



Nutrition and Wellness for Your New Puppy

Congratulations on your new addition! You truly are very lucky to be an owner of a Lily Hill Australian Labradoodle. Lily Hill are extremely ethical breeders, and with that, comes lifetime support for you and your puppy in every aspect, including nutrition and wellness – after all, a healthy puppy is a happy puppy! We strive for health and longevity through appropriate diet and healthcare.

A bit about myself before we crack on with the nitty gritty of nutrition and wellness for your new puppy! My name is Bethany, owner of Dolly's Delights Pet Ltd. We stock and sell a huge range of natural pet treats (for dogs and cats), accessories, supplements, and homeopathy. We also offer a range of online, virtual pet nutrition services. With an Extended Diploma in Animal Management, and BSc in Zoology under my belt, I am all for the science of animal care – and with my 16+ years experience working with dogs, I am incredibly passionate about their healthcare, with a huge emphasis on nature – natural health has so much scientific backing, and brings a host of health benefits to our pets. Upon gaining a voluntary position on the team of Facebook's largest dog health and nutrition group, I was head hunted by one of the UK's top canine nutritionists, for whom I write scientific blogs about dog and cat health and nutrition.

Enough about me, let's take a look at what this puppy pack will be discussing! We will have gone through some of this during our online workshop, but this pack offers extra detail and information, so is a very handy read! If you think of any questions, please do email me on dollys.delights@hotmail.com and if in the future you feel you could benefit from 1-2-1 help, please do email to book in for a consultation. You will find my website address at the end of this guide.

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Diet and Nutrition

Types of Food on the Market

There are SO many different types of food on the market at present. It really is such a minefield, which can be daunting even for the most experienced dog owner! The diet you feed your dog can have an enormous impact on general health and longevity, and making an informed decision is very important. I feel the best way to help owners make a healthy decision on diet for their dog, is to look at how each type is manufactured – it's very eye opening!

Before we look at manufacturing processes, we need to cover one very important term – Biologically Appropriate. Biologically appropriate food is food that is designed to benefit the digestive system of its target species, and is easily, and fully digested. The dog has a very short digestive tract, and due to the lack of the AMYB2 gene compared to other species, dogs do not produce a great deal of Amylase; an enzyme used for digestion of carbohydrates.

Dogs are what we call 'facultative carnivores' – animals requiring a predominantly meat based diet, but benefiting from a small amount of plant matter. Bare this in mind as we go through the following manufacturing processes of different types of food on the market!

Raw food

This is the most natural, unadulterated food available for dogs. With their short digestive tract, extremely acidic gastric environment, and lack of many copies of the AMYB2 gene, dogs are literally built to handle raw meat and fish! We will take a closer look at what raw feeding entails a bit later, but for now, let's focus on how it's manufactured.

The manufacturing of raw pet food is extremely stringently controlled – more controlled than raw meat being sold for human consumption! DEFRA (Department for Environment, Food & Rural Affairs) run frequent tests on batches, and any potentially poor results are picked up often before the product is put on the shelves – recalls for kibble/dry foods are thousands more common!

Most raw foods are produced on a cold chain production line – meaning all perishable ingredients arrive to the factory in temperature controlled lorries, and is kept below a certain temperature throughout the manufacturing process, before being packaged, and deep frozen (below -18°C), ready for distribution to stockists.

The raw ingredients (meat; inclusive of muscle meat, bone, and offal, and often fruits and vegetables) are put through a grinder to blend it together in a minced form.

Minimal processing = minimal nutrient loss!

Cooked Food

While it's not as natural, and unprocessed as raw food, cooked food is very much the next best option, however that does come with a caveat! Cooked food must be properly formulated by a professional, in order to be balanced and meet minimum recommended guidelines. The higher the meat content in a pre-made cooked food, the better. I stock Nutriment's range of gently steamed cooked food, which doesn't require a freezer for storage, making it a great option for camping trips when it's not easy to take raw food with you!

Cooked food can be very useful in some situations – some canine health complaints do better on a cooked diet as opposed to raw, or often in cases where the dog is simply refusing raw food, cooked food can be the next best option.

Ingredients arrive at the factory in temperature controlled lorries, The ingredients are then chopped, often by hand, and cooked using the brand's favoured cooking method, in large batches. Temperatures of the



ingredients are checked throughout manufacture to ensure no bacterial growth has occurred, and the food is properly cooked. The food is then packaged, and in cases of frozen fresh food, deep frozen before distribution. In cases of shelf-stable cooked food, these packages are pasteurised to ensure quality and stability.

Please do reach out for recipe recommendations if you wish to start cooking for your dog without the use of premade meals.

Freeze Dried Food

Relatively new to the market, freeze dried foods are one of the least denatured, minimally processed dry textured options, however as they are subject to additional processing, some nutrient loss is expected. These foods are made using fresh ingredients, which are blended and shaped into nuggets, and placed inside a freeze drying machine.

Inside the machine, the food is frozen, then pressure is reduced, and heat is added (at low temperatures), which in turn causes water in the ingredients to turn to vapour, and evaporate. Once the moisture is removed from the food, the nuggets become light, and crumbly. These can be rehydrated slightly using water before serving, if your dog enjoys a softer, paste-like texture, but are usually fed straight from the bag.

Dehydrated Food

Similarly to Freeze Dried options, ingredients are blended, and put onto heat proof sheets. They are then subject to heat, albeit at relatively low temperatures (no higher than 70°C), which causes them to dry out as the moisture evaporates.

As these foods are subject to heat, and are not held under pressure, the resulting product is slightly less nutritionally dense than freeze dried foods, however more nutrient rich than dry extruded kibbles.

The texture of these foods tends to be soft and light, but often requires rehydration, which forms a paste-like bowl of food to combat the lack of moisture.

Air Dried Food

Air dried foods are next on our list – these foods must contain some form of starch in order to make a mouldable dough. While this isn't ideal for our facultative carnivore pet dogs, it is a minimal carbohydrate content when compared to the vast majority of dry extruded kibbles.

Once the dough is rolled out and shaped into the brand's desired nugget shape, hot air is blown over them for extended periods of time to reduce the moisture content. The resulting food is of dry texture, but as it is subjected to less processing and less heat than dry extruded kibble, there are fewer Advanced Glycation End Products (AGEs) produced (compounds produced during processing which are harmful to the body).

High Quality Wet Foods

Wet foods can hugely vary in quality. Some high quality examples will be 80-95% meat. The ingredients are mixed together, usually raw, and put into tins. The tins are then cooked in a water bath or similar, locking more nutrients inside the tin, and naturally preserving it. These foods are high in moisture, and tend to have a fairly 'chunky' texture – they can be handy to have in the cupboard for times you may forget to defrost your dog's raw food, or even as use for a holiday alternative.

