

THE VETERINARY GUIDE TO
FULL ANAL GLANDS

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

What are the anal glands?

The anal glands are located on either side of the anus. They usually contain a foul-smelling matter which is expelled at urination and/or defecation and acts as a territory marker. A secondary function of these glands is to act as the body's dustbin in that they are a means of collecting and discharging waste from the system.



Symptoms of full anal glands?

Scotching (rubbing the bottom on the floor), and an itchy/smelly bottom are signs that your dog has full anal glands. In extreme cases an abscess may form in the anal gland; this is painful and may bleed and exude pus.

What causes full anal glands?

Build-up of toxic waste in the system is, in my opinion, the major cause of anal gland problems. Production and elimination of waste products (toxins) is part of normal metabolism. However, if waste production is excessive, these wastes accumulate in the system.

The anal glands fill up as the system attempts to expel the waste. The problem is **NOT**, in my opinion, caused by lack of bulky stools.

There are several potential causes of this excess waste production:

- **Poor quality food** – e.g. 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 full anal glands. (See my *Veterinary Guide to Natural Healthcare* (pp. 26-27).

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 full anal glands.

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

What can cause full anal glands?

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

Toxic waste
build-up

Full
anal
glands

Which Burns food is best for my dog?

High fibre diets are often recommended 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. However, anal gland problems are often seen in dogs which already produce large amounts of faeces such as dogs on poorly digested diet or dogs which are overfed.

A high fibre diet does not address the real cause of the problem - the correct diet should aim to stop the glands from filling up in the first place. For most dogs, any **Burns Original, Choice** or **Sensitive*** variety will be suitable. For more difficult cases the **Burns Health and Nutrition Team** has the knowledge and experience to advise you on how a methodical process can help find the right food for your dog.



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.



Why not try...

ORIGINAL RANGE

2kg, 7.5kg, 15kg

Life Stage : Adult (including Senior)

Chicken & Brown Rice • Lamb & Brown Rice • Fish & Brown Rice

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

Top tip!

(i) Keeping your dog lean and healthy can help avoid anal gland problems. Remember, you should always be able to feel your dog's ribs.

(ii) If your vet recommends a high fibre diet or if your dog is overweight, why not try Burns Weight Control⁺?

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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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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