

THE CANINE WELLNESS BLUEPRINT:

UNLOCKING THE SECRETS OF HOLISTIC FOOD THERAPY FOR YOUR DOG



Chi Dog

"Food Is Medicine"

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INTRODUCTION

Welcome to a journey of healing, balance, and nourishment for your beloved canine companions. I am Dr. Susan Bohrer, a veterinarian certified in Chinese Medicine Food Therapy, and I am thrilled to guide you through the ancient wisdom and modern applications of Eastern Medicine for Therapy and Nutrition in dogs.

Our furry friends are more than just pets; they are family, bringing joy, companionship, and unconditional love into our lives. Just like us, they deserve a life of health, happiness, and well-being. This eBook is a testament to that belief, offering insights, knowledge, and practical solutions to address various health conditions and enhance the overall quality of life for your dogs.





In the following chapters, we will explore the philosophy of Eastern Medicine, delve into the case against kibble, and advocate for the benefits of fresh, holistic food. We will navigate through specific health conditions such as liver disorders, endocrine imbalances, kidney diseases, orthopedic concerns, behavioral issues, weight management, cancer, gastrointestinal problems, and skin conditions. Each chapter is a blend of Traditional Chinese Medicine principles, veterinary expertise, and practical advice, focusing on the transformative power of diet and holistic care.

At the heart of this eBook is Chi Dog, a company founded on the principles of Traditional Chinese Veterinary Medicine (TCVM). Chi Dog offers personalized, element-based meal plans designed to address your dog's unique health needs and restore energetic balance. Our mission is not just to feed, but to nourish, providing your dogs with the best food for their very best life.

Whether you are a long-time pet parent or have recently welcomed a furry member into your family, this eBook is a valuable resource. It is an invitation to view canine nutrition and health through a holistic lens, to understand the impact of diet on well-being, and to make informed choices that contribute to a happier, healthier life for your dog.



Thank you for joining us on this enlightening journey. Let's explore, learn, and embrace the wisdom of Eastern Medicine for the well-being of our cherished canine companions.

Eastern Medicine Food Therapy and Nutrition

CHAPTER 1: EASTERN MEDICINE PHILOSOPHY

In my years of veterinary practice, integrating both Eastern and Western medical principles, I've come to deeply appreciate the profound role of nutrition in preventing chronic diseases in our canine companions. The essence of Eastern Medicine is beautifully captured in a simple truth: "Where there is poor nutrition, there will be disease."



Food Therapy: A Journey to Balance

Embarking on the path of Food Therapy, a foundational concept in Eastern Medicine, I advocate for a diet of cooked meat, unprocessed carbohydrates, and cooked vegetables for our dogs. The choice of ingredients is meticulously aligned with either the specific disease pattern or the animal's Element - their inherent propensity toward imbalance. This philosophy stands in stark contrast to the prevalent reliance on processed, dry "kibble" diets.



The Transformative Power of Fresh Food

My journey with acupuncture and herbal therapies was enriched when I embraced the principles of Eastern Medicine's Food Therapy, recommending fresh food diets to my patients. The transformation was astounding! Freshly cooked, quality ingredient diets, proven to prevent chronic diseases and cancer in humans, unveiled similar remarkable benefits in dogs.

Harnessing Antioxidants and Choosing Low Glycemic Index Foods

Nature's palette offers a bounty of antioxidants in brightly colored foods like spinach, sweet potatoes, and carrots, essential in cancer prevention by neutralizing cell-damaging free radicals. A colorful, clean diet of real foods is a treasure trove of natural antioxidants. Furthermore, the emphasis on low glycemic index foods, measuring the conversion rate of carbohydrates to blood sugar, is pivotal.



A third of a dog's diet, as per Eastern Medicine, should comprise cooked, unrefined carbohydrates like barley, oats, and brown rice.



Home Cooking: A Nourishing Embrace

Home-cooked meals are a gift of love and health. They allow for a diversity of ingredients and assurance of quality. I wholeheartedly recommend home cooking with supplements, as directed by your veterinarian or opting for a balanced whole-food diet like Chi Dog. Even adding

healthy leftovers to your dog's bowl can make a difference. For those exploring home cooking, consulting with a TCVM (Traditional Chinese Veterinary Medicine) practitioner specializing in Food Therapy is invaluable.

CHAPTER 2: THE CASE AGAINST KIBBLE

In the last three years of my 14-year journey as a veterinarian, I've embraced Food Therapy, witnessing a transformative improvement in the health of my patients as they transitioned to fresh food. This revelation sparked my curiosity about the conventional ways we feed our dogs, leading me to uncover the detrimental effects of processed carbohydrates in dry kibble on our beloved pets.

The Silent Struggle of Our Pets

Unlike us, our dogs and cats cannot vocalize their opinions about food or express how they feel after a meal. It's heartbreaking to think that they might be silently saying, "I don't like that kibble—it makes me feel sick after I eat." As responsible pet owners, we bear the duty to stay informed and advocate for the safest and most nutritionally sound food for our pets.



The Carbohydrate Conundrum

Carbohydrates, a source of glucose, are essential for both humans and animals. They provide energy and prevent protein breakdown, essential for building and maintaining muscles and tissues. However, not all carbs are created equal. Good carbohydrates, found in root vegetables like yams, yuca, and taro root, are digestible, nutritionally valuable, and high in fiber, aiding in lowering insulin levels and bad cholesterol.

The Downside of Processed Carbohydrates in Kibble

The shift towards “grain-free” dry dog food has been misleading. While it’s true that dogs can thrive on low-carbohydrate diets, “grain-free” kibble still contains carbohydrates in the form of potatoes, tapioca, peas, and

sweet potatoes. The highly processed carbohydrates in commercial dog food, including wheat, white rice, corn, sugar, and white potatoes, undergo a manufacturing process called extrusion, which exposes the kibble dough to high temperatures, resulting in a loss of nutrients and vitamins. The end product is a bag of dry kibble laden with preservatives and lacking nutritional value.



The Health Implications

The repercussions of poor ingredients and over-processing in commercial pet food are manifold, ranging from obesity to cancer. High glycemic index carbs induce spikes in blood sugar levels, triggering chronic inflammation and paving the way for diseases like arthritis, diabetes, and obesity. Allergies, inflammatory bacteria shifts, erosion of mucosal lining, and an increased risk of cancer are among the myriad of health issues associated with



non-healthy sources of carbohydrates.