Low Quality Wet Foods

Lower quality wet foods tend to be much more processed, with a very mushy texture, or reformed into identical lumps, canned with sugary, salty 'gravy' or 'jelly'. The ingredients will be blended and subject to heat, before being pushed through a shaped tube and cut into pieces. The pieces will be cooked and added into tins with the gravy or jelly mixture (which invariably contain preservatives), the tins will be sealed, and subject to further heat before being packaged for sale. These foods tend to give off a strong odour when opened.

Kibble/Biscuits



The vast majority of kibbles are 'extruded'. Extrusion is the process of forcing the dough through plates to form shapes. The process of manufacture for kibble includes multiple heating stages – bearing in mind, each time a food is heated, and each time a food is ground, nutrients are lost. Be sure to be aware of the number of times these foods are heated and ground/reconstituted!

Many kibbles state they are made from 'raw meat', however in order to make them into bits of kibble, they have to form a dough. All ingredients need to be ground down into a powder-like form, and mixed with a wet ingredient to create that dough.

When the ingredients arrive at the factory, they are usually in their whole state – this includes vegetables, grains, and meat; meat can be anything from actual muscle meat, to offal, to feathers, beaks, tendons etc depending on which cuts and quality of meat the individual manufacturer uses in their recipes.

These ingredients are cooked and ground down to a fine powder. Most are heavily processed to create ingredients you may see such as 'pea protein', 'meat meal', 'maize gluten meal' etc. This stage requires **high temperatures**.

These powders are then mixed with synthetic supplements to replace some of what is lost in the processing of the whole ingredients. **High temperatures** are introduced again during the mixing process when water or oil is added, to enable the formation of a dough.

The dough is then subject to extremely **high temperatures** and pressure where it is cooked to create the brown coloured (or multi-coloured, if colourings are added with the supplements), dense textured dough, ready to be extruded.

The product is then pushed through the extrusion machine to form small shapes, before being subject to a fourth and final **high temperature** as they are dried in an oven.

Before packaging, the kibble is sprayed with a coating of flavour enhancers and preservatives.

Cold Pressed Foods

Similarly to kibble, the whole ingredients are delivered to the factory, and are subject to heat and processing to form a powder.

Once in powder form, they are mixed with supplements, and water. The water mixed into the dough of cold pressed food, is cold, unlike that mixed into the dough of kibble.

The dough is cooked quickly, and at low temperatures, before being pressed into a die, dried, and packaged, making them slightly less processed, but still not an option I would consider, especially when there are so many healthier options available now.

Benefits of Fresh Feeding

When it comes to deciding on a food for your pet, of course it is important to look at the benefits provided by that food. While there is little benefits in feeding an ultra-processed dried food, but perhaps owner convenience, fresh feeding brings huge benefits when it comes to your pet's health!

Fresh feeding can be either raw food, or cooked food; food that has gone through minimal processing! Do you have to make it yourself? Absolutely not! There are many pre-made, fully balanced raw foods and cooked foods on the market – don't panic! Simply defrost (with the exception of shelf-stable, pasteurised cooked options), weigh, and serve!

So, what benefits can we expect from fresh foods?

- Gut health: probably the biggest benefit, and one of the most important aspects of healthcare for both you and your pets. The gut, we can think of as a roundabout. Roundabouts have many exits, linking different roads together. The gut has many interlinking pathways too – these are called 'axes' (sing. Axis). Almost every part of the body is linked to the gut via an axis, and the gut links various parts of



the body to others. To have a healthy functioning body, we need a healthy functioning gut – and to have a healthy functioning gut, we need to take care of other aspects of the body too! Another important fact to take note of, is that around 70-80% of the immune system lays in the gut!

Three of the most important gut-axes are the Gut-Brain Axis (this is where gut health affects behaviour, and outward behavioural stress can harm the gut), the Gut-Joint Axis (where the health of joints is massively effected by gut health – important to keep in good condition as your puppy ages!), and the Gut-Skin Axis (where the health of the gut has a large impact on skin health, itching and sensitivities).

Fresh food, being minimally processed and low in carbohydrates, is beneficial to gut health! It is more digestible, doesn't contain Advanced Glycation End Products (AGEs) which reduces the risk of oxidation, and usually doesn't contain fillers like legumes which contribute to gut damage/leaky gut syndrome.

- Skin Health: this one very much links back to the aforementioned Gut-Skin Axis! Being on fresh food, means your puppy has a good chance of a healthy gut, which in turn helps to keep the skin healthy. Fresh food is also high in moisture, which contributes to gut health and reduces the risk of itchy skin.

Fresh food is also naturally higher in omega 3 fatty acids – healthy fats which have anti-inflammatory properties, keeping skin tissue inflammation to a minimum, and encouraging the healthy production of natural skin oils for supple skin, and a soft and shiny coat! It is also very easy to add additional omega 3s to our pets' fresh food. Raw egg, fish oils, krill oil, algal oils are all excellent sources of omega 3 for skin health.

- Stronger immune system: again, linking back to the benefits of fresh feeding on gut health, we can improve our pets' immune system through fresh nutrition – around 80% of the immune system lays in the gut. The lack of filling and bulking ingredients used in dry food to enable it to be extruded (and to save the manufacturer money!) means there is a lower risk of gut damage. The legumes used in dry foods, such as peas, pea flour, lentils, chickpeas, beans, soya; and nightshades such as white potato, all contribute to gut damage; specifically leaky gut. When damaged, the cells making up the gut wall can become loose, and separate, allowing for particles of food, bacteria viruses etc to leak from the gut, into the blood stream. These particles are now foreign bodies, and because the body cannot recognise them, an immune response is created; often histamine, which presents as itching. Another fresh food benefit when looking at the immune system, is the bioavailability of naturally occurring vitamins and minerals – Vitamins A, B6, B9, B12, C, D and E, as well as zinc, iron and selenium, all play a huge role in immune function. Fresh food is packed full of these micronutrients, in their most natural form, versus synthetic vitamins being sprayed on before packaging, which is the case with dry food.
- More balanced energy: I hate to anthropomorphise when it comes to our pets, but it's so much easier to look at this from a human's perspective! When we eat processed food, from whatever our favourite fast food chain is, we often feel sluggish and low energy, or have a sudden rush of energy. When we eat a fresh nutritious meal, we feel re-energised, and full of energy, with the added benefit of being able to focus better on the task at hand. Now imagine you are eating processed food for every single meal! You can quite imagine how sluggish, or perhaps even hyperactive you may feel – it's just the same for our dogs eating processed diets – I often speak to owners feeding processed diets who just can't get on top of their dog's energy levels, lack of ability to properly focus, or with dogs who just don't want to do anything. When we fresh feed, meals are more nutritious, leaving dogs with a healthier balance of energy, ability to 'switch off', and also enables them to focus more during training sessions and general dog-life!
- Dental Health: many dog-professionals seem to be wrongly under the impression that dry food aids dental health – quite concerning for those of us who work in the dog wellness industry, as dental health is incredibly important. Poor dental health can lead to diseases like periodontal disease, which has a knock-on effect to the gut, the heart and other bodily functions which can reduce longevity. The theory behind dry food being 'good for dental health' is that the hard brown lumps 'scrape plaque away', however there are some eye opening flaws in this theory!



