

2017 New Year's Resolutions... for Your Pet!

We make resolutions for ourselves, but what about our family pet that we love and adore? They need resolutions for better health, too! Resolve to help your pet eat better, exercise and spend more time with friends! These seven resolutions take into account all aspects of your pet's mind, body and soul to create a holistically happy animal for the next year.

1. Visit your veterinarian

What better way to put goals in place than with a health check-up by your veterinarian. Holistic vets and those who study alternative medicines tend to be your best advisors when it comes to feeding pets a healthier and fresher diet. Visiting your veterinarian at the beginning of the year will help you establish health goals for your pet and set a great annual benchmark against which to measure successes!

2. Don't forget the dentist

Healthy gums and teeth can provide your pet with a longer and healthy life, as dental disease can be linked to multiple health issues. Your vet can clean your dog or cat's teeth much as a dentist does. However, to do this, pets have to be sedated, which is always a risk and strain on the body. The best solution is prevention by brushing your pet's teeth every day. You can also seek out a holistic groomer that is experienced in non-anesthetic teeth scaling. Tabby & Jack's has several seasoned groomers that perform Teeth scaling for a fraction of a sedated procedure by your vet, and less invasive on your dog's body. Non-anesthetic teeth scaling is highly recommended for seniors.

3. Eat a healthy diet

You are what you eat. It's absolutely true. More accurately, you are what you can absorb. We have learned that fresher foods are better for us because we can absorb the nutrients better. We are told to limit processed foods in our diets, so shouldn't our dogs too? Dogs and certainly cats are "designed" to eat meat, so why not feed them meat? Raw formulas are the most biologically appropriate food a dog or cat can eat. Their digestive system was built to process raw meat, as it provides for quicker absorption through their short digestive tracts. If you only feed processed kibble currently, resolve to add fresh food to your pet's current diet in 2017. Even supplementing with fresh food will make a difference! Watch as your fussy tabby gobbles up meals and Fido's coat gets shinier. A fresh, varied diet boosts immune systems and is significantly linked to pet's longevity and improved quality of life.

4. Take your vitamins

There are a variety of supplements available to boost your pet's overall health. These aren't a fad, they're a necessity, especially if you do not include raw food in your dog's daily diet. Kibble is baked at such a high temperature that most of the nutrients are baked out of it! Pet food companies add them back in, but it can be in the form of laboratory-derived powder, rather than in naturally-occurring ingredients. Instead of buying the bag that says, "For skin and coat," pump some wild salmon oil into your dog's food daily for an omega-3 supplement. Sprinkle some kelp

in for high fiber, antioxidants, anti-inflammatory agents, anti-cancer properties and over 60 natural vitamins and minerals.

5. Look your best

After nourishing your pet's body, they'll want to strut their stuff and look their best! Grooming is an important aspect of pet care and is about so much more than appearance. Breeds with long hair can get tangles or mats in their hair and, if not brushed out, they get tight and pull on your pet's skin. Tight matts can form sores, especially when dirt and debris is trapped between the mat and the skin. The only way to get rid of them is with a haircut. Let a groomer handle the clippers and give your pet a spa day. Dogs with allergies can benefit from specialty shampoos that soothe and heal hotspots. Coat conditioners can keep the season's dry skin healthy.

6. Work out

I wouldn't be surprised if getting into shape were on your resolutions list, but it should be on Fluffy and Fido's, too. Obesity is an increasing concern for our pets as well as ourselves. They can suffer the same obesity-related diseases as humans, including diabetes, asthma and heart disease. While you're at the office, let your dog work out by going to doggie daycare. Your pup will find plenty of canine and human attention there, guaranteed to exhaust them, hopefully into the next day.

7. Keep your mind challenged

Mental exercise is as important as physical. Of course your dog doesn't do Sudoku while you're out, but you can keep them stimulated with a puzzle toy they have to manipulate to get treats out! There are rolling treat "balls" in a variety of shapes — cube, molecule, oyster — some with ways to change the difficulty of getting to those tasty morsels. If your dog is an Einstein, there are even more complicated contraptions. Don't let kitty miss out — put their kibble in a treat ball and make them hunt for it. They get exercise and excitement without the extra calories.