Advocating for Quality and Nutrition

The misconception that expensive kibble equates to higher quality is far from the truth. Most dry kibble is manufactured similarly, using comparable ingredients. Why then, should we invest in such



low-quality products? In Holistic Medicine, we believe, “Food is the First Medicine.” This principle is universal, applying to both animals and humans. I encourage my

clients to envision fresh, real foods in their dog's bowls - healthy leftovers, whole food ingredients, and natural colors. Your dog will express gratitude, and you will find solace in providing them with food you trust.

CHAPTER 3: THE CASE FOR FRESH FOOD

The power of freshly cooked, quality ingredient diets to prevent chronic disease and cancer is undeniable. This truth, well-established in human nutrition, is equally applicable to our canine companions, yet often overlooked. So, what makes fresh real food and an Eastern Medicine approach so impactful for our dogs?

Harnessing the Power of Antioxidants

Antioxidants are nature's warriors against cancer, neutralizing free radicals that damage cells. While supplements can offer this benefit, why not harness the most natural source? Foods rich in vibrant colors like spinach, sweet potato, and carrots are treasure troves of antioxidants. A clean, colorful diet of real foods delivers high amounts of these natural antioxidants, essential for our dogs' well-being.



Choosing Low Glycemic Index Foods

The glycemic index measures how quickly a carbohydrate converts into sugar in the blood. Processed dry dog food, comprising 40 to 60% carbohydrates, predominantly includes the starchy portion, which is easily broken down in the digestive tract. While carbohydrates are essential, high concentrations of highly processed ones, such as cornmeal and flour, lead to sugar spikes, increasing the risks of cancers and diabetes. Eastern Medicine recommends that one-third of a dog's diet should consist of cooked, unrefined carbohydrates like barley, oats, and brown rice - a gentle and nutrient-dense option.



Home Cooking: A Nourishing Choice

Home-cooked meals are the epitome of love and nourishment. They allow for ingredient rotation and quality assurance. I advocate for feeding Chi Dog or rotating meat, low glycemic index carbohydrates, and vegetables based on Eastern Medicine's Food Therapy.



Even adding some healthy leftovers into your dog's bowl can make a significant difference.

I often find clients surprised when I recommend feeding their dogs leftover human food, but as I always say, “If it’s good enough for your kids, it’s good enough for your dog!”

Liver

CHAPTER 4: BEST DOG FOOD FOR SEIZURES

Witnessing your cherished four-legged companion experience a seizure is undeniably distressing. The uncertainty, the fear, and the sense of helplessness can be overwhelming. You may have explored veterinary visits, undergone various tests, and tried different medications, yet the question persists: Is there more that can be done?

The answer might be closer than you think, lying right within your dog's food bowl. The role of diet in managing seizures is often underestimated, but it can be a game-changer. In this chapter, we will explore the intricate connections between seizures and food, the challenges and benefits of homemade dog food for seizures, and why our Wood Diet stands as a beacon of hope for dogs with seizures.



Understanding Seizures in Dogs

Seizures are a neurological disorder with various potential causes, ranging from canine epilepsy to exposure to toxins and metabolic issues like low blood sugar. Recognizing the signs of a seizure is crucial for timely intervention, with symptoms including convulsions, excessive drooling, disorientation, and episodes of unresponsiveness.

A thorough veterinary examination is essential for an accurate diagnosis, which may involve blood tests, urinalysis, and advanced diagnostic tests like MRI or spinal tap. Understanding the underlying causes and symptoms is the foundation for effective management and the consideration of dietary changes.

The Link Between Seizures and Diet

From the perspective of Traditional Chinese Medicine (TCM), diet can influence seizures through mechanisms such as inflammation and nutritional imbalances. Inflammatory foods, especially those high in processed carbohydrates and sugars, can impact the nervous system and increase the likelihood of seizures. A diet rich in anti-inflammatory foods like fresh vegetables and high-quality proteins can act as a natural buffer.





Nutritional deficiencies or excesses in key vitamins and minerals can also play a significant role. For instance, a deficiency in magnesium, known for its role in muscle relaxation and nerve function, can lead to increased neuronal excitability. Balancing the diet is crucial to avoid such imbalances.

Homemade Dog Food for Seizures: A Consideration

The appeal of homemade dog food lies in the control it offers over the ingredients, especially for dogs with specific triggers.

However, it comes with challenges such as time commitment, the need for expert advice, consistency, and safety concerns. Achieving the correct balance of vitamins and minerals can be tricky without expert guidance.

Despite the challenges, if you choose to go the homemade route, focusing on anti-inflammatory foods rich in quality proteins and low in processed carbohydrates is advisable. Consulting veterinarians and possibly veterinary nutritionists is essential to ensure a well-rounded and balanced diet.



Introducing the Wood Diet: A Holistic Approach

For those seeking an alternative, the Wood Diet from Chi Dog emerges as a standout option. Chi Dog offers a holistic philosophy rooted in TCM, with recipes designed to meet the individual needs of your dog. Our approach is backed by AAFCO guidelines, ensuring nutritional adequacy for all life stages.

The Wood Diet, priced at just \$6/day, provides a complete, balanced, and vet-approved solution. It features high-quality chicken, brown rice, and a variety of vegetables, offering a high protein and moderate fat content with low carbohydrate composition. The diet also supports liver function, making it ideal for dogs with seizures.



Transitioning to the Wood Diet

Transitioning your dog to the Wood Diet should be a thoughtful and gradual process. Consult your veterinarian to ensure alignment with your dog's healthcare needs and introduce the new diet slowly, monitoring for any changes in seizure frequency or behavior.

Your pet deserves the best, and we are here to help you provide just that. Embrace the Chi Dog difference and witness the positive change in your pet's life.



Endocrine

CHAPTER 5: BEST DOG FOOD FOR CUSHING'S DISEASE

Watching a beloved dog struggle with Cushing's disease is emotionally draining. The once energetic fur baby may turn apathetic, exhibiting mysterious and worrisome symptoms. However, I believe in the power of nutrition, especially when tackling complicated diseases like Cushing's. A specialized Cushing's diet for dogs can provide profound relief.

Understanding Cushing's Disease

Cushing's disease, or hyperadrenocorticism, is a hormonal disorder resulting from excessive production of cortisol, affecting various physiological functions. There are two main types: Pituitary-dependent and Adrenal-dependent. Understanding which type your dog has is crucial for effective treatment, including following a specialized diet.



