

Bow Wow How



Our Guide to Raising
Healthy Happy Dogs



HomeoPet[®]

THE NATURAL CHOICE



A DOG IS FOR LIFE

They say that *'A dog is for life, not just for Christmas'* and never has a truer word been spoken. At HomeoPet, we know that having a dog in your life is a privilege and will bring love, affection, and companionship to every day you spend with your canine life partner.

However, we also know that it's not all cuddles and tail wags. Responsible dog care involves walking, feeding, grooming, patient and consistent training, regular vet visits... the list goes on. And... so do the costs, both in time and money.

It's a fact that far too many people take on the responsibility of dog ownership who are, quite bluntly, not up to the task. And unfortunately, it's the dogs that suffer, with shelters overflowing and far, far too many healthy dogs euthanized each year for want of a kind, loving, and knowledgeable home.

The team at HomeoPet have put our heads, tails, and paws together and created Bow Wow How, where we take an unconditional look at dog 'ownership'. We know that the reasons to get a dog are many and are powerful. But having a dog is not for everyone and too many people bring a dog into their lives that are ill-prepared, mis-advised and are, quite simply, not up to the task. Therefore, we feel it's important in a booklet about dogs to start with the bad news, so that you are clear about what's expected and what's needed. If that doesn't scare you away, then you and your new four-legged family member are in for a much happier, healthier and more fulfilled life.

UNVEILING THE CHALLENGES: EXPLORING THE HIDDEN DOWNSIDES OF DOG OWNERSHIP

Financial Commitment: Having a dog can be costly, with ongoing expenses such as food, grooming, and vet visits. Be sure you're financially prepared for these necessities.

Time Commitment: Feeding, walking, grooming, playtime... owning a dog requires a large time commitment. And it's every day, all year round, come rain, shine, hail or snow.

One May Not be Enough! Dogs are social creatures and may need a companion, doubling care and costs. Can you manage, or will you need to consider a sitter or boarding, adding to expenses?

Training & Behavioral Challenges: Good training is key to a happy, healthy relationship with your dog and you may need to address behaviors like housebreaking and chewing. Are you prepared for the potential stress and the mess?

Allergies & Health

Considerations: Allergies to pet dander or breed-specific health issues can increase the cost and time needed for a dog's care.

Travel & Life Restrictions:

Having a dog can limit your flexibility to travel, socialise, or even to visit friends and family. They're a responsibility not dissimilar to having a baby in the house and their needs must be taken into account.

Speaking of Babies... dogs can sometimes be dangerous for small children.

Emotional Pain – If you choose to have a dog in your life, the chances are that one day you will also lose them, which is a sorrow that can be hard to handle.



Dogs leave paw prints on your heart.

House Wreck – Dogs can be messy and destructive, leading to increased cleaning and potential damages, including third-party liabilities.

Head Wreck – while we love, love, love dogs, they can be a handful and habits like barking, shadowing you, or interrupting meals can be somewhat annoying at times!

Right, with all that out of the way, let's look at the part of being a dog-mom or pop that we're more comfortable with – the pros of having a dog in your life...



UNLEASHING JOY: THE MANY UPSIDES OF CANINE COMPANIONSHIP

A Dog can be your Best Friend: A dog offers steadfast affection and loyalty, providing comfort, companionship, and joy, regardless of your relationship status.

Improved Physical and Mental Health: Having a dog promotes activity and fitness, reduces stress, increases 'feel-good' hormones and can lead to better heart health and well-being, as well as providing routine and purpose to help combat loneliness.

Social Interaction & Bonding: A dog can spark new friendships and social opportunities, making it easier for dog guardians to connect with others.

Security and Protection: Some dog breeds enhance home security by alerting owners to dangers, offering protection and peace of mind.

Dogs provide vital support for individuals with special needs, assisting with physical tasks and offering therapeutic benefits.

Dogs are Great Teachers: Dogs are natural educators, imparting lessons on care, responsibility, patience, and joy to both children and adults.

And, did we say, a dog can be your best friend, with no conditions attached.

DOG HAIR

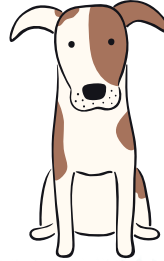


DON'T CARE

DOG CARE 101: THE BASICS OF KEEPING YOUR FURRY FRIEND HAPPY AND HEALTHY

So, you've decided dog ownership is for you – a commendable and significant decision! Taking responsibility for a living being, especially one as loyal and trusting as a dog, requires dedication, patience, and an unwavering commitment to their well-being. This journey isn't merely about companionship; it's about providing the holistic care, understanding, and attention that your new pal rightfully deserves. Read on for insights and guidance from the experienced team

at HomeoPet as you step into this role, ensuring that both you and your new partner in crime lead happy, healthy and fulfilling lives together.



