

'Gulpies' – This is a digestive condition which can occur in any breed of dog and is commonly referred to as 'Gulpies'.

### What are 'Gulpies'?

Dogs with 'Gulpies' have uncontrolled licking of their lips and also gulp in air, they may also vomit and the dog is quite distressed. When the dog has one of these episodes it wants to eat anything; grass, leaves, twigs, paper, carpet, dog blankets/beds in a frenzied manner.

It is **important you stop** your dog ingesting these items!

It appears to happen more frequently after food, it could be Gastro Intestinal (GI) a build-up of 'gas' and/or acid, the medical term for gas build-up is Aerophagia. For some dogs the cause may be an allergy to certain foods.

### Some suggested treatments:

Slippery Elm - If using capsules, give 2 capsules.

If you buy slippery elm powder is it ½ teaspoon per 10 pounds of body weight.

<http://www.nationalnutrition.ca/detail.aspx?ID=610>

Homeopathic Nux Vomica is also useful for this condition.

Three of the Nux 30C, do not touch with your hands. Crush between two spoons and put into the pouch at the side of the mouth. No food or drink 10 minutes before or after. Repeat if needed

Pepto Bismol or Sulcrate also help some dogs – however one needs to be careful with Pepto Bismol as the following article explains:

FYI I believe I've seen people recommending Pepto-Bismol in some posts here/and the Den so thought I'd share this. I was reading a post in another group about a dog with an upset tummy when this reply was posted on a comment recommending Pepto :-

*"... No Pepto...AKC's Chief Veterinary Officer Dr. Jerry Klein says he rarely recommends it because the salicylates in the medication could cause gastric bleeding, and the bismuth in the medication can turn the stool black, which may mask any resulting gastric bleeding"*

Marshmallow root.

Some folks find lightly rubbing the throat and tummy help

One person discovered their dog had low B12.

Others wonder if it is thyroid related.

### Articles:

<http://healthypets.mercola.com/sites/healthypets/archive/2014/12/28/gastroesophageal-reflux-disease.aspx>

[https://healthypets.mercola.com/sites/healthypets/archive/2016/02/10/excessive-licking-surfaces-dogs.aspx?utm\\_source=facebook.com&utm\\_medium=referral&utm\\_content=facebookpets\\_ranart&utm\\_campaign=20180301\\_excessive-licking-surfaces-dogs](https://healthypets.mercola.com/sites/healthypets/archive/2016/02/10/excessive-licking-surfaces-dogs.aspx?utm_source=facebook.com&utm_medium=referral&utm_content=facebookpets_ranart&utm_campaign=20180301_excessive-licking-surfaces-dogs)

<http://www.petwave.com/Dogs/Health/Gas/Causes.aspx>

### Videos:

YouTube has quite a number of videos showing dogs with 'gulpies':

<http://www.youtube.com/watch?v=tpYAC9lfZjo>

### Facebook Support Group:

'Dog Gulping Disorder Awareness & Owner Support'

<https://www.facebook.com/gulpydogs/about/>

Thanks to Wheaten owner ALi White for the following:

### Jillian's Story: My Theory About The Cause of Gulpies

Recently my Jillian had a return of the gulpies, which had not occurred for 9 years- since changing her diet from home cooked with grains, veggies and meat to raw meat with small amount of veggies.

This condition occurs frequently among our breed and it seems what works for some doesn't work for others.

For us, we struggled with the condition on and off for over a year. During Jillian's episodes she gulped and licked and threw up.

Often I could hear her tummy growling from across the room.

She wanted to eat everything... Food and vegetation, never objects but many dogs will eat anything in sight.

It seems there are no clear answers as to what causes the gulpies.

It could be food allergies, acid reflux, gas, eating too fast or nerves. The causes seem as varied as the remedies.

Pepsid, tums, peptobismol, caraphate, slippery elm, ginger, and small dietary changes seemed to help sometimes and other times not.

We elevated her food bowl in an attempt to help the food continue to flow in a downward direction and avoid acid reflux. After eating I sat with her on a step, with her back legs on the lower step and front legs on the upper for 15 mins.

If I gently rubbed her throat it made her worse, a gagging reflex was triggered.

I used a hot water bottle placed on her abdomen, and that helped calm her down as long as she would allow me to hold the water bottle on her belly. Sometimes she would fall asleep.

For us the thing that ALWAYS helped was a walk. If I took her out for a walk she stopped gulping as long as we were walking. I think walking relieved any gas she had and also took her mind off the nausea. Walking also interrupted her anxiety from her discomfort. Sometimes she wanted to stop and eat vegetation but I kept her moving. I can't tell you how many middle of the night walks we went on! Returning home she was good for several hours.

But the gulping would often start up again hours later or even the next day.

So, eventually I switched her to a raw meat and veggie diet and for 9 years she never had another episode of gulping. It was amazing I had found the key to our success!!

Until a few weeks ago...

Jillian had a vet visit for a sebaceous cyst and became agitated at the vet hospital.

After returning home, she ended up with diarrhea, which I wasn't too concerned about given her anxiety level at the vet hospital. However; the diarrhea continued and after two days she started gulping. I think her stress level from the vet visit and cyst, the diarrhea was all too much for her and the digestive issues escalated.

My theory about gulpies is that many things contribute to the gulpies, but anxiety in the dog starts the ball rolling and then digestion is affected causing different digestive upsets like acid reflux, gas bloating cramping vomiting etc.

Interruption of the dog's state of mind, like a walk or rubbing the throat takes the dog's mind off of the gulping and anxiety. Digestive disturbances in humans often start with an anxiety or a particular food that didn't agree with you or that you might have an allergy to. Taking an antacid, a pharmaceutical or natural form sometimes helps, avoiding certain foods and stress helps and taking a walk or doing something to calm yourself helps - I guess it is no different for a dog.

I'm happy to report Jillian is back on track! No more gulpies and the diarrhea are also under control.