

5 DRUG FREE WAYS TO IMPROVE YOUR DOG'S JOINT HEALTH

Osteoarthritis is a broad term describing many ailments causing pain associated with joints and corresponding tissues. It is more prevalent in aging dogs but can show signs earlier as a result of injury, genetics, obesity and a poor diet

Getting older and the aches, pains and mobility issues associated with age can also affect our dogs. It is estimated that 20% of all dogs in North America over the age of one may suffer from some form of Osteoarthritis.

THE PROBLEM WITH NSAIDS....

NSAIDs (non-steroidal anti inflammatories) may be prescribed for pain, but beware there may be some side effects such as gastrointestinal upset, kidney stress and liver toxicity. Serious adverse reactions associated with this drug class can occur without warning and in rare situations result in death.

NSAIDs can make your dog's joint pain worse.

"It is clear from the scientific literature that NSAIDs from in vitro and in vivo studies in both animals and humans have a significantly negative effect on cartilage matrix which causes an acceleration of the deterioration of articular cartilage in osteoarthritic joints. The preponderance of evidence shows that NSAIDs have no beneficial effect on articular cartilage in OA and accelerate the very disease for which they are most often used and prescribed."

-Ross Hauser MD Journal of Prolotherapy Feb 2010

Your dog should always be fed a nutritious balanced food that is life stage appropriate. Overweight and obese dogs have a significant risk of developing joint and mobility issues even if they are young. If your dog is diagnosed with Osteoarthritis, or, if you want to prevent the onset, here are 5 drug free additions to your dog's diet.



1

HYALURONIC ACID

This is a “Humectant” which means it is a substance that helps retain moisture. It is naturally produced by the body and found in synovial fluid that surrounds the joints. As dogs age they may have reduced production of hyaluronic acid within the body. Hyaluronic acid helps to maintain moisture and fluid in the joints that reduces pain and inflammation caused by tissue degeneration.

2

GLUCOSAMINE AND CHONDROITIN

These are structural components of cartilage, the rubbery tissue that cushions the joints. Glucosamine and Chondroitin are also naturally produced in the body but as dogs age (like us humans!) our ability to generate these substances decreases with age. Supplementation can not only be used to alleviate pain but can be used as a cartilage producer and may actually prevent joint degradation.

3

OMEGA 3 FATTY ACIDS

These powerful fats are so helpful in so many ways, and fighting inflammation is one of the benefits. Omega 3 suppresses enzymes that degrade cartilage, improves mobility, and reduces pain. The most potent source of Omega 3's is found in cold deep-sea fish such as herring, salmon, menhaden, and anchovies.

4

GREEN LIPPED MUSSELS.

These special green edged mussels are found only in New Zealand and are cultivated specifically for consumption. Historically the coastal natives of New Zealand ate these mussels in large quantities and were shown to have the lowest rate of arthritis in the world! This powerful shellfish is nature's best source of Eicosatetraenoic Acid (ETA). ETA provides powerful pain relief that can be compared to NSAIDS (non-steroidal anti-inflammatory drugs like Ibuprofen).

5

HERBAL REMEDIES

- Turmeric (Curcumin) – A spice from the ginger family, used for centuries in China and India as a natural remedy for infections, skin diseases and pain. This is the golden yellow spice added to your favourite curry dishes! When combined with black pepper, turmeric absorbs directly into the blood stream offering a natural anti inflammatory and antioxidant.
- Calendula – herbaceous perennial plant that soothes inflamed tissues
- Ruta “Herb of Grace” – may help stabilize connective tissue.
- Arnica – a plant from the sunflower family that is a natural anti inflammatory may help reduce arthritis pain
- Symphytum “Comfrey” – the roots and leaves of this plant contain allantoin, a substance that reduces inflammation and may help tissue regrowth.



**THE KIBBLE
COACH**

WHAT'S IN YOUR DOG'S FOOD?

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