Every meal you make, every bite you take, I'll be watching you.

FEEDING: A FOUNDATION FOR HEALTH AND WELL-BEING

Feeding is one of the most fundamental aspects of dog care, and what you provide for your furry friend plays an integral role in determining their overall health, vitality, and life expectancy. As with humans, diet influences a dog's skin, hair, weight, digestion and even mood and there are many factors that you need to consider when choosing the right diet for your dog.

Nutritional Balance: Dogs need a diet rich in protein, essential fats, vitamins, and minerals. Commercial dog foods are usually formulated to meet these needs, but it's crucial to select a high-quality product. For those considering homemade or raw diets, consulting a veterinarian or pet nutritionist is vital to ensure that the meals are balanced and complete.

Age, Breed and Life Stage Considerations: Different dog life stages require specific diets: high protein and fat to support rapid growth for puppies, fewer calories and joint support for seniors, more energy for

active and lactating dogs. Similarly, larger breeds may have different dietary needs than smaller breeds, so do your research based on your dog's age, breed and stage of life and if in doubt, talk to your veterinarian or canine nutritionist.

Portion Control and Feeding Frequency: A recent survey by the Association for Pet Obesity Prevention (APOPOP) in the USA showed that in 2022, 59% of dogs were classified as overweight or obese, which can lead to a host of health issues. Overfeeding your pooch is a common mistake, so it's essential to adhere to feeding guidelines based on your dog's weight and activity level. Puppies may need several small meals daily, adults typically twice a day, but individual needs can differ.



Special Dietary Needs and Allergies: Dogs, like humans, can have food allergies or intolerances, with beef, dairy, wheat, and chicken being common triggers. Symptoms vary but often affect the gut and skin. If you suspect an allergy, see a vet to identify the cause and modify your dog's diet.

Feeding Schedule: Consistency is crucial, so do your best to ensure that chow time is roughly at the same time each day and always, always ensure that clean, fresh water is available.

Feeding your dog isn't merely about filling their bowl with food. It's about providing a balanced, nutritious diet that supports their health throughout every stage of their life. By understanding and respecting their dietary needs, you pave the way for a healthy and fulfilling life together and many years of happy, waggly tails.



HOME IS WHERE MY DOG IS

INDOOR VS. OUTDOOR LIVING: CHOOSING THE BEST ENVIRONMENT FOR YOUR DOG

Dogs, known for their adaptability and diverse breed characteristics, can thrive in various environments, from sprawling countryside estates to compact city apartments. However, the decision to keep your dog primarily indoors (as a house dog) or outdoors (as a yard dog) greatly impacts their overall well-being and your relationship with them and while your living circumstances will likely be the ultimate deciding factor, there are several factors that should be taken into account.

House Dogs typically enjoy more frequent interaction with their human family, leading to stronger bonds and better socialization. They're less exposed to extreme weather conditions, potential predators and other environmental hazards. This consistent and close interaction also means behavioral issues or health problems are likely noticed and addressed quicker. However, it's essential to ensure that the indoor environment is safe, appropriate, and that the dog gets ample opportunity for outdoor exercise.

On the other hand, **Yard Dogs** can enjoy more freedom and larger spaces to roam, which might be beneficial for highly active breeds. However, they are more exposed to weather

extremes, which can pose health risks if not provided with appropriate shelter. Moreover, dogs kept predominantly outdoors might miss out on vital social interaction, leading to potential behavioral issues. It's crucial that yard dogs are provided with secure fencing, regular human interaction, and a comfortable shelter to protect them from the elements.

Regardless of where you choose to have your dog primarily reside, remember that their basic needs for love, care, attention, and safety always remain paramount.

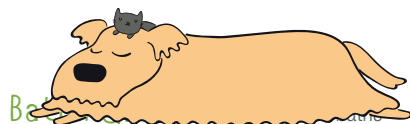


LOVE HAS FOUR PAWS


WHY GROOMING MATTERS: THE ESSENTIAL CARE OF CANINES

Grooming is more than just making your dog look good; it plays a pivotal role in their overall health and comfort. Regular grooming helps identify potential health concerns early and fosters a stronger bond between you and your dog.

