



K9Chiro Quickies

with Dr. Eileen Haworth DC

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Thanksgiving Tips

Thanksgiving Day don'ts for your dog

1. Do not feed turkey skin or salty foods like peanuts or chips. They may cause pancreatitis, a painful inflammation of the pancreas.
2. Do not feed chocolate, raisins, or onions as they are all poisonous to your dog.
3. Dispose of all aluminum foil, waxed paper, plastic wrap or any food covering. The smell alone can cause your dog to eat it. It may cause a bowel obstruction-many times a surgical problem.
4. Cooked turkey bones can splinter and pierce the bowel. Do not feed them to your dog.
5. Ask guests to avoid feeding your dog from the table.

Thanksgiving Day do's for your dog

1. Small amounts of white meat are a nice treat.
2. Stuff a kong with a small bit of white meat, some sweet potato and a green bean or two.
3. Give your dog a refuge away from guests and especially children. She might like to dive into her kong in her refuge.
4. Walk your dog before guests arrive. It can tire her and decrease the excitement level when guests arrive.
5. Contain garbage, throw it away A.S.A.P.. Perhaps in a coffee can with a plastic lid.
6. Clear food off the table, so your dog cannot steal it off the table.

Fido Fitness Tip

If you teach your dog to sit up and "Beg", it's good for their back. It's like doing sit ups for humans. It strengthens the abdominal muscles and gives stability to the low back.

From *Fido Fitness* taught by Eileen L. Haworth, D.C.