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## Learn More

### Raw nutrition:

- [perfectlyrawsome.com](http://perfectlyrawsome.com)

### Check out these books:

- *The New Holistic Way for Dogs & Cats*
- *The Forever Dog Life*

### Books As Free Downloads

- *Before & After Getting Your Puppy at [dogstardaily.com/free-downloads](http://dogstardaily.com/free-downloads)*

### Related Pet Health Guides Available On Our Website

- Vaccines for Puppies
- Build A Better Bowl
- Probiotic Foods
- Foraging Toys
- How To Add Supplements



- Small dogs (Papillons, Yorkies, etc) until 8 months of age
- Medium dogs (Bull Terrier, Corgi ) until 12 months of age
- Large dogs (Labrador Retrievers, Rottweilers, etc) until 15 to 18 months of age
- Giant dogs (Newfoundland, Great Dane, etc) until 18 to 24 months of age

### Large & Giant Breed Pups

Large (adults over 70 lbs) and Giant breeds need to grow more slowly than Small and Medium breeds, so they benefit from formulas designed for them, or eating “all life stages” foods that include a statement specifically “for large breed puppies.” Due to their relatively smaller digestive tract they have less capacity, so they need highly digestible food, and more protection of their digestive system. Quality sources and processing of ingredients is essential.

### What About “All Life Stages Food?”

If food is designated for all life stages that means that it has to be appropriate for puppies, though large breed puppies do need to be mentioned specifically in the official statement for the food. As long as there is enough protein (at least 24%) and fat, you can use these foods for puppies. There is no evidence that higher protein is bad, but there is evidence that low protein is bad.

Raw diets are naturally “all life stages,” but for puppies be sure that you’re feeding diets that have a higher protein percentage than fat percentage in the Guaranteed Analysis to ensure they are getting plenty of protein-based nutrition in their daily calories.

### Lean Is Not Mean

Always maintain your puppy’s weight properly – they should be lean! That means some cushioning over the hips & spine, plenty of muscles in the legs, and easy-to-find ribs. Your puppy may have looked pudgy at 8 weeks of age, but they need to be lean while they’re growing to protect their developing joints. If your puppy grows up fat it’s very hard to ever get them lean as an adult. Talk to your vet about your pup’s progress as they grow.

### Best Toys For Pups: Durable & Thought-Provoking

Be careful not to over-exercise your puppy while it’s still growing. During their first year their skeletons are most susceptible to damage. They may want to play fetch for an hour, but they can damage their joints with too much high impact activity. Free play allows for self-regulation and tends to be lower impact, so save the Chuck-It and Frisbee for later. It’s recommended that large breed pups get a basic joint supplement between 7 & 18 months of age to prevent future problems.

Try activating their mind instead through fun training games and foraging toys ,you’ll be surprised how “tired” they’ll be afterward. Every pup should have at least one Kong. Anything your puppy can eat can be put in a Kong, so use it to feed part of their meal. Other foraging toys are great for dry food, and will occupy them for quite awhile. Get a copy of our handout on stuffing Kongs!

Young pups going through early teething do well with frozen toys. Hemp rope toys can be soaked in water and frozen, providing a soothing chew for sore gums. Older pups who chew a lot usually benefit from brain games to help them deal with boredom and excess energy. Positive reinforcement training that utilizes shaping is a great way to teach them new games and obedience, so find your local training club or private trainer to help you learn how.