

Rob's Top 10 Articles

DOG CARE TIPS

THAT AVOID HEALTH PROBLEMS.



This publication is intended to provide information of a general nature only and does not constitute specific veterinary advice. Before acting on any information contained in this publication, you should seek professional veterinary advice about your pet.

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CONTENTS

- 01** **CHAPTER 1:**
How this one feeding mistake can shorten your dog's life!
- 03** **CHAPTER 2:**
What Not to feed your dog
- 07** **CHAPTER 3:**
3 simple steps to stop your dog from becoming a fussy eater and...
How to cure it if they already are fussy!
- 10** **CHAPTER 4:**
Avoid health problems by following these dog care tips
- 12** **CHAPTER 5:**
Avoid health problems by following these dog care tips – Part 2
- 14** **CHAPTER 6:**
Do not freak out if your dog is vomiting or regurgitating!
- 16** **CHAPTER 7:**
Intermittent fast for dogs and humans: Live a healthier life together
- 19** **CHAPTER 8:**
Dog experts says 80% of people are feeding their dogs the wrong
amount, doing this sends your dog to an early grave.
- 21** **CHAPTER 9:**
Is the recommended amount of food, even correct for you dog?
- 24** **CHAPTER 10:**
Your dogs' gut bacteria and stress: How are they related?
- 26** **ABOUT THE AUTHOR**

HOW THIS ONE FEEDING MISTAKE CAN SHORTEN YOUR DOG'S LIFE!

Over 41% of Australian Dog Owners make this Fatal Mistake!

Dog obesity is on the rise. In 2013, the Animal Health Alliance reported that 41% of Australian dogs were overweight. It's believed by veterinarians that number has gone up since then. Last year, Claws and Paws Veterinary Hospital in Bathurst, central-west New South Wales, held a "Biggest Loser for Dogs" competition to try and help owners with their overweight dogs.

Just like obesity in humans, overweight dogs are prone to a host of health issues and will most likely have shorter lifespans. Unfortunately, many owners use food as a way of showing their dog they love them, but are really causing their beloved pet more harm than good; you are literally killing them with kindness. Overfeeding and the lack of exercise are the two major factors when it comes to obesity.

HERE'S THE WORST POSSIBLE WAY TO FEED YOUR DOG.

The other problem is just plain overfeeding. Some people, especially owners of little dogs, "free feed" their dogs, meaning their dog has a bowl full of food at all times and can eat whenever they like. If you did this with a Lab, he would probably eat until his stomach exploded. Labradors and Flat-coated Retrievers are actually missing a gene that makes them forever hungry.



And while they are the extreme, most other dogs will also overeat because their ancestors, the wolf and wild dogs, do so to survive. A wolf may gorge on an elk he gets, but that's because he may not eat again for another three days – he needs to store up fat and energy to survive between meals. Our pampered house dogs get fed every day, they don't need to do this.



YOU MAY BE SURPRISED AT HOW LEAN YOUR DOG SHOULD BE TO BE HEALTHY!

Did you know you should be able to easily feel your dog's ribs? There should only be a small amount of tissue and skin covering them. You do not want to be able to see all your dog's ribs, seeing the last one or two is okay. You can check your dog's body condition with our [easy to read chart](#).

HERE'S THE REAL SHOCK: FEEDING YOUR DOG LESS OF A HIGH QUALITY FOOD WILL EXTEND YOUR DOG'S LIFE AND SAVE YOU MONEY!

A large pet food brand did a lifetime study where they followed forty-eight Labradors – half were fed twenty-five percent more food than the other half. The half that was fed less, lived two years longer than the group that was overfed. **Overfeeding literally shortens the lifespan of your dog.**

And, you're wasting money. If your dog doesn't need that large amount of food, you could save money by feeding him less. (It will also save you money in obesity-related health bills!) Even better, having to feed less means you can feed a high quality brand, like Stay Loyal, and still save money.

Since your dog is overweight to begin with, you are going to feed less than what he should get for his "optimum body weight" (the weight he should be not, not the weight he is) until he has lost the excess weight. This is important. Most owners look at their overweight dog, who weighs 40kg and feeds them whatever the bag says he should get, even though he is only supposed to weigh 25-30kg. Equally important, since he gets the weight off, don't go back to feeding what you were – remember that's what made him fat in the first place! Instead, feed him the amount the bag says for optimum body weight, or even a bit less depending on his age and activity level. Remember, underfeeding a little is better than overfeeding a little. For this reason, bump up his food slowly, and by small amounts, so that you can tell when he has reached the right amount of food to maintain his weight, but not gain the extra back.

For more information on how much you should feed your dog, [check out this newsletter](#).



CHAPTER

02

WHAT NOT TO FEED YOUR DOG?

If you have a dog, then it is vital you know foods your dog can eat and foods that can harm your pup. It is important to remember that dogs are not like humans; they have a different digestive system and are not meant to eat certain foods. If you share table scraps with your dog, then you are increasing the likelihood you are feeding your dog something he or she is not supposed to eat.

There are many times the symptoms of toxic foods take a few days to show up, so if you think your dog has ingested a potentially dangerous food it is important to keep an eye on him or her for a few days. If it is safe for humans, it may not be safe for your canine companion. Here is a list of foods to avoid giving your dog:



CHOCOLATE

Chocolate should never be given to your dog under any circumstances. Chocolate is bad for dogs because it contains caffeine as well as

theobromine. Although dark chocolate is good for humans, the darker the chocolate is, the more dangerous it can be to your canine. Although white chocolate is the least toxic of chocolates to dogs, it should still be avoided because it contains some caffeine and theobromine.

If a dog consumes chocolate, then it can cause a dog to vomit, abdominal cramping, muscle tremors, and an irregular heartbeat. Furthermore, a dog can experience dehydration, seizures, and death if he or she eats chocolate. It is never acceptable to give a dog chocolate because even a little can cause severe harm.



