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WESTIES & BESTIES™ NUTRITION

SUPPLEMENT



WHY FEEDING YOUR DOG
A NATURAL DIET IS THE BEST
THING YOU'LL DO FOR YOUR
BESTIE'S HEALTH AND
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The Role of Nutrition in Wellbeing & Behaviour

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YOUR WESTIE'S MOOD AND TEMPERAMENT IS MASSIVELY AFFECTED BY DIET

BY JESSICA BARBER

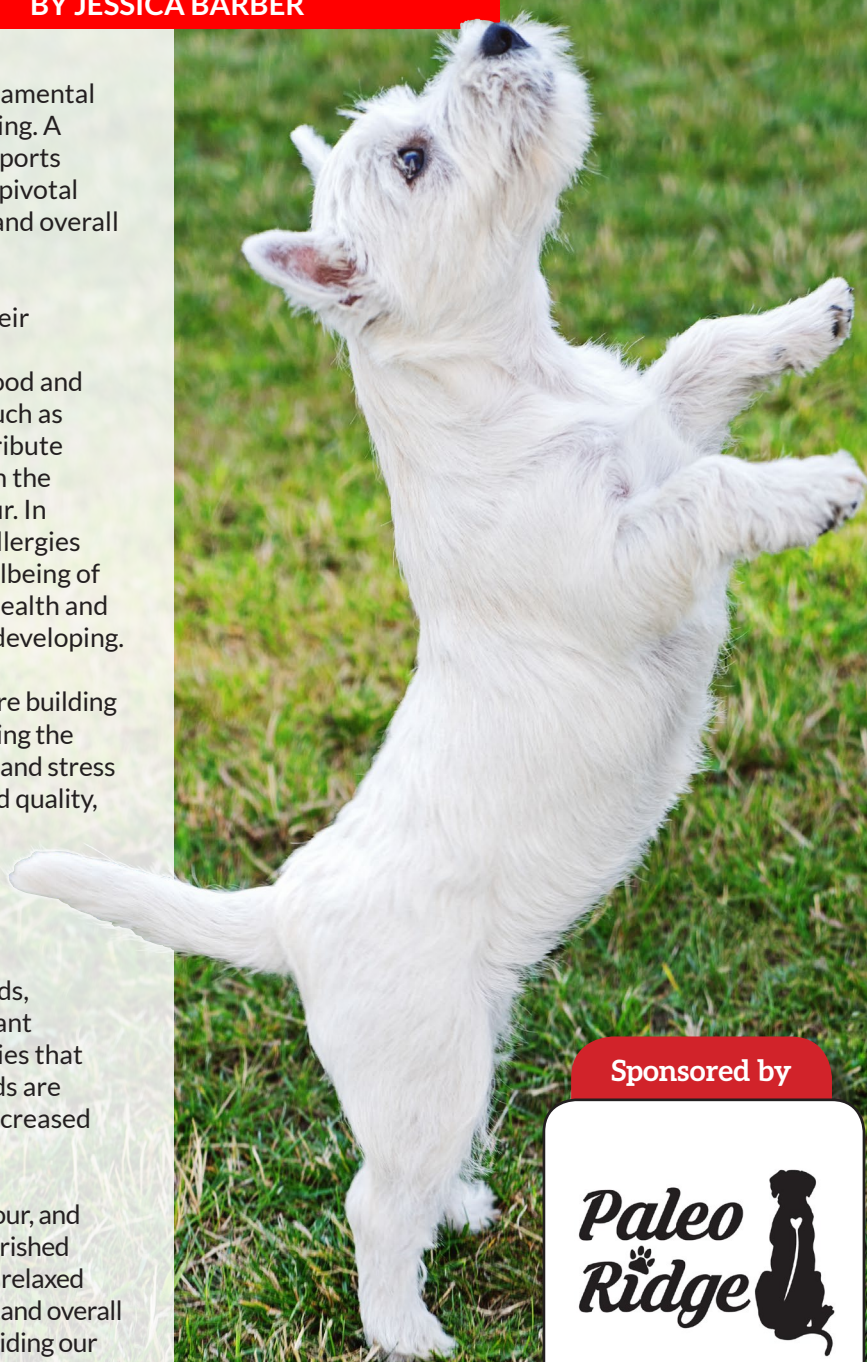
Great nutrition is one of the fundamental pillars of optimal canine wellbeing. A well-balanced diet not only supports physical health but also plays a pivotal role in shaping a dog's behaviour, mood, and overall quality of life.

A dog's diet can significantly influence their behaviour and temperament. Nutritional deficiencies or imbalances can impact mood and resilience to stress. Essential nutrients such as amino acids, vitamins, and minerals contribute to the production of neurotransmitters in the brain, influencing emotions and behaviour. In addition, ingredients causing irritation, allergies or inflammation can compromise the wellbeing of our dogs. This can impact their physical health and increase the risk of behaviour problems developing.

Protein is composed of amino acids that are building blocks for various bodily functions, including the production of hormones regulating mood and stress levels and cellular growth and repair. Good quality, highly digestible proteins promote a stable and positive temperament in dogs and help them to be in tip-top physical condition.

Essential omega-3 and omega-6 fatty acids, commonly found in fish oil and certain plant sources, have anti-inflammatory properties that can support brain health. These fatty acids are linked to improved cognitive function, decreased anxiety, and better mood regulation.

The connection between nutrition, behaviour, and wellbeing in dogs is undeniable. A well-nourished dog is more likely to experience a calm and relaxed state of mind, improved social interactions and overall wellbeing. As responsible pet owners, providing our canine companions with the best possible nutrition is an investment in their holistic health.