Coat Care: Depending on the breed, some dogs have long, thick fur that can become matted if not brushed regularly. Mats can be painful and may hide skin issues like infections or parasites. Even short-haired breeds benefit from frequent brushing as it helps distribute natural oils, promoting a healthy shine and reducing excessive shedding. The frequency and type of brush required largely depends on the coat type.



Bathing: Dogs should be bathed as frequently as humans, a regular cleaning routine helps keep their skin healthy and removes accumulated dirt or debris. However, overbathing can strip the skin of essential oils, leading to dryness or irritation. Always use a dog-specific shampoo as human products might be too harsh for their skin.

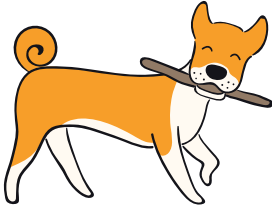
Nail Trimming: Overgrown nails can curl back into a dog's paw pad, causing pain and potential injury. If you can hear the nails clicking on the floor, they're likely too long! Some dogs' nails wear down naturally, but many will require routine trimming. If you are unsure about the process, consult your veterinarian or professional groomer to avoid injuring the sensitive nail quick. 

Ear and Teeth Cleaning: Ears should be checked weekly for signs of infection, parasites, or debris and clean them with a vet-recommended solution, if needed. Dental health is often overlooked but is vital for a dog's overall well-being. Regular brushing with dog-specific toothpaste can help reduce tartar buildup and promote gum health but it is not always the easiest or most enjoyable task – for you or your dog! A great option to make tooth care for your dog super simple is our Doggy Dental medicine. These easy to dose liquid drops offer a safe, gentle and natural way to help support your dog's or puppy's oral health.

FIT FIDOS: UNDERSTANDING YOUR DOG'S EXERCISE NEEDS

Exercise is a cornerstone of a dog's well-being, impacting not only their physical health but also their mental and emotional state. While all dogs require some form of physical activity, the

amount and type can vary widely based on their age, breed, size, and overall health.



Importance of Regular Exercise:

At its core, regular exercise helps prevent obesity, an all-too-prevalent issue in dogs that can lead to various health complications, from diabetes and heart disease to joint problems. Beyond the physical, exercise also plays a crucial role in addressing behavioral problems. Dogs with pent-up energy may manifest disruptive behaviors like excessive barking, digging, or chewing. By providing them with a proper outlet for their energy, these undesirable behaviors can often be mitigated.

Tailoring the Exercise: Not all dogs are built the same. While a Border Collie might thrive with intense physical activity and mentally stimulating games, a Bulldog may be content with shorter, more leisurely walks. It's essential to understand the specific needs of your breed. Puppies and younger dogs generally have more energy to burn, but their bones and joints are still developing, so care should be taken not to overexert them. Senior dogs, while less energetic, still benefit from regular, gentler activities to keep them agile and engaged.



The best therapist has
fur and four legs.

Types of Exercise: While walks are the most common form of exercise, many

dogs benefit from a variety of activities. Fetch, tug-of-war, agility courses, or even dog-specific sports such as dock jumping can be incorporated. For dogs that are more socially inclined, playdates with other dogs or trips to a dog park can be both a physical and social outlet. Remember, mental stimulation is just as vital; puzzle toys, training sessions, or hide-and-seek games can help to keep their minds sharp.



Consistent exercise tailored to your dog's specific needs is paramount for their holistic health. It not only keeps them physically fit but also mentally sharp, emotionally balanced, and often much happier. As a bonus, these shared activities strengthen the bond between you and your canine companion, making the time spent together even more rewarding.

CANINE COMPANIONS OR CAUTIONARY TALES? UNDERSTANDING THE RISKS OF DIFFERENT DOG BREEDS

Dog breeds vary widely in size, temperament, and physical characteristics. While it's important to be aware of the potential risks associated with different breeds, it's equally crucial to recognize the positive attributes that make each breed a beloved companion to humans.

BEST DOG PAWS DOWN



Large Breeds: Breeds like German Shepherds and Rottweilers, with their impressive size and strength, are often the epitome of loyalty

and courage. They make excellent working dogs, excelling in roles such as search and rescue or police work. With their protective nature, they can be wonderful family pets when given appropriate training and socialization. However, these breeds require extensive training and socialization to ensure they are safe around other animals and people. Without proper training, their size alone can be dangerous, particularly to children or the elderly who may be easily knocked over or injured.