1. Kibble is high carb. These carbs tend to be starchy carbs – sugars – bad for teeth! Dogs do not have the ability to start digesting carbs in the mouth like us humans do.
2. Instead of scraping plaque away, what actually happens, is the nuggets get stuck inside and around teeth causing quicker decay!
3. Dogs don't chew like us humans – they naturally rip and swallow.

Fresh food doesn't get stuck in or around teeth, and giving your dog size appropriate raw meaty bones as chews (try to avoid weight bearing mammalian bones!) such as duck necks, chicken wings, lamb ribs and other non-weight bearing options, acts as a natural toothbrush!

It is important to note that getting into a regular regime of brushing their teeth is still a great activity.

- **Kidney Health:** this one is a big one, but a simple one! Fresh food is very very high in moisture! Absolutely perfect for the kidneys. The kidneys require moisture to be fully functional – dry food is not only drying on the gut, but also dehydrating, causing the dog to have to intake large amounts of water in a short period of time. This fluctuation of hydration and dehydration puts major stress on the kidneys. Keeping your dogs hydrated by feeding a high moisture food is ideal for kidney health.
- **Better poops:** another quick and simple benefit of fresh food – poops! As dog owners you may love a good poop chat! Freshly fed poops are not only smaller, but harder and less smelly! This is because there is less waste in the food – so less waste coming out!
- **Improved eyesight:** the fatty acid content in fresh foods are very beneficial to the eyes. Ultra processed foods tend to lack sufficient fatty acid content, which can have an effect on eye health, especially as they reach later years in life.
- **General longevity!** All of the previously mentioned benefits to fresh feeding, ultimately contribute to something we all want from our pets – it may not be eternal life (though I know we all wish this was possible!), but increased longevity is very much achievable if we set our dogs up for a healthy a life as possible! As the owner of a Lily Hill Australian Labradoodles dog, your puppy will already have a fantastic start in life – so make sure your dog owning decisions keep this fantastic start up!

Raw food myth busting!

Raw feeding is often seen as very controversial – but does it need to be? Short answer, NO! There are so many worries among pet owners regarding raw food, but these worries need to be put to bed, and bring pet owners the confidence to make the best choice for their dog's diet! Misinformation is commonly seen in the dog food world, whether it's through sponsorship bias, financial bias, or general fearmongering/'Chinese whispers'. When it comes to canine medical professionals, we will go over their worries in the next section!

Let's take a look at some of the myths surrounding raw food!

MYTH: It's so hard to do, and tricky/time consuming.

BUSTED: not really – purchase a good quality complete raw food, store in the freezer, defrost the night before, weigh and serve!

MYTH: BACTERIA! It must be everywhere, right?

BUSTED: yes and no – bacteria is all around us! It's raw meat, so of course there will be some bacteria in it, however it is so stringently tested by DEFRA, it's rare this causes harm to anyone, including you! This is also where responsible food preparation comes into play – defrost in the fridge, keeping the food constantly cold, and bacterial growth will be minimal. Did you know, kibble is one of the biggest bacteria risks in pet food!



FACTOID: Bacteria, Mycotoxins and other Microbes in Dog Food (courtesy of Dr Conor Brady at Dogs First Ireland – figures up to date as of May 2018)		
Problem	Complete Raw Dog Food	Complete Dry Dog Food
Studies show it contains salmonella	Yes	Yes – most common reason for recall
Studies identifying a link between human salmonella infection and handling/feeding to their pet	1 possible case (medically unconfirmed) between May 2008 and May 2018	132+ infected, half of them people under 2 years old between May 2008 and May 2018
Studies show it contains storage mites, which are a potential allergen	No	Yes
Studies show it contains Aflatoxin; one of the most carcinogenic substances on the planet	No	Yes – regularly, with hundreds dead, and many more harmed.
Studies show it contains Vomitoxin	No	Yes

MYTH: Surely parasites are a worry with raw meat?

BUSTED: Again, yes and no – it depends how you source and store your meat! If you source your meat from places intended for human consumption (ie cooked) there is a higher risk than finding parasites in your dog's raw food when purchased through a stringently checked and tested supplier. When you purchase a premade raw food for your pet, it will be frozen. Parasites are not able to survive such extreme cold temperatures, so will not be an issue in your pet. Bacteria lays dormant in extreme cold, but parasites are killed. If purchasing raw meat from a source intended for human consumption (in the event one chooses to one day start a DIY raw food regime for their pet), ensure you freeze game, pork and fish for 3 weeks prior to feeding, and other meats for 1 week.

MYTH: I've read that it's not balanced, but dry food says 'complete and balanced'.

BUSTED: It's balanced if you buy a balanced pre-made option, or learn to balance it yourself! In fact, in studies by the Dog Risk group at Helsinki University, a huge percentage of dry foods labelled 'complete and balanced' actually did not meet minimum nutritional guidelines when tested! It's very easy to assume marketing is true, but raw food companies tend to put more time and expertise into the balancing of their products than dry food manufacturers.

MYTH: They wouldn't use harmful ingredients and preservatives in dry pet foods – they're sold in vet practices!

BUSTED: Unfortunately there are many harmful substances often found in dry pet foods, including some preservatives. Studies also suggest that chemical adulterants in dry pet foods have been linked to low sperm quality in males, and decreased litter sizes in females.

FACTOID: Chemical Adulterants in Dog Food (courtesy of Dr Conor Brady at Dogs First Ireland – figures up to date as of May 2018)		
Problem	Complete Raw Food	Complete Dry Food
Studies show it contains SPB; the chemical used to euthanise pets	No	The second most common reason for recalls after salmonella
Presence of chemical preservative 'Ethoxyquin' leading to cases of liver, kidney, thyroid, reproductive, skin and allergy issues in dogs	No	Yes



Has injured and killed from excessive chemical nutrient inclusion	No	Yes, regular occurrences
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MYTH: Only big, adult dogs can eat it!