AVOCADO

Dogs should not be given avocados under any circumstance. Avocados contain an ingredient known as persin. Although persin does not cause harm to humans, it is very toxic to dogs. If you are growing avocados in your yard, then be sure to keep your pet away from the plants. Persin is found in the leaves, bark, and seeds of the fruit. If you think your dog has consumed avocados, then look out for these common symptoms that accompany avocado poisoning:

- Vomiting
- Diarrhea
- Abdominal cramping



MACADAMIA NUTS

Macadamia nuts can be extremely dangerous when given to dogs. When a dog eats macadamia nuts, it can cause weakness, vomiting, tremors, and temporary lameness. Symptoms will appear in about 12 hours and last up to two days.



XYLITOL

Xylitol is an artificial sweetener that is highly toxic when ingested by dogs. Human's and dog's blood sugar levels are controlled from insulin being released in the pancreas. Although this artificial sweetener does not cause insulin to be released from the pancreas in humans, when it is released in a dog's bloodstream it can cause insulin from the pancreas to be released rapidly. This will result in a significant decrease of blood sugar levels, which can occur as quickly as ten minutes after a dog eats Xylitol.

If a dog ingests a high dose of Xylitol, it can cause liver failure. Xylitol is thought to be 100 times as toxic to canines as chocolate. Symptoms of Xylitol poisoning include:

- Weakness
- Vomiting
- Seizures
- Tremors
- Coma
- Difficulty standing and walking



RAW AND UNDERCOOKED EGGS

Raw eggs can harbor bacteria that includes Salmonella and E. Coli. These forms of bacteria can cause gastrointestinal issues like diarrhea and vomiting that can also be transmitted to humans. Furthermore, raw eggs have an enzyme called avidin, which will decrease the absorption of biotin. If a dog does not have enough biotin in his or her diet, then it will cause skin and coat problems.



GRAPES

Grapes are very dangerous to dogs, and can result in kidney failure. If a dog has ingested grapes, he or she can develop diarrhea and lethargy.

If a dog ingests a large amount of grapes, it can cause acute kidney failure, which will occur in one to three days. There are several signs of acute kidney failure including severe vomiting, dehydration, seizures, and tremors.

If a dog ingests grapes, then as toxicity progresses the dog will not be able to urinate due to kidney failure. A dog may also have bad breath, which will

resemble the smell of urine. A dog could eventually fall into a coma and blood pressure will increase.

It is important to remember that raisins are just as toxic as grapes. Because raisins are dried grapes, they are more concentrated, which means they are more toxic. If your dog has ingested raisins or grapes, then it is crucial to seek help immediately.



CINNAMON

Cinnamon should not be given to canines. If a dog eats cinnamon, it can irritate his or her mouth and make your dog sick. If a dog eats too much cinnamon, it can cause his or her blood sugar to be too low and cause a decreased heart rate, liver disease, vomiting, and diarrhea. If a dog inhales powdered cinnamon, then it can cause problems with breathing, and can also cause a dog to choke.



APPLE SEEDS

Apple seeds should never be given to dogs. Apple seeds contain a toxin called cyanide, which is toxic to dogs. Cyanide can accumulate over time so be aware of this if your dog eats apples from a tree. If a dog has ingested apple seeds, then he or she will show signs of poisoning that include:

- Vomiting
- Diarrhea
- Abdominal pain

- Fever
- Shock
- Dehydration
- Dilated pupils
- Skin irritation
- Cardiac arrhythmia
- Panting

If a dog has ingested apple seeds, then death can occur in as little as three days if left untreated. If you think your dog has eaten apple seeds and shows the referenced symptoms, then seek help as soon as possible.



WHAT TO DO IF YOUR DOG HAS EATEN A TOXIC FOOD

If you think your dog has ingested a toxic food, then it is best to seek medical care immediately. When a dog has eaten a toxic food, a vet can treat your dog and prevent death. Dogs are notorious for eating most anything they come across, and there are many foods that are extremely toxic to dogs, which is why it is important to pay attention for any signs of food poisoning.

Keeping your pup filled with the key nutrients he needs could help him from seeking out other potentially harmful foods.

3 SIMPLE STEPS TO STOP YOUR DOG FROM BECOMING A FUSSY EATER AND...

HOW TO CURE IT IF THEY ALREADY ARE FUSSY!



If you own a fussy dog, or you are unsure about how to feed your dog, then you'll be pleased to read this.

I have been feeding dogs for over 30 years now and have used this technique for the last 20 years. In all that time, I have never had problems with fussy eaters. And fully 100% of the dogs whose owners have come to me for advice and tried this technique have gone from fussy to good eaters.

First, no dog is born fussy. Dogs are opportunistic hunters by nature. This means they scavenge food when given the opportunity. That's how wild dogs became domesticated – it was easy to scavenge around humans and, over time, they became less and less wary of humans until eventually they became domesticated. Yet, this inherent scavenging behaviour continues, and is still strong in all healthy dogs today.

SO, IF DOGS ARE NOT BORN FUSSY, THEN THEY MUST BE LEARNING (FROM US) TO BE FUSSY.

HOW?

LET'S LOOK AT THIS FROM A DOG'S PERSPECTIVE.

Dog: 'Here comes John with my food again. I can't possibly eat anymore, what with all the food he's been feeding me. But if I don't, he insists.' *[The dog reluctantly begins to eat.]* 'This is really too much for me. I can't finish it.'

John: 'Poor Dog, you're not eating. You must not like your food anymore. I'll go to the supermarket and get you something else.'

A few hours pass.

Dog: 'Oh, no, here he comes again. Doesn't he know I can't possibly be hungry? I just ate a few hours ago. Oh, wait, you've bought me chicken necks. I remember those from when I was a pup. They were delicious. OK, even though I'm full I'll eat them before any other pups get them.' *[He eats, half-heartedly.]*

John: 'You don't look like you're enjoying that. I'd better try something else.'

The following day, at feeding time.

Dog: 'Here comes John with more food. I'm still full from all those chicken necks I made myself eat yesterday. And now he's giving me the same amount of food again. I'm not gonna be able to finish this, but I'll eat as much as I can. *[Eats slowly, lifting his head repeatedly.]* I can't – I can't even get through half of it today.'

John: 'Dog, I wish you would finish your food. I'll have to buy you some new food tomorrow.'

A few hours pass.

