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Vitamins, minerals for oral support.

A dog's genetics help to determine the strength of their teeth and bones.

Some dogs have naturally strong teeth, while others have chalky, softer teeth.

While all dogs require sufficient oral health-supporting vitamins and minerals in their daily diet - some dogs may require more than the average quantity to ensure good oral health is maintained.

Although commercial dry dog kibble does have added vitamins and minerals, the amount provided kibble product varies by manufacturer, brand and type.

Kibble alone may not provide enough of the right vitamins and minerals to meet your dog's daily quota for achieving good oral health.

You can augment your dog's daily intake of critical vitamins and

minerals by providing them with:

A supplement designed specifically for canines, and/or;

Supplement your dog's daily diet with fresh foods and or whole raw meaty bones – edible bones foods (including "some" +-15% dairy, fruit and vegetables) that will be good for your dog and are rich in oral health and immune system supporting vitamins and minerals.

If your dog get used to it – a percentage whole, fresh crunchy food such as whole carrots, parsnips and sliced pieces of apple it will help scrub your dog's teeth clean!

Calcium. (Mineral).

A dog's teeth and jaws are comprised primarily of calcium.

When there is not enough calcium in a dog's diet the risk is great of developing periodontitis increases.

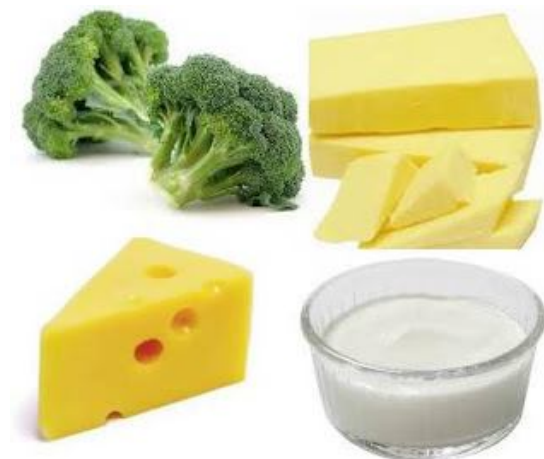
Calcium is best when combined with phosphorus and Vitamin D.

Cheese - Cheddar, Swiss, Mozzarella, Provolone;

Dark green leafy vegetables, collard greens, spinach, broccoli;

Kelp (also has many other health benefits);

Yogurt (plain, unsweetened).



Iron (mineral).

Not enough iron can cause inflammation of the tongue and the formation of sores in the mouth.

Vitamin C helps the body better absorb iron.

Dark green leafy vegetables, collard greens, spinach, broccoli (broccoli should not exceed more than 1/10th of the dog's daily food intake in the feed pan);

Eggs;

Liver;

Red meat and edible bone;

Chicken or turkey or giblets;

Phosphorus.

Calcium requires phosphorus to maximize calcium's' bone strengthening benefits.

The following foods are high in phosphorus.

Combine some high calcium and high phosphorus as a little meal on its own or mixed in with your dog's kibble.

Cheese - Cheddar, Swiss, Mozzarella, Provolone;

Chicken - turkey

Garlic

Flax seeds (ground not whole) or fish/krill oil

Various types of meat

Salmon, halibut, herring

Wheat germ



Vitamin B Complex

(B1 thiamine + B2 riboflavin + B3 niacin + B5 pantothenic acid + B6 pyridoxine + biotin + folic acid + B12 cobalamins)

B complex vitamins are essential for oral health.

A deficiency of these vitamins can cause a variety of oral health problems, including bleeding gums and inflammation.

The following foods are high in B complex vitamins:

Cheese;

Chicken and turkey;

Dark leafy greens (kale, spinach);

Eggs;

Fish;

Liver;

Peanuts, peanut butter (use only human grade, as non-human grade can have aflatoxins which are carcinogenic);

Yogurt;



Vitamin C.