BUSTED: Thankfully not! Raw food is suitable for all sizes and ages (though some often age related diseases do require a cooked diet as opposed to raw, but we can cross that bridge if ever we need to!). All sizes of dog are able to rip and swallow meat – and premade raw food is usually minced anyway! As it is biologically appropriate, all life-stages can safely eat raw food!

MYHT: My dog licks me, so I'm going to get sick!

BUSTED! No sicker than being licked by a dry food fed dog! Believe it or not, the dog's saliva is relatively sterile from around 20 minutes after food. If you think about it, dogs lick their own private areas – not many dog owners worry about that when receiving licks from their dog – I'd say those are germier areas than a bowl of food!

So, all in all, is raw food safe? Yes! Is it easy? Yes! Make sure you stick to basic food hygiene standards by washing your hands, and washing bowls and equipment used to serve the food, in hot soapy water. Defrost your dog's raw food in an airtight container on the bottom shelf of your fridge to avoid cross contamination.

Why many vets don't recommend raw

Is it the vet's fault that they often don't recommend raw food? Yes and No! To look at this topic, we need to delve a bit deeper into the full situation at hand!

University sponsorships: this is largely where it starts! World renowned immunisation and nutrition researcher, Catherine O'Driscoll (now sadly passed away) brought this to light through her talks, and since then, more professionals in the industry have taken a closer look, including Dr Conor Brady, who wrote bestselling dog nutrition book 'Feeding Dogs'. Veterinary universities are heavily sponsored by what one could call 'ultra processed food giants'! I can very much confirm this as I have many friends in the veterinary world, including my best friend who is a Registered Veterinary Nurse. The young and impressionable students are taught nutrition by the big brand representatives themselves – who of course won't shun their own products! These companies keep the students engaged through offerings of good things – as an example, one of my friends regularly received free pizzas sent from the companies. Nearly all of my vet friends were regularly given free bags of dog or cat food produced by these companies as another incentive. Given this is the case, information provided is extremely one-sided, and heavily biased toward ultra processed foods. Even the RCVS (the main governing body for vets in the UK) have appointed presidents in the past, who are well known senior executives of dry pet food companies!

Veterinary Practice partnerships and corporations: many practices are 'partnered' with dry food companies – they will stock, sell, and recommend their ranges of low quality food. In some unfortunate cases where the veterinary staff themselves don't agree with it, they have their hands tied by those heading these corporate veterinary businesses and their policies.

Experience of clients with unbalanced raw diets: with raw feeding becoming more popular, many pet owners aren't properly researching how to do it, assuming 'raw feeding' is simply feeding raw meat. Of course, feeding just raw meat with no offal or bone will ultimately lead to nutritional deficiencies, which can have a huge knock on effect on overall health. Feeding a balanced raw diet often reduces the need to seek veterinary attention, but when an unbalanced raw diet is fed, vet visits are likely to occur more frequently – hence vets tend to see the downfalls of dogs on (unbalanced) raw food – as most don't go into the nitty gritty of what the dog's raw diet consists of, they assume that the illness is caused by a raw diet. Thankfully with so many premade complete options on the market, this isn't an issue for most!



A fresh take on Veterinary Nutrition: Thankfully, as more and more vets look to independent learning, and begin to understand that having the animal's best interests at heart, instead of corporate business financial profits, a fantastic new organisation was formed – the RFVS! The Raw Feeding Vet Society is a group of vets headed by some well-known veterinary and pet nutrition professionals, who aim to not only educate the public about the benefits of feeding a fresh diet, but their mission is to educate other veterinary professionals – we could say 'breaking the mould'. The RFVS website is a fantastic resource for owners and vets alike!

How much should I feed?

Feeding amounts differ as the dog ages. Some companies have a flat out 'xyz%' until a year old, but I prefer a more graduated feeding scale. Some people suggest 2-3% of the adult bodyweight, but again, I find this a bit variable as we never know exactly how big each individual will get!

So, now onto the feeding scale I prefer, and find most accurate for the healthy growth and development of puppies into adults!

Age	How much to feed
2-4 Months	10 – 8% bodyweight
4-6 Months	8 – 6% bodyweight
6-8 Months	6 – 4% bodyweight
8-12 Months	4 – 3% bodyweight
12 Months +	2 – 3% bodyweight (usually 2.5% bodyweight as a starting point, watching body condition, and adjusting portions as necessary)

Of course every dog is an individual, and it is important to feed the dog in front of you. The above guide is just that – a guide, and every individual will have a different lifestyle and metabolism so it is important to watch the dog's shape (keep reading to learn about body condition!)

Looking at body condition

Body Condition, or Body Score, is the numerical and visual scale used to identify if an animal is underweight, ideal, or overweight.

A score of 1 is used for emaciated dogs. Hip, spine, rib, pelvic and shoulder bones will be prominent and easily visible. No fat can be seen or felt at all, and muscle wastage is occurring. The abdominal tuck (waist) is extremely thin.

A score of 3 is used for underweight dogs. Hip, spine, rib, pelvic and shoulder bones will have no covering of fat but will be less visible than a dog with a score of 1 or 2. Muscle wastage will occur but not as extremely as a dog with a score of 1. The abdominal tuck will be extreme.

A score of 5 denotes a dog in ideal shape! Hip, spine, rib, pelvic and shoulder bones will be slightly visible with a small layer of fat covering them. These bones should be easy to feel but should not be sharp to touch. The abdominal tuck will be noticeable but not extreme.

A score of 7 is used for overweight dogs. The hip, spine, rib, pelvic and shoulder bones won't be visible, and will be difficult to feel without using pressure. The abdominal tuck won't be very visible or will be completely absent.



A score of 9 is used for an obese dog. Hip, spine, rib, pelvic and shoulder bones will not be visible, and you won't be able to feel them at all. The abdominal tuck will be completely absent, and the abdomen will be distended.

As your puppy will have a longer/thicker coat, visual signs may be trickier to see, so feeling your dog regularly as part of their regular husbandry regime is important. I have a super handy trick using your hand as a guide! Check it out:

Clench your hand into a fist shape. Run a finger along the knuckles. If your dog's ribs feel sharp like this, they are underweight.

Now open your hand, palm down. Run your finger along the same area of the hand (knuckles). If your dog's ribs feel like this – with a thin layer of fat between the bone and the skin, your dog is in ideal condition!

