

Burns Real Food for Dogs
*can even replace some
Veterinary-only foods.*



BURNS DRY COMPLETE RANGE

Original Chicken and Brown Rice
Lamb and Brown Rice
Fish and Brown Rice

Choice Chicken and Maize
Lamb and Maize
Fish and Maize

Sensitive Pork and Potato
Duck and Brown Rice

Weight Control High Oats

Burns Moist Complete

Penlan Range Chicken, Brown Rice and Vegetables
Lamb, Brown Rice and Vegetables
Free Range Egg, Brown Rice and Vegetables

Can be fed alone or with Burns dry Hypo-allergenic Mixer.

SUCCESS STORIES

"My dog Munch is a Shi Tzu and has always had trouble with his anal glands. So I saw an advertisement at a local pet shop and read your Guide to Natural Health Care and decided to give the food a try. Within a few days he was absolutely fine and has stopped itching and scratching, and is a much happier dog.

Thank you!"

Gill Marshall and Munch

Pet Nutrition Helpline 0800 083 66 96

Our experienced and knowledgeable nutritionists are available to give you sound practical pet health and nutrition advice. Whilst speaking to our team why not ask them to send you a free copy of John Burns' Guide to Natural Health Care or ask at your pet shop?

or download a copy now at
www.burnspet.co.uk/petcare

ANAL GLANDS



- **Scooting?** (Rubbing the bottom on the ground)
- **Itchy, smelly bottom?**
- **Full Anal glands?**

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WHAT ARE THE SYMPTOMS OF FULL ANAL GLANDS?

Full anal glands can cause discomfort which leads to the dog rubbing its rear-end on the ground or floor 'tobogganing or scooting'. The usual treatment involves emptying the glands, which usually has to be done by a veterinary surgeon.

What are anal glands?

These are two glands located one on either side of the anus. They usually contain a foul-smelling matter which is expelled when the dog goes to the toilet and act as territory markers. A secondary function of these glands is to act as the body's dustbins in that they are a means of collecting and discharging waste matter/toxins from the system. Some veterinary surgeons recommend the removal of troublesome anal glands. Removing the anal glands surgically is like a household doing away with dustbins and keeping the household rubbish under the bed! The waste toxins that were filling up in the anal glands will accumulate elsewhere in the body causing other problems.

TOXINS: What are they? Where do they come from?

- 1 Unsuitable ingredients in the dog food e.g. chemicals such as preservatives, colourants and emulsifiers can affect the health of your dog. Even if they are not overtly poisonous they are treated by the body as contaminants to be removed.**
- 2 A food allergy or food intolerance can cause inflammatory or immune system reactions resulting in damage to cells and creating undesirable chemicals in the system e.g. free radicals.**
- 3 Too much protein and fat in the diet. Protein and fat produce more harmful waste products than carbohydrate during normal metabolism.**
- 4 A poor quality diet or one which is not easily digested can alter the number and type of bacteria found normally in the gut. These bacteria produce endotoxins which can affect health.**

Pet Health & Nutrition Advice

Burns Pet Nutrition has a team of five experienced nutritionists, supported by John Burns, who can offer you support regarding the correct diet and feeding amounts for your dog. **John Burns' Guide to Natural Health Care** explains how proper diet can correct many common health problems.

This is available FREE from your Burns supplier or direct from Burns on

FREEPHONE 0800 083 66 96

Or you can download a copy at www.burnspet.co.uk/petcare

How can Burns diets help?

When a high quality natural diet is fed correctly (i.e. not overfed) this can provide the means whereby the body can rid itself of these toxins. This offers a long-term solution to these and other health problems, unlike drugs which temporarily suppress symptoms. The Burns adult maintenance diets are hypo-allergenic, free from colours, chemical preservatives and contain high levels of complex carbohydrates.

Which Burns diet is best for my dog?

High fibre diets are often suggested for anal gland problems. The theory is that fibre creates a bulkier stool which squeezes the anal glands empty when the dog goes to the toilet. This is incorrect. In fact the problem is usually seen in dogs fed on inferior quality foods which are poorly digested or in dogs which are overfed – both of which produce large amounts of faeces. A high fibre diet therefore is not really addressing the real cause of the problem – an unsuitable diet. The Burns maintenance diets are generally low fibre (except Burns High Oats) and aim to manage this problem without creating copious amounts of faeces.

How much food should I give?

When dealing with a health problem it is vital that food intake should not exceed the dog's daily needs. Even slight overfeeding will reduce the likelihood of a successful outcome. Older dogs, neutered dogs and dogs with health problems may need less than suggested on the bag.

Can I still feed treats?

In most cases, it is important to have as little variety in the diet as possible; i.e. no treats, other pet food brands, no fruit, not even home made foods (except possibly vegetables).

A USEFUL TIP...

- Anal gland problems are more common in overweight dogs. This is because the extra fat around the glands can make emptying them more difficult. Keeping your dog lean and healthy can help manage anal gland problems. Remember, you should always be able to feel your dog's ribs!



Fiona Campbell (Head Nutritionist)
Part of John Burns Nutrition team