

Monthly Newsletter

May 2016 | Newsletter #38



Editor's Desk

Hi Everyone,

Welcome to all new Stay Loyal customers and Newsletter readers.

This month we go through many basic dog care tips. From how much to feed, to feeding fussy dogs and everything between.

If you would like to learn more about making your dog happy and healthy please check out our new blog. You can now easily share the articles with friends on your Facebook. Go to: <https://stayloyal.com.au/blog/>

Our Facebook page has really picked up with famous and uplifting dog quotes, dog info and dog parks you can visit. If you frequent Facebook then definitely check out our page here, <https://www.facebook.com/StayLoyalDogs/>

Have you seen our fan page yet? If you haven't placed your dog on there, please go to <https://stayloyal.com.au/loyalfans> and follow the prompts to add your dog's photo. :)

As always, if you have a dog question or you want to see something in the newsletter, please email me at Robert@stayloyal.com.au.

Sincerely,

Robert Belobrajdic
Stay Loyal



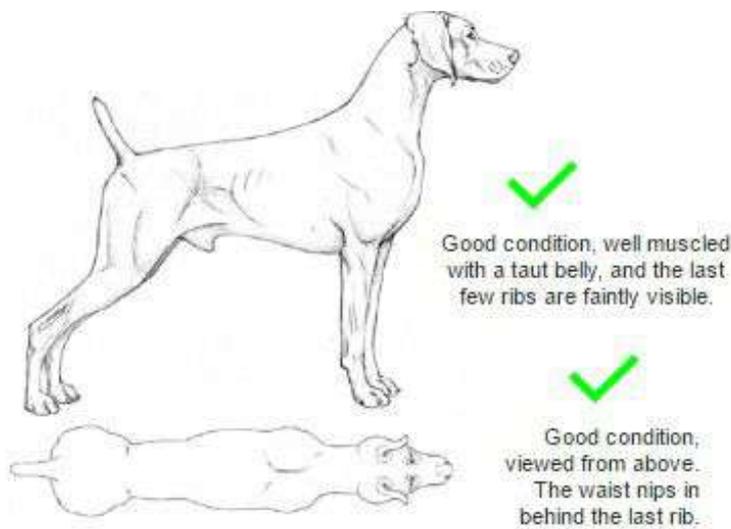
How Much Should I Feed My Dog?

This is probably the most frequently asked question I get by dog owners. Although they want a simple answer, the fact is, it's not difficult to find the amount that's most suited to YOUR dog. It does take a bit of trial and error work from you, the owner.

So here is how you find out how much to feed your dog. You weigh your dog. Let's say Fido is 25kg but his correct healthy weight is actually 20kg (Most pet dogs are overweight!). Because Fido's owner is now aware that he is overweight, he wants Fido to be happy and healthy at his correct weight. We will choose to feed him the amount for a 15kg dog. This will help him get down to his correct weight. So we need to go to the part of the dog food bag that has the feeding portion size and find the amount for a 15kg dog. This amount for Stay Loyal Grain Free is 150g. One 200ml cup holds about 120g of S.L so he will be feeding about 1¼ cups to START.

In case you are thinking, won't Fido starve? The answer is NO! Fido will actually adjust and when he gets to his correct lean weight he will be much happier, healthier and have more energy and less health problems. If you have ever known someone that has had Lap Band Surgery. You know that they went from eating very large amounts of food to eating a very small amount that can fit inside the palm of their hand. This amount filled their stomach but not their mind until eventually they become accustomed to eating small meals. The important point is that their body didn't starve. Their bodies just burned the fat off and after a few years they are happier and healthier for it. Dogs can lose the weight in months not years.

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Fido will also be put on the Feeding Guide Stay Loyal Suggest for optimal health so he will get a fast day once per week and meaty bones for 2 days per week, no Stay Loyal on these days. His owner will feed raw meaty chicken frames (about 200g) on Wednesday and a lamb shank on Saturday with Sunday being the fast day. Stay Loyal all other days.

