



The New Natural Dog: A Complete Guide for Healthier Dogs

By Anitra Frazier

Book summary & main ideas

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Summary:

The New Natural Dog: A Complete Guide for Healthier Dogs by Anitra Frazier is a comprehensive guide to natural dog care. It covers topics such as nutrition, exercise, grooming, and health issues. The book provides detailed information on how to feed your dog a balanced diet that meets their nutritional needs and how to recognize signs of illness or disease in your pet. It also explains the importance of regular exercise and proper grooming techniques for keeping your dog healthy.

Frazier discusses the benefits of using natural remedies instead of traditional medications when treating common ailments in dogs. She outlines various

holistic treatments such as homeopathy, herbal medicine, acupuncture, massage therapy, aromatherapy and more.

Additionally she offers advice on dealing with behavioral problems like aggression or separation anxiety.

The book includes chapters devoted to specific breeds so readers can learn about any special needs their breed may have.

There are also sections dedicated to puppy care and senior care which provide helpful tips for raising puppies into adulthood and caring for aging pets.

Overall *The New Natural Dog: A Complete Guide for Healthier Dogs* is an invaluable resource for anyone looking to give their canine companion the best possible life through natural means. With its wealth of information it's sure to be a valuable addition to any pet owner's library.

Main ideas:

#1. Proper Nutrition: Feeding your dog a balanced diet is essential for their overall health and wellbeing. A diet of fresh, whole foods is best, and should be tailored to your dog's individual needs.

Proper nutrition is essential for your dogs health and wellbeing. A balanced diet of fresh, whole foods should be tailored to meet the individual needs of your pet. This means providing a variety of nutrient-rich ingredients that are appropriate for their age, size, activity level, and any special dietary requirements they may have.

When selecting food for your pup, look for high quality options with natural ingredients such as lean meats, vegetables, fruits, grains and healthy fats. Avoid processed foods or those containing artificial preservatives or flavors as these can cause digestive issues in some dogs.

Additionally it's important to ensure that you provide adequate amounts of vitamins and minerals through supplementation if needed.

It's also important to remember that proper hydration is just as important as good nutrition when it comes to keeping your pup healthy. Make sure there is always plenty of clean water available throughout the day.

#2. Exercise: Regular exercise is important for your dog's physical and mental health. Exercise should be tailored to your dog's age, breed, and individual needs.

Exercise is an important part of keeping your dog healthy and happy. Regular exercise helps to keep your dogs muscles strong, their joints flexible, and their mind sharp. It also helps to reduce stress levels

and can help prevent behavioral issues from developing.

The type of exercise that you provide for your dog should be tailored to their age, breed, and individual needs. Puppies need shorter but more frequent periods of activity than adult dogs do. Breeds with short legs may require less running or jumping than breeds with longer legs. And some dogs may have medical conditions that limit the types of activities they can participate in.

When it comes to exercising your pup, there are plenty of options available! You could take them on a walk around the neighborhood or play fetch in the backyard; you could even enroll them in agility classes or swimming lessons if they're up for it! Whatever activity you choose, make sure it's something both you and your pup enjoy doing together.

#3. *Grooming: Regular grooming is essential for keeping your dog's coat and skin healthy. It also helps to reduce shedding and keep your dog looking their best.*

Grooming is an important part of keeping your dog healthy and looking their best. Regular brushing helps to remove dirt, debris, and dead hair from the coat while also stimulating the skin and distributing natural oils throughout the fur. It can also help reduce shedding by removing loose hairs before they have a chance to fall out on their own. Additionally, regular grooming sessions provide an opportunity for you to check your dog's skin for any signs of irritation or infection that may need attention.

When it comes to grooming tools, there are many options available depending on your pet's breed and coat type. Brushes

come in different sizes and shapes with bristles designed specifically for short-haired dogs or long-haired breeds. Combs are great for detangling matted fur while slicker brushes work well at removing excess undercoat during shedding season. Nail clippers should be used regularly as overgrown nails can cause discomfort when walking.

Finally, don't forget about bathing! Depending on how often your pup gets dirty or has a run-in with something smelly outside, baths should be given every few weeks using a shampoo formulated specifically for dogs. This will help keep their coat clean and free of parasites like fleas or ticks.