Dog: 'I think I'll go do my puppy dog eyes at John. He really likes it when I do that.'

John: *[Jumping to his feet]* 'Awww, poor Dog, you must still be hungry. Let's see what we have in the fridge. Look, a nice big juicy steak! Here, Dog, have this.'

Dog: *[Looks up, uncertainly]* 'I'm so full, but I hardly ever get steak. Who knows when I might get another chance? *[Eats steak slowly.]* That steak was so juicy, but now I'm about to explode. I'll go lie down and try to digest all this food.'

The following day, at feeding time.

John: 'Here, Dog, I bought you some new dog food. The lady at the shop said it's the most popular brand of food and all dogs like it.'

Dog: *[looking up at John with puppy dog eyes, pleading]* 'I'm sorry, John, I know you want me to eat this but I'm so full I don't want to eat anything. Let me rest and I'll eat it tomorrow.'

John: 'Wow, Dog, you are turning into a really fussy eater. I don't know what to do with you. I'll just leave this food here in case you want to eat later.'

Does this story sound familiar?

Now, I sped up the process, but it should give you an idea of how we, as owners, turn our dogs into seemingly fussy eaters.

The next step is Dog realising that when he turns his nose up at the food offered, John brings him something else, something even more tantalising. Congratulations, John, you have now created a really fussy dog.

YEP, THAT'S ME – I'M JOHN. SO, NOW WHAT DO I DO?

Let me show you how to reverse this process. First off, medical conditions can stop a dog from feeling the need to eat, so if your dog

really is refusing to eat, a health check at the vet's should be considered. Once you get the clean bill of health, it's important to understand that while a dog will overeat, it will NEVER choose to starve itself. If they're not eating, most likely they're just not hungry.



HERE IS HOW I FEED MY DOGS, AND HOW YOU SHOULD DO IT TOO.

During feed time, place your dog's food on the ground and walk away. Don't watch your dog to see if it is eating. Some dogs feel uncomfortable if watched while eating. Come back in 10 minutes. If any food remains, take it away. Don't offer ANY food until the next scheduled feed time. Repeat this process at EVERY feed time. Don't worry if your dog doesn't eat. When they're hungry, they will eat.

THIS SIMPLE METHOD WORKS FOR TWO REASONS:

Reason 1 – Dogs love consistency. If you haven't read my article 'The No. 1 Rule Of Dog Training!' read it now. If you feed any other way, you risk not being consistent enough.

Reason 2 – Dogs, as I explained, are opportunistic hunters. By only allowing them to eat at feed time, they quickly learn that feed time is their only opportunity to eat.

So follow these three simple steps:

1. Place food on the ground and say, 'Good dog!'
2. Turn your back and walk away. Don't watch to see if your dog eats.
3. Return in 10 minutes and remove any unfinished food.

It's really that easy. And, I promise, your dog will love you all the more for it.

AVOID HEALTH PROBLEMS BY FOLLOWING THESE DOG CARE TIPS.

This is how I feed my dogs and many of my friends feed their dogs. The focus is on doing what you can in everyday life to make your dog as healthy as possible and avoid your dog becoming ill.

Feed adult dogs once a day! I know many people feed twice a day and some people let their dog's graze. Firstly... Grazing is bad. Your dog isn't a cow or sheep. If your dog was in the wild it would eat sporadically. It would hunt on an empty stomach. Make a kill and eat. It would then rest. On a large kill a wild dog may rest and not eat for days.

A DOG'S BODY IS DESIGNED TO CHASE DOWN A MEAL ON AN EMPTY STOMACH, EAT AND THEN REST.

So here is the tip, take your dog for a walk before feed time whether it's in the morning or evening. Allow your dog to recover from the walk before you feed. *(Some dogs can recover in minutes some will need half an hour.)* What does this do? When a dog exercises on an empty stomach it simulates going hunting, certain hormones are released to help your dog run faster and have more stamina. Plus, processes are starting in the intestines to get ready to accept food. These processes create extra acid and enzymes to help break down food. *[WARNING: Some breeds (usually larger breeds) are prone to bloat, I would not feed these dogs unless they have been settled and calm for at least one hour. Best to consult your vet.]*



By doing this your dog will get more out of his or her meal after a big day running around than if he or she sleeps all day. When a dog eats, a large percentage of their blood goes to the stomach area to pick up nutrients and help the intestines digest the food. *(This is why it's a bad idea to feed your dog BEFORE a walk!)* The opposite happens to the blood supply when a dog has an empty stomach and is doing exercise; a large percentage goes into the muscles and organs to improve running performance to help ensure they catch their prey.



After feeding, allow your dog to rest. Some people recommend a few hours. I would say the longer the better. I like to walk my dogs in the evening when it's cool and feed them after the walk. That way they get all night to rest and digest their food, the way nature intended.

That's why grazing is bad, it doesn't allow the intestines to go through that natural process of being empty, exercise building the acids and enzymes. Then being full and allowing time to digest the food. The intestines of grazers are always full not allowing them to rest. It's ok for cows but bad for dogs, and cats for that matter.

Next tip is what to feed. I recommend a high quality grain free dog food. However, that's not all I feed my dogs. I feed and I recommend to all our customers to feed Raw Meaty Bones to your dog 2 times per week. The meatier and fatter the better. Bones like Lamb Shanks and brisket, Chicken frames and necks and wings. All have to be raw and make sure they are not too rancid *(fresh is best but you will be surprised at what they can eat when you feed this way, the acid in their guts is capable of killing bacteria even in very rotten food)*.

Why do I recommend meaty bones? Two reasons, the first is that meaty bones are the best teeth cleaning dog product out there. Oral hygiene is crucial to your dog's health and longevity. Second reason is that it varies their diet enough so feed time is more interesting. **Please note:** You may want to supervise your dog while eating the bones because bones can get stuck in places on the way down. It's rare but it does happen. The benefits meaty bones bring far out-weigh the risk.

My dogs look the best and seem the healthiest when I follow this procedure. I have tried feeding a completely raw diet and never could get my dogs looking as good as on the raw meaty bones for two days and Stay Loyal the other days.