Symptoms and Diagnosis

Cushing's disease symptoms can mimic other ailments, making it tricky to diagnose. Common signs include excessive thirst, rapid weight gain, hair loss, increased panting, and a pot-bellied appearance. Diagnosis involves a thorough physical examination, blood tests, urine analysis, and possibly an ultrasound. Further tests may be needed for a definitive diagnosis.

The Role of Diet in Managing Cushing's Disease

While medication is often the first line of treatment, diet plays a pivotal role in managing Cushing's disease. Elevated levels of cortisol can lead to imbalances in metabolism, resulting in weight gain and poor nutrient absorption. The choice of food can either exacerbate or alleviate the symptoms, working hand-in-hand with medical treatments.



Nutritional Considerations

High-quality protein is paramount, especially from lean meats, as they are easier to digest and metabolize. Reduced carbohydrate intake is advised due to elevated blood sugar levels in dogs with Cushing's disease. Incorporating anti-inflammatory foods rich in omega-3 fatty acids can also bring much-needed relief.

Chi Dog's Approach to Cushing's Disease

At Chi Dog, we offer a

targeted nutritional approach to handle Cushing's Disease, designed to work in synergy with medical treatments. Our recipes are veterinarian-formulated, crafted with quality ingredients, and personalized to meet unique nutritional needs. We follow the philosophy of Traditional Chinese Medicine (TCM) and adhere to the highest safety and quality standards.



Introducing the Fire Diet

Drawing upon TCM wisdom, the Fire Diet addresses the imbalances that Cushing's Disease can create. It features high-quality turkey protein, low carbohydrate content,

and ingredients like edamame and broccoli to provide a cooling effect on the body. The diet is nutrient-dense, with natural antioxidants and gluten-free grains.



Transitioning to the New Diet

Transitioning your dog to the Fire Diet is crucial. Start by mixing about 20% of the new food with your dog's existing food and gradually increase this percentage. Monitor your dog's response, ensure consistent access to fresh water,

and consult your vet when making significant dietary changes.

Foods to Avoid

Avoid high-glycemic foods like corn, potatoes, and rice, which can spike blood sugar levels. It's about entrusting a company with your pet's well-being and finding the right dog food for Cushing's disease.

Empowering You and Your Dog

Your dog deserves a life of comfort and well-being. By understanding Cushing's disease and the role of nutrition, you are empowered to make informed decisions for your furry friend. Trust in the quality and care that Chi Dog provides, and witness the positive change in your pet's life.

Kidney

CHAPTER 6: KIDNEYS - MANAGING CANINE KIDNEY DISEASE THROUGH DIET

When our four-legged family members grapple with kidney disease, our hearts fill with concern and uncertainty. Canine kidney disease is a formidable adversary, often sneaky in its approach and complex in its treatment. While we'd do anything to bring back the playful energy and happy tail wags, the situation seems overwhelmingly complicated. You've likely heard about the impact of diet and may even be considering trying vet-approved homemade dog food recipes for kidney disease.



Understanding Kidney Disease in Dogs

Kidney disease is a life-changing condition that can significantly impact the well-being of your canine companion. Your dog's kidneys work diligently to filter waste products out of the blood, regulate blood pressure, and help in the production of essential hormones and red blood cells. But when kidney disease strikes, this seamless operation can grind to a halt, causing a slew of health issues that can dramatically reduce your pet's quality of life.



Types of Kidney Disease: Acute vs. Chronic

- **Acute Kidney Disease:** This form of kidney failure happens suddenly, often due to ingestion of toxic substances like antifreeze, certain medications, or poisonous plants. It requires immediate medical attention and, if treated promptly, the prognosis can be favorable.
- **Chronic Kidney Disease (CKD):** This is the more insidious form that develops over time, often due to aging or a long-term untreated illness. CKD is generally not reversible, but it can often be managed with appropriate care and lifestyle changes.

Common Symptoms and Early Warning Signs

Early detection is vital for effective management. Some common symptoms include increased thirst and urination, lethargy or depression, loss of appetite, weight loss, bad breath with a chemical odor, vomiting and diarrhea, and blood in urine.

Diagnosis and Testing Procedures

If you suspect your dog is suffering from kidney disease, it's critical to consult a veterinarian immediately for a thorough evaluation,



which usually involves a series of tests such as blood tests, urine tests, ultrasound, or X-ray.

The Role of Diet for Dogs With Kidney Disease

A well-planned diet can not only slow down the progression of kidney disease but also enhance your dog's quality of life by reducing uncomfortable symptoms. Diet for dogs with kidney disease plays such an integral role in managing the condition that some experts consider it to be a form of 'nutritional medication'.

The Science Behind Nutritional Needs in Kidney Disease

A properly designed meal plan for a dog with kidney disease typically focuses on reducing the workload on the kidneys, lowering the volume of

wastes they have to filter. By giving the kidneys less workload, they can work more efficiently.

Importance of Protein, Fat, and Mineral Balances

- **Protein:** High-quality protein sources like lean meats can be easier for the kidneys to process, thereby generating fewer waste products.
- **Fat:** Omega-3 fatty acids, found in fish oils and flaxseeds, have shown promise in reducing kidney inflammation.



- **Minerals:** A balance of minerals is essential. Too much phosphorus can worsen kidney disease, while controlled levels of calcium, potassium, and sodium are crucial.

Vet-Approved Homemade Dog Food Recipes for Kidney Disease

Crafting your pet's meals from scratch allows you to monitor the ingredients carefully. You can adjust protein levels, and manage phosphorus and sodium content. Plus, feeding your dog a homemade meal means you're avoiding artificial additives that are commonly found in commercial dog foods.

EXAMPLE DIETS:

1. Chicken and Rice

Ingredients:

2 cups boiled chicken (low sodium), 1 cup cooked white

rice, 1/4 cup carrots (steamed).

Preparation:

Boil the chicken in water without adding salt. Cook the rice and steam the carrots. Mix all the ingredients together and serve it cool.

2. Beef and Veggies**Ingredients:**

1 cup salmon or cod (cooked), 1 cup sweet potato (boiled and mashed).

Preparation:

Cook the ground beef in a non-stick pan until brown. Steam the zucchini and squash and mix them in with the beef.

3. Fish and Sweet Potato**Ingredients:**

1 cup ground beef (lean), 1/2 cup zucchini, 1/2 cup squash.

