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HUMBOLDT PET SUPPLY PRESENTS

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# THE PAW PRINT

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## **3 QUICK TIPS FOR DEALING WITH PET SEPARATION ANXIETY**

We all know how much of a good time it is just hanging out with our pets. So when the time comes to part from our cuddle buddies, it's no surprise that our pets may feel a bit anxious without their human around. Unfortunately for some pets, the anxiety can be very profound, which may lead them to distress and act out in potentially destructive ways. Signs of separation anxiety include inappropriate urination or defecation, vocalization, chewing or scratching furniture or other items, pacing around, and escape attempts. While treatment for severe separation anxiety is complex and specific to every pet and situation, here are some quick tips that may assuage your pet's anxiety.

### **Get That Energy Out!**

Like humans, your pet needs plenty of exercise to stay both physically and mentally healthy. Exercise is an excellent stress reliever and outdoor games help to build your pooch's confidence, taking your dog out for a walk or quick game of fetch will help them use up energy and can make it easier for them to relax while being left alone.

(continued on next page)

#### **IN THIS ISSUE:**

**SEPARATION ANXIETY, WEIGHT LOSS,  
RANGER OF THE MONTH, AND MORE**

#### **HUMBOLDT PET SUPPLY**

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## Keep ‘Em Busy

Leaving your pets with entertaining and mentally stimulating toys can go a long way in taking up their time and distracting them from your absence. Food-release toys such as a Kong and other interactive puzzles can reward them for spending time trying to reach their prize.

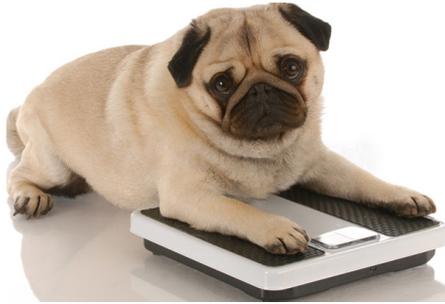
## Treat Them To Tranquility

Sometimes our pets need an extra supplement to help reduce their anxiety. Calming treats are a great way to really get those nerves down. These work great for separation anxiety, but are also good for traveling with your pet and stressful situations such as vet visits or loud environments.



## **OVERWEIGHT PETS AND WEIGHT LOSS**

Often, here in the United States, our philosophy is bigger is better. While that's fine and dandy for, say, a



Ford truck, when it comes to our pets, bigger does not necessarily mean better. According to a 2016 national survey by the Association for Pet Obesity Prevention, a whopping 53.9% of dogs were considered overweight or obese, and 58.9% of cats were considered overweight or obese. That means that approximately 41.9 million dogs and 50.5 million cats fall into the overweight category. As pet owners we need to do better by our pet's health, and helping to reduce those statistics is one way to start.

There are many causes for weight gain. Some breeds, like Dachshunds and Rottweilers are simply more susceptible to obesity, while older animals experience a natural decrease in their metabolism, and weight gain inevitably follows. Overfeeding and inadequate physical activity is another common cause for weight gain; and feeding foods too high in starchy carbohydrates, like potatoes, rice, and legumes, easily add weight because unused carbohydrate calories turn to fat. Excess weight can cause many different ailments like arthritis, and bladder/urinary tract disease for dogs, and chronic kidney disease and diabetes for cats.

So, how can you tell if your dog or cat needs to lose a couple of pounds? If your pet has more of an oval shape, instead of a tapered waist, he or she might need to drop a couple pounds. If they have lots of excess fat on his or her abdomen, hips, and/or neck, and their stomachs touch the ground, it might be time to start thinking about losing some weight. You should be able to feel your pet's ribs, not necessarily see them, and the bones near the base of their tail. If you feel like any of those criterion represent your furry friend it might be time to think about making some lifestyle and diet changes.

Weight loss for both cats and dogs really comes down to two core elements: diet and exercise. Ideally your dog should have at least 20 minutes of aerobic exercise, but more would be better. This means brisk walks, not sauntering and smelling. If you have a dog that doesn't quite do brisk walks, try interacting their favorite toys; throw a ball, play tug-a-war, walk up and down a set of stairs, even resort to the use of a treadmill, but again try to get in at least 20 minutes of this activity a day. Increased exercise can also

alleviate stress, anxiety, and destructive tendencies, so more physical activity could mean the end to your dog chewing up your shoes.

Cats need physical activity to aid in their weight loss as well, and should also receive at least 20 minutes of physical exertion. It may seem odd to 'exercise' your cat, but it's beneficial and fun for your feline. To get your cat moving try running around your house with a string, or cat wand, and have them chase behind. If you have stairs, try throwing a cat ball up and down them; or if you have a very food oriented cat, try hiding their food in interactive toys, or put their bowls up in high places so they have to at least jump to reach them – anything to get your cat moving will help!

