

THE VETERINARY GUIDE TO
UPSET DIGESTION

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 a 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

Symptoms of upset digestion

The common symptoms of digestive problems are loose bowel motions, occasional vomiting, abdominal discomfort or swelling, flatulence, passing of blood or mucus or straining.

What causes upset digestion?

Whatever name is given to the disorder, be it colitis, gastro-enteritis, indigestion, allergy, infection, etc., persistent or recurring upset to the digestive system is usually caused by a diet which is unsuitable in some way.

- Food made using ingredients of low quality or poor digestibility is a major problem
- Overfeeding aggravates the problem by reducing digestibility and putting more demands on the digestive system.
- Allergy/intolerance to a food ingredient should always be considered as a possible cause of a persistent problem.
- High fat content and chemical additives such as colourings are other possible causes.



How much food should I give?

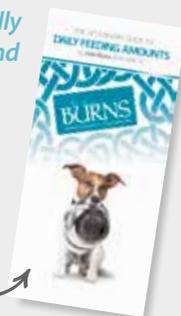
Overfeeding contributes to the toxic burden so must be avoided. Recommended feeding amounts should be treated with caution as every dog is an individual with different needs from all others. Weighing the food each time is more accurate and effective than going by eye.

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.



What can cause upset digestion?

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

Upset digestion



How can diet help?

Burns foods are **natural, wholesome foods, high in complex carbohydrates (especially wholegrains such as brown rice), low in protein and fat and free from additives** (other than essential vitamins and minerals).

All of these help to aid digestion and avoid the build-up of toxic waste in the system.

High digestibility means that feeding amounts are lower and only a small amount of material reaches the lower bowel with the bonus that stool volume is much reduced.

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

Examples which are particularly relevant to the digestive system:

(i) Reduction of nutrient and ingredient intolerances

(ii) Compensation for maldigestion; exocrine pancreatic insufficiency (EPI).

Burns adult maintenance foods (with the exception of Burns Weight Control+) meets these PARNUTs criteria. In everyday language, this means that Burns foods can be recommended for dogs which suffer digestive upset or are suspected of having food allergy/intolerances.

As ingredients in Burns foods are listed accurately rather than “*meat and animal derivatives*”, “*cereals and cereal derivatives*” etc. This means that suitable ingredients can be identified and suspect ingredients can be avoided.

You can read more about **food allergy/intolerance** and the digestive system in my *Veterinary Guide to Natural Healthcare* (pp. 9 -10 and 12 -13).

Which variety of Burns should I give?

I find that many pet 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 and Nutrition Team** has the knowledge and experience to advise you on how a methodical process can help. For example, one dog may not be suited to chicken but could do well on duck, for another, a potato or maize-based food may be more effective than a rice-based one.

Why not try...

SENSITIVE+ RANGE

Duck & Brown Rice • Pork & Potato 2kg, 7.5kg, 15kg

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

Top tip!

If your dog is in the middle of an episode of upset digestion, a short period (12-24 hours) without any food will usually allow things to settle down. **Burns Penlan Range Egg, Vegetables & Brown Rice** can then be a very suitable first food for a few days before moving on to another long-term food.



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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Product Advice
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Live Chat

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now

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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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