Vitamin C is required for the development of collagen - a substance that gives cell tissue strength and elasticity - both attributes are very important for healthy gums.

The following foods are high in vitamin C:

Bell Pepper - all colours

Broccoli

Brussels sprouts

Cauliflower

Clementine's

Dark leafy greens (kale, mustard greens, garden cress)

Kiwi

Oranges

Papaya

Parsley

Strawberries

Tangerines



Vitamin D.

Vitamin D regulates the body's balance of calcium and phosphorus; helps with the absorption of calcium; helps protect against inflammation; protects and lubricates bones and teeth.

The following foods are high in vitamin D:

Beef;

Eggs;

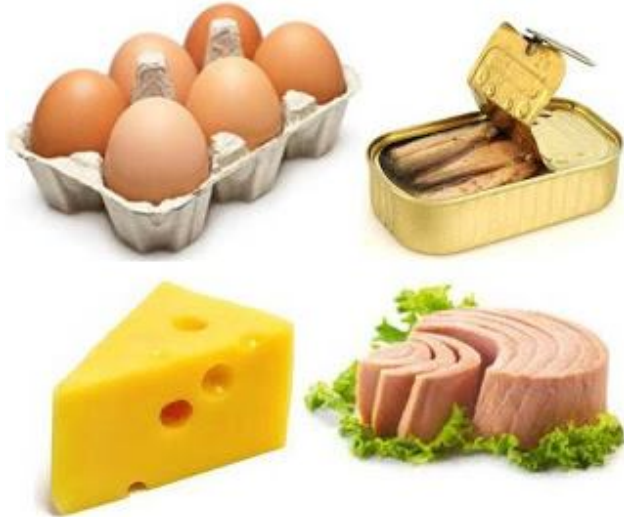
Herring;

Liver;

Mackerel;

Salmon;

Sardines; Tuna (don't use albacore tuna - as it is high in mercury);
Swiss Cheese.



Notes

Onion, Chives, Leeks, Shallots are dangerous- contain thiosulphate, the substance responsible for causing 'Heinix Factor' anemia in dogs. Can also cause gastrointestinal problems such as vomiting and diarrhea.

The amount of thiosulphate found in garlic is much lower than in onions, in fact the amount in garlic is barely traceable!

When garlic is ingested in reasonable amounts there are no harmful effects, only beneficial ones!

Garlic (fresh garlic in small amounts is beneficial) is known for its anticancer, diabetes, liver, heart, kidney disease fighting properties as well as its use as a natural flea repellent and de-wormer for dogs.

Fish - in large quantities are dangerous, small quantities are beneficial - If fed exclusively or in large amounts can result in a thiamine (a B vitamin) deficiency leading to loss of appetite, seizures, and in severe cases, death.

A small amount (10% of the protein in the feed pan) of fresh, cooked or canned fatty fish such as anchovies, salmon, sardines, shad, smelt, mackerel are very good for your dog (on a daily basis is fine - in small amounts) as these types of fish are nutrient rich and a good source of omega fatty acids.

Use caution if you are feeding your dog raw fish.

Some raw fish (sometimes in or out of season) can contain flukes, a parasite that infests the liver of animals including dogs.

This parasite can cause liver damage and subsequently death.

Granted in some places around the world dogs are fed raw fish.

Just be aware that in doing so you may put the health of your dog at risk.

If you know for certain that the fish in your area is not infested than there is no threat to your dog's health.

Eggs - raw can be a hazard, cooked in small amounts are beneficial. Contain an enzyme called avidin, which decreases the absorption of biotin (a B vitamin).

This can lead to skin and hair coat problems.

Raw eggs may also contain Salmonella, although the chance of contamination for your dog is low as a dog's stomach acids are very strong and dog's also produce a lot of bile.

You can cook the eggs to avoid this issue.

Due to the avidin it is best not to give eggs every day, but a couple of times a week is fine.

