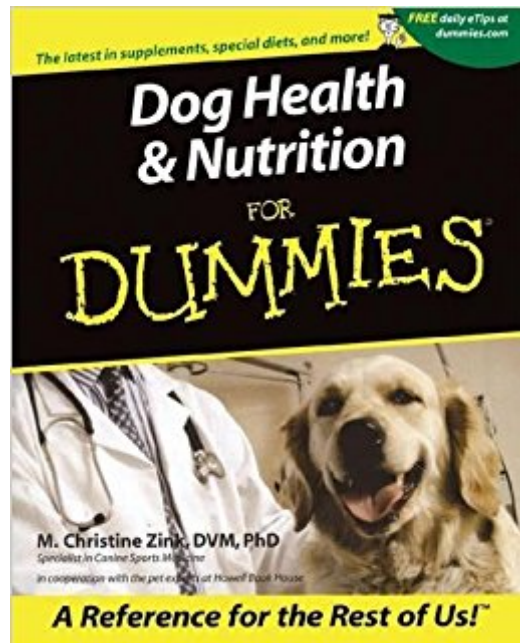




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# Dog Health And Nutrition For Dummies



## Synopsis

You do everything you can to maintain your optimum health. Doesn't your best friend deserve the same? Your dog is a member of the family and needs the same attention to health and nutrition as you do to stay healthy, be happy, and live longer. However, it's easy to get lost in the pet store's sea of dog products, passing aisle after aisle of dog food. Keeping your dog healthy or getting her back on the road to good health doesn't have to be difficult, though. *Dog Health and Nutrition for Dummies* makes it easy to make sure your canine is living a healthy lifestyle. It gives you expert tips and advice on: Basic canine healthcare Feeding your dog Recognizing and treating common maladies Caring for the canine senior Author M. Christine Zink, DVM, PhD is a specialist in canine sports medicine and professor at The Johns Hopkins University, but above all, a dog lover. She breaks down the complexity of caring for your pooch into easy terms with helpful reminders, warnings, and information, including information about: How to choose and work with a vet Your dog's anatomy with detailed illustrations Canine first aid Drug therapy for dogs Maintaining your dog's health with nutrition and exercise Common household hazards *Dog Health and Nutrition for Dummies* gives you all the information you need to properly care for your beloved canine pal.

## Book Information

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## Customer Reviews

Praise for *Dog Health & Nutrition For Dummies* "A succinct and easily read compilation of hard science presented with humor and a deep regard for and understanding of our canine friends."

• Victor E. O. Valli, Dean of the College of Veterinary Medicine, University of Illinois at Urbana-Champaign "Dosed with subtle humor, the text offers a wide range of down-to-earth information covering all aspects of dog care. Whether experienced or new to the dog game, readers will enjoy Dr. Zink's unprejudiced personal approach." • Rachel Page Elliott, author of *Dogsteps* Keep your dog healthy with simple care and good nutrition An up-to-date guide to caring for your dog. Help your dog enjoy a longer and healthier life with the latest in conventional and alternative veterinary medicine. An expert in canine sports medicine offers advice on feeding, conditioning, and caring for your dog so that it will reach its full potential. Discover how to: Practice the essentials of preventative care Treat common and uncommon canine ailments Administer simple first aid Select complementary and alternative therapies Work with your dog's veterinarian Get smart! [www.dummies.com](http://www.dummies.com) Sign up for daily eTips at [www.dummiesdaily.com](http://www.dummiesdaily.com) Sign up for tips on dogs, cats, or birds Keep your pet healthy and content the Dummies Way

M. Christine Zink, DVM, PhD, presents *Coaching the Canine Athlete* seminars and regularly writes for dog magazines. She is a canine sports medicine consultant and a professor at Johns Hopkins University.