#4. Vaccinations: Vaccinations are important for protecting your dog from serious illnesses and diseases. It is important to keep your dog's

vaccinations up to date.

Vaccinations are an important part of keeping your dog healthy and safe.

Vaccines help protect against serious illnesses and diseases, such as distemper, parvovirus, rabies, hepatitis, leptospirosis and more. It is essential to keep your dog's vaccinations up to date in order to ensure their health and safety. Your veterinarian can provide you with a vaccination schedule that will best suit the needs of your pet.

It is also important to remember that not all vaccines are created equal; some may be necessary for certain breeds or lifestyles while others may not be needed at all. Talk with your vet about which vaccines are right for your pup so they can get the protection they need without any unnecessary risks.

Finally, it is important to stay on top of booster shots as well. Booster shots help maintain immunity from previously administered vaccines by providing additional doses when needed. Keeping up with these boosters helps ensure that your pup stays protected throughout their life.

#5. Parasite Control: Parasites can cause serious health problems for your dog. Regular parasite control is essential for keeping your dog healthy and free from parasites.

Parasite control is an important part of keeping your dog healthy and free from parasites. Parasites can cause a variety of health problems for your dog, ranging from skin irritation to serious illnesses such as heartworm disease. Regular parasite control helps protect your pet against these potential issues.

The most common type of parasite that affects dogs is fleas. Flea infestations can be difficult to get rid of once they become established in the environment, so it's important to take preventive measures before an infestation occurs. This includes using monthly flea preventatives and regularly vacuuming carpets and furniture where fleas may hide.

In addition to fleas, other parasites such as ticks, mites, roundworms, hookworms and whipworms can also affect dogs. These parasites are typically spread through contact with contaminated soil or feces or by ingesting infected prey animals like mice or birds. To help protect your pet against these types of parasites you should use regular dewormers prescribed by your veterinarian.

Finally, heartworm disease is another

serious condition caused by parasitic worms that live in the bloodstream and lungs of affected animals. Heartworm prevention requires giving monthly medications prescribed by a veterinarian; this medication kills any larvae present in the bloodstream before they have a chance to mature into adult worms.

#6. Training: Training is important for teaching your dog good behavior and helping them to become a well-mannered member of the family.

Training your dog is an important part of helping them become a well-mannered member of the family. It involves teaching them basic commands such as sit, stay, come and heel, as well as more complex behaviors like walking on a leash without pulling or responding to distractions. Training also helps to build trust between you and your pet by establishing clear

expectations for their behavior.

When training your dog it's important to be consistent with rewards and punishments so that they understand what is expected of them. Positive reinforcement techniques are often recommended over punishment-based methods since these can help create a stronger bond between you and your pet while still providing effective results. Additionally, it's important to remember that dogs learn best when given short bursts of instruction followed by plenty of time for practice.

By taking the time to train your dog properly you will not only have a better behaved pet but also one who trusts and respects you more deeply. With patience and consistency, training can be an enjoyable experience for both you and your pup!

#7. Socialization: Socialization is important for helping your dog to become comfortable around other people and animals.

Socialization is an important part of raising a healthy and well-adjusted dog. It involves introducing your pup to different people, animals, environments, and situations in order to help them become comfortable with the world around them. Socializing your pup early on can help prevent fearfulness or aggression later in life.

When socializing your pup, it's important to start slowly and gradually increase the intensity of their exposure. Start by introducing them to family members and friends who are familiar with dogs. Then move on to strangers who will be gentle with your pup. Once they're comfortable around people, you can introduce them to

other animals such as cats or horses if available.

It's also important that you take your puppy out into public places like parks or pet stores so they can get used to being around unfamiliar sights and sounds. This will help build their confidence when encountering new things in the future.

Finally, make sure that all interactions between your puppy and others are positive experiences for both parties involved. If someone is too rough or aggressive towards your pup then remove him from the situation immediately.

#8. Mental Stimulation: Mental stimulation is important for keeping your dog's mind active and engaged.

Mental stimulation is an important part of keeping your dog healthy and happy. It

helps to keep their minds active, engaged, and alert. Mental stimulation can come in many forms such as playing games with them, teaching them new tricks or commands, providing puzzle toys that require problem solving skills to get a reward, or simply taking them for walks in different environments so they can explore and learn about the world around them.

