

THE VETERINARY GUIDE TO  
**TOOTH TARTAR**

By **John Burns** BVMS MRCVS

*John Burns*  
**BURNS**  
Natural nutrition for a long healthy life





## **John Burns** BVMS MRCVS

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

## Tooth tartar & periodontal disease

*Periodontal means “relating to tissues or regions around the teeth.”*

**Periodontal Disease** is the most common illness affecting pets, and is even more prevalent than excessive weight gain. Surveys show that between 60 and 80% of both dogs and cats are affected. Many pets do not show obvious signs of discomfort although they must be suffering.

Periodontal disease causes bad breath, inflammation, bleeding and erosion of the gums, eventually leading to loosening and loss of the teeth.

As well as affecting the mouth area, periodontal disease can damage other body systems. In humans, periodontal disease is linked to arthritis, cardiovascular disease, stress and anxiety, obesity, diabetes and stroke. In pets, links are now being made to diabetes, heart disease, kidney and liver disease. Bacteria and toxins can enter the bloodstream from the mouth and cause generalised inflammation, especially when animals are suffering from other ailments or have defective immune systems.

## What causes periodontal disease?

In a healthy individual, saliva from the salivary glands and gums, lubricates and protects the mouth. If conditions are not optimal, saliva forms **dental plaque**, a thin film on the teeth which provides a framework for bacteria and waste products.

Plaque is a sticky and persistent coating which encourages bacterial proliferation and deposition of mineral salts of calcium and phosphorus to form **dental tartar** (calculus).

## What causes unhealthy saliva?

Build-up of toxic waste products in the system, in my opinion, as with many other disease conditions, is the underlying cause of periodontal disease. Production of waste (toxins) is a normal part of the metabolic process. If this is excessive due to poor quality food, overfeeding (even high quality food), excessive levels of protein & fat, or chemicals in the diet, these wastes accumulate in the organ systems and body fluids, including the saliva. You can read more about how toxins damage health in my **Veterinary Guide to Natural Healthcare** (pp 4 -6 *Development of Disease*).

Food allergy/intolerance may also cause inflammation which increases the toxic burden, so it is important to feed a more natural, hypoallergenic diet, free from colourings and other chemicals. You can read more about food allergy/intolerance in my **Veterinary Guide to Natural Healthcare** (pp. 9 -10)

## How can diet help?

Burns foods are simple, wholesome natural foods, high in complex carbohydrates (typically whole grains), which will minimise the amount of pollution in the system.

All Burns adult diets avoid additives (other than essential vitamins and minerals) and are low in fat and protein, both of which produce more waste than complex carbohydrate.

Burns foods are also hypoallergenic, i.e. unlikely to cause allergic reaction. See PARNUTs overleaf.

All of these characteristics help to avoid the accumulation of toxic waste in the saliva. You can read about this in my **Veterinary Guide to Natural Healthcare** (pp. 4 -7 and 9 -10)

## What can cause periodontal disease?

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

Toxic waste  
build-up

Unclean saliva

Dental plaque

Tooth tartar

Periodontal disease



## ***What about other methods of keeping the teeth clean?***

***Brushing the teeth and specialist abrasive foods*** which are claimed to prevent dental tartar may have some beneficial effect but they do not tackle the real base cause of tooth tartar and gum disease. Freeing the system of toxic waste by following a natural diet will ensure clean saliva and a healthy mouth as well as all-round health and vitality throughout the body.

## ***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 has individual needs. 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](http://www.burnspet.co.uk)) or request a physical copy.



# PARNUTs

By virtue of their specific formulation and labelling, certain foods (called PARNUTs) are authorised by the Food Standards Agency (FSA) to provide nutritional support for certain adverse conditions.

*An example which is particularly relevant to tooth tartar and periodontal disease:*

## (i) Reduction of nutrient and ingredient intolerances

Burns adult foods meet these PARNUT criteria. In everyday language, this means that Burns food can be recommended for dogs prone to food allergy/intolerance, a cause of toxic burden leading to tooth tartar and periodontal disease.

You can read more about food allergy/intolerance in my *Veterinary Guide to Natural Healthcare* (pp. 9 - 12).

## Why not try...

- **Chicken & Brown Rice** 2kg, 7.5kg, 15kg
- **Sensitive+ Pork & Potato** 2kg, 7.5kg, 15kg
- **Choice Fish & Maize** 2kg, 6kg, 12kg

### 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



Developed by Veterinary Surgeon *John Burns* BVMS MRCVS



Healthy Skin & Coat



Healthy Digestion



Recommended by Behaviourists



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

Freephone **0800 083 66 96**

Republic of Ireland (freephone) **1800 836696**

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

Sales Advice  
Product Advice  
Nutrition Advice

**Live Chat**

Online  
now

[www.burnspet.co.uk](http://www.burnspet.co.uk)



# 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](http://www.burnspet.co.uk)  
or request a physical copy*



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