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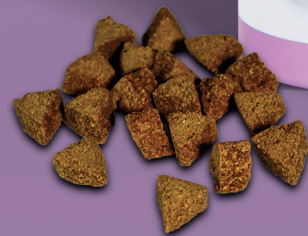
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# How Supplements Can Fuel Your Westie's Health and Behaviour

BY JESSICA BARBER

Supplements for dogs have grown in popularity and availability considerably over recent years and come in a range of forms including liquids, powders, tablets, and enriched treats.

Just as many people take supplements for health and wellbeing, they can be a beneficial addition to the diet of our canine companions! While they are certainly no replacement for a balanced diet, they can offer a nutritional boost and additional support in specific areas, such as joint or skin health.

## Mind and Behaviour

- Various supplements have been found to assist in the mental wellbeing of dogs. Chamomile and valerian root, for example, can have a calming and settling effect.

DHA (Docosahexaenoic acid), an Omega-3 fatty acid, plays a critical role in brain health and development – supplementing mothers with DHA during pregnancy has been found to benefit their puppies' brain development, while it can also stave off cognitive decline in ageing dogs.

- Turmeric is well known for its power in human health, and it has been shown to have extensive benefits for animals too.
- Curcumin, the active ingredient, has been found to reduce inflammation and pain, with especially positive results in skin and joint health being seen among Westies!

## Joint Health

- Aging or active dogs can suffer from joint problems. Omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA can reduce arthritis-related inflammation.

- Glucosamine and chondroitin supplements are also used to support joint health, reduce pain, and increase mobility.
- Joint health is of particular importance for senior dogs, those with joint issues or those engaged in dog sports such as flyball or agility.
- Prime joint health reduces the risk of injury during physical activity and allows dogs to perform at their very best in sporting settings.

## Skin and Coat

- Omega-3 fatty acids, like fish oil, can help improve your dog's coat's shine and reduce skin issues such as itching and flakiness.
- Itchy or inflamed skin can be a contributing factor in behaviour issues such as anxiety or reactivity – nobody feels good when they're itchy or uncomfortable – by reducing a dog's ability to cope with stressors they encounter.

## Immune Support

- Omega-3 fatty acids increase B cell activation, a key part of the healthy immune response.
- Vitamins and minerals like vitamin C, E, and zinc can also boost your dog's immune system.

## Digestive Health

- Probiotics and digestive enzymes aid in maintaining a healthy gut.
- A healthy gut promotes nutrient absorption, allowing your dog to get all the goodness from their food, and boosts overall wellbeing.

When their health is in tip-top condition, our dogs are far more likely to respond well to training and be able to cope with and enjoy new experiences they come across. Remember that supplements should complement, not replace, a balanced and nutritious diet. If your dog suffers from any health conditions or is on medication, consult with your vet before introducing a new supplement.



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# Brush Away your Westie's Skin Issues

NATURAL SOLUTIONS ARE ALWAYS HEALTHIER AND SAFER FOR YOUR DOG

BY SUE MAKEPEACE

Itchy skin is a common problem for many dogs, there is not normally a quick fix but with a few simple checks you may be able to pinpoint the cause and a way to solve it.

West Highland White Terriers are known for being prone to skin problems. It can be heartbreaking for owners who turn to the veterinary profession and end up with long term medication.

The first port of call would be to check for parasites.

- Ensure there are no fleas present, as they can cause intense itching.
- Comb through your dog's coat and look for black specks on the skin or in the coat.
- Put the specks on a wet tissue and if the colour changes to a deep red this is flea dirt.
- It's often best to use a natural remedy to deal with a flea issue, tea tree and neem soap or shampoo work well, fleas hate the smell, then comb through with a nit/lice comb.
- To ensure you get rid of all the flea eggs you will need to wash all

bedding, throws, toys, collars, and harnesses - this needs to be done every couple of days.

- Treat the house and your car and ensure the dogs are away from the property for at least an hour after treating.
- You may need to vacuum every 48 hours for around four weeks to ensure you get to the end of the flea cycle. It's relentless unfortunately, but worth it.

