

# Dishy Dogs

S U P E R F   D

Optimising Pet Health



## DENTAL AND ORAL HYGIENE

### FACT SHEET

wellbeing, healing and disease prevention

#### Common sense in the mouth

Reading time: 8 minutes



One area of the dog and cat that gets a lot of attention in conventional veterinary circles is **teeth**.

Owners are admonished to brush their animal's teeth daily. Veterinarians advised you to regularly knock your dog out to have their teeth cleaned, and after all that, animals still lose teeth to decay or root abscesses. It's not at all uncommon to smell bad breath on a dog or cat, and, on examining mouths, one often sees teeth in various states of

discoloration or calculus build up.

**So, what is all this?** It's called chronic disease, and it is **entirely man-made**. It can only be that this **chronic disease**, like other forms has come from our deviating from the wild model, raising our pets in ways that are quite different from that of their ancestors and wild cousin, the wolf. So, the best-kept **secret** for dental prevention is simply this: **feeding raw bones**.

Not only is it an excellent source of available **calcium**, it balances the high level of phosphorus that is present in the meat. Bones have whole host of other good things, including blood building **nutrients** from the marrow, other

minerals, enzymes, proteins, essential fatty acids, immune enhancing vitamins, and **bulk** to help the bowels stay clean and the anal glands empty. But most importantly, what they receive physically, is the **best toothbrush available** in the world! All that gnawing is literally scraping the tooth surfaces with a tooth friendly similar substance, a semi-hard polisher of enamel, and is a great exercise for the jaws and gums.

**So, what causes poor oral health in the first place?** Diet – Diet – Diet

The strength of your pet's teeth and gums comes mainly from the right diet. Nutrition is always the foundation of your pet's overall health. So, let's look at some dental nutrition facts:

- 🐾 Mineral deficiencies, inherited toxins, and poisons from your pet's family line that go back generations and generations play a role in enamel decay.
- 🐾 Dental disease comes about due to our pet's body chemistry being highly acidic and substances such as kibble/dry food and toxins add to this acidic blood and creates excess unhealthy stomach acid, which in time damages the teeth from the inside out.
- 🐾 Pets fed a **natural diet** usually have healthy mouths. This includes diets with chewy muscle meat, raw meaty bones, and recreational bones.
- 🐾 Natural diets provide the right habitat for your pet's healthy oral microbiome.
- 🐾 Natural live enzymes and "good" bacteria help **prevent** tartar build-up.
- 🐾 Gnawing on the right bones is **nutritious** and good for your pet's teeth and gums. Plus, it also provides hours of enjoyment (chewing = mental health!). Chewing also exercises your pet's neck and shoulder muscles as well as his mouth. This action helps stimulate his neurotransmitters in the brain for overall health too.
- 🐾 A bad diet (meaning **any** kibble diet, however "premium" it is) can be a direct cause of weak teeth and weak gums. Its highly acidic on the stomach.

**Don't take our word for it**, just **watch** this shocking study done by Australian veterinarian Dr Tom Lonsdale. Dr Lonsdale temporarily switched a group of raw fed dogs onto a kibble diet. After just 17 days, dogs who'd started out with perfectly healthy teeth and gums got:

- Stinky breath
- Yellow teeth
- Sore bleeding gums - Just after 17 days on kibble!

To view simply go to: (<https://www.youtube.com/watch?v=nr7TLXg-vd4>)

**Avoid Veterinary Dental Cleanings:** A healthy mouth is good for your dog's overall health but there is another strong incentive to keep it healthy. It's expensive, and it's risky (dogs can and **do** die under anaesthesia).

This procedure shouldn't be necessary if you take a few simple steps to keep your pet's mouth healthy.

There are two **(2) actions** dogs and cats do to clean their teeth.

1. To **clean their front** teeth, dogs and cats generally put their front paws on the bone to secure it while they rip at the meat with their front teeth. The fibres of the meat pass through the front teeth (just like dental floss).
2. To clean their back teeth, dogs and cats generally sit down and gnaw on the bone with their back teeth. This in turns rubs off the tartar and plaque that has built up over time. For those dogs who regularly chew on bones, it's just daily maintenance.

**It is worth noting:** small dogs generally lose their front teeth early on in their life. This is largely due to the fact, that they are not given fresh bones to rip at, so they are not regularly flossing their teeth with the meat fibres. Only their back teeth get some attention.

