



# COLD NOSES NEWSLETTER

"DOGS ARE NOT OUR WHOLE LIFE, BUT THEY MAKE OUR LIVES WHOLE." (R. CARAS)

October 2018

## THE GROWING (AND DEADLY) EPIDEMIC WHAT YOU MAY NOT KNOW COULD KILL YOUR DOG

As of last year, an estimated **56% of American dogs** (and 60% of cats) were considered overweight or obese.

In the United States alone, those percentages translate to:

- ✿ 60.2 million canines; and
- ✿ 56.5 million cats

now challenged by the steadily rising epidemic of excess and unhealthy fat.



### ~~ WHAT IS YOUR DOG'S IDEAL WEIGHT? ~~

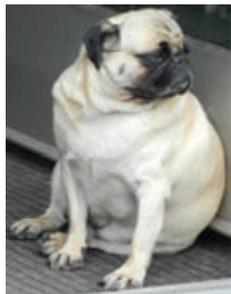
All mature dogs have an ideal weight for their breed. Up to 15% over their "ideal" weight is considered overweight; and more than 15% is considered obese.

According to Petplan Insurance, **95% of owners with overweight dogs** believe their dog's weight is "normal." **Do you?**

There are three accurate ways to ensure your dog's weight is normal or ideal:

1. Use the calculator at [www.PetMD.com/HealthyWeight](http://www.PetMD.com/HealthyWeight).
2. Find ideal weight ranges for the Top 100 AKC Dog Breeds at [PetObesityPrevention.org](http://PetObesityPrevention.org). (Cat breeds are also listed.)
3. Refer to the One Minute Dog Tip (top right) to learn what a dog's "ideal" weight looks like.

### ~~ K9 BREEDS PRONE TO OBESITY ~~



#### Small/Medium Breeds

- ~ Beagles
- ~ Basset Hounds
- ~ Cairn Terriers
- ~ Cocker Spaniels
- ~ Cavalier King Charles Spaniels
- ~ Dachshunds
- ~ Scottish Terriers

#### Large/Giant Breeds

- ~ Bernese Mountain Dogs
- ~ Golden/Labrador Retrievers
- ~ Newfoundlands
- ~ Rottweilers
- ~ Saint Bernards

### ~~ 5 TIPS FOR A HEALTHY WEIGHT ~~

1. Feed a high-quality food or raw diet to avoid carb overload.
2. Do not free-feed throughout the day.
3. Measure all food and treat portions instead of guessing.
4. Ensure at least 30 minutes of exercise almost every day.
5. Reduce processed treats and offer more raw vegetables.

(Sources: [PetObesityAwareness.com](http://PetObesityAwareness.com) and [CDC.gov/features/managing-pet-obesity-index.html](http://CDC.gov/features/managing-pet-obesity-index.html))



## THE ONE MINUTE DOG TIP WHAT AN "IDEAL" WEIGHT LOOKS LIKE

✿ **From above**, the abdomen should be slimmer than the chest and hips; forming an "hourglass figure" with a defined "waist."

✿ **The ribs** should be slightly visible - and easily felt - behind the shoulder blades.

✿ **From the side**, the abdomen (just above the hind legs) should look "tucked up" compared to the chest.



*Whoever said you can't buy happiness, forgot little puppies. (Gene Hill)*

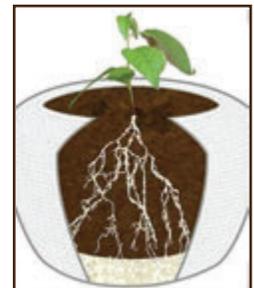


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## A LIVING Memorial to Your Pet

# BIOURN

CELEBRATING THE CIRCLE OF LIFE



## Save \$5

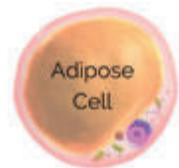
**"Buy My Own Plant" Option**  
(Small, Medium or Large BioUrns)

Use Code: **CNN** at check-out on [www.BioUrn4Pets.com](http://www.BioUrn4Pets.com).  
Offer valid from October 1-31, 2018.



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## THE DANGERS FOR AN OVERWEIGHT DOG (POST ON YOUR REFRIGERATOR AS A HANDY REMINDER)



When your dog carries excess fat (adipose) cells, the consequences can be debilitating and even deadly as illustrated below.