Another cause of itching could be hookworms which are tiny and very difficult to spot with the naked eye. The larvae have a nasty habit of burrowing through the skin and can cause serious itching and inflammation all over the body. If you have a dog that's just paw licking and biting it could be because of hookworms, they particularly like paws. These can be detected by just sending off a worm count. If the test is positive, then ground pumpkin seeds are a natural way of eliminating them from the dog. The seeds contain cucurbitacin which paralyse the worms which makes it easier for them to pass through the intestine and out of the body.

There are a few more mites and lice that can cause relentless itching for our dogs. These can be detected by a simple skin scrape, or if you can get a piece of Sellotape catch a few blighters and get them looked at. Take it to your vet and ask for them to be looked at under a microscope.

After a parasite infestation has been ruled out, then you need to take a deeper look into your dog's diet. Itchy ears, eyes, paws and bottom can be a sign of a food intolerance. If you suspect it could be food related it is best to do a proper food elimination diet under the guidance of a qualified nutritionist or a holistic vet with an excellent knowledge of canine nutrition.

Whatever your choice of food for your Westie, it's best to go for the best quality possible - ultra processed foods are detrimental to health if eaten long term. Poor quality food is a factor in dog diseases such as skin conditions, diabetes, pancreatitis, and obesity. It's always worth doing some research into ingredients and how the food is made. If there are ingredients you don't recognise, can't pronounce or can't spell then it is best to do some research to







find out what they are. Remember that the essence of good health is good food. Dogs and humans that follow a healthy lifestyle, fed well actually thrive not just survive.

Here is a list of foods that are simple to source, they have immeasurable properties to help boost our Westies health and immune system. By adding these foods to your dog's bowl, their ability to fight off infection, inflammation, and disease increases, thus reducing the need for medication.

- Turmeric for starters is a very powerful spice that possesses numerous health benefits. It contains over 200 compounds that work together to boost healthy skin and coat along with reducing inflammation in dogs with itchy skin. It's antifungal and antibacterial and it can also be used topically to calm skin problems. Studies have been carried out which show that it can help prevent cancer and improve cognitive function. It also has been very successful in reducing inflammation in dogs with joint issues and arthritis (if your dog is on certain medications turmeric may reduce absorption so do check with your vet).
- Linseed, also known as flaxseed oil, can help with absorption of curcumin, which is one of the active ingredients in Turmeric, it's rich in omega 3, 6 and 9. It's great to help with joint mobility, helps with skin health, can help boost immune system and muscles to recover after vigorous exercise. It's also a great way of getting omega oils into a Westie that can't tolerate fish oils.
- Milk thistle is another great addition to the diet. It can support the function of the liver and help detoxification which can be extremely beneficial to skin and coat health. It's used in dogs with liver issues or who are taking medication that impacts the liver function (Milk thistle may interfere with certain medications that are broken down using the same liver enzymes so please ensure you check with your vet).
- Red Bush Tea can be healthy for you as well as your Westie. It's rich in vitamin C, which is an antioxidant, or can help dogs that suffer from recurring UTI's, it can also help reduce inflammation. It contains quercetin which is known as nature's anti histamine. Luteolin is another immune boosting ingredient which has been shown to help fight cancer. You can also make a

soothing rinse to help give an itchy dog some relief. Another way to use it is to soak paws or even use to clean sore eyes, just put two tea bags in a jug of water and leave to cool.

- Chamomile is another additive that can benefit your Westies, it's a very safe herb to use. You can make a soak, a rinse or get your dog to drink it. It is known to having soothing properties that can help hot, sore and irritated skin.

Next, we need to move on to the environment your itchy Westie lives in. Check in and around the home for diffusers, candles, plug ins and cleaning products. Check any pesticides being used in the patio or garden area. All of these may have a detrimental effect if you have a sensitive Westie, some simple changes could be all it takes.

Westies usually have to visit the groomer every 8-12 weeks.

- Check the salon out, is it clean, are there plenty of clean towels to be used?
- Does the groomer clean the tools between each groom? These are also places that parasites can be passed from one dog to another.
- If you have a dog with irritated skin, make sure you take your own shampoo for the groomer to use. An experienced groomer may be able to offer advice on how to help soothe your Westies skin.

Westies love nothing more than a good off lead run, where they can get some fresh air, explore, and chase, have a good sniff and a daily adventure - this is paramount to good health. Some skin conditions can be the result of stress or boredom, so a daily stimulating run is important for good mental health.