When it comes to diet changes, don't ever do anything drastic, such as extreme diets or extreme calorie restriction, especially without consulting a veterinarian first. For feeding, don't use self-feeders, and don't free feed. Two effective methods are feeding two, measured, meals a day, or feeding small meals throughout the day. Also, always try to feed the best food you can afford. Ideally for weight loss a well balanced, species appropriate, diet, normally found in raw, dehydrated, or lightly cooked foods, are the best options, because they offer high protein and minimal carbohydrates. Unfortunately, raw and lightly cooked foods can be pricey, so if you have to stick with kibble try to find ones that are high in protein and low in carbohydrates. Be aware, however, of the types of protein your cat or dog is consuming. Protein sources like duck and lamb are going to be much higher in fat, which means a higher calorie content, than animals such as turkey and fish. Leaner meats are going to be your animal's allies on their weight loss journey.

It's important to talk to your veterinarian before starting any major weight loss regimen. They will be able to help you figure out how many calories your dog or cat should be getting in a day, and will have great tips and tricks to help as well. Losing weight is a process, you won't see results immediately, but if you stick with portion control and exercise you'll soon have a happy, healthy pet. 🐾

## RANGER OF THE MONTH

### BAILEY

**Age:** Two years young!

**Likes:** Traveling to places where she can swim in rivers, play in the snow, and roll in the grass.

**Favorite Toy:** Chuckit! Squeaker Ball, Tuffy lizard, and West Paw Zogoflex Air Wox toy.

**Favorite Treat:** Life Essentials freeze-dried salmon treats and Rover's Choice bones.

**Amazing Fact:** In her just two years of life, she's travelled to five states. She's known for her brindle coat and wiggly butt!



**IN THE NEXT ISSUE OF THE PAW PRINT:  
THE POOP ISSUE**

PET WASTE, HEALTH, AND THE ENVIRONMENT

Want to learn more?  
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## WALLY WISDOM

*Okay, so being on a diet—not as easy as it seems, believe it or not. At first it **was** easy; the humans fed me less, I was getting more exercise. Piece of cake. I almost didn't even notice the vast landscape of canned food towers and kibble bag mountains that make up the store here. Almost. Despite considerable efforts, I have been unable to resist sneaking a snack, or three. But you know what? I'm okay with that. I've reached a place where I am comfortable admitting that I just enjoy breaking into food bags. I accept who I am. This is me. So, for all you young moggies and grimalkins out there, I offer some tips on how to snack on the sly.*

1. Wait until no one is looking before tearing into that unsuspecting bag of kibble. If they are looking, that's fine too, just know you're going to be on a timer of how long it takes them to get from where they were standing to the site of the crime. So act quickly and eat as much as you can.

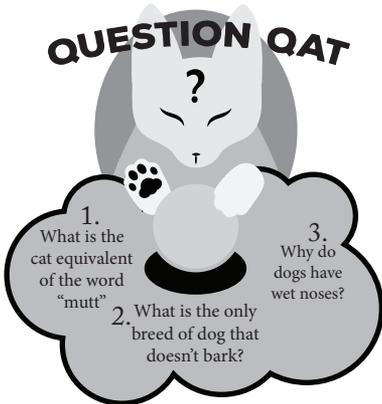
2. Hide the evidence. Out in the open seems to work as well as hiding it somewhere out of sight.

3. If you get caught, try not to look so self-satisfied until they finish lecturing you and walk away.

Follow these simple tips and you'll be on your way to sabotaging your diet in no time!

Dictated but not read  
by Wally, HPS Ranger & Shopcat  
*Got a question for Wally?* Email us!  
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## **QUESTION QAT**



## **PAW PRINT POWER UP**



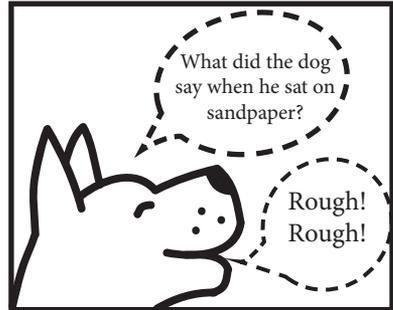
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## **HOWL HUMOR**



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**THE PAW PRINT!**

Questions? Comments? Please email us!  
[thepawprint@humboldtpetsupply.com](mailto:thepawprint@humboldtpetsupply.com)

1. A moggie is a cat without a pedigree. 2. The Basenji is a dog without a pedigree. 3. The wetness is secreted mucous that absorbs scent chemicals.