



# Monthly Newsletter

July 2017 | Newsletter #52



## Editor's Desk

Hi Everyone,

We are running out of ideas for the newsletter and blog so if you could help us by emailing [robert@stayloyal.com.au](mailto:robert@stayloyal.com.au) your most recent dog related problem, and we will try to help by doing a blog or newsletter article about it. Thank you.



This month I introduce an ancient remedy, with many benefits, that you may want to add to your dog's diet and maybe even your own.

If you are hungry for dog care info we **have 67 blog articles** related to caring for your dog. So, if you have a dog problem please check out our blog first. There may be a cheap and easy solution waiting for you there. Go to our blog by clicking on this link : <https://stayloyal.com.au/blog/> there you will find many ways to make your dog happier and healthier.

Kind regards,  
Robert & David  
Stay Loyal



This makes it a great additive to both your dog's and your own food. Some dogs need extra nutrients – such as sick, senior or pregnant and nursing dogs. Picky eaters can often be tempted to eat their food if bone broth is added to it. Of course, you can also use it if you just want to give your dog a healthy treat.

## 5 Reasons to give your dog bone broth!

### Joint Health

Bone broth is full of glycosaminoglycans including glucosamine. Combine that with the naturally occurring chondroitin and hyaluronic acid and basically, it's a joint pill for a fraction of the cost. The types of glycosaminoglycans found in bone broth are absorbed by the body intact, so your dog gets more of the nutrients than they do in forms that are manufactured (such as those in a pill).

### Healthy Digestion

Bones contain gelatin and so does bone broth. Gelatin can help repair "leaky gut" syndrome in dogs whose intestinal holes have been opened wide due to stress, poor diet or bacterial overgrowth. Glycine mentioned above also helps with digestion.

### Liver Health

Amino acid glycine is what helps your dog's liver keep itself clean from all the toxins (flea

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## Why Bone Broth is a Great Addition to Your Dog's Diet!

**B**one broth is an ancient remedy with many health benefits. It's made from simmering bones at low heat over long periods of time. It is high in amino acids, vitamins and minerals and supports all body systems, even aiding in healing.

treatments, weed killers, pollution etc.) that it cleans out of the body. Bone broth is very high in amino acid glycine so it's a great boost to your dog's liver.

## Hydration

Since bone broth is a liquid, it can help make sure your dog is getting enough liquids (moisture) in their diet. This can help prevent urinary stones, urinary tract infections, etc. This extra fluid intake can also help dilute the urine and help stop your dog burning the lawn.

## A Natural Multi-Vitamin

Bone broth contains vitamins C, D, and K. Calcium, potassium, iron, silicon, sulfur, magnesium, glucosamine, phosphorus and glucosamine chondroitin sulfates. It's basically a multi-vitamin for your dog without you having to try and hide a pill in a pocket.

## An easy way to make bone broth

You can buy canned bone broth, but it's also fairly easy and inexpensive to make. Canned broths are cooked at a high heat for a short amount of time, are processed and can even contain extra/unhealthy ingredients and chemicals. If you decide to go canned, be sure you read the label to make sure it is 100 percent bone broth.

The one I have tried myself is the dried bone broth from the health food store. It's basically a bone broth that has all the moisture taken out. One teaspoon in a cup of boiled water, and you have a nice cup-A-soup. Let cool for your dog, but you can have it hot.

## Make it yourself!

To make it, just get out your slow cooker, add whatever bones you want (did you have chicken for dinner? Perfect – use the bone to make your dog broth!). You can use beef, pig, lamb, roo – whatever you wish. Add a bit of vinegar to the

white, it doesn't matter. Cook on low heat (simmering) for 24 hours. Be sure to include the joint bones and cartilage.

You can save bones until you have enough to make the broth by placing them in a bag in your freezer.

Once the broth is made, refrigerate. **After it chills, you can skim the excess fat off the top of the broth if you wish.**

**Freeze anything your dog is not going to consume in four days.** Some people like to make bone broth ice cubes, making it easy to give their dog a set amount each day (and it's a great summer treat).

Feeding bone broth to your dog is inexpensive, if you make it yourself, and easy, will make him even more excited for his meals and adds some wonderful nutrients to his diet. Just remember, because of the high calcium, you probably don't want to give it to young large or giant breed puppies until they are fully grown. But otherwise, it's a good for them, and a treat your dog will love.

By the way bone broth isn't just good for your dog. Due to the way we westerners eat these days, only eating muscle meats and throwing everything else out. Bone broth may be a great way for you to get all that extra bone and joint food your body needs. When you think about it, it's no wonder there are so many people with arthritis and osteoporosis, we just don't have enough bone and cartilage in our diet. Plus made correctly it's a delicious meal in itself.

## 67 Dog Care Articles and Counting!

Check out our blog... 67 dog care articles and counting. Don't be shy to share it with your friends and family with dogs.

<https://stayloyal.com.au/blog/>

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