Lastly, turn your hand so your palm is facing upwards. Run your finger along the underside of your knuckles, where your fingers reach your palm. If your dog's ribs feel like this, they are overweight.

What should I feed my pup when I bring him/her home?

When you bring your gorgeous bundle of joy home, it can be an extremely stressful time for them. Stress can have a huge impact on appetite, and even bowel movements due to the gut-brain axis we spoke about toward the beginning of your nutrition pack.

By the time you bring your puppy home, you will likely have ordered your introduction box of Natural Instinct using the voucher provided by Beth. While no changes will have been made between the food fed prior to collection, and the food you will have ordered, you may need to make some accommodations for your new puppy in the first couple of days. A mix of cooked white fish, turkey or chicken, and cooked sweet potato or tinned pumpkin may be required to help the stomach settle during the transition from breeder to home.

In your puppy pack you will receive when you collect your puppy, is a small sample pot of Dorwest Herbs Tree Barks Powder. This is a mix of Slippery Elm, Marshmallow Root and White Poplar Bark; three excellent mucilage herbs to help support the gut. ½ a teaspoon of this can be added to one meal per day during your puppy's transition to home life. It's super handy to have in the emergency dog cupboard too, in case of upset tums in the future. I stock this supplement in pots of 100g and 200g. Larger sizes available on request.

Treats and chews for puppies

Chews are an excellent way to help keep puppies from boredom, destroying furniture, helping keep them calm and to aid teething. When puppies chew, they self-soothe as chewing releases endorphins. Just like human children, puppies lose their baby teeth, which are replaced with adult teeth – chewing aids the loose teeth to fall out!

Choosing Chews for Puppies

Types of Chew

Aim for: Natural pure meat chews. These will be dehydrated or dried and come in various different proteins, using various parts of the animal. Some raw bones are suitable – we will discuss them below!

Avoid: All baked and dried bones/chews with bones as these can splinter and cause blockages. All animal derivatives, cereals, vegetable derivatives, glycerin, salt, vegetable starches etc.

What to Look For



When looking at treats for young puppies with baby teeth, there are a few things we need to consider:

1) The Dent/Flex Test

This test enables us to quickly check if the hardness of a treat will be suitable for a puppy. We want to avoid anything too hard at this stage, to ensure the tooth-bed/gum is not damaged, aiding dental health into adulthood.

If you can dent the chew with your nail, bend it slightly, or snap it easily then it is deemed of a safe hardness for your puppy!

2) Size

Always choose a chew which is size appropriate! It may be exciting walking through the pet shop and seeing XL chews and thinking 'that'll keep them busy for a while!', but these chews may become dangerous if left wet with saliva for days, which leaves them available for bacteria to collect. Try to aim for chews which can be eaten in one day/sitting (with the exception of hooves and wood chews which can be rinsed off between chewing sessions – keep reading for a special note on hooves). Thicker chews cause the dog to chew with the treat at the back of their mouth, which aids dental health for the molars.

With regards to chews too small for your size of puppy, we need to be cautious of them being a choking hazard, as well as being careful when the chew becomes small enough to swallow. This is especially important with tiny puppies!

Choosing Raw Bones for Puppies

Some raw bones can be suitable for puppies, but caution is to be taken to ensure the puppy learns to chew properly instead of swallowing it whole. Chicken wing bones are often a good place to start due to the bones being very soft when raw. Chicken wing tips are often a good choice for the tiny puppies. Larger puppies may suit chicken carcass (ribcage etc) to start with. When introducing raw bones, try to limit to one or two small bones per week to ensure the diet balance isn't offset.

Introducing Chews to your Puppy

When introducing chews to your puppy for the first time, it's vital to ensure you hold one end of it, at least to start with. This will avoid choking whilst the puppy learns to chew properly. Some people use a clamp or tongs to hold slippery raw bones with! As your Lily Hill puppy will have been introduced to chews, they'll have a head start here, but with so many new things going on around them in your home, they may get a little over-zealous with their chews, so I always advise to hold or at least supervise very closely for the first couple of months.

Try to limit to one natural chew per day, with the addition of hooves, root chews or similar longer lasting chews.

Examples of Treats for Young Puppies

Here's some ideas for puppies with puppy teeth (this list is not conclusive, and there are many other good quality brands and products available):

- Furry Rabbit Ears (sold at Dolly's Delights)
- Braided Lamb, Braided Ostrich, Goat Ears, Pure Sticks, Lamb Ears (all sold at Dolly's Delights)
- Pizzles (aim for thinner/more bendy ones – sold at Dolly's Delights)
- Hooves (Various Brands – perhaps an idea to wait until adult teeth start to come through as they are quite brittle)
- Root Chews, Coffee Wood Chews, Olive Wood Chews (these are hard, but wood fibres part when chewed making them softer, and suitable for pups)
- Yackers



I also sell a selection of puppy-friendly treat boxes at Dolly's Delights! With your Lily Hill Australian Labradoodle, you will receive a lifetime 5% off code for personal use only. The code will be inside your puppy's mini treat selection they will take home with them!

What should I avoid feeding?

So we have spoken about what we should aim for when it comes to various aspects of diet, but what should we avoid? I'm going to split this into 2 Categories; toxic foods, and other foods to avoid.

Toxic Foods

Toxic foods are ingredients which can cause life threatening illnesses in dogs. You may be wondering why this list is probably different to other lists you may have seen online; that's because unfortunately, many of those circulating on the internet are incorrect, often fearmongering! The following items are TOXIC to dogs and should not be fed, if any are consumed, please seek veterinary help immediately.

- Alcohol
- Grapes
- Currants/Raisins/Sultanas
- Chocolate (generally speaking, the darker the chocolate, the more toxic is it due to the higher content of Theobromine)
- Artificial sweeteners (xylitol is one of the biggest concerns, and can be labelled as Birch Sugar, Wood Sugar, Birch Bark Extract, E967, Xylite)
- Raw/undercooked Fava/Broad Beans
- Onions
- Leeks
- Chives
- Macadamia Nuts
- Black Walnuts
- Mould of any sort
- Blue Cheese
- Avocado Skin (flesh is safe!)

Non-Toxic Foods to Avoid

There are a number of foods that are not toxic, but not the best for digestion or gut health. Many of these foods contribute to leaky gut (where the gut wall integrity is compromised), some lead to digestive upset due to difficulty digesting them, and some lead to blood sugar spikes. So while these items likely won't cost your dog a vet visit, it may in the long run, cause internal discomfort, or other health issues. Always remember that many products contain these ingredients in flour form too – so check those labels!

