



Hints for Autumn and Winter by Richard Allport, diet'dog's consultant vet

"As the days get shorter and the nights colder, it's inevitable that winter cannot be too far away. Here are a few points to think about to help dogs cope with the cold wintry weather to come.

- Young puppies, old dogs, and small short haired dogs may benefit from wearing a coat to go out on the coldest of days. There's plenty of choice available.
- Be especially careful with elderly dogs that have arthritis and other joint or back problems – make sure they have a really warm and comfortable bed and look out for them if conditions are icy in case they slip or fall.
- Ensure plenty of clean drinking water is available indoors, try and prevent them drinking from ponds or puddles that could be contaminated with salt or antifreeze.
- Grit and salt from roads that have been treated for ice can irritate the pads – wash your dogs' feet after each walk.
- Be careful near frozen ponds or lakes in icy weather – don't let your dog run onto the ice in case it gives way.
- Have your central heating boiler serviced before the winter – faulty boilers can emit Carbon monoxide which is rapidly fatal for dogs (and humans!).

supplements for autumn and winter

As the weather cools there are several Diet'Dog supplements that become particularly useful and relevant for your pet. Vets always find increasing numbers of pets with stiff joints and pulled muscles as autumn progresses into winter, and respiratory problems are often aggravated at this time of year. Because the immune system is under greater challenge in cold and damp conditions, minor infections are often in evidence, especially vomiting and diarrhoea.

One or more of the following supplements will therefore be an ideal choice to help treat or prevent these problems:

senior and mobility

For the older dog who is gradually getting stiff and sore, or for any dog that has suffered a slip or a fall and injured joints, ligaments or muscles, Senior and Mobility will be of immense help. It contains a wide range of anti inflammatory herbs, including Willow bark, Cat's claw, Devil's claw, Meadowsweet and Horsetail which all help to ease the symptoms of arthritis and of muscle and joint injuries. Whenever I see an elderly patient hobbling or limping into my consulting room, it's the first product I reach for!

first aid trauma gel

This is a soothing gel to help relieve the pain and soreness of ligament strains and sprains, pulled muscles, bruises – and all the minor accidents and traumas that easily occur in cold weather. It contains active ingredients such as Arnica (well known for it's ability to help minimise and heal bruises), the anti inflammatory herb Sumac, along with essential oil of Cinnamon which aids in relieving pain plus St John's Wort and Lavender to soothe both the physical trauma and the emotional upset of the incident.

paw balm

Sore paws from contact with grit and salt from road treatment is a common winter condition. Paw Balm is a skin balm to rub into your pet's sore, tender pads. It contains herbs and oils that soothe and strengthen the skin that covers and protects the pads of the feet. Used regularly it will keep your pet's pads in best possible condition and less susceptible to damage from salt, grit and ice.

rehydration and energy

Dogs that have been affected by the canine equivalent of 'winter vomiting syndrome', or been exhausted by a long walk in inclement weather will welcome the restorative powers of Rehydration and Energy powder. It is a balanced combination of minerals, amino acids, glucose and plant extracts to replenish the body salts and give a nutrient boost to help reverse dehydration and promote recovery from weakness and debility. Dissolved in water, it is palatable and rapid acting. I find it more palatable and more rapid in action than any similar product, for my own patients.

stamina and performance

For dogs that like large amounts of exercise, and particularly for working dogs, or those taking part in agility and other high performance activities, cold weather can be an extra drain on their energy levels. Stamina and Performance is a natural energy supplement, added to the food daily, which contains nutrient dense green superfoods, and extra ingredients such as Rosemary, which acts as a revitalizer and Siberian Ginseng to help boost energy and the immune system.

d-dog superfoods beta

Even dogs that prefer to lie in a warm cosy home rather than rush around in the cold outdoors don't look their best in winter – coats look dull and lifeless, breath tends to more 'doggy' and digestive imbalances more common. D-dog superfoods beta contains a wide range of essential vitamins, oils and minerals, and herbs such as Nettles and Alfalfa, which help your pet glow with health – especially helping achieve a healthy looking skin and coat! It contains Chlorophyll to help freshen breath and probiotics and a special clay to help balance the digestive tract. It's a supplement that has definitely helped my own two Bedlington Terriers look even happier and healthier than ever, and one I prescribe for many of my patients."

what Richard thinks about diet'dog's supplements

We and our pets are under constant attack from pollutants in the water we drink, the air we breathe and the soil our food is grown in. In our homes we are susceptible to electromagnetic stress from our electrical appliances, especially from computers and mobile phones. Our pets may not suffer the emotional stresses and strains of daily life that we do, but they are sensitive creatures who are affected by our

feelings and emotions. As pets get older, body tissues deteriorate and need replacing, and there are special nutrient needs for young and growing animals, those with immune system weaknesses, during pregnancy and lactation, and in many other areas. Most pets are fed on dried or tinned, highly processed food, and have little in the way of fresh, natural nutrients. For all these reasons, supplements of herbs, minerals and vitamins are often not just advisable, but essential, to achieve and maintain optimum health for your pet.

In the **diet'dog range of herbal supplements** you will find high quality herbs and nutritive supplements that can make a real difference to the health and well being of your pet – for the young and the old, for extra energy or for stiff joints, and from itchy skin on the outside to upset tummies on the inside.

I have no hesitation in recommending the **diet'dog** range – these products have been carefully formulated to give best results, haven't been adulterated by the addition of artificial colourings and other chemicals, are manufactured to a high standard with best quality ingredients, and are presented as palatable granules which can be mixed with food.

about Richard Allport

Richard Allport, BVetMed, VetMFHom, MRCVS has been a vet for forty years, and has had **a special interest in herbal and other natural medicines for pets for thirty years**. Since 1996 he has treated pets with acupuncture, herbs and homoeopathy at his referral centre at Potters Bar in Hertfordshire and at Bayswater in London. Richard also writes and broadcasts about natural therapies for pets; his latest book is 'Heal Your Dog the Natural Way'. Richard has two Bedlington Terriers called Jamjar and Frankie.