This article is continued in- [**Avoid Health Problems By Following These Dog Care Tips Part Two.**](#)

AVOID HEALTH PROBLEMS BY FOLLOWING THESE DOG CARE TIPS - PART 2

Next tip is something no dog food company is going to tell you, except us at Stay Loyal! So please take it on board.



“IT’S BETTER TO FEED YOUR DOG LESS, AND HAVE A HEALTHY LEAN DOG THAN FEED IT TOO MUCH AND HAVE AN OBESE DOG!”

Sure, you can feed your dog as much as it wants to eat, however it will only help dog food companies have more profits, however I don't want that. I want your dog to be healthy and live a long active life. And the best way to do that is to use the feeding procedure above and limit food intake. If you can't see your dog's waist from both the side and the top you need to feed less food. If you can see one or two ribs, even better! A healthy dog is a lean dog with a shiny healthy coat.

Here's a quick rundown on what to do... Most people like to give the same amount of food

every day. However, the correct way to determine portion size is to look at your dog's condition and then decide how much food to feed. Eg; if you are feeding 2 Cups a day and your dog is looking too lean you will need to increase the portion to 3 cups for a week and then assess your dog's condition again. Every week you need to assess your dog's condition. After a month you may notice your dog is looking a little beefy so you cut back to 2 cups again. The correct portion size is the amount that keeps your dog at a lean healthy weight. The correct portion size will change with activity level, climate and age.



THIS LAST TIP IS UNUSUAL BUT ESSENTIAL IF YOU WANT YOUR DOG TO BE HEALTHY.

It's so unusual that most people won't even try it. This is because they think it's slack or cruel or they just can't do it. What is it? It's Fasting. I fast my dog's for 48 hours once every week or two. Sometimes I will give them a big feed of raw meaty bones and then skip a day. It's like they have had a big kill, gorged themselves and needed two days to digest the large meal.

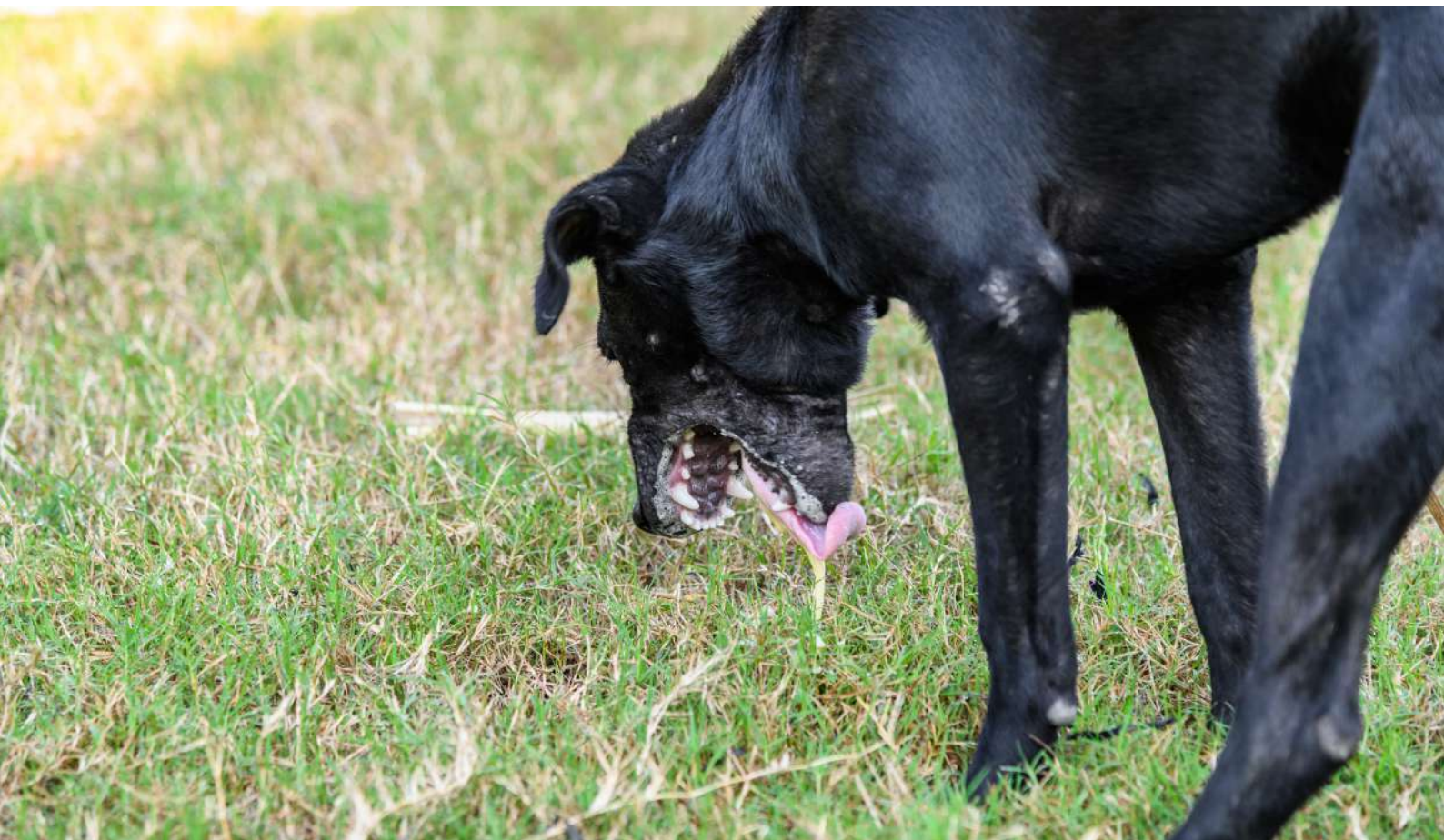
Fasting gives their digestive system a rest. Plus, it gives the stomach time to build up extra acids and enzymes to digest the next meal. One thing you need to know about fasting your dog is that dogs don't go through the same hunger pains and light headedness we go through because their body runs on fats not carbohydrates like us. So they handle it like a normal day. Dogs that have a routine will expect a meal but after a few months they catch on and don't harass you for food on the fast day.