It's also important to provide mental stimulation on a regular basis. This will help keep your dog from getting bored which can lead to destructive behaviors like chewing furniture or barking excessively. Regular mental stimulation will also help strengthen the bond between you and your pup by creating positive experiences together.

Finally, it's important to remember that each individual dog has its own unique needs when it comes to mental

stimulation. Some dogs may need more than others depending on their age, breed type, energy level etc., so be sure to tailor activities accordingly.

#9. Dental Care: Dental care is essential for keeping your dog's teeth and gums healthy. Regular brushing and dental check-ups are important.

Dental care is an important part of keeping your dog healthy. Regular brushing and dental check-ups are essential for maintaining good oral health. Brushing helps to remove plaque, which can lead to gum disease and tooth decay if left unchecked. It also helps to freshen breath and reduce the risk of bad breath caused by bacteria in the mouth.

Regular dental check-ups with a veterinarian or veterinary dentist should be scheduled at least once a year, depending

on your pet's age and overall health status. During these visits, your vet will examine your dog's teeth and gums for signs of infection or other problems that may need treatment. They may also recommend professional cleaning services such as scaling or polishing.

In addition to regular brushing and check-ups, there are other things you can do to help keep your dog's teeth clean and healthy. Feeding them dry food instead of wet food can help reduce plaque buildup since it requires more chewing than wet food does. You can also give them chew toys designed specifically for dogs that help scrape away plaque while they play.

#10. Spaying and Neutering: Spaying and neutering can help to reduce the risk of certain health problems and can help to reduce the number of unwanted puppies.

Spaying and neutering are important procedures for pet owners to consider. Not only do they help reduce the number of unwanted puppies, but they can also help to improve the overall health of your dog. Spaying is a surgical procedure that removes the ovaries and uterus from female dogs, while neutering is a similar procedure for male dogs that involves removing the testicles.

By spaying or neutering your pet, you can reduce their risk of developing certain types of cancer such as mammary tumors in females and prostate cancer in males. Additionally, it can help to prevent behavioral issues such as aggression or roaming which may be caused by hormones released during mating season. It's important to note that these procedures should not be done until after your pup has reached sexual maturity (usually around 6 months old).

Overall, spaying and neutering are beneficial procedures for both you and your pet. They provide numerous health benefits while helping to control overpopulation in shelters across the country.

#11. Flea and Tick Control: Fleas and ticks can cause serious health problems for your dog. Regular flea and tick control is essential for keeping your dog healthy.

Flea and tick control is an important part of keeping your dog healthy. Fleas and ticks can cause a variety of health problems, including skin irritation, allergic reactions, tapeworms, and even Lyme disease. Regular flea and tick prevention is essential for protecting your pet from these parasites.

There are several methods available for controlling fleas and ticks on your dog. The most common method is to use topical treatments such as spot-on products or sprays that contain insecticides or other active ingredients designed to kill the parasites. These products should be applied monthly during peak season (spring through fall). Additionally, you may want to consider using oral medications or collars that release chemicals over time.

In addition to chemical treatments, there are also natural options available for controlling fleas and ticks on your pet. These include herbal remedies such as garlic powder or brewer's yeast tablets; regular grooming with a fine-toothed comb; vacuuming carpets regularly; washing bedding in hot water; using cedar chips around the house; planting certain herbs in the garden; and avoiding areas where wild animals congregate.

No matter which method you choose for controlling fleas and ticks on your dog, its important to stay vigilant about checking them regularly throughout the yearâ€™”especially during peak seasonâ€™”and treating any infestations quickly before they become more serious.</p></div>

#12. *Heartworm Prevention:*
Heartworm is a serious and potentially fatal disease. Regular heartworm prevention is essential for keeping your dog healthy.

Heartworm is a serious and potentially fatal disease that affects dogs, cats, and other animals. It is caused by parasitic worms that live in the heart and lungs of infected animals. The most common way for an animal to become infected with heartworms is through mosquito bites. If

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left untreated, heartworm can cause severe damage to the heart, lungs, liver, and kidneys.

Regular prevention of heartworm is essential for keeping your dog healthy. This includes giving your pet monthly preventative medication such as Heartgard or Interceptor Plus which kills any larvae before they mature into adult worms. Additionally it's important to have your pet tested annually for existing infections so that treatment can be started if necessary.