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CANINE NUTRITION

and the
Affects
on the Body

BY FAYE ANDREWS

CANINE & HUMAN OSTEOPATH

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Despite dogs being domesticated over 10,000 years ago, “dog food” (over cooked and over processed kibble, with minimal nutritional value) has only been around for 155 years!

It is common knowledge that protein is the building block of life, a basis for all tissues:

- Muscles/bones/tendons/ligaments
- Hair/skin/nails
- Joints/blood vessels/organs

Before the “dog food” phenomena appeared, dogs were fed real food or scraps such as bones and organs straight from the butcher. Even before we domesticated the dog, canines would hunt for food and prey on leaner prey.

Before going any further, let’s look at where the word ‘protein’ comes from: *Taken from the Greek word **PROTEIOS** means of “prime importance.”*

Protein is vital in cellular regeneration and for maintenance and repair as well as for making hormones/enzymes/antibodies. Meaning that while it is good for the musculoskeletal system it is also of great importance to the immune system.



A minimum of 22.5% of protein is required for normal puppy development.

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PROTEIN CAN BE DIVIDED INTO 2 TYPES:

- Non-essential amino acids = ones the animal can make
- Essential amino acids = ones the animal can't make, these need to be consumed daily (OMEGA 3 & 6)

OTHER ESSENTIAL AMINO ACIDS INCLUDE:

- Arginine - stimulates the immune system, induces growth hormone release, supports liver detoxification
- Histidine - releases histamines associated with pain control, widens small blood vessels to stimulate stomach acid and secretion
- Isoleucine, Leucine and Valine - work together to regulate protein turnover and energy metabolism
- Lysine - promotes bone growth in puppies, stimulates secretion of gastric juices
- Methionine - assists gallbladder function, helps prevent fat deposits in the liver, balances urinary tract pH
- Phenylalanine - related to appetite control, increases blood pressure in hypotension, produces adrenaline and noradrenaline
- Threonine - works in mood elevation or depression, manufactures adrenaline
- Tryptophan - produces serotonin that induces sleep (this is essential in repairing tissues)
- Taurine - involved in many metabolic processes

All of these essential amino acids can be found in a raw food diet and need to be consumed daily. Taurine is of particular importance as it is a protein found in every muscle of every animal on the planet. It is the second most abundant protein in muscle meat after glutamine. Taurine supports neurological development and helps to regulate water levels and mineral salts in the blood.

A minimum of 22.5% of protein is required for normal puppy development.



Let's go back to the beginning. We know that before domestication dogs were hunters (some still are), we know that dogs are meat eaters (and bone eaters), in fact, dogs in the wild would eat pretty much all the prey animals. The fur they eat is good for clearing out the GI Tract, the bones they eat and gnaw on not only clean their teeth, it also helps develop muscle strength in the neck, back and face, plus bones are full of calcium (for bone strength), chondroitin and glucosamine for joint health. The organs they eat will help balance out the vitamins and minerals. So, it is hardly surprising that a dog can digest 89% of chicken/turkey meat compared to just 79% in humans, or 91% of fish compared to 70% in humans.

The point is this: While "dog food" may be the easier, quicker, and more convenient option, it is by far the worst option for your Westie.



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How Feeding Your Westie A RAW DIET CAN OPTIMIZE YOUR DOG'S HEALTH

BY ESTHER LOGUE, COMMUNICATION'S MANAGER, PALEO RIDGE

Westies are prone to skin issues, ear infections, and anal gland problems. The key to solving these could simply be through what you're feeding your friend

Ear Infections and Yeasty Ears

Most ear infections and yeasty ear issues in dogs are caused by something going on inside the body, most commonly in the gut.

The gut houses 70% of the immune system, so if this isn't functioning properly, other areas of the body suffer. Ear infections are like a warning light on your car, it's telling you there is an issue that needs to be fixed, if we were to put a piece of tape over the warning light does the issue go away? No. We must treat the cause, not the symptom.

If your dog has reoccurring ear issues, reviewing their diet is the first place to start. Processed foods include ingredients that are harmful to gut flora and therefore can cause an imbalance of bacteria in the body. Switching to a natural, raw diet with no additives or fillers can dramatically improve your dog's ear and skin health within a matter of weeks.

Raw dog food, when using high-quality grass-fed meat contains all the essential nutrients for your dog to thrive. We recommend the Paleo Ridge Classic range to start with which is purely meat, bone, and offal.

Organotherapy

Organ meat is incredibly nutritious, not just for dogs but humans also. Our ancestors would eat organs such as liver, kidney, and heart on a regular basis

due to their high levels of vitamins and minerals. Studies have shown that if your Westie has an issue with an organ, let's say a kidney, feeding them kidney can help support and even improve their condition. This is because the kidney contains specific nutrients to ensure it functions correctly.

Feeding an organ rich in those nutrients will ultimately help the struggling organ. This is very popular for dogs who suffer with pancreatitis. The pancreas contains digestive enzymes which help can support the pancreas of those suffering with the condition.

The body is incredibly powerful, when natural vitamins and minerals are ingested with no nasty additive or ingredients, the cells of the body can work with little disruption to heal the areas in need. It's important to remember that everything you put in your dog's dinner bowl will have an effect of every system in their body.

Anal Glands

Trips to the vets to have your dog's anal glands expressed is becoming incredibly common. This is something a dog can do naturally if they have firm stools. Unfortunately, the rise of processed foods means softer stools, which can cause the glands to become blocked and even infected. Natural, raw food including bone helps to firm up stools thus allowing the natural expression of the glands.



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