Westies are intelligent, energetic, muscular dogs - they are born to hunt. They need an interesting active lifestyle to help them maintain good physical and mental health. They love variety in their lives so switch up your walking routes. Good exercise daily will help maintain a healthy weight and keep your dog's joints healthy.

Hopefully this article will give you some ideas of how to find the cause of your dog's itchy skin and some natural products to try.








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*Sue Makepeace  
is a certified raw  
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# Let your Westie Lap Up the Health Benefits

*Why natural supplements can contribute to a better life*

BY FAYE ANDREWS

CANINE & HUMAN OSTEOPATH

**N**atural supplements for dogs offer numerous benefits for their overall health and well-being. These supplements, often derived from herbs, plants, and other natural sources, can enhance a dog's vitality in several ways. They may improve joint health, reducing discomfort and promoting mobility, making them especially valuable for older or arthritic dogs. Natural supplements can also boost the immune system, helping to protect dogs from illness and disease. Additionally, they can support a glossy coat and healthy skin, while aiding digestion and reducing gastrointestinal issues. Furthermore, these supplements can be a safer and more holistic alternative to synthetic medications, with fewer side effects. When used wisely, natural supplements can contribute to a longer, happier life for your Bestie.

**Joint Health:** Supplements like glucosamine and chondroitin can help maintain healthy joints and reduce joint pain and stiffness, making them particularly useful for senior dogs or those with arthritis.

**Immune Support:** Herbs like echinacea or medicinal mushrooms such as reishi can boost a dog's immune system, helping them ward off infections and illnesses.

**Skin and Coat Health:** Omega-3 fatty acids from sources like fish oil or flaxseed can promote a shiny coat and healthy skin, reducing dryness, itching, and dandruff.

**Digestive Aid:** Probiotics and digestive enzymes can improve digestion, reduce gas and bloating, and help dogs with sensitive stomachs or food allergies.

**Calming and Anxiety Relief:** Natural supplements like chamomile, valerian root, or

CBD can help reduce anxiety and stress in dogs, making them useful for situations like thunderstorms or separation anxiety.

**Antioxidant Protection:** Antioxidant-rich supplements like vitamin E, C, and green tea extracts can help protect cells from damage, potentially reducing the risk of chronic diseases.

**Weight Management:** Supplements like green tea extract or L-carnitine can support weight management efforts by increasing metabolism and aiding in fat burning.

**Dental Health:** Dental chews with natural ingredients can promote oral health, reducing the risk of periodontal disease.

**Allergy Relief:** Quercetin and bromelain are natural supplements that can help alleviate allergy symptoms in dogs, such as itching, sneezing, and runny noses.



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If your dog is on a balanced raw diet, he/she shouldn't need too many additional powders added to the food although depending on your dog's health and wellbeing a little helping hand can go a long way to keeping your Westie in prime condition. I like to add sardines (for omega 3 and 6), eggshells (for calcium) and the membrane of the egg (for collagen). However, one supplement I do often suggest is the wonderful Golden Paste/Turmeric Paste.

Turmeric has been used for centuries in Eastern medicine for inflammation and immune health and it possesses numerous health benefits:

- Relieves joint pain and aids mobility
- Enhances immune health
- Improves the body's inflammatory response
- Lowers the risk of brain and heart disease
- Increases the body's antioxidant capacity

The most important factor is that Golden Paste contains black pepper/Piperine. Piperine is the bioactive compound found in black pepper. Turmeric curcumin on its own is not easily absorbed by the body, by adding Piperine there has been evidence that the absorption rate rockets to up to 2000%.

As turmeric is natural it should not have any adverse effects on any medication your primary vet has already prescribed (but it may allow you to reduce the Loxicom/Metacam for arthritis) but it is always worth checking that it would be okay to add to your dog's diet before starting it.



Cath, feeds her Westie Turmeric Golden Paste for Dogs and said, "My Westie had two hip replacements but both failed and had to be removed, which left him with pain and arthritis in these joints. He was then put on medication for pain relief. After doing some research I discovered the benefits of Golden Paste and the result has been remarkable, he happily goes for walks, plays with our spaniel, and can jump up onto the settee (naughty dog). I buy the sachets of ready mixed Golden Paste from The Golden Paste Company, it is convenient, is delivered promptly, is good for my dog's health and saves me lots of money."





Pet Supplements

# Golden Turmeric Paste Supporting Joint Health and the effects of Arthritis



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