We are not finished yet with Fido's food portions. After 2 months we notice Fido is sitting on 21kg and when we compare him to the condition chart <https://stayloyal.com.au/dog-condition-chart> he is still needing to come down in weight. This is most likely because he is desexed. So now we will try feeding him 1 cup per day for a while and watch his condition compared to the chart.

After a few months Fido is down to his correct condition. He feels better and becomes more active. He now does sprints at the dog park and also at home without any prompting. Due to this he is burning more calories and is becoming thinner. Now we need to increase his meals.

Because Fido was getting so thin we jumped his meals up to 1 ½ cups which is about 180g. This quick change in amounts of food caused him to get soft runny stools. Most people would be worried but there is no need for concern as any dramatic change in food can cause runny stools. To cure this quickly, we give Fido a fast day and then feed the old amount of 1 cup. The next day his stools are back to normal. The following day we only increase his meal by 10 grams and find this increase to be tolerable. So every 2 days we increase his meals by 10 grams until we get to the 1 1/2 cups per day. Fido puts a little weight on and gets to his correct condition. He is now muscular and lean the way he should be.

Fido's owner has found that he can alternate between 1 and 1 ½ cups per day of Stay Loyal Grain Free to keep his dog at a healthy and happy condition.

As Fido gets older he starts to slow down and starts to put weight on. His owner notices this and adjusts his meals to a bit less than one cup. This is very important because Fido is showing signs of arthritis and by keeping him lean he is happier and in much less pain because he doesn't have to carry any extra weight around on his sore arthritic joints.

So the answer to "How Much Should I feed My Dog" is... as much food as is needed to keep them in a healthy lean condition. I suggest you check our condition chart EVERY week until you get your eye in. Even print it up, and hang it where you keep the food for your dog so you can use it every day to check your dog's condition before you feed.

Click this link to see the condition chart.
<https://stayloyal.com.au/dog-condition-chart>

My Dog Is Always Hungry!

This is another statement I get quite often. The fact is dogs are scavengers and their mind is tuned to look for food **ALL THE TIME...** even if they are **NOT HUNGRY!**

So Yes your dog may be looking for food. But NO if it just ate it's most likely not hungry. Most pet dogs are overweight and even Obese so in fact they are getting too much food. This is because owners are catering to this scavenging behaviour that dogs naturally do.

Dogs have evolved with humans to be quit manipulative. They pull sad faces and can read us humans like a book. They are very good at getting what they want from us, that is why they are now flourishing on this planet. When you know all this it's no surprise they are so good at getting us to over feed them with meals and treats.

All I can say to people is feed to your dog's condition and not their scavenging instincts. If you ignore their search for food they do learn not to beg. If you really feel you need to do something for your dog how about instead of feeding him or her, you take your dog out to the park for a walk. That will get everyone's mind off the food and actually benefit you both.

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My Dog Has the Runs and His Farts Are Toxic!

Get this question on occasions as well. The 3 top reasons for it are outlined below.

1. **You changed over too quickly.** Any change in food can cause diarrhoea. If I'm eating at home the normal foods I eat for a week and then go eat Korean BBQ, the next day my stool is runny and I may let off a bit of gas (Sorry, but I needed to make this point.). If I continued eating just Korean BBQ for the next few weeks eventually my gut would adjust and my stools would be normal again.

Dogs are no different, they eat the same food for years and then even a slight change can upset their stomach. That's why when you change over to any food its best to change gradually monitoring the stools as you go. Start with $\frac{1}{4}$ new food $\frac{3}{4}$ old food. Feed this ratio until the stools are firm (This could take one day or a week depending on your dog.) and then move to $\frac{1}{2}$ new and $\frac{1}{2}$ old. Keep watching the stools and increasing the ratio of new to old food. Use this technique when introducing meaty bones to your dog's diet as well. Once you feed with meaty bones twice a week and a fast day you will find your dog has the ability to eat a larger variety of food without getting the runs.