A QUICK SUMMARY OF THESE HEALTH TIPS.

- Feed your dog once a day.
- Walk your dog on an empty stomach and then feed after your dog settles from the walk.
- Allow your dog time to rest after a meal. The longer the better.
- Feed fresh meaty bones two times per week, Stay Loyal Grain Free the other days.
- Keep your dog lean. When in doubt, feed less.
- Skip a meal every week or two, to allow proper rest of the intestinal tract.

Follow these tips and watch your dog's energy levels increase, coat shine and muscles bulge. Most importantly they will be the healthiest they can be and that way they will be with us for a lot longer.



CHAPTER

06

DO NOT FREAK OUT IF YOUR DOG IS VOMITING OR REGURGITATING!

What you need to know is that dogs can regurgitate food or bile a lot easier than us humans. It's an evolutionary adaptation due to their scavenging ways. Basically, it allows them to eat just about anything and if their body doesn't react well to whatever they just ate, they can safely bring it back up and leave it, or if they decide it's safe, they can eat it again.

Often you will see dogs eat grass and bring it back up, it's not a big deal to them. Also, if dogs

scoff their food too quickly, they often need to bring it up again and give it an extra chew before sending it back down the pipe hole.

When your dog simply regurgitates something and you see that your dog seems fine within itself then usually there is no reason for concern.

Vomiting on the other hand can be more serious. Vomiting is where they bring the food up from deep inside their stomach. This will involve large

convulsion from the abdominal area. If your dog is vomiting, first thing you want to do is to check what they vomited. If it looks like something other than food, it may be safest to get a vet to check over your dog. (Put whatever they vomited in a plastic bag or container and bring it along to the vet so you have it on hand in case your vet needs to examine it.) If it's just food, keep an eye on him or her to see how they feel. If they are still happy and active it could have been just a passing bug or some bad food or something they picked up when you weren't watching.

I have known dogs to eat some crazy stuff (conveyor belt, bedding, balls, etc.) and if it's been vomited out it's a good thing. However, there could be more stuck inside. That's why a trip to the vet is advisable.

If your dog continues to vomit or looks distressed, tired, or weak then a Vet consult is needed. Most often it will be a passing thing that your dog will get over in a few days. On the odd occasion it can be more serious and that's why it's best to get checked out by your vet as soon as possible.



INTERMITTENT FAST FOR DOGS AND HUMANS: LIVE A HEALTHIER LIFE TOGETHER



There are dozens and dozens of animal studies and human clinical trials that show intermittent fasting can be a positive health benefit to both you and your dog.

The digestive system is a complex system. It has the power to not only get rid of toxins – including parasites, viruses, bacteria and chemical toxins – but it remembers those toxins next time they come into the body and even knows to dispel them. HOWEVER, when our bodies get food every

day, the system never has a chance to “catch up” and reset. It is constantly working to remove the bad stuff from the good stuff. This can cause issues in the body, including miscommunication where the body mistakes its own cells for invaders and begins to attack the body’s own healthy cells and tissues. This is an autoimmune disorder and can present itself in a variety of outward health issues. In addition, when the digestive system is constantly working to digest

new food, build-up of harmful toxins, excess fat and other harmful bacteria can occur.

In dogs, these contribute to these common dog ailments:

- Arthritis (especially linked to the auto-immune disorder)
- Allergies (especially linked to the auto-immune disorder)
- Liver disease
- Cancer
- Yeast overgrowth
- Chronic Upset stomach, including diarrhea

In Humans, we see similar ailments including:

- Arthritis (especially linked to the auto-immune disorder)
- Allergies (especially linked to the auto-immune disorder)
- Liver disease
- Cancer
- Diabetes
- Irritable Bowel Syndrome (IBS)

BENEFITS TO YOUR DOG

As you can see from above, a dog whose digestive system is not running at peak performance can have a lot of chronic issues. Fasting helps by increasing anti-bacterial function, immunity (through increased immunoglobulin levels), cancer-fighting (through increased killer cell activity, which targets tumour and virus-infected cells), and fight inflammation (through increased monocytes, which ingest infectious agents).

During fasting, stored fat is used as well, helping getting rid of any stubborn weight your dog may have. And waste products that the liver was not able to process and were therefore stored in the fat are finally released – this can include pesticides from vaccines and flea control!

In "A longitudinal study of the influence of lifetime food restriction on development of osteoarthritis

in the canine elbow" published in 2009, clinical tests on Labrador Retrievers showed that restricting calories to 70 percent of the diet for a fast decreased arthritis in joints.

And, perhaps most important to all dog owners, fasting has shown in several studies on several different species, including canine, to lengthen lifespan. One study done by Mark Mattson and his team at the United States National Institute on Aging found that mice, when fed nothing every other day, had a "much longer" lifespan and were "a lot" healthier. It should be noted that the mice were allowed to eat as much as they wanted on the day they were given food, and they usually consumed about double what a mouse normally would.

Studies by the University of Columbia found that fasted rats recovered from spinal injuries quicker, with increased neuronal regeneration.

These are just a few examples of studies showing the benefits of fasting in animals.



BENEFITS FOR YOU

In humans, studies have shown that fasting causes the body to switch from using glucose stored in the liver for energy to ketones, which are stored in fat. According to the United States National Institute on Aging, the key here is not weight loss, but the increase of ketones in the bloodstream, which has some large positives including improving glucose regulation (think of those with diabetes!), removal or repair of damaged molecules, increased stress resistance (including improving body's defences against oxidative and metabolic stress), and suppressed inflammation (including inflammation caused by osteoarthritis and IBS).

Human studies conducted by Salgin, Marcoverchio, Hill, Dunger and Fystyk (published 2012) found that a 24-hour fast increased growth hormones (HGH) as well. HGH are vital for growth, metabolism, weight-loss and muscle strength. Another study on men found fasting for two days increased HGH by 5 times the amount before the fast!

And, just like for dogs, fasting can help with arthritis pain, studies show. One study conducted by Andreas Michalsen for Charite University in Berlin, Germany (published February 2019), showed "Modified fasting (up to 500 kcal energy intake per day) for 7-10 days leads to an improvement of the symptoms in many patients with rheumatoid arthritis and is regularly used by the applicants for the treatment of rheumatoid arthritis."