I have read many books on dog nutrition and this one is the best. This book presents both sides of the diet dilemma in an unbiased fashion, and backs it up with research from credible institutions and offers suggestions for improving whichever diet you use -- store bought or home cooked. In addition, the author is highly credible in her field -- she is an expert in canine sports medicine and is a full professor at Johns Hopkins University School of Medicine. She teaches medical and veterinary students. She has her DVM and Ph.D. Honestly, you can't get much more credible than that! The book is not extremist in approach; rather it presents sensible questions about just what is in manufactured dog food, and how do we know it. It then rounds out the picture by presenting alternative diets (home-cooked food) but presents drawbacks there and how to correct them. It addresses supplements as well. While other topics are also presented beside nutrition (helping your dog age gracefully, training, etc.), I bought it mainly for its nutritional content, and I was not disappointed. The book cites research on nutrition from very credible institutions (Tufts University Veterinary School, as well as others). In addition, if you prefer to cook for your dog, it tells you how and where to send your food so you can find out if you are presenting a balanced meal. It offers other helpful hints as well. The book is very well written, mainly in active voice, and on a level the

layman can understand. This one belongs on your book shelf!

Although this is a "for dummies" book, I think it is really a nice book overall that has information for anyone ranging from someone getting their first dog to someone who is very active in the dog world. The author does not "dumb down" any of her information or presentation and presents everything in a clear, informative manner. The content is very broad and covers just about anything you might need to know about health and nutrition including structure, drugs, parasites, first aid, holistic/alternative therapies, and many more. The author even presents issues such as the hotly debated food issue with a relatively fair and balanced approach. Although she does take a side, she presents the positives and negatives of each side and lets the reader know that there are various schools of thought out there should s/he choose to research further. The book is attractively laid out with pictures, diagrams, charts, and cute little markers in the margin denoting things such as a "tip", "warning", "technical stuff", etc. It is an easy read that you are sure to pick up some new information from, regardless of your current knowledge about dogs. I highly recommend it to anyone.

Inside and out this book will keep your dog healthy. You will learn how to nip potentially deadly health problems in the bud, how to recognize the signs of a healthy dog, and learn all that you need to do should your dog become ill. I am an aspiring veterinarian who will need 8 solid years of dog education to earn my DVM degree. This book is an excellent start for me because it introduces me to the regimens of canine health and nutrition. This book is quite an education for even me: somebody who reads dog books all the time. You can't go wrong buying this book.

first the bad: the nutrition aspect of this book is \*really\* lacking. while the author initially states that meat should be the base of any dog's meal, absolutely NONE of the recipes she includes have more than 30% meat (give or take). there is no mention of how to discern a good dry or canned food (if you want that try Dr. Pitcairn's books), and while I can understand her hesitation about raw diets, she completely fails to point out that common sense and basic hygiene can take care of a lot of those problems. in short, the nutrition sections were useless. the good: the health and first aid sections are top rate and those make this book a must have for ANY dog owner. Luckily the bulk of the book covers these issues (the nutrition section is very small), and that makes this book a worthwhile purchase. one of the most useful things included is a list of what to have in a pet first aid kit. overall I'm only giving the book 3/5 stars because I feel that a book titled "health and nutrition" should thoroughly cover nutrition and this book just doesn't cut it. I highly

recommend buying it used (which I did) and keeping it around just for the "health" information.

I'm still reading this book but I have learned a wealth of knowledge already. I am far from a new dog owner at one time in my life in one way or another my family had eight (yes 8) dogs! I love scouring the internet, magazines, and books for ways to be a better dog owner and now I have a manual right her at my fingertips! Within the first 30 min of reading I was able to find a helpful trick for my Shih Tzu Wally's ear problems, just a bit of athlete's foot powder sprinkled in there! And I was also able to find out the estimated caloric need of my little guy. I googled away and never found caloric requirements! I recommend this book to anyone who is thinking about getting a dog, owns a dog, or has love (and/or contact) with a canine friend!

Wonderful book and one that every dog owner should have. It was easy to read and you don't need a masters degree in nutrition to understand it. Dr. Zink is down to earth in her advice on nutrition as well. Dr. Zink gives references on nutritional research for her remarks along with recipes for those who prefer to cook for their dog all in a non-biased format.

I bought this for my dad and he was very happy with it after I explained that I wasn't calling him a dummy!

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