Guard Dogs: Doberman Pinschers and Bullmastiffs, known for their guarding capabilities, are also affectionate and loyal to their families. They can be gentle giants that are both a deterrent to intruders and a comforting presence in the home. Their intelligence makes them highly trainable, and they often form a strong, respectful bond with their owners. However, their strong protective instincts may also pose a risk if the dog perceives a non-threatening situation as a threat. Proper socialization and consistent training are vital for these types of dogs.



LOVE HAS FOUR PAWS

Terrier Breeds: Terriers like the Pit Bull and Staffordshire Bull Terrier are known for their enthusiasm and love of life. They are playful and energetic, making them great companions for active individuals or families. Their eagerness to please and capability for strong bonds with their humans can make them excellent pets when raised in a loving and disciplined environment. They are often strong and tenacious, and this determination can sometimes lead to aggressive behavior if not properly managed. It's a common misconception that these breeds are inherently vicious; in reality, aggression in dogs is often due

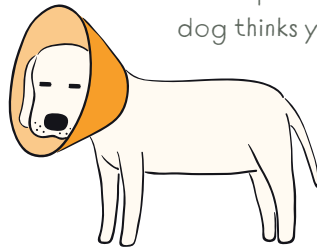
to mistreatment, lack of training, or irresponsible ownership.



Herding Dogs: Herding dogs like Border Collies and Australian Shepherds are very intelligent and energetic. They thrive in active households that can provide them with plenty of exercise and mental stimulation, and their trainability makes them standout performers in dog sports. However, if they are not given a proper outlet for their energy, they can develop obsessive and destructive behavior.

Small Breeds: Small breeds, including Chihuahuas and Dachshunds, offer an abundance of personality in a compact package. They are adaptable to various living situations and their loyalty and spunk can bring endless entertainment and companionship to their owners. It's a fact though that even small breeds can present dangers, often due to behavioral issues stemming from how they are handled by their owners. Breeds such as Chihuahuas and Dachshunds may develop "small dog syndrome," where they exhibit aggressive behavior if they are overly pampered and not given structure and boundaries.

Be the person your dog thinks you are.



Breed-Related Health

Issues: Some breeds have inherent health issues which must be taken into consideration so you can ensure they get any additional veterinary attention they may require. For instance, brachycephalic breeds like Bulldogs and Pugs can suffer from breathing difficulties that may lead to overheating and respiratory distress, German Shepherds unfortunately have a high incidence of

hip dysplasia, while Cavalier King Charles Spaniels are prone to mitral valve disease, which affects the heart.



The key to mitigating the potential dangers of any dog breed lies in responsible ownership. This includes providing proper training, socialization, and healthcare. It is also essential for potential dog owners to research and understand the breed's characteristics and needs before deciding. Remember, every dog is an individual. With the right care and training, most dogs can live harmoniously with humans and other pets and the unique bond you may form with your new bow-wow bestie can lead to immeasurable joy, companionship, and a shared life full of unforgettable moments.

LEAD THE WAY: THE HUMAN DUTY TO SHAPE RESPONSIBLE, HAPPY DOGS

You've read the heart-breaking stories... you may even know someone that is guilty of abandoning their dog? The fact is that each year rescue shelters everywhere are inundated with unwanted dogs, particularly between the beginning of December and the end of January. But did you know that most dogs are sent to animal shelters for behavior and training issues that could be easily solved with proper socialization and training? Ironically humans are the ones that cause animals to end up homeless.

Dogs are like good friends – they know all about you and still like you.



Training humans is the solution and if you're looking for a devoted dog to start or join your beloved fur-family, you must be committed to their patient and consistent training. In our 'Training Humans' series in the [Natural Pet Care Center](#) on our website, we hope to help you to do just that. The best place to start is our article about [National Train Your Dog Month](#) where we explore the importance of training your furry friend and the Do's and Don'ts of training your dog. From there you can explore our Training Humans series – [Part I](#), [II](#), [III](#), and [IV](#) to really gauge whether you will have what it takes to become a super dog mom or pop.



COLD NOSE WARM HEART

DOG HEALTH QUESTIONS

Whether you're a seasoned dog parent, or a newbie to the joys of dog guardianship, navigating your pooch's health can be quite the "ruff" journey. In the [HomeoPet Natural Pet Care Center](#) on our website we have a selection of informative articles on dog health, so feel free to browse at your leisure.

Worming Your Dog

'Worming' (or more correctly de-worming) your dog is an essential part of being a responsible dog parent. Worms can have serious health effects and not only do they pose a danger to your dog, but some of them can also infect humans and all of them can infect other household pets. Consequently, intestinal worming should never be overlooked.