- Potatoes (white, red)
- Peas
- Beans (Kidney, Soy, Butter)
- Split Peas
- Lentils (all)
- Chickpeas (and Gram Flour)
- Rice (White, Brown, Wild)
- Grains (Maize/Corn, Wheat, Bran, Barley, Spelt, Rye)
- Bulgar Wheat
- Oats (though can be given in small amounts if gluten free; often used for bulking out meals in situations where the food needs bulking with little nutritional value. These should be organic, soaked, steel-cut oats)
- Avocado Pit (blockage risk)



Why is Garlic not on the list?

Garlic is actually safe in the correct dosage for most dogs! The worries around garlic all stem from misinterpretation of a study many many many years ago, whereby the effects of garlic on dogs were tested by feeding enormous amounts of it! We are talking 7+ whole entire bulbs of garlic being fed to one medium sized dog – of course that will cause a toxic reaction! Even water is toxic if too much is taken in at once! Garlic can be a very useful flea and tick deterrent – which we will go over later in this information pack. It's important to note that it should not be given to Japanese breeds due to a genetic mutation which causes them to be susceptible to thiosulfate poisoning. I tend not to give it to young puppies either. Dose for adult dogs is ½ tsp of fresh chopped garlic per 10kg bodyweight, but when introducing it at first, start with just a pinch, and gradually build to the full dose!

Supplements – why, what, how?

As a dog owner, over time you will see and hear of so many different supplements! It's a total minefield. Should you supplement? When? Why? What with? Is any old brand ok? These are questions I hear very frequently!

Should You Supplement?

It depends – does your dog need it? Will it bring a benefit to your dog's health? Is there a problem you're targeting? These are the first three things you need to ask yourself before considering a supplement! Never just supplement for the sheer hell of it! Supplement only if needed – have a goal in mind. Some reasons you might want to supplement include:

- Poorly tummy! We all have the constipation or diarrhoea situation pop up at some point in their lives; it's just one of those dog things! If there is an active bout of either, you may wish to consider a mucilage herb, or mix for the digestive system. Dorwest Tree Barks Powder is an absolute staple for the dog cupboard for these exact eventualities! You will receive a small sample pot of this when collecting your puppy. I stock larger tubs at Dolly's Delights! If it is out of stock online, please do drop me a message and I will make sure I get plenty of stock in!
- General coat, skin and joint maintenance. This one is one of the few supplements I recommend for nearly every dog (and human!) – Omega 3! Get those omegas in! Omega 3 is a natural anti-inflammatory, which aids health of skin, coat and joints. Including multiple sources of Omega 3 in the diet is great, as each one provides a different Fatty Acid. Adding raw or tinned sardines, raw egg, algae oil, krill oil, sardine/herring oil are all options. Only use salmon oil if it is encapsulated (not liquid) and purchased in a brown glass bottle; store these in the freezer. Salmon oil is particularly unstable, so this is incredibly important to avoid oxidation.
- Heavy duty joint support. This is one that I would only give if needed, perhaps after injury or later in life. Supplements including chondroitin, glucosamine, MSM, hyaluronic acid, Boswellia, devils claw etc are great for this. If the need arises please do contact me directly as I can help you with options!
- Cognitive ageing. Another often needed later in life, supplements for brain health.
- Supplements to help with yeast infections.



- Supplements to help with kidney or liver function when needed.
- Supplements to support those with cancer (not a nice thing to think about, but sometimes the need does arise)

Always supplement with a target in mind!

Quality and Brands

Not all supplements are equal! Cheap usually means bad quality, or lots of fillers! Expensive doesn't always mean good quality! Another minefield in itself! When looking for supplements, aim for pure options – ones with no artificial sweeteners like maltodextrin (commonly found in supplements), bulking/anticaking ingredients like cellulose, cornstarch and sorbitol, preservatives like carrageenan and synthetic tocopherols, and flow agents like magnesium stearate (which studies suggest is linked to immune suppression) and calcium stearate as well as silica (linked to indigestion). Your supplements want to be as close to 100% the herb advertised as possible. Another sneaky one often found in supplements is rice powder!

Some brands I love include Dorwest Herbs (I stock these), Hackney Dog House (soon to be stocked!), Fettle (soon to be stocked!), BioCare, Cytoplan, Indigo Herbs, Kiki Health, Coyne Healthcare, Minami, Nordic Naturals, Four Leaf Rover, and Bare Biology.

If you have any further questions regarding diet, please do reach out to me! My full contact details can be found at the end of the information pack!

Wellness

Why should we adopt an holistic approach?

While of course, the preferred approach to healthcare is very much up to the individual owner, your puppy has been raised with a holistic approach so far – carrying this on in your home can be incredibly beneficial to the health, wellbeing and longevity of your dog!

Many see the word 'holistic' and think 'tin foil hat alert' – I've been in the brunt of that comment many times, but then I bring out the scientific studies, and explain the true meaning of 'holistic', and people quickly change their views on an holistic approach!

The word 'Holistic' does not mean 'everything natural' – this is a common misconception! In actual fact, 'holistic' means 'to take the whole body into consideration'. This includes mind, body and soul. In holistic healthcare, every aspect of life is looked at, things are tweaked, and the result is an all-round happier, healthier individual. While a lot of holistic practices do involve natural alternatives and minimal chemical exposure, this does not mean that the use of pharmaceuticals and veterinary intervention are not accepted! In order to be fully healthy, some situations do require pharmaceuticals!

Part of holistic wellness includes the training type use for the training of your dog, as well as early years socialisation! Your puppy is extremely lucky to be raised with Puppy Culture, which is the most incredible early years socialisation, and can fall inside the 'holistic' bracket! You will have also spoken with Lily Hill ALD's trusted behaviourist, whom will have discussed the ins and outs of positive reinforcement/force free training methods, and how incredibly important this is to continue in the home, to ensure mental wellbeing is kept a priority – this is also included under the 'holistic' umbrella!



In short, the more exposure to harmful stimuli, whether that's uncomfortable sensations or fear, exposure to chemicals, exposure to ultra processed diets etc, the less healthy your dog will grow to be. Adopting a holistic approach ensures your dog's physical and mental health is kept in tip-top condition; and in turn, better longevity!

Pest prevention

Pest prevention, I'm sure you will agree, is a majorly important thing! Nobody wants constant flea infestations, worm infestations, or ticks dropping off in their house! But what should we use to prevent these from happening?