Preparation:

Cook the fish thoroughly. Boil

the sweet potato until soft and mash it. Mix the two together for a complete meal.

**Chi Dog's Water Diet: A Simpler Solution**

Our Water Diet is a kidney-supportive diet that's backed by veterinary science and the ancient wisdom of traditional Chinese medicine. You can save yourself the time and hassle of constantly creating fresh homemade food for dogs with kidney disease through our meal services.



Why Chi Dog's Water Diet is the Best Choice For Your Pet

The Water Diet isn't your average commercial dog food - it's a holistic, therapeutic diet rooted in both nutritional science and Traditional Chinese Medicine. It is crafted to aid in a variety of conditions such as food allergies, diarrhea, and specifically, kidney support.

Chi Dog's Water Diet: A Balanced and Nourishing Meal

Chi Dog's Water Diet is more than just food; it's

nourishment designed to support your pet's kidney health while addressing other common issues like back pain, ear infections, and urinary incontinence. Characterized as Neutral to Cooling from a Chinese Medicine perspective, this diet targets both Kidney Yin and Qi Deficiencies, translating to a balanced, nourishing meal that supports your pet's overall wellness.

Prepared in a USDA certified organic kitchen and adhering to AAFCO standards, our food ensures that you're doing what you can to feed your pet the best dog food for kidney disease.



We simplify the order and delivery process, bringing meals to your door on a routine basis.

Transitioning Your Dog to Chi Dog's Food

Transitioning to Chi Dog's food should be done gradually over a week to prevent digestive upsets and allow your dog to adapt to the new nutrient balance, taste, and texture. Here's a simple guide:

- **Days 1-2:** Mix 25% of Chi Dog's food with 75% of the current food.
- **Days 3-4:** Transition to a 50/50 mix.
- **Days 5-6:** Increase to 75% of Chi Dog's food with 25% of the current food.
- **Day 7:** You can now feed 100% Chi Dog's food.

Additional Supportive Measures

While Chi Dog's food is a cornerstone in managing

kidney disease, comprehensive care involves more layers of attention and action. Regular vet visits, proper hydration, limited exercise, environmental comfort, medications and supplements, alternative therapies, and close observation are essential in supporting your dog.



Closing Thoughts

Vet-approved homemade dog food recipes for kidney disease come with challenges such as time-consuming preparations and potential for nutritional imbalances.

Chi Dog's Water Diet offers a vet-approved, nutritionally balanced, and convenient alternative designed to support kidney function in dogs. It's a carefully crafted, kidney-supportive therapy that takes the guesswork and hassle out of feeding your dog right.

Why spend hours in the kitchen when the best nutritional support for your dog's kidney health is just a click away? Choose Chi Dog's Water Diet today!



Orthopedic

CHAPTER 7: BEST DOG FOOD FOR ARTHRITIS



Watching your furry friend limp or struggle can be heart-wrenching. The once energetic and lively companion now faces discomfort with every move. The pain visible in their eyes sends us searching for remedies, exploring options from pain relievers to joint supplements. But have we considered the transformative power of a specialized dog diet for arthritis?

Introducing Chi Dog's Water Diet, a scientifically-formulated, vet-recommended diet designed specifically for dogs with arthritis. This diet is not your typical kibble; it's a nutritional strategy that addresses the root causes of arthritis inflammation. In this chapter, we will delve into what makes it the best dog food for arthritis, explore the basics of canine arthritis, and offer tips on managing your pet's condition and optimizing joint health.



Canine Arthritis: Causes, Symptoms, and More

Arthritis, characterized by inflammation of the joints, causes pain and limits mobility in dogs. It can result from the natural aging process, obesity, joint injury, or genetic predisposition. Recognizing and acting on the early signs of arthritis is crucial for mitigating the impact of the disease and improving your pet's quality of life.

Common Symptoms: From Subtle to Obvious

Dogs often mask their pain, making early identification of arthritis challenging. Symptoms range from reluctance to walk, climb stairs, or jump, to stiffness and mood swings. These are not just normal parts of aging but signals from your pet's body that warrant attention and veterinary consultation.

Long-term Consequences of Ignoring Pet's Arthritis

Untreated arthritis can progress, causing further joint damage, permanent deformities, muscle atrophy, and a decline in your dog's happiness and quality of life. Pain diminishes the joy in activities, from walks to playtime.



How a Dog Diet for Arthritis Can Help

The dietary choices you make for your dog can either alleviate or exacerbate their arthritis. The right foods can

significantly manage their pain and inflammation. A balanced diet rich in anti-inflammatory compounds and devoid of inflammatory foods is critical.

Why Traditional Dog Foods May Worsen Arthritis

Many commercial dog foods contain excess omega-6 fatty acids, artificial preservatives, and low-quality fillers, which can worsen inflammation and lack essential nutrients. A balanced diet is essential for weight management, reducing stress on arthritic joints, and improving mobility.

The Key Nutrients for Arthritis Management

Nutrients like Omega-3 fatty acids, glucosamine, chondroitin, vitamin E, and selenium play a vital role in managing arthritis symptoms due to their anti-inflammatory properties

and support for joint health.

Chi Dog's Water Diet: The Best Dog Food for Arthritis

Chi Dog's Water Diet emerges as the optimum choice for dogs suffering from arthritis. Created with veterinary nutritionists, it meets the nutritional needs of dogs with arthritis, providing a balanced and convenient solution. Chi Dog combines human-grade meats, veggies, and whole grains to nourish your pet according to their specific Element.



Transitioning Your Pet to the Water Diet

Switching your dog to a new diet should be a gradual process to avoid digestive issues. Start by mixing a small amount of Chi Dog's Water Diet with your dog's current food and gradually increase.

Behavioral

CHAPTER 8: WHAT CAN I GIVE MY DOG FOR ANXIETY?

Your pup is more than just a pet; they are an integral part of your family, an inseparable companion, and a source of unending joy and love. But, like a shadow, anxiety can creep in unnoticed, gradually changing your dog's behavior and dampening their once vibrant personality. This chapter will explore what you can give your dog for anxiety and how adjusting their diet can be a simple solution.



Why Dogs Struggle With Anxiety

Dogs, much like humans, can experience a range of emotions, including anxiety. They are sensitive creatures, attuned to their environment and the emotions of their owners. Anxiety in dogs can be a symptom of an imbalance in their energy, or Qi, according to Traditional Chinese Medicine (TCM). Stressors or anxiety triggers disrupt the flow of Qi, leading to emotional and physical symptoms.