2. **Your Dog Doesn't have the correct Gut Bacteria to digest the food.** When a dog farts a lot on a certain type of food it may not have the right gut flora to digest some of the ingredients of that food. So if your dog is farting a bit too much, try adding Probiotics to the food. I recommend using human probiotics from the chemist or health food store. Get the varieties that have about 10 different strains of good bacteria. I suggest giving the probiotic after the meal so to increase the chance it getting through the strong acid of the stomach. The reason I say this is because although the strains of bacteria used in these products have been tested to be able to handle the stomach acids of a human they are not tested for the extra strong acids of a dog's stomach. So by giving the probiotic after the meal the acids have been diluted a bit by the meal. This will give the good bacteria a better chance of surviving that initial acid bath.



3. **You are just feeding too much!** If your dog has soft stools and having trouble digesting its food all the time you could be feeding too much. When you feed too much the acid in the gut doesn't have time to replenish and doesn't have enough strength to breakdown a large meal. Also the food gets pushed through the digestive system too quickly not giving it the time to digest correctly. So your dog will actually absorb less nutrients. Simple solution is to give a fast day, let the acids build up, and then feed about 40% less than your current norm. This will ensure the acids break down the protein and fats and that the food moves through the digestive system at the correct speed. Allowing your dog's body to absorb all the nutrients it needs.

My Dog Is Fussy!

No dog is born fussy! Your dog is fussy most likely because you made it like that.



Dogs will go off their food for many reasons and none have anything to do with "what he likes". It's no different to us humans. About 20 years ago I ate some out of date "Texas Style Chile" it was out of a can. It tasted great, I actually thought about having seconds. About 5 minutes after eating I felt a painful knot tighten in my gut. Another 5 min the pain was getting really bad. 15 min after eating I was projectile vomiting against my bedroom door as I tried to run to the bathroom. I was sick for FIVE DAYS. Still to this day when I walk past that product in the supermarket I feel my gut tightening and a fear comes over me. You may have had the same experience with food poisoning yourself. Your body just tells you to stay away from that food, just in case it will happen again. Well dogs are no different.

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The more sensitive a dog is the more chance it has of having a bad association to food like I did. The sensitive breeds are known for this, Great Danes and many toy breeds are all known to be “fussy”. So now you know it’s not because they are fussy, they are just sensitive and if they have a bad experience and relate it back to the food and they will be wary of trying that food again.

How do you fix this problem?

It is actually really easy. You follow this feeding procedure. Firstly, you need to make sure you are not overfeeding. After reading my article “How Much do I Feed My Dog?” you should have a good grasp on how to not overfeed.

At feed time you will follow this procedure for ever. Once you start feeding this way it’s important to not deviate from this method.

When starting this process, you say to your dog the word for feed time. You walk over to the food, put the portion in the bowl. You then walk over to the feed area. If you do this correctly and your dog is hungry it should be excited. If it isn’t excited just put the food away till the next feed time. It is feed time so your dog should be excited!

Next, you hold the bowl up and ask your dog to sit. The sitting isn’t critical but it’s always good to get them to do something for their food. Once he or she sits you put the food down, say “good dog,” and walk away. DON’T stand there and watch if your dog is eating. Don’t make eye contact. Just put the food down and quickly turn around and walk off. This is because sensitive dogs don’t like you standing over them watching them eat.

After 10 min has past you walk up and take the bowl away until next feed time. No matter how much is left. If your dog was hungry he would smash the lot down. If they are not hungry they may not touch it. That is fine. Just take it away and repeat process the next day. Remember if your dog has an upset tummy from overfeeding or from eating something it found in the yard it may not feel like eating. So just leave them alone and they will eat when their tummy is settled and they are hungry.

Next day repeat process, get them excited, put food down and leave for 10 min. If your dog doesn’t eat just pick up that bowl and put it away until tomorrow’s feed time. Dogs are creatures of habit and they actually like having a feeding routine. It won’t take them long to work out the routine and that is their only time to eat. So eventually they will eat every time.

If you failed doing this and gave in on day 3 then you will make it much harder in the future to break the fussy habit because you just let your dog know that if he holds out long enough he will get something different. Remember these dogs have a bad association to a type of food, all you need to do is get them started and create a good association and they will start to love the food.

This will only work if you don’t give treats during the day and you stick to this routine. It’s worth doing for your dog because good health is a by-product of correct nutrition and correct portion sizes.