And while there are not currently any studies on fasting and aging on humans, the animal research shows that it can lengthen their lifespan, so it may just do the same for humans too!

INTERMITTENT FASTING

Intermittent Fasting is the most common type researched. It involves lowering your food intake to none or a minimal amount for hours to days. The most common ratio used in research is fasting two days a week OR daily restricted feeding where

you only eat during a six-hour window each day. These types of fasting can be used for both dogs and humans, so you could even put you and your dog on the same schedule!

Researchers have found even cutting your dog's food down by 70% for one day a week can be beneficial. Many people who fast their dogs give them a bone broth (such as chicken or beef stock) on fasting days, to make sure they get plenty of fluid (and let's face it, to keep their dog from begging all day!).

Be sure you are doing a correct, interment fast, and not a "starvation diet." Starvation occurs when the body does not get enough nutrients to function properly. After consuming fat reserves, the body will start to use the proteins within its own muscle tissues. You do not want this! However, a fast done correctly will not put you or your dog in any danger of starvation.

**ABSOLUTELY BE SURE YOUR DOG (and you!)
HAVE AN UNLIMITED SUPPLY OF
WATER DURING THE FAST.**
This helps flush the system.

If you have any questions or concerns about your current health or your dog's before beginning a fasting regime, talk to your doctor and/or veterinarian. Then, you may just decide to try a joint day of fasting where both human and canine let their systems flush and reset, so you can both live healthier, and maybe even longer, lives.

At Stay Loyal we recommend feeding healthy adult dogs one meal per day, six days per week. With one fast day which equates to 48 hours of no food and unlimited water. We also recommend feeding a nice juicy raw meaty bone twice a week, no kibble on these days. Try this with your dog and I am sure you will see an increase in vitality.



DOG EXPERTS SAYS 80% OF PEOPLE ARE FEEDING THEIR DOGS THE WRONG AMOUNT, DOING THIS SENDS YOUR DOG TO AN EARLY GRAVE.

We humans love to show our dogs how much we care about them through food. We give them extra kibble just “because,” we feed them tidbits off our plates with all kinds of fats and sugars, and we believe the dog chew companies when they tell us our dogs should get their processed, filler-filled treats and chews every day. And we get it, here at Stay Loyal we love to spoil our dogs too! But, when it comes to using food as a way of saying “I Love You,” most dog owners are literally killing their dogs with kindness!

Don't believe us?

ACCORDING TO THE AUSTRALIAN VETERINARY ASSOCIATION, NEARLY 50% OF DOGS IN AUSTRALIA ARE OVERWEIGHT!

Even more interesting, their studies showed “The bond between the owner and the animal is a crucial factor determining the caloric intake and subsequent body condition of an animal.”

Australians really do use food as a way of saying “I LOVE YOU” to their dogs, and it's having drastic consequences on their dogs' well-being.

Overweight dogs are at an increased risk for many health issues, which can shorten their lifespan.

Here are just a few complications that can arise when your dog is overweight:

- Hypertension (high blood pressure)
- Diabetes
- Lowered immune system functions
- Increased cancer risk
- Liver disease
- Heart disease
- Heat intolerance (many overweight dogs die on hot summer days)
- Respiratory problems
- Increased risk when under anesthesia
- Osteoarthritis
- Increased risk of torn ACLS or other ligaments and leg/hip issues due to excess weight
- Skin issues that develop in the fatty folds of the skin, including bacterial infections.
- AND MORE!

As you can see, obesity not only shortens your dog's life span, it makes your dog's life less comfortable. Plus, it's going to cost you money at the vet's as well. Keeping your dog healthy and trim not only saves you money in dog food, but it also saves you hundreds, if not thousands, of dollars at the vet. And the most important thing is your dog will live longer and be happier and healthier.

**INTERESTINGLY,
THE AVA's studied concluded this about
the overweight dogs:**

Obesity is the product of a positive energy balance where caloric intake exceeds output, leading to adiposity. Only 5% of cases are treatable medically. 95% of cases must be treated through control of caloric intake.

This means that your dog's obesity really is in your hands. You need to stop over feeding, look at his

body condition, and feed appropriately. Wondering how to do this? [Read this article on how to feed your dog and determine body condition.](#)

And of course, you can also feed your dog TOO LITTLE, (I will stress that feeding too little is quite hard because you have to do it for a long period of time). You should not be able to count every rib, or see your dog's hip bones. Feeding your dog too little can also have serious health issues and also lead to an early grave. That said, most dogs are overweight so be fearful of overfeeding as well as be aware when your dog becomes lean to not go too thin as well.

And don't forget, there is that 5% of dogs that may have a medical condition, such as hypothyroid disease or may be on a medication that is contributing to the weight factor as well. So, if you have reduced your dog's food and increased his activity level, but he is still not losing weight, you should have him checked by the vet to make sure a medication or medical issue is not at play.

The important thing is to remember to check his weight and body condition score regularly, as your dog's needs will change throughout his lifetime. Just like you can't eat the same diet you did as a teenager, neither can your dog.



And when it comes to showing your love, a good belly rub or a rousing game of fetch are far better choices, and your dog will love them just as much.

IS THE RECOMMENDED AMOUNT OF FOOD, EVEN CORRECT FOR YOUR DOG?

Are You Feeding Your Dog the Amount it Says On the Dog Food Bag? Then You Are Most Likely Feeding Your Dog the WRONG Amount of Food!



How many of us read the suggested serving sizes on the meals we prepare for our family and strictly follow them? We don't even read the suggested serving size, unless it's to see how much food will be made. Then, instead of going off that, we sit there, holding the package, trying to think about how much each person in our family will eat, so you know if one package is enough, too much, or not enough.