Liver - in small amounts is beneficial. In large amounts can cause Vitamin A toxicity, leading to kidney damage/failure.

Peppers - in small amounts are beneficial.

Peppers are a Nightshade vegetable.

Nightshade vegetables and fruit (goji berries, eggplant, potatoes, tomatoes, all peppers - with the exception of black pepper) are rich in many vitamins, minerals and other compounds that are beneficial.

When included in small amounts as part of a balanced diet these vegetables are safe to consume. However when ingested in large quantities they may cause health problems.

Nightshade vegetables contain alkaloids.

Alkaloids are produced by the plant to protect it from harmful insects, when ingested in substantial amounts alkaloids may cause inflammation, arthritis, muscle pain, stiffness, and poor healing.

The alkaloid content of these vegetables are reduced by 40 to 50% when the vegetables are cooked.

The leaves, stems and flowers of these plants are very toxic.

Broccoli - in small amounts are beneficial.

Broccoli is rich in vitamins, minerals and other compounds such as bioflavonoids (cancer fighting) - so this vegetable has much good to contribute to a dog's diet.

Broccoli does contain one toxic ingredient called isothiocyanate - a toxin that is a very potent gastrointestinal irritant.

As long as the percentage of broccoli in the dog's diet does not exceed 10% of the dog's daily diet.

Look under the lips.

Share20

It's sometimes shocking to me that so many of us live with dogs and never think of looking at their teeth.

Like us, dogs can develop problems with their teeth that can affect their overall health.

But in comparison to us, their lives are much shorter – and they develop dental problems much more quickly.

In fact, if these problems are neglected, they can actually shorten your dog's life.



Long-handled, double-ended dog toothbrushes make brushing much easier.

It's most important to brush the back teeth, where the bulge in the dog's cheek appears.

Cavities are the biggest problem for human teeth, but the accumulation of plaque and the development of tartar (also called dental calculus) is the most serious dental problem for dogs.

Tartar builds up on the teeth, forming a concrete-like crust on the teeth at the gum line.

It also forms under the gums, which helps bacteria get under the gums and proliferate.

The resulting infection causes the gums to appear red, swollen, and irritated.

This condition, also known as gingivitis, can lead to deeper infections. Infection can also damage the ligaments and bone that anchor the teeth, making them susceptible to loss.

Because of the rich blood supply to the mouth, the infection can also spread systemically, making your dog quite ill and/or affecting his heart, kidneys, and liver.

This chronic condition can prematurely age your dog.

The odd thing is, some dogs can go their entire lives and never need one bit of dental care in order to maintain white, strong, healthy teeth. But others need our intervention and help to keep their teeth in a state of health.

Small dogs tend to have more problems with the formation of dental calculus than large dogs; it's not uncommon for small dogs as young as five or six years old to have very dangerously tartar-encrusted teeth and infected gums.

Dogs may also have other dental problems that can't be seen while the dog is awake, no matter how cooperative.

Cracked or broken teeth can cause chronic pain – and the dog won't necessarily show signs of this, such as a reluctance to eat – but he may be cranky and lose enthusiasm for play or work.

If your dog has discolored teeth, and tartar has begun to form along his gum line, he'll need a professional cleaning at your veterinarian's clinic to completely remove the tartar from both the surfaces you can see AND the under-gum surfaces you can't.

The veterinarian might also prescribe and supply you with antibiotics to give your pet after the procedure, to help your pet fight the bacteria that is released into his bloodstream by the cleaning process.

The cleaning is done under general anesthesia; there is no other way to do a thorough job.

Once your pet's teeth are clean, you can maintain that state with regular brushing. Use toothpaste made for pets; human toothpaste containing fluoride is toxic to dogs.

Use a very soft toothbrush; most pet supply stores sell long-handled brushes with a head small enough to fit into the mouths of small animals.

Start out slowly, keeping the process rewarding for your pet; give him ample treats for his cooperation.

Ask your veterinarian to show you how.