Signs and Symptoms of Anxiety in Dogs:

- Excessive barking or howling
- Compulsive behaviors such as constant pacing
- Chewing or destroying items around the house
- Increased aggression or hyperactivity
- Changes in eating habits, including loss of appetite or overeating
- Displaying signs of fear or distress, such as cowering, trembling, or panting
- Regularly seeking comfort and attention from the owner
- Unusual toileting behavior, such as accidents in the house



Common Triggers for Anxiety in Dogs:

- Separation from owners or other pets
- Fear of specific situations or objects: Thunderstorms, fireworks, vacuum cleaners, or a trip to the vet

- Changes in the environment: Moving houses, a new family member, or even rearranged furniture
- Past trauma: Dogs who've been abused, neglected, or experienced a traumatic event can develop anxiety

The Impact of Anxiety on Your Dog's Health and Behavior

Prolonged anxiety can affect your dog's behavior and take a significant toll on their physical health. It can lead to weakened immune systems, digestive issues, skin



problems, weight changes, and strained hearts, potentially leading to more serious cardiovascular issues over time.

Can Dog Food Cause Anxiety?

The food our dogs eat can profoundly influence their mood, behavior, and overall mental health. Processed commercial pet foods often contain filler ingredients, artificial additives, and low-quality protein sources, lacking essential nutrients and containing elements that could potentially exacerbate anxiety in susceptible dogs.

The Role of Nutrition in Your Dog's Mental Health

Nutrition plays a critical role in mental health, affecting brain function and behavior. A balanced diet that aligns with your dog's unique needs can

support a harmonious flow of Qi, promoting mental balance and tranquility. Specific nutrients like Omega-3 fatty acids, B-vitamins, and Tryptophan are vital for mental health.

What is the Best Dog Food for Anxiety? Introducing Chi Dog's FIRE DIET

Chi Dog's Fire Diet is a meticulously crafted, holistic therapeutic diet designed with the principles of TCM. It integrates high-quality, human-grade ingredients, fresh veggies, and whole

grains to nourish your dog's body and restore the balance of their Qi, supporting mental tranquility.

Our Approach to Traditional Chinese Medicine Therapy

Chi Dog's diets are formulated in accordance with the principles of TCM, seeking to create harmony in the body. The Fire Diet offers cooling properties and acts as a Yin tonic, representing the elements of rest, rejuvenation, and tranquility. A deficiency in Yin can manifest as anxiety in dogs.

Tips for Changing Your Dog's Diet for a Smooth Transition

Transitioning your dog to the Fire Diet should be done gradually to avoid any digestive upset. Start by replacing a small portion of their current food with the



Fire Diet, gradually increasing the amount over a week or so.

Beyond Dog Anxiety Food, Here are Tips for Helping Your Pet Find a Sense of Calm and Balance

While food therapy is critical, other factors like stress management techniques, exercise, a consistent routine, and the power of affection are also important. Consider using calming dog beds, anxiety wraps, calming music, anxiety-relief toys, and puzzles.



Aromatherapy or CBD Oil for Dogs

Aromatherapy and CBD oil have been found to have calming effects on dogs. However, always remember to consult your vet before introducing any new supplements or therapies to ensure they are safe and suitable for your pet.

Regular Exercise and Its Role in Anxiety Management

Exercise plays a vital role in managing your dog's anxiety. Regular physical activity can help burn off excess energy and promote the production of serotonin, a feel-good hormone. This can have a significant calming effect on your dog, reducing restlessness and promoting better sleep. The type and amount of exercise will depend on your dog's breed, age, and health status,

but even a simple daily walk can make a difference in promoting mental and physical well-being.



The Importance of a Consistent Routine

Dogs are creatures of habit, and maintaining a consistent routine can provide a sense of security and predictability, thereby reducing anxiety. Try to keep feeding, exercise, and rest times consistent every day, as distractions and changes to their typical routine are common anxiety triggers.

Physical Contact and Love

Never underestimate the healing power of a loving touch. Physical contact can be incredibly soothing for an anxious dog. Petting, stroking, and gentle massages can help reduce your dog's heart rate and soothe their nerves. Spending quality time together strengthens your bond and provides your dog with the emotional reassurance they need.



Bringing Our Conversation on the Best Dog Food for Anxiety to a Close

There you have it - everything you need to know about the best dog food for anxiety. The Fire Diet from Chi Dog is just what your pet needs to find a sense of balance and calm, freeing them from the shackles of anxiety. At Chi Dog, we believe that every dog deserves the best chance at a happy, anxiety-free life. While choosing the right diet is a significant step in managing anxiety, it's also about fostering an environment of love, security, and routine.

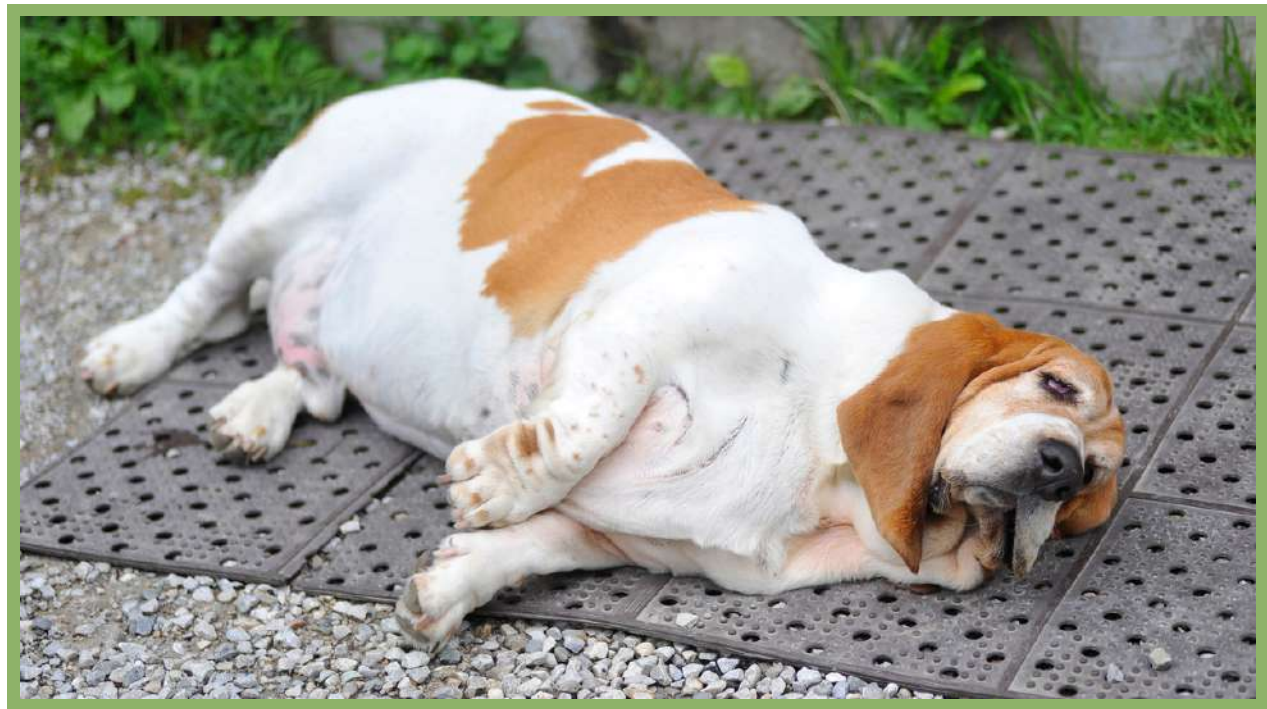
Together, let's make a difference in the lives of our furry friends, because they do so much to enrich ours. Remember, when you choose Chi Dog, you're choosing a path of health,