Your vet may try to sell you chemical, regular flea, tick and worm treatments, either in spot-on form, or tablet form. The major problem with these, is their toxicity! These treatments are extremely harmful, and in many cases, dangerous! It's also important to remember these treatments are just that – treatments, not preventatives! Why treat something that isn't there? Pests have to bite your pet in order for the poison in your pet's bloodstream to be ingested and work to kill the pest. In the meantime, your pet's gut health will be diminished, their neurology may be heavily impacted, and their internal organs such as the liver and kidney are put under immense pressure. The chewable flea and tick products now had FDA warnings against them for seizures, and in hundreds-of-thousands of cases, death. Quite scary! Spot on treatments often cause major neurological issues as they are filled with neurotoxins, as well as chemical burns to the skin. From personal experience, I have watched a tube of a popular spot-on treatment literally melt the end of a TV remote, and the coating on a leather sofa!

Is there a place for some pharmaceutical flea or worm treatments? Yes! In the unfortunate event you do have a large infestation of worms or fleas, sometimes these treatments are needed, as a one off! In my opinion, there isn't a 'safest of a bad bunch' option for flea treatments, but I would be tempted to use a Fipronil based spot on if I ever had to. For worms, my preferred treatment would be Panacur as it tends to be the least harsh on the gut, and is broad-spectrum (meaning it covers most worms).

So, what can we do naturally to prevent pests in our dogs? A layered approach is ever so important for fleas, ticks and worms!

For flea and tick prevention:

Pick ONE internal herbal supplement to give daily: my faves are Verm X Flea Powder, Hedgerow Hounds Natures Bounty, CSJ Billy No Mates (powder or tincture liquid), Herbal Dog Co Flea & Tick Powder or Tonic.

Pick up to TWO external options from this list to use before each walk (collars can be kept on permanently or taken off between walks): Ekoneem balm (not the greatest smelling product!), The Neem Team Pet Shield Spray, Herbal Dog Co Flea Protect Spray or Spot-on, Biospotix Collar or Spot-on, Animal EO Away, Evict & Oust, Mr Slopperchops Don't Bug Me Now Spray, Collar or Spot on.

Consider adding ONE of these natural collar options: High Quality Baltic Amber Collar (Stocked at Dolly's Delights – must be worn 24/7 as the friction of the amber against the coat builds up a scent disliked by fleas and ticks), EM Collar (purchase on Etsy or similar), Ultrasonic Tick Tag (sold at Dolly's Delights).

Consider adding fresh garlic from 6 months of age; ½ tsp per 10kg bodyweight every other day.

For worm prevention and detection:

Feed all of the below:

- Crushed Pumpkin Seeds: ½ tsp per 10kg bodyweight every other day
- Furry chew: 2-3 times per week
- Either Four Seasons Intestinal Tincture OR Verm-X Liquid OR Pets Purest Wormwood OR Herbal Dog Co Wormwood for three consecutive days, once a month
- Consider adding fresh garlic from 6 months of age; ½ tsp per 10kg bodyweight every other day.



The most important part when it comes to worms, is frequent wormcounts! There are two major labs in the UK who analyse your dog's faeces to detect the presence of worm eggs early on. All you have to do, is order your sample kit, pop some poop samples in the pots provided, and post it back to the lab! Feclab offer freepost, Wormcount.com don't. Sit back and wait for your results. Results usually take 1-3 days to come to your email!

Intestinal (Faecal Egg Count) counts should be done every 3 months, and Lungworm counts should be done every 6-8 weeks.

It's very likely you will have mostly clear wormcounts, especially if you are following the above worming regime! Sometimes they do happen though, but there are things we can do in this eventuality before having to leap to gut damaging pharmaceuticals!

If your intestinal Faecal Egg Count comes back with any low to moderate readings, you may wish to consider using GSE (either Higher Nature Citricidal or Nutribiotics GSE) to help combat the small worm burden. This is usually very effective. 1 drop of GSE per KG bodyweight per day for 10 days. Retest 21 days later.

If your intestinal Faecal Egg Count comes back with any high burdens, or you receive a positive for lungworm of any type, please seek immediate veterinary intervention.

Vaccines and Immunology

This is another big topic, and a particular passion of mine! Dogs DO NOT require 'annual' DHP vaccinations! Even the manufacturers themselves state this! Overvaccination is a serious threat to health and longevity, so at least a basic understanding of the immune system is essential as a pet owner. I won't go too in depth here, but if you wish to read a more detailed overview of the immune system with more scientific jargon, please do reach out to me and I will send you a copy of my long, in depth blog!

There are various vaccines available to your dog; DHP, Lepto, and Bordatella are the ones your vet is most likely to remind you about. But should we give them, when, and how often? How do we know if a dog has active immunity? Let's take a look into each of these topics!

DHP

The DHP vaccine is the 'core' vaccine, covering 3 diseases; Distemper, Hepatitis, and Parvovirus. You may also see the term Adenovirus, which is another name for Hepatitis. Distemper and Hepatitis are thankfully, incredibly rare in the wild. Before the launch of the DHP vaccine, Distemper was virtually eliminated in the wild! Parvovirus is rare, but does still happen from time to time. The biggest problem with parvovirus is that there are so many strains in existence now – the vaccine only covers one. When it comes to symptoms, the vast majority of hospitalised parvovirus patients who pass away, do so due to dehydration.

The DHP vaccine is NOT ANNUAL – this is a very common misconception. As pet owners, most of us have been conditioned to believe that this vaccine is to be given every year, in the form of a 'booster'. Unfortunately, repeated vaccination cannot achieve 'boosted' immunity – in fact, they actually temporarily suppress the immune system! The manufacturers of various DHP vaccines state that from 10 weeks of age, one single vaccine is required to infer an immune response. They also state that this vaccine should not be given any more frequently than once every 3 years – this does not mean that it has to be given every three years, but it shouldn't be given more frequently than this.

Many pet parents choose to titre instead of re-vaccinate straight away. A titre test is a simple blood test, which is run through either a series of titrations, or through an 'immunocomb' (the cheaper option – find a vet near you who offers a 'Vaccicheck' service!). the results will be returned to you as numerical values; the higher the number, the more antibodies there are circulating in the blood stream. Here's the bit where it gets confusing... a 'low' or 'negative' titre (score of 0, 1 or 2) does not mean 'no immunity', it simply means the dog has not been exposed to the virus recently – the body will only release antibodies from the immunological memory cells in the presence of challenge (the virus). A score of 0 may also denote the dog being a 'non responder' to



that disease, in which case the dog will not gain immunity regardless of vaccine status – this is relatively rare though.

Dr Ronald Schultz, leading canine immunologist, has proven that puppyhood DHP vaccines last 7 years to a lifetime!