It's also important to keep your pet away from areas where mosquitoes are prevalent such as standing water or tall grasses during peak times when mosquitoes are active (usually dusk). Lastly make sure you talk to your veterinarian about any questions you may have regarding prevention methods or treatments available.

#13. *Senior Care: As your dog ages, their needs will change. It is important to provide them with the appropriate care to keep them healthy and comfortable.*

Senior care for your dog is an important part of keeping them healthy and comfortable as they age. As dogs get older, their needs change and it is important to provide them with the appropriate care. This includes providing a nutritious diet that meets their changing nutritional needs, regular exercise tailored to their age and physical condition, regular veterinary check-ups, mental stimulation through activities such as training or playtime, and plenty of love and attention.

It is also important to be aware of any changes in behavior or health that may indicate a problem. If you notice anything out of the ordinary with your senior dog's

health or behavior, contact your veterinarian right away. With proper care and attention from you, your senior dog can enjoy many happy years together.

#14. *First Aid: Knowing how to provide basic first aid can help to save your dog's life in an emergency.*

Having the knowledge and skills to provide basic first aid for your dog can be a lifesaver in an emergency. Knowing how to recognize signs of distress, administer CPR, stop bleeding, and treat shock are all essential components of canine first aid. It is also important to know when it is time to seek professional help from a veterinarian.

The New Natural Dog: A Complete Guide for Healthier Dogs by Anitra Frazier provides detailed instructions on how to perform basic first aid on dogs. The book

covers topics such as recognizing signs of illness or injury, administering CPR, stopping bleeding, treating shock and more. Additionally, the book includes information about common medical conditions that may require immediate attention from a veterinarian.

By having the necessary knowledge and skills at hand in case of an emergency situation with your dog you can potentially save their life. Taking the time to read up on canine first aid will give you peace of mind knowing that if something were ever happen you would have the tools needed to respond quickly and appropriately.

#15. Travel: Traveling with your dog can be a fun and rewarding experience. It is important to plan ahead and make sure your dog is comfortable and safe.

Traveling with your dog can be a great

way to bond and explore new places together. Before you hit the road, it is important to plan ahead and make sure that your pup is comfortable and safe during the journey. Start by researching pet-friendly accommodations in advance so that you have plenty of options when it comes time to book a place for your stay. Make sure that any hotel or rental property allows pets before booking.

When traveling, bring along all of the necessary items for your pup such as food, water bowls, toys, bedding, leashes and collars. If possible try to stick with their regular routine as much as possible while on vacation; this will help keep them calm and relaxed throughout the trip. Additionally, if you are flying make sure to check airline regulations regarding pet travel prior to booking tickets.

Finally, don't forget about safety! Make

sure that your pup has an up-to-date ID tag with contact information in case they get lost or separated from you during the trip. Also consider investing in a GPS tracker device which can provide peace of mind should anything happen while away from home.

#16. Behavior Problems: Behavior problems can be caused by a variety of factors. It is important to identify the cause and address the problem in a positive and effective way.

Behavior problems can be caused by a variety of factors, including genetics, environment, and health issues. It is important to identify the cause of the problem in order to address it effectively. For example, if a dog has been bred for aggression or fearfulness due to its breed characteristics, then this should be taken into account when addressing any

behavior issues. If environmental factors are causing the problem such as lack of exercise or boredom then these need to be addressed too.

Once the cause has been identified it is important to use positive reinforcement techniques rather than punishment-based methods when dealing with behavior problems. Positive reinforcement involves rewarding desired behaviors while ignoring undesired ones; this helps teach dogs what behaviors are acceptable and which ones are not. Additionally, providing mental stimulation through activities like puzzle toys and training classes can help keep your dog mentally engaged and reduce unwanted behaviors.

The New Natural Dog: A Complete Guide for Healthier Dogs by Anitra Frazier provides an excellent overview on how best to handle behavior problems in dogs.

The book covers topics such as understanding canine body language and communication signals so that owners can better understand their pet's needs; how nutrition affects behavior; common behavioral issues such as barking, chewing, digging etc.; tips on housebreaking puppies; advice on socializing puppies with other animals; plus much more!

