

THE VETERINARY GUIDE TO
TEAR STAINING

By **John Burns** BVMS MRCVS





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While I was working as a veterinary surgeon, I often found the drugs prescribed to treat common pet health conditions only suppressed the symptoms and gave short-term relief. When the drugs stopped, the problem came back. I was convinced that there must be a more natural, long-term solution.

My research into this eventually led me to the conclusion that many of the pet health conditions I was seeing were brought about as a result of lifestyle – especially diet.

(You can read more about my experiences of managing health problems with diet in my *Veterinary Guide to Natural Healthcare*).

Having established the link between health and nutrition, I began advising pet owners to feed their pets a diet of simple home cooked food. This gave remarkable results, with owners seeing dramatic improvements in their pet's health. Although most owners were delighted with the results, many found home cooking to be time consuming and inconvenient.

This motivated me to develop my first dry pet food, **Burns Original Chicken & Brown Rice**, a complete, ready-made diet, but with all the benefits of home cooked food.

That was back in 1993. Since then, our product range has grown to include a number of different high quality recipes and ranges for dogs, cats, rabbits and small animals.


Veterinary Surgeon **John Burns** BVMS MRCVS

What is tear staining?

Tear staining is usually seen in small and toy breeds with light coloured coats, such as the Bichon Frise or Westie. These dogs often have runny eyes where the tears stain the hair on the face a pinkish-brown colour. The staining is commonly thought to be caused by blocked tear ducts but I have found that tear staining can be corrected by proper feeding.

What causes tear staining?

Build-up of toxic waste in the system, in my opinion, is the major cause of tear staining.

Production and elimination of waste products (toxins) is part of normal metabolism. However, if waste production is excessive, these wastes accumulate in the system and interfere with normal, healthy function.

There are several potential causes of this excess waste production:

- **Poor quality food** – unsuitable ingredients; chemical additives.
- **Overfeeding** – even of high quality food, including Burns.
- **Excessive intake of protein and fat** – both of which produce more waste than carbohydrate.
- **Food allergy/intolerance** – which cause inflammation, cell damage and production of toxins.

You can read more about how toxins damage health in my *Veterinary Guide to Natural Healthcare* (pp 4-6 Development of Disease).



How can diet help?

All of the potential causes mentioned here need to be addressed!

Burns foods are natural, wholesome foods, based on complex carbohydrates, low in fat and protein and free from additives (other than essential vitamins and minerals). Fed sparingly, this can avoid the build-up of toxic waste in the system which causes tear staining.

By virtue of their specific formulation and labelling, certain foods (called **PARNUTS**) are authorised by the Food Standards Agency to provide nutritional support for certain conditions. Most Burns adult foods are **PARNUTS for Reduction of Nutrient and Ingredient Intolerance**. In simple language, this means that Burns can be used when food allergy or intolerance may be a cause of a health issue, and that includes Tear Staining.

You can read more about food allergy/intolerance in my *Veterinary Guide to Natural Healthcare* (pp.9-10).

Which Burns food is best for my dog?

I find many owners stumble from brand to brand in the hope of coming across a food which will help their dog. For most dogs, any **Burns Original, Choice or Sensitive+** variety will be suitable. For more difficult cases the **Burns Health & Nutrition Team** has the knowledge and experience to advise you on how a methodical process can help find the right food for your dog. For example, one dog may not be suited to chicken but may do well on duck. For another, a potato or maize based food may be more effective than a rice-based one.

What can cause dogs to have tear staining?

- **Poor quality food**
- **Overfeeding**
- **Food allergy/intolerance**
- **Excess protein & fat**
- **Chemicals**

Toxic waste
build-up

Tear
staining



How much food should I give?

Overfeeding contributes to the toxic burden so must be avoided. Recommended feeding amounts should be treated with caution as every dog is an individual with different needs from all others. Weighing the food each time is more accurate and effective than going by eye.

Many pet owners believe that they cannot be overfeeding as their pet is not overweight. Very often that is not correct; waste products can accumulate in the system of a dog which is of normal weight.

The Burns Health and Nutrition Team (see back of leaflet) can give you individually tailored advice on finding the right food and the right feeding amounts for your dog



Or...

See my **Daily Feeding Amounts** leaflet.

Download it from the Burns website:

(www.burnspet.co.uk) or request a physical copy.

Can I still feed treats?

If your dog suffers from a problem such as tear staining, it is best to avoid feeding treats until the problem is resolved.

During the elimination process it's important to stick to a straightforward diet that you can monitor, so avoid treats and table scraps (vegetables are OK). We understand this is tricky but it may only be a temporary measure while the issue is resolved.

Top tip!

Ask your vet to check your dog's anal glands, even if there is no sign of a problem. This is a fast-track way of removing waste from the body which could be contributing to the tear staining.

Why not try...

SENSITIVE+ RANGE

2kg, 7.5kg, 15kg

Duck & Brown Rice • Pork & Potato

What's **in** Burns:

- ✓ Complex carbohydrate of whole grains
- ✓ Low fat
- ✓ Low protein
- ✓ Hypo-allergenic

What's **not** in Burns:

- ✗ Simple sugars
- ✗ Artificial colourings
- ✗ Artificial flavourings
- ✗ Derivatives
- ✗ Wheat/gluten



Healthy Skin & Coat



Healthy Digestion



Novel Protein



Avoids toxic build-up



Hypo-Allergenic & Complete

Support when you need it

Our **expert pet nutritionists** can give you straightforward and **individually tailored** advice on managing nutritional support for specific health problems or fine tuning feeding amounts.

John and the Nutrition Team



...they really know their stuff!

Right advice

Right food

Right amount



Healthy dog, Happy owner

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Email **info@burnspet.co.uk**

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NATURAL FOOD FOR PETS

DOG | CAT | RABBIT

*Promotes excellent health,
and for dogs prone to...*

- *Itchy skin/ears/feet*
- *Upset digestion*
 - *Poo eating*
- *Weight problems*
 - *Bad breath*
 - *Body odour*
- *Full anal glands*
- *Persistent moulting*
- *Behaviour problems*
 - *Lack of vitality*
 - *Stiffness*
 - *Tear staining*
 - *Fussy eating*
 - *Tooth tartar*

All of these are diet related

*This leaflet is part of a series on health
and nutrition written by John Burns.*

*For more information please
see my **Veterinary Guide to
Natural Healthcare** booklet
which can be downloaded
from www.burnspet.co.uk
or request a physical copy*



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