**How to Feed Bones** - (I'll mostly speak of dogs here, but cats can and should **eat** raw bones as well, just smaller ones, so keep reading if you are a cat parent.) If your dog is brand new to the idea of eating raw bones, it's best to **start gradually**. The excitement of something so new and tasty can lead to over consumption and resulting constipation at first. So, a great way to begin, is with pieces of raw chicken neck. Start with a half of a neck for the average lab-sized dog, and an 25mm or two for a chihuahua. Feed this **daily**, ideally when your dog is between meals or prior to a meal, so those digestive juices are running high. After a daily dose like this and seeing that the stools are not too hard, **graduate** to bigger pieces. Just **remember**, bones also help to maintain those pesky anal glands. It firms up your dog's poops, so when they defecate, it bursts the anal glands keeping this area free from ongoing problems.

So, what bones are good for my dog? A Labrador size dog could have a whole neck, beef brisket or a drumstick next, meat and bone together, which could replace part of a meal. By that I mean you can feed less of the food you normally offer to **offset** this well-balanced offering. The smaller mouthed dogs do well with chicken wings/necks, beef neck bones or a small beef brisket.

We recommend pet parents venture out into other kinds of bones, including turkey, lamb, beef neck and beef brisket, but always, always, ALWAYS **raw**. The truth is, we find **chicken necks, beef necks and beef brisket**, works a charm to clean up and keep your pet's teeth healthy. They are **perfect** for all size dogs. The closer you get to daily feeding, the **healthier** your pet will be, and the fresher the breath and cleaner the teeth. But even several days a week is also great.

### **Concerned about breaking teeth?**

Perhaps you have a dog who's already lost or broken some teeth? This is a problem in some unhealthy animals. Due to **poor nutrition and vaccinations**, they don't have strong teeth. Decay where the gum meets the tooth, are known to be caused by vaccines. In these cases, you may never be able to graduate to the harder, larger bones, but chicken necks will still be a very usable bone for these animals. Beef bones are generally from older animals and are naturally harder, so they can be avoided in any animals you are unsure of as to dental strength. Once again, beef brisket (hard cartilage) is best.

### **6 key tips to maintain your pet's dental health**

1. Give your dog a raw fresh bone regularly (every day to several times per week).
2. Give your dog a natural **oral hygiene supplement**, such as Dishy Dogs Flash Fangs. Its antibacterial and chock full of vitamins and minerals to help combat oral disease and it will **freshen** your pet's breath. This is your insurance.
3. Give your dog ozonated water or add 25 ml of Colloidal Silver to their drinking water – it helps to **flush** out your pet's mouth and it is antibacterial.
4. Give your pet a daily high-quality **probiotic** supplement such as Dishy Dogs Probiotic Pet. Probiotic supplements help create a healthy bacterial environment in your dog's mouth.
5. Give your pet high-quality **colostrum** three to 4 times per year such as Dishy Dogs Colostrum Pet as it has **powerful antibacterial** factors that have been shown to help prevent and treat gingivitis. Application is made by applying colostrum directly to the gum area just before retiring. Reapply nightly until improved.
6. Make sure your pet is on a high potency Liver Tonic such as Dishy Dogs Liver Pet, as all disease begins with a sluggish liver.

So, **toss** that toothbrush away, **give** them a raw bone and say goodbye to dental bills. Get those dogs and cats in the household on raw bones, and **watch** their mouths clean up. You will eliminate the anaesthetic risk that goes with every cleaning. And you will be much happier getting face to face with that sweet-breathed friend of yours.

**What is canine gingivitis?** Gingivitis is a common and mild form of gum

disease (periodontal disease) that causes irritation, redness and swelling (inflammation) of your pet's gingiva, the part of the gum around the base of teeth. Gingivitis in any pet is a result of **poor** dental hygiene. This does not mean that you have been negligent if you have not been



brushing your dog's teeth. What it does mean however, is that the **food you are feeding** your pet is not contributing to his natural dental hygiene. It's important to take gingivitis **seriously** and treat it promptly. Canine gingivitis is not a disease that **wild dogs** suffer with. It's as a **result** of pet's living with humans, away from their natural environment. If left unattended, gingivitis can **lead** to much more serious gum disease called periodontitis and tooth loss. Luckily it is easy to **prevent** and to treat successfully, as discussed above. If you suspect your pet has the **onset** of gingivitis, get a dental check-up and **apply** Dishy Dogs Colostrum Pet to the area.

If you are interested in wellbeing, disease prevention and healing your pet, then ask us about Dishy Dogs range of superfood meals, supplements, bone broth and treats or go to our website <https://dishydogs.com.au>

Dishy Dogs is certified "Australian Made and Owned". Our ingredients are 100% human grade, 100% preservative, dairy, egg, gluten and additive **free** with **no** added salt, sugar, flavour, or colour.