For more information on de-worming your dog, see '[Worming your dog – is there a natural alternative?](#)'



Keep calm
and pet
a dog.

Anxiety Matters

Studies have shown that as many as 3 out of 4 dogs suffer from some form of anxiety, and as a current or potential dog guardian, it's important to be aware of this. Symptoms of anxiety in dogs can range from mild unease to severe distress and there are many possible causes: from separation, kenneling, or vet and grooming visits, to sensitivity to loud noises. In fact, a Finnish study of 13,715 pet dogs showed that 32% had noise sensitivity, meaning that they were frightened of at least one noise and among noise-sensitive dogs, the most common fear was that of sounds associated with fireworks.

For more information on anxiety issues in dogs, see our section on [behavioral issues in pets](#) where you will find a wide range of helpful articles on topics such as [Noise Phobia](#), [Travel Anxiety](#), and [Storm Anxiety](#), among many others.

Tooth Care for Dogs

Just like our own, our dogs' teeth are prone to disease and decay, which is why it is crucial to take care of them. It's also gratifying to know that by taking care of your dog's teeth properly you could add 2-4 years to his or her lifespan!

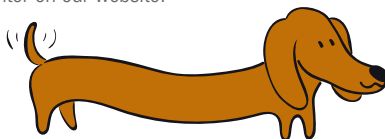
For more information on tooth care for dogs, including many fun facts about teeth, see ['Let's Talk About Your Pet's Teeth'](#) in the HomeoPet Natural Pet Care Center.



Skin Issues

Compulsive scratching, licking, and chewing is a common issue in dogs and can have many causes. In fact, such behaviors are one of the most frequent concerns of dog owners that we get to the HomeoPet customer careline. Possible causes can range from parasites to allergies to injury and what might start with the odd scratch can quickly escalate into licking, chewing and scratching so severe that your dog may end up with broken skin, hot spots and rough and discolored skin.

For more information on skin problems in dogs: symptoms, causes and solutions see ['The Itchy Scratchy Show'](#) in the HomeoPet Natural Pet Care Center on our website.



NATURAL DOG HEALTH

At HomeoPet we manufacture a wide range of natural pet medicines for smaller animals, including dogs, categorised under our 'multispecies' range. All our medicines are made in the USA and are veterinary formulated from safe, gentle and natural ingredients. They are super easy to dose and are great value for money, offering a straight-forward and cost-effective way to help keep your dog (and other members of your fur family) happy and healthy, naturally.

Some of our best-selling medicines that are particularly useful for dog health include:



DOGGY DENTAL may help reduce the buildup of plaque and tartar while supporting healthy teeth and gums in dogs and helping to fight bad breath.

DIGESTIVE UPSETS may help provide temporary relief from minor digestive problems such as vomiting, bad breath, diarrhea, flatulence and retained gas.



ANXIETY RELIEF may help provide relief from the symptoms of anxiety such as restlessness, barking, whining, crying, panting, or other unwanted behavior in your dog

TRAVEL ANXIETY may help promote relief from fear, anxiety, and visually induced motion sickness caused by car, plane, train, or boat travel in pets. May help reduce symptoms caused by travel stress such as pacing, panting, drooling, hiding, and vomiting.

FIREWORKS may help promote relief from fear

of fireworks, gunshots and other loud noises.

SKIN AND ITCH may help promote temporary relief from seasonal allergies and may help with scratching, itching, chewing and hair loss which may restore a thick and shiny coat..

HP HEALING CREAM may help support rapid healing of wounds, cuts, bites, burns and other surface tissue damage in animals.



COUGH may naturally and safely help treat your dog's coughing symptoms and is your trusted ally in the fight against a wet or dry cough, dry nose, or sneezing.

NOSE RELIEF may naturally and safely help support certain nasal and sinus tract issues in dogs and other pets and may aid with a runny nose, watery eyes, sneezing and congestion.

WRM CLEAR may aid in and may help support the removal of tapeworm, whipworm, roundworm and hookworm. May also aid recovery from worm effects and detoxify from effects of conventional products.



STAY
PAWSITIVE

The End



ALL YOU NEED IS A DOG



HomeoPet®
THE NATURAL CHOICE



HomeoPet LLC | PO Box 147 | Westhampton Beach | New York 11978

P: 800.555.4461 | F: 800.434.0449 | info@homeopet.com

www.homeopet.com | homeopet.com/blog |    

Made in the USA