

## Prevent Dog Obesity Naturally

**Take a holistic approach to battle your canine companion's weighty problem.**

### CAUTION! Some Herbals May Cause Unwanted Side Effects

Since obesity has become such a buzz word, marketers everywhere have heeded the call with dozens of “miracle cures.” The problem: many don’t work (and none of them work for the long term without dietary restrictions and increased exercise); some don’t even contain the ingredients they advertise or contain additional ingredients; and many have been shown to have adverse side effects.

For example, Ma huang recently gained popularity in this country as a weight-loss herb and stimulant – until it was found to create a host of adverse side effects.

The problem wasn’t the herb itself, but rather the added ephedrine. The additional ephedrine overstimulated the nervous system, adding to the number of adverse side effects.

Another popular herb today is Hoodia, which lowers appetite. Hoodia is apparently very effective as an appetite suppressant – when the product actually contains any Hoodia at all. And, early studies on Hoodia indicated a possibility of liver damage in some individuals who used it over long periods.

Relying on any one magic bullet – instead of using a balanced approach of less food and more exercise – is unhealthy for your dog. It is also unhealthy to use herbal remedies in a Western-medicine fashion where specific active ingredients are enhanced by adding them chemically to the end product. Stick with whole herbs and you enhance their safety factor. – Dr. Kidd