So why do we read the serving size on the back of

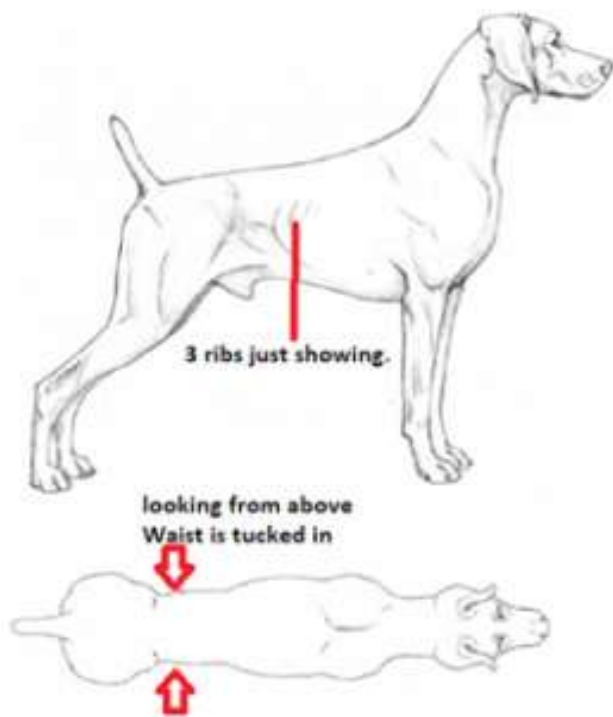
the dog food packet as gospel? Remember, that it is a guideline made for the "average" idea of a dog. This is so we have a ball park starting amount and so we don't give the dog a human size serving.

If you think humans vary in size, shape and amount of food they can consume without getting overweight (dang those rail-thin people who can eat anything!) The dog world has even MORE variety. From teeny-tiny teacup Chihuahuas to English Mastiffs – and everything in between.

Then, within that division you have:

- The teacup Chihuahua that is 13-years-old+ that's going blind and sleeps all day.
- The teacup Chihuahua that's 4-years-old, does agility and competitive obedience, and maybe even shows in conformation.
- The teacup Chihuahua puppy, 8-weeks-old, that's growing every day.
- The teacup Chihuahua that's 2-years-old, lives indoor with a family, but gets moderate exercise.

The combinations of age, exercise level and health are almost endless. Does it make sense that each one of these dogs would get the same amount of food just because they are in the same weight range? Chances are the 13-year-old would be too fat, the 4-year-old would be too thin, and the puppy wouldn't be get enough nutrients. Perhaps the 2-year-old is doing okay, for now.



THE POINT IS YOU NEED TO TAKE INTO CONSIDERATION YOUR DOG'S AGE, HEALTH, AND ACTIVITY LEVEL, THEN ADJUST HIS MEAL SIZE ACCORDINGLY.

SO HOW DO YOU DO THIS?

Luckily, it's really not too hard to manage your dog's food intake to keep him at the optimum weight. Optimum body score includes being able to see a few (2-3 ribs), with a defined waist that "tucks up" at the hips. There is some slight variations between breeds, but not enough to make a huge difference.

Start with where your dog is now. Is he too fat, too thin? Get his weight and look at his body condition. Compare it to the body condition score guide. If he is on either end of the spectrum – too thin or too fat – you need to adjust his food.

This means that, for example if your dog should be around 25kg, but is actually 30kg, you will need to feed him at the 20kg amount to lose that extra 5kg – and don't forget to exercise him! Just like people, you need to combine diet and exercise to lose weight effectively and gain that important muscle tone.

But, don't get stuck on those feeding guidelines!

Maybe your dog has an extremely slow metabolism, in which case you might need to feed even less at first to get that weight off, and then build it up to a maintenance amount that, for your dog, is still lower than what the bag says. (This is always true for desexed dogs)

Then, keep checking his condition and changing the amount you feed to match. Because it will change as your dog ages and if health issues develop. For example, a dog that develops diabetes may get really fat, and need to be on a very controlled diet, whereas a dog with thyroid issues tends to get very thin and may need to eat much more than they previously did.

You will also have to adjust your dog's food intake if he suddenly gets more active (you start doing agility) or gets less active (an injury makes him unable to go for those 5km daily runs).

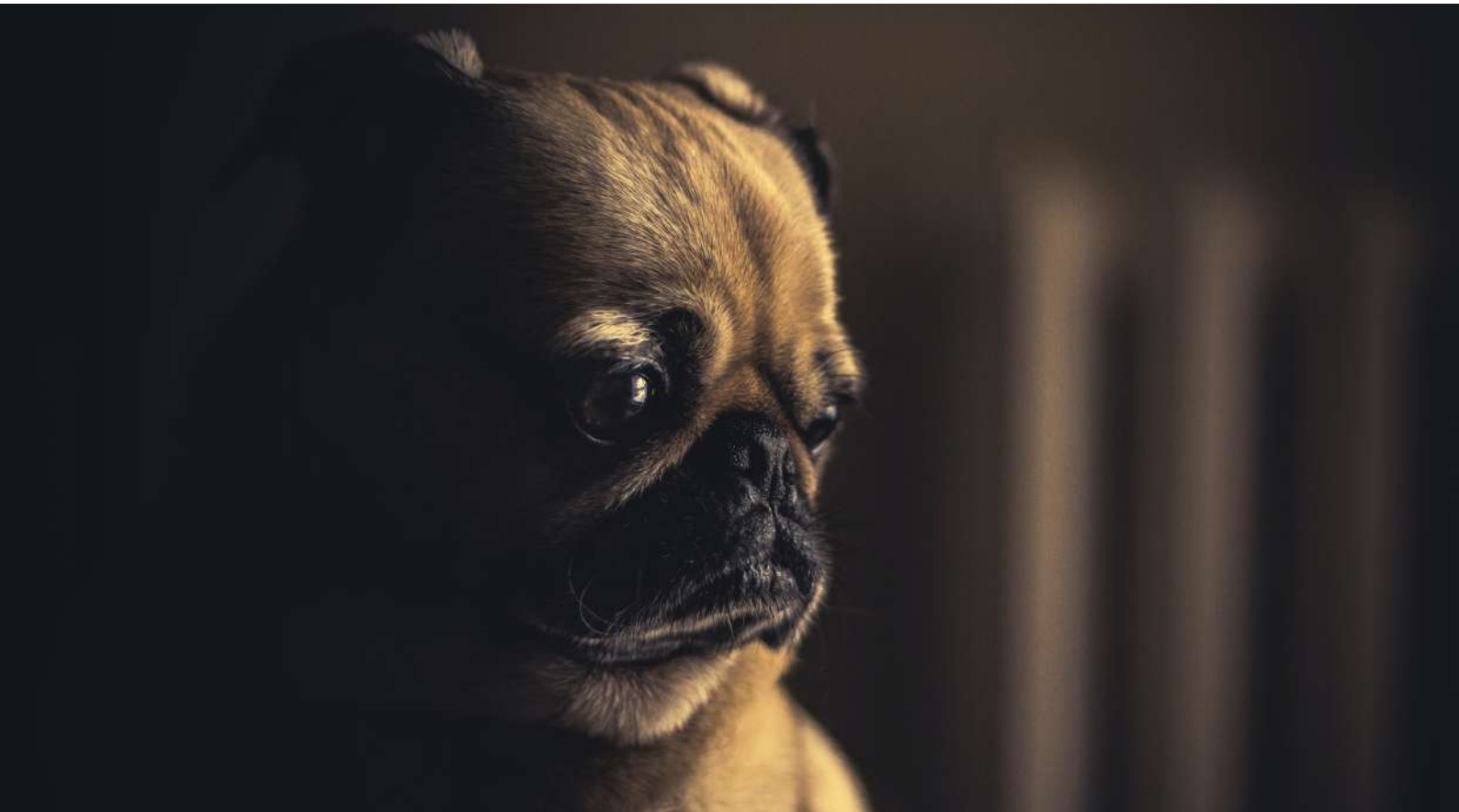
Climate can sometimes have an effect as well. We all burn more calories in the winter keeping our body warm, so dogs in very cold climates may need more calories to stay at a healthy weight, especially if they are outside in the elements a lot.

