

Natural Wellness

Naturally Nutritious: When it comes to food choices, nature is a great teacher.

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Many veterinarians in the holistic community have long been convinced that some chronic illnesses in dogs are directly related to diet. Obesity, diabetes and other immunologic, metabolic and gastrointestinal disorders can be traced to food sources that are poor in quality, overly processed or too high in grain content. Below are some thoughts about taking a more holistic approach to nutrition.

Balance in the wild

Animals in the wild nibble on whatever they can easily find. What they root out varies from day to day, thus ensuring a diet of many nutrients in a variety of combinations.

Dog owners can duplicate this natural phenomena by varying the source of protein (with a combination of meats, such as beef, chicken, duck and other sources), carbohydrates (including potatoes, yams, oatmeal and rice) and fats (flaxseed oils, fish oils and others) in the dog's diet.

In the wild, dogs not only eat lightly, but also have to move about to seek their food sources. This combination of restricted calories and exercise is necessary in order to avoid today's plague of obesity.

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