

# 5 WAYS TO OPTIMIZE YOUR PET'S HEALTH

Food is the foundation for health. It can either be used as a slow poison to the body or the optimal diet will help prevent disease from occurring. Start implementing these 5 steps into your pet's life now for optimal health.

by Dr. Katie Woodley

## 1 FEED AN APPROPRIATE DIET

Diet is a confusing topic in the pet world. Veterinarians are the only professionals that recommend a processed diet for life. It's more convenient, but does it lead to optimal health?

Make sure to learn how to read pet food labels. <https://www.thenaturalpetdoctor.com/post/how-to-optimize-your-dog-and-cat-s-food-and-nutrition>

Feeding a balanced home-cooked diet or a raw diet can help many pets. Make sure you're working with a vet professional that can help your pet transition safely to a new diet.

## 2 MAINTAIN A HEALTHY WEIGHT

Many pet parents assume that their pets aren't hungry if they notice changes in their pets appetite. However, leaving food usually means a couple of different things:

- Are you overfeeding your pet?
- Does the food make your pet feel unwell?
- Is there some disease process occurring that makes your pet have a decreased appetite?

We must be assessing our pet's body condition scores to ensure they are not losing weight or becoming too heavy. If you notice a change in their appetite, get them checked out.

## 3 ADD IN FRESH FOODS

Dogs and cats are carnivorous and don't actually need carbohydrates for energy. Their bodies prefer fat and protein. Kibble is high in carbohydrates, which converts to sugar in the body. But adding fresh fruits and veggies, like leafy greens adds additional phytonutrients to improve health. Adding leafy greens into your pets diet at least 3x week can reduce certain cancer risks by up to 90%.

## 4 ASK FOR VACCINE TITERS

Rather than your pet receiving all of the vaccines every year, ask your doctor if they are truly at risk.

Also, ask for a blood test to check vaccine titers for distemper and parvo for your dogs before vaccinating, and calicivirus and panleukopenia for your cats. This will check for antibodies in your pet's body that can indicate your pet will be protected if they come into contact with those viruses.

And never vaccinate your pet if they are under the weather! Come back for their vaccines at the recheck when they are feeling better.

## 5 WATCH FOR BEHAVIOR CHANGES

Changes in behavior can happen over time. If your pet used to love being petted but suddenly doesn't want to be touched, this can be a sign of pain possibly from arthritis.

Monitoring our pet's behaviors and changes from their normal can clue us in that something may be affecting them adversely. Many people believe that their pet must be vocal to indicate they are in pain. Remember pets are inclined to be stoic and will only vocalize usually if the pain is really severe.

By monitoring for changes in appetite, drinking levels and behavior and doing a nose to tail exam through thorough petting, looking at their underside, in between their paw pads, examining their mouth and gums, you will find changes before they hopefully become a long-term health condition. There are a lot of ways naturally we can help remedy these concerns.

If you need help with a treatment for your pet, contact us at [info@thenaturalpetdoctor.com](mailto:info@thenaturalpetdoctor.com)