Hot weather can affect dogs food intake as well, however the important thing here is the leaner they are the more comfortable they will be in the hot weather.

The most important thing to remember is that each dog is an individual and you just need to compare your dog to the body score sheet and then adjust his meals to get him where he needs to be. Trust us, your dog will be much happier, healthier, and most likely live longer, when he is the correct body condition/weight!



YOUR DOGS' GUT BACTERIA AND STRESS: HOW ARE THEY RELATED?



Dogs get stressed out just like us. And just like us, many display digestive issues when anxious. For example, how many times have you heard a dog owner or boarding facility owner say a dog had diarrhea the whole time it was there? Their food didn't change, but their routine and environment certainly did. Some dogs may throw up or drool when stressed as well, all signs that their stomach is upset. Stress also causes behavioural changes in canines, including barking, growling and biting, so understanding how to reduce or alleviate stress is important.

SO WHAT DOES GUT BACTERIA HAVE TO DO WITH ALL THIS?

There are two basic categories of bacteria that live in the digestive system – good bacteria and bad bacteria. Called the gut microbiome, because the digestive tract is made of up hundreds of different types of bacteria and other microbes, this system needs to be in balance in order for your dog's body to function properly.

The good bacteria, also called beneficial bacteria, such as probiotics, help keep toxins out of the

bloodstream, block bad bacteria, and aid in digestion, immune system function and absorption of nutrients. It's easy to see why your dog's stomach may be upset if he doesn't have enough good bacteria or has too much harmful bacteria in his digestive tract. But what does that have to do with stress?

THE GUT-BRAIN AXIS

The brain of many animals (including humans and canines) is connected to the digestive tract in a two-way communication structure. It is this structure that allows the stress we feel in our brain, to affect our gut. Conversely, it also means that what is going in our gut can affect our brain. Including relieving stress.

There have been several studies done on dogs' gut-stress relationship, and every single one of them found that dogs on probiotics showed less signs of stress than those not on them. One study tested dogs in a boarding environment being fed the exact same diet, the only difference was the probiotics. Another study took already anxious dogs and found that those given the probiotics appeared 90 percent less anxious than those that were not given any. This included reduced

instances of spinning, barking and pacing as well as improved heart rate (83 percent of subjects) and cortisol levels (75 percent of subjects).

Part of the reason scientists say this happens is because probiotics produce neurotransmitters like serotonin and GABA, which make us feel good. And as mentioned in the study above, probiotics help lower cortisol, which is known as the stress hormone.

So, if you have a dog that seems constantly stressed, you may be able to help your four-legged friend be more at ease by upping his probiotic intake. It's a great thing to do in conjunction with training. And, since probiotics also aid in digestion and your dog's immune system (70 percent of which is housed within the digestive tract), it will also help your dog stay healthier.

If you do choose to go down this path, I use human grade probiotics for my dogs. If your dogs are small get the child probiotics and depending on your dog's size use accordingly. If you have a dog over 40kg you can get the adult probiotics. I go for the probiotics with more than 10 species of good bacteria or more. Reason being the more diverse the microbiome the healthier it is.





ABOUT THE AUTHOR

WHO IS ROBERT?

Robert is a South African Boerboel Breeder from southwest Sydney and one of the founders of Stay Loyal Dog Food. He has been a dog breeder for 21 years and a dog lover for much longer. In that time, he has learnt that raising and caring for a dog is the subject of much confusion. In fact, people have so many misconceptions about caring for their dogs that he decided to create this blog to help dog owners and their dogs.

Robert looks at things from a dog's perspective rather than from the anthropomorphic view. He endeavours to treat dogs as they want to be treated: as a dog not as a human. This means that many of his techniques and ideas are unconventional yet effective.

In this blog he draws from more than 30 years of experience with dogs, including showing dogs, hunting with dogs and breeding dogs, plus many years of research into canine nutrition. Many of his ideas are from observing how dogs act naturally—not to mention watching how dogs would live in the wild and using that knowledge to create a better, healthier life for his dogs.

Aside from having over three decades of experience with dogs, Robert sharpens his knowledge on everything dog by reading scientific papers and vet journals. He also constantly communicates with other dog experts. All the information you will read on this blog will be things that Robert has used and found that works for him and his dogs.

You can read more about Robert growing up with dogs by [clicking here](#).