#17. Separation Anxiety: Separation anxiety can be a serious problem for some dogs. It is important to identify the cause and address the problem in a positive and effective way.

Separation anxiety is a common problem for many dogs, and it can be very distressing for both the dog and their owners. It occurs when a dog becomes overly attached to its owner or family members, leading to distress when they

are separated. Symptoms of separation anxiety include excessive barking, whining, pacing, destruction of furniture or other items in the home, urinating or defecating indoors (even if house-trained), and attempts to escape from the home.

The cause of separation anxiety can vary from one dog to another. In some cases it may be due to an underlying medical condition such as cognitive decline associated with aging; in others it may stem from changes in routine such as moving homes or having a new baby arrive in the household. Whatever the cause may be, it is important that owners identify what is causing their pet's distress so that they can address it effectively.

Treatment options for separation anxiety range from behavior modification techniques such as desensitization training and counterconditioning exercises;

providing environmental enrichment activities while you are away; using calming aids like pheromone diffusers; increasing exercise levels before leaving your pet alone; providing interactive toys filled with treats during periods of absence; and seeking professional help if needed.

It is also important that owners remain patient throughout this process â€“ progress will not happen overnight! With patience and consistency however most dogs can learn how to cope better with being left alone without experiencing extreme levels of stress.</p></div>

**#18. *Alternative Therapies:*
*Alternative therapies such as acupuncture, massage, and herbal remedies can be beneficial for some dogs.***

Alternative therapies such as acupuncture,

massage, and herbal remedies can be beneficial for some dogs. Acupuncture is a form of traditional Chinese medicine that involves the insertion of thin needles into specific points on the body to stimulate healing. Massage therapy helps to relax muscles and improve circulation while also providing comfort and relief from pain or stress. Herbal remedies are natural plant-based medicines that have been used for centuries in many cultures around the world to treat various ailments.

When considering alternative therapies for your dog, its important to consult with your veterinarian first. Your vet will be able to advise you on which treatments may be most appropriate based on your pets individual needs and health condition. Its also important to research any potential risks associated with each type of treatment before beginning.

In addition, it's essential that you find an experienced practitioner who has experience working with animals when seeking out alternative therapies for your dog. This will ensure that they understand how best to administer these treatments safely and effectively.

#19. Emergency Care: Knowing what to do in an emergency can help to save your dog's life. It is important to be prepared and know where to find emergency care.

Emergency care is an important part of being a responsible pet owner. Knowing what to do in an emergency can help save your dog's life, so it is essential to be prepared and know where to find emergency care. Before any potential emergencies arise, research the closest veterinary hospitals or clinics that offer 24-hour emergency services. Make sure

you have their contact information on hand at all times.

It is also important to familiarize yourself with common signs of distress in dogs so that you can recognize when something may be wrong and take action quickly. Common signs include difficulty breathing, excessive panting, vomiting or diarrhea, collapse or loss of consciousness, seizures or convulsions, severe pain (crying out), bleeding from the mouth/nose/rectum/ears/eyes and more. If you notice any of these symptoms in your dog seek immediate medical attention.

Finally make sure that your pet has up-to-date vaccinations and identification tags on them at all times as this will help ensure they receive proper treatment if they are ever taken into an animal hospital for emergency care.

#20. End of Life Care: Knowing how to provide end of life care for your dog can help to make the process easier for both you and your dog.

End of life care for your dog is an important part of being a responsible pet owner. It can be difficult to know how to provide the best care for your beloved companion during this time, but there are some steps you can take to make it easier. First, talk with your veterinarian about what kind of end-of-life care is appropriate for your dog and any medications or treatments that may help them feel more comfortable. You should also consider making arrangements in advance so that you have everything ready when the time comes.

It's also important to create a peaceful environment where your dog can spend their last days surrounded by love and

comfort. Make sure they have access to plenty of fresh water and food, as well as soft bedding and toys if desired. Spend quality time with them each day, talking softly or playing music they enjoyâ€”whatever helps them relax and feel at ease.

Finally, don't forget about yourself during this difficult process. Reach out to friends or family members who understand what you're going through, join a support group online or in person if available, and allow yourself moments of grief without feeling guilty about it. Taking good care of yourself will help ensure that you are able to give the best possible end-of-life care for your beloved pet.

Thank you for reading!

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