harmony, and balance. Let's embark on this journey together.

Weight management

CHAPTER 9: BEST DIET FOR OVERWEIGHT DOGS

It's a painful moment when you realize your furry friend isn't just cuddly, but maybe a little overweight. Being a dog parent comes with a responsibility to keep your pup healthy, and that includes maintaining a healthy weight. You notice they have a bit more trouble getting up, or maybe they don't run quite as fast when you call them in from outside. Or, perhaps you can physically see the changes in their appearance. Whatever the case, once you notice the early warning signs of your dog's excessive weight gain, it's up to you to take action.



Obesity in Dogs: Health Risks and Importance of Weight Reduction

Obesity in dogs can lead to a plethora of health issues, reducing their quality of life and shortening their lifespan. The health risks of canine obesity include joint issues, diabetes, heart disease, breathing problems, liver disease, and decreased immune function. Weight reduction is essential for your dog's overall health and wellbeing, and it brings their body back towards balance, enhancing their energy levels and overall mood.

Understanding Dog Weight Standards and Spotting the Signs

Determining if your dog is overweight is the first step in addressing the issue. Dog weight standards aren't one-size-fits-all. Various factors contribute to the ideal weight

for a dog, including the breed, age, and sex. Spotting the signs of an overweight dog requires both visual assessment and physical touch. Changes in behavior can also be a sign of weight issues.



Why Typical Dog Foods and Diets Won't Cut It

Most commercial dog foods, while convenient, often don't provide the right balance of nutrients your dog needs to maintain a healthy weight. The typical Western diet for dogs tends to create disharmony in your dog's

body from a Traditional Chinese Medicine perspective. This imbalance can lead to conditions such as "dampness" and "phlegm", which in turn can contribute to weight gain and obesity.

Essential Nutrients for Weight Management in Dogs

A balanced diet for weight management should focus on high-quality proteins, a moderate amount of healthy fats, and low-glycemic, fiber-rich carbohydrates. Proteins, healthy fats, fiber-rich carbohydrates, vitamins, and minerals are essential nutrients for weight management in dogs.



Introducing the Best Diet for Overweight Dogs: Chi Dog's Earth Diet

At Chi Dog, we understand that your dog's health is of utmost importance, especially when it comes to weight management. Our philosophy at Chi Dog revolves around providing individualized, holistic, and balanced diets for your pets. Our food formulations are grounded in both modern veterinary science and the principles of Traditional Chinese Veterinary Medicine (TCVM), offering a balanced approach towards overall wellness. The Earth Diet is an excellent choice for overweight dogs. It's a light, low-fat diet specifically designed to aid in weight management.

The Earth Diet and Metal Diet: Tailored Solutions for Weight Management

The Earth Diet is not the only solution we offer for weight management and obesity at Chi Dog. We also present the Metal Diet, another brilliant option for your overweight dog.



This hydrating, low-carbohydrate, strength-building diet is formulated to aid weight management, manage constipation, and support dogs with lung disease, diabetes, and skin conditions. It includes high-quality beef,

white potatoes, and a variety of nutrient-packed vegetables like bok choy, kale, and carrots, designed with a 15% minimum crude protein, a moderate 9.5% fat content, and a low carbohydrate composition of only 10%.

Personalized Advice and Support from Expert Veterinarians at Chi Dog

Choosing the best diet for your overweight dog can be overwhelming, but you don't have to do it alone. At Chi Dog, our team of expert veterinarians is ready to help you navigate the best options for your dog's specific needs. Whether your dog prefers the hearty flavors of beef found in the Metal Diet or the vegetarian, light profile of the Earth Diet, our expert veterinarians are always here to provide personalized advice based on your dog's unique health profile.

Tips for Transitioning to the Best Dog Food for Overweight Dogs

Transitioning to a new diet is a crucial part of weight management, but it must be done gradually. Start by mixing a small amount of the new diet with your dog's current food, gradually increasing the proportion of the new diet over one to two weeks. This method helps prevent digestive upset and allows your dog to adjust to their new diet.



Comprehensive Weight Loss Strategies: Exercise, Portion Control, Vet Checkups, and Behavioral Change

Beyond feeding the best dog food for overweight dogs, there are other equally important aspects of weight management that we must not overlook. Regular exercise, portion control, regular vet checkups, and techniques for behavioral change are key components in any weight loss strategy for dogs. Engage your dog in regular walks, fetch games, or even swimming, manage portions to slowly shed pounds, and adjust feeding times and environment to support weight loss.

Wrapping Up Our Chapter on the Best Dog Food for Overweight Dogs

At Chi Dog, our primary goal is to ensure the overall wellness of your pet. Our nutrition philosophy, grounded in Traditional Chinese Medicine principles, goes beyond just feeding your dog. It's about providing a holistic, balanced lifestyle that takes into consideration their diet, physical activity, and overall wellbeing. Whether your dog needs to shed a few pounds or you're proactively working to prevent weight gain, remember that the journey to optimal health is a marathon, not a sprint. It takes time, patience, and consistency.