Kidney Dysfunction



Skin Disorders



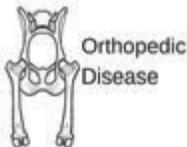
Chronic Inflammation



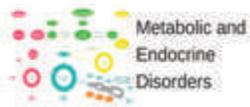
Reduced Life Expectancy  
Diminished Quality of Life



Respiratory Disorders



Orthopedic Disease



Metabolic and Endocrine Disorders



### WANT TO MAKE A DIFFERENCE?

PARTICIPATE IN THE PET OWNER NUTRITION STUDY:  
[PetObesityPrevention.org/national-pet-obesity-awareness-study/](http://PetObesityPrevention.org/national-pet-obesity-awareness-study/)

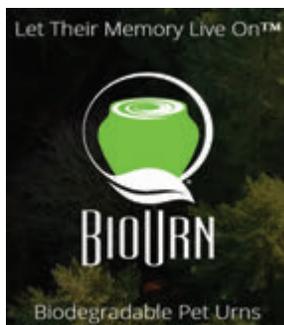


Reprinted here with the permission of Dr. Ernie Ward of the Association for Pet Obesity Prevention (APOP).  
Source: 2014 American Animal Hospital Association.

## COOL STUFF FOR THE DOG LOVER BIOURN® - A LOVING & LIVING MEMORIAL TO YOUR PET

It's never easy to lose a pet and often, it's even more difficult to move forward after such a deep loss. Thankfully there are more services and products to help the pet parent and other family members move through the grief process.

After her own personal loss of her dog "Maka," Lisa Brambilla created the earth-friendly BioUrn burial kit to honor the circle of life along with her beloved K9 companion. The kit includes the biodegradable urn to hold your pet's cremated remains and soil along with an evergreen tree seedling or nutrient-rich "SeedBead" of a flowering shrub.



- ♥ A veteran-owned and family-run business
- ♥ Handmade with 100% organic & sustainable cotton; each urn is unique
- ♥ Biodegradable, earth-friendly and made in the USA

BioUrn: Good for the planet, our pets and the people who love them.  
Learn more at: [www.BioUrn4Pets.com](http://www.BioUrn4Pets.com).



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## CANINE FIRST AID BASICS WHEN YOUR DOG IS OVERWEIGHT



### How to Exercise Them Safely

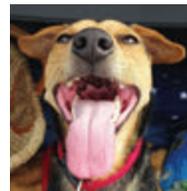
Just like with humans who are overweight, **any** exercise for your overweight dog should begin in small, very moderate doses (just 5-10 minutes).

### BEFORE BEGINNING ANY EXERCISE

If your dog is carrying excess weight, visit your vet **first** for an overall evaluation. Then together, design a **safe exercise** plan for your dog.



### SAFETY TIPS DURING EXERCISE



- Panting is one of the natural ways your dog cools down. But excessive panting and/or drooling are indications of too much activity. Stop or slow down!
- Always exercise during the cooler parts of the day.

- Properly warm-up and cool-down your dog before - and after - each session of exercise.
- Always give them **plenty** of fresh, cool water to drink during and after any exercise to avoid potentially dangerous dehydration or heat exhaustion and/or stroke.

(Sources: [Pets.WebMd.com](http://Pets.WebMd.com) and [HealthyPets.Mercola.com](http://HealthyPets.Mercola.com))



## FROZEN CHICKEN & APPLE TREATS

We love simple, quick **and** healthy dog treat recipes!

What can you make with just TWO ingredients and 5 minutes? How about some frozen chicken and apple treats?

(Note: Use organic **bone** broth to also help support your dog's joint health!)

### FROZEN CHICKEN & APPLE TREATS

32 ounces of chicken broth or bone broth (low sodium)  
1 to 1-1/2 pounds of apple slices

Chop apples into small pieces (keep the nutritious skins on).

Divide evenly into ice cube trays or your favorite K9-themed silicone molds.

Fill each mold with broth and freeze for four hours. Pop out and store in a Ziploc bag in the freezer.

(Source: [PetPartnersUSA.com](http://PetPartnersUSA.com))

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