Leptospirosis

Leptospirosis is a bacterial disease. There are two vaccines currently in production for this disease; Lepto 2 and Lepto 4. Sadly, Lepto 2 is being discontinued, so in the UK only Lepto 4 will be widely available. Now the lepto vaccine is not a core one, and for me personally, the decision to use it or not, very much depends on an individual's circumstances.

Some important facts to know about Leptospirosis:

- There are over 230 serovars (strains) in existence
- Around 19 serovars exist in the UK
- Leptospirosis is treatable if caught early enough
- Leptospirosis is carried by rats, shed in their urine, though it is certainly not carried in every rat!

Some important information to know about the Lepto vaccine:

- The vaccine covers 2 or 4 strains (Lepto 2 vs Lepto 4 respectively)
- The vaccine, if being given, is annual
- There is no evidence to suggest it lasts any more than 9 months! Many experts in the field suggest no more than 6 months
- Giving the vaccine DOES NOT eliminate the risk of contracting the disease. It simply hides/reduces symptoms.

Unfortunately, the reaction rates of these vaccines, especially L4, are one of the highest of any canine vaccine. This is why I personally only recommend giving it in situations whereby your dog is at high risk of contraction – if they work in the field in stagnant water, or are around rats regularly for example. As part of a breeder's license, the Lepto 2 or 4 vaccine is required, so your puppy has started a course of this vaccine. Moving forward, I feel it is important for you to assess your own circumstances regarding risks of contraction.

As it is bacterial, antibodies cannot be stored in the memory cells, so titre testing is not an option for Leptospirosis.

Bordatella

More commonly known as Kennel Cough, the Bordatella vaccine is another controversial one – this time not down to risks of serious health conditions, but simply down to the fact that the vaccine doesn't stop contraction of the disease, often gives the dog the disease, and also sheds to the environment. As a dog walker, I do not walk clients dogs for 10 days after this vaccine if the owners decide to give it, due to the risk to others. Kennel cough is rarely a life threatening condition; it's much akin to the human cold. Most dogs recover from it with time, and some manuka honey. Bone broth and Tree Barks Powder can also be great to help the immune system battle it, and soothe the throat.

Detoxing

If you feel your dog requires further vaccines (due to your living arrangements, the dog's 'working' circumstances, or perhaps due to needing vaccines to send your dog to a dog boarder), it's always wise to detox, especially the liver. The liver is often affected by the heavy metals in vaccine adjuvants, so I always advise a course of Milk Thistle to help keep the liver in tip top condition. I stock Milk Thistle if ever needed!

Household cleaning and laundry products



This is a quick one to cover – the household cleaning, and laundry products you use can affect your puppy's gut health! As previously discussed gut health is the most important thing to keep on top of as it links to various other parts of the body. The vast majority of cleaning products, and laundry liquids/powders contain ingredients that can really affect the skin microbiome and the gut – it's best to look for natural options. Bicarbonate of soda, water and a few drops of lemon essential oil can make an awesome cleaner; and there are lots of natural products on the market now too! Bio D, and Ingenious Probiotics are both excellent choices!

Beware of labels stating 'pet friendly' too! This marketing term simply means that the product won't kill you pet if a little is ingested, however it has no bearing on the affects it can have on their skin and gut health!

Home Fragrances

Home fragrances are super tempting, especially when you're a pet owner – after all, it hides the slight smell of dog in the home! Sadly, home fragrances are full of VOCs – Volatile Organic Compounds. Plug-in diffusers, aerosols like Febreze or similar, candles and reed diffusers are often major problems when it comes to VOCs. These nasty compounds can have profound effects on both mental and physical health of our pets. Physical effects include skin and coat problems (itching, baldness etc), and mental effects include stress and anxiety.

Some pet owners prefer to diffuse essential oils – this is ok provided the oils selected are dog safe, and are ones the dog has selected – their sense of smell is so incredibly powerful, that forcing the dog to be around a scent they don't need/want at that moment can actually be very stressful for them. Allowing your dog to select their oils is super important! DO NOT use essential oils around cats, if you have them!

An excellent way to add a scent into the house, is to simmer fresh fruit rinds, herbs and spices on the stove/hob. Having a simmer pot can really produce some amazing, but not overpowering scents!

Finally, investing in a good air purifier can be an absolute godsend for eliminating not only smells, but also clearing the air of dust mites etc. I really rate the Levoit range, but there are lots of options on the market!

Coat care

When it comes to coat care, diet and nutrition plays a huge part! Of course, regular brushing, and grooming sessions are paramount as part of your husbandry training, but there are dietary tweaks we can do to help keep skin and coat in tip top condition!

The fresh food diet your puppy has been raised on, allows for the best start in gut health, which directly impacts skin and coat quality – keeping up with this high moisture, fresh diet will aid your dog's coat as he or she ages! The other main dietary tweak we can do to keep skin supple, and coat soft, is omega 3. Omega 3 is incredibly important as it controls inflammatory responses, and keeps almost every aspect of the body in good condition. A variety of sources of omega 3 is best – fish oils, fresh or tinned oily fish, algae oil, raw egg and krill oils are all excellent sources of omega 3!

Thank you for reading!

Once again, congratulations on your new family member – you will have many years of joy and happiness! This info pack is a lot to take in, learn about, and digest, so do take your time to go back over sections if you



need to – take notes, and write down any questions you may have, and wish to ask me! If you do have any questions, please do reach out via email on dollys.delights@hotmail.com or on my Facebook Page, Dolly's Delights Pet.

Best of luck with your new pup!

Beth x

Handy Websites and Further Reading

My website! Here you can purchase you puppy's treats, some toys, leads, collars and harnesses, and supplements. You can also find details on my 1-2-1 nutrition consultations here! www.dollysdelightspet.myshopify.com

Book: Feeding Dogs by Dr Conor Brady

Blog: I write the blogs for My Pet Nutritionist, owned by one of the Uks top pet nutritionists. The blog covers almost every topic you could think of – it's a great resource! www.mypetnutritionist.com

Website: Raw Feeding Vet Society – a group of vets who are pro-raw! This society is changing the views on nutrition in the veterinary industry! A very useful resource. www.rfvs.info

Wormcount companies:

- www.feclab.co.uk
- www.wormcount.com

Book: Tip of the Needle by Catherine O'Driscoll

Ingenious Probiotics (for cleaning products): www.ingenious-probiotics.com

Website: Raw Feeding Vet Society – a group of vets who are pro-raw! This society is changing the views on nutrition in the veterinary industry! A very useful resource. www.rfvs.info