As you navigate your dog's weight loss journey, remember we are here to assist. If you have any questions or need more personalized guidance,

don't hesitate to reach out to our team of experts. Let's work together to provide your dog the best possible care, ensuring they live a long, healthy, and happy life.



Cancer

CHAPTER 10: BEST DIET FOR DOGS WITH CANCER

A cancer diagnosis in a beloved furry companion is a heart-wrenching experience. It's a time of uncertainty, but also a time for action, to explore every avenue that could enhance the quality of life for your cherished pet. One such avenue is the role of diet in managing canine cancer.



Symptoms and Diagnosis of Cancer in Dogs

The symptoms of canine cancer vary depending on the type and stage, including unusual lumps, unhealed sores, weight loss, appetite loss, difficulty eating, bleeding, persistent lameness, and decreased stamina. Early veterinary consultation and diagnostic tests are crucial for accurate diagnosis and treatment.

The Role of a Dog Cancer Diet in Providing Relief and Extending Lifespan

Diet plays an essential role in cancer treatment, influencing the body's ability to fight the disease, handle treatment side effects, and improve quality of life. A well-curated cancer diet, based on TCM principles, can restore balance, bolster the immune

system, inhibit tumor growth, and support overall well-being.

Chi Dog's Cancer Diets: Earth Diet and Metal Diet

Chi Dog offers two ideal diets for dogs diagnosed with cancer: the Earth Diet and the Metal Diet. Both are grounded in TCM principles and aim to restore balance to your dog's system.



Earth Diet: Light, low-fat, with anti-cancer properties. It aids in managing obesity and inflammation and supports cancer remission or prevention. Ingredients include egg, tofu, sweet potato, spinach, green peas, and mushroom.



Metal Diet: Hydrating, low-carb, strength-building diet that aids in managing weight gain, constipation, lung disease, diabetes, and more. Ingredients include beef, white potato, bok choy, kale, and carrots.

Transitioning to a Canine Cancer Diet

Transitioning your dog to a new diet should be gradual to avoid digestive issues. Start by mixing a small amount of Chi Dog's cancer diet with your dog's current food and gradually increase until they are fully accustomed to the new diet.

Conclusion

Facing canine cancer is challenging, but with knowledge, a balanced diet, and comprehensive care, you can significantly impact your pet's journey through this disease. Chi Dog is here to support you and your pet, offering specially formulated diets and expertise to ensure a healthier and more comfortable life for dogs battling cancer.

Gastrointestinal

CHAPTER 11: BEST FOOD FOR DOGS WITH INFLAMMATORY BOWEL DISEASE (IBD)

Witnessing your beloved dog struggle with health challenges like Inflammatory Bowel Disease (IBD) can be distressing. However, as a pet parent, you possess the power to significantly enhance your dog's quality of life through dietary adjustments.

Understanding Inflammatory Bowel Disease (IBD) in Dogs

IBD is a chronic gastrointestinal disorder characterized by persistent inflammation of the dog's intestinal wall. It is not a single disease but a term encompassing several conditions with common symptoms but potentially different underlying causes. From a Traditional Chinese Medicine (TCM) perspective, inflammation in IBD is often linked to an imbalance in the body's energy, referred to as

“Qi” (pronounced “chi”), which can manifest as excess heat, dampness, or even a blockage in the flow of Qi.



Symptoms, Diagnosis, and Causes of IBD in Dogs

Dogs with IBD typically exhibit symptoms associated with the gastrointestinal tract, including chronic diarrhea, vomiting, loss of appetite, weight loss, and lethargy. Diagnosis involves a combination of physical examination, detailed history, and specialized tests such as blood work, ultrasound, and endoscopic biopsy. The exact cause of IBD in dogs is unknown in Western medicine, but it is believed to result from an inappropriate immune response influenced by genetic factors, diet, and environmental triggers. In TCM, the cause of IBD is seen as an imbalance in Qi resulting from an improper diet.

The Impact of Diet on IBD

Diet plays a pivotal role in managing IBD. The right food can soothe symptoms or exacerbate inflammation. In TCM, food is seen as a means to balance the body's energies and restore health. Different foods have varying energies, flavors, and movements, which can influence the balance of Qi, Yin, Yang, and other elements in the body.



Chi Dog's Approach to Formulating Dog Food for IBD

At Chi Dog, we believe in the healing powers of food. Rooted in TCM principles, we design our recipes to provide not just physical nourishment but also energetic balance. We see food as a tool to help your pet's body regain its equilibrium, alleviate symptoms, and improve overall wellness.



Chi Dog's Water Diet for Dogs with IBD

Chi Dog's Water Diet is recommended for dogs with IBD. It is a hypoallergenic, kidney-supportive diet tailored for dogs with health conditions like IBD. The core ingredients include pork, pearled barley, green peas, watercress, and sweet potato, all chosen for their unique energetic properties. Pork, considered neutral to cooling in TCM, is ideal for dogs with IBD that may have excess heat contributing to their condition. The diet is also low in carbohydrates, making it easier for your dog's digestive system to process.



Transitioning Your Dog to a New Diet and Additional Support

Transitioning your dog to a new diet should be gradual to avoid digestive upset. Start by mixing a small amount of the new food with their old food, gradually increasing the proportion of the new food over 7-10 days. In addition to diet, probiotics, digestive supplements, stress management, hydration, and complementary therapies like acupuncture and herbal medicine can also support your dog's health.



Conclusion

Managing canine IBD is multifaceted, but with the right approach, including a balanced diet like Chi Dog's Water Diet, your furry friend can live a comfortable, happy life. Nutrition is the cornerstone of managing the condition, but it works best when combined with other strategies.



Skin Conditions

CHAPTER 12: BEST DOG FOOD FOR SKIN ALLERGIES

Witnessing your furry companion incessantly scratching, biting, and licking their skin until it's raw and inflamed can be distressing. Every dog owner knows how a persistent itch from a skin allergy can transform a playful, energetic pup into a miserable, lethargic shadow of their former self. Understanding and managing your dog's skin allergies can feel like an uphill battle, but often, the solution lies in addressing the root cause, and diet plays an indispensable role in this process.

A Brief Overview of Skin Allergies in Dogs

Canine skin allergies, also known as allergic dermatitis, are a common ailment among dogs. The condition arises when the dog's immune system overreacts to certain allergens, resulting in a range of uncomfortable skin symptoms. It's a chronic problem for many dogs that can severely impact their quality of life if not adequately managed.

Symptoms of Dog Skin Allergies:

- Persistent itching, scratching, and biting at certain areas of the body.
- Red, inflamed skin, often appearing as rashes or hot spots.
- Dry, flaky, or scaly skin.
- Hair loss, typically in patches.
- Ear infections or inflammation, if the allergen affects the ear canals.

- Unpleasant skin odor due to bacterial or yeast infections on the inflamed skin.



Causes of Skin Allergies in Dogs

Skin allergies in dogs can be caused by a variety of factors, including Flea Allergy Dermatitis, Food Allergies, Atopic Dermatitis, and Contact Dermatitis.

Western Medicine's View on Skin Allergies

From a Western Medicine standpoint, skin allergies in dogs are seen as an

overactive immune response, leading to inflammation and itching. Treatment typically involves eliminating the allergen if possible, using medications to control the itching and inflammation, and addressing any secondary infections.



Traditional Chinese Medicine's View on Skin Allergies

Traditional Chinese Medicine (TCM) takes a holistic approach, linking the health of a dog's skin to the balance of Qi (pronounced "chi") - the vital life energy circulating

throughout the body. An imbalance or blockage of Qi can manifest as skin problems. TCM categorizes skin allergies as a symptom of 'Heat' or 'Wind', and food therapy seeks to restore Qi balance through dietary changes.



The Role of Diet for Dog With Skin Allergies

A nutritionally balanced, high-quality diet is crucial for managing skin allergies in dogs. It nourishes your pet, boosts their immune system, and aids in maintaining a healthy skin barrier. According to TCM, dietary choices

significantly influence Qi balance, and a carefully curated diet can restore balance and alleviate allergy symptoms.

Chi Dog's Fire Diet for Dog With Skin Allergies

At Chi Dog, we've developed the Fire Diet, a cooling and Yin tonic diet crafted specifically for dogs dealing with skin allergies, inflammatory conditions, anxiety, and more. It is formulated with turkey, millet, carrots, edamame, and broccoli, chosen for their cooling and nourishing properties.



The Fire Diet works by cooling the body and addressing Yin Deficiency and Excess Heat, common issues in dogs suffering from skin allergies.

Transitioning Your Dog to the Fire Diet

Transitioning your dog to the Fire Diet should be a gradual process to allow their digestive system to adjust. Begin by mixing a small amount of the Fire Diet with their current food, gradually increasing the proportion until you've completely replaced the old diet. Monitoring your dog's response is essential to observe positive changes in their skin health, energy levels, and overall well-being.

Identifying and Eliminating Allergens

Dogs with skin allergies can react to various food ingredients, so identifying and eliminating these from your

dog's diet can be a critical part of managing their condition. Common allergens include grains, certain proteins (beef, chicken, pork, fish), dairy products, artificial additives, and fillers like corn, soy, and wheat.



Additional Support Beyond Diet

While a well-balanced, allergen-free diet is a crucial first step, there are additional ways to support your dog's health and comfort. Regular exercise is fundamental for maintaining a smooth flow of Qi or energy in the body, preventing stagnation of Qi which can lead to imbalance

and various health issues, including skin problems. Regular walks, playtime, and physical activities can help to boost their immune system and improve their overall wellbeing.

In some cases, dietary adjustments and exercise may not be enough to fully manage skin allergies. Medication, whether Western or Eastern, might be needed to control severe or persistent symptoms. Traditional Chinese Veterinary Medicine (TCVM) does include the use of natural herbs which can support the diet in balancing the Yin and reducing excess heat. Always consult with a holistic veterinarian who understands both Western and Eastern treatments to ensure a well-rounded approach.

Stress can disturb the balance of Qi in your dog's body and can contribute to or exacerbate skin allergies.

Providing a calm, nurturing environment is a fundamental part of managing your dog's skin allergies. Consider therapies like acupuncture or massage, which are known to alleviate stress and promote the smooth flow of Qi. Even simple measures like providing a quiet, safe space for your dog to relax can help. Remember, a happy dog is often a healthier dog.



Final Thoughts

At Chi Dog, we understand the connection between diet and health. Our Fire Diet is designed to help dogs with skin allergies find relief by balancing their internal energies and cooling their bodies. Made from human-grade ingredients, this diet aligns with the principles of Traditional Chinese Medicine to support your dog's overall well-being.

We believe in the power of diet, but also in a holistic approach to health. Regular exercise, the potential use of medication, and managing stress levels are all part of the path to wellness. We encourage you to give our Fire Diet a try and experience the difference that a balanced, personalized diet can make for your dog. Remember, we deliver right to your doorstep, making the transition to healthier,

allergen-free dog food as seamless as possible.

Our mission at Chi Dog is not just to feed, but to nourish your dogs, giving them the best food for their very best life!



In Conclusion,

As we draw this enlightening journey to a close, I hope you've found a deeper understanding of the profound connection between diet, health, and the overall well-being of our beloved canine companions. The ancient wisdom of Traditional Chinese Medicine, combined with modern veterinary practices, offers a holistic approach to canine health that goes beyond mere symptom management. It's about addressing the root causes, restoring balance, and ensuring our dogs lead a life full of vitality and joy.

Our dogs, with their boundless energy, wagging tails, and unconditional love, deserve nothing but the best. And as their guardians, it's our responsibility to provide them with the nourishment and care they need. The choices we make about their diet can have a transformative impact on their health, happiness, and longevity.

At [Chi Dog](#), we're passionate about harnessing the power of food therapy to bring about positive change. Our element-based meal plans, rooted in the principles of TCVM, are meticulously crafted to cater to the unique health needs of every dog. Whether it's the cooling properties of the [Water Diet](#) for arthritis or the nourishing benefits of the [Fire Diet](#) for skin allergies, each meal is a blend of love, science, and tradition.

Moving Forward

I invite you to explore the transformative power of Chi Dog's diets. Go deeper, ask questions, and most importantly, witness the

positive changes in your dog's health and demeanor. Begin your journey with Chi Dog today and embrace a holistic approach to canine well-being.

For those eager to embark on this path, [visit our website](https://www.chidog.com) to discover the perfect meal plan tailored to your dog's needs. Join our community, share your stories, and let's work together to ensure every dog enjoys a life filled with health, balance, and happiness.

Thank you for allowing me to guide you through this journey. Remember, the best gift we can give our dogs is a life of health and happiness. Let's make every meal count!

With warmth and gratitude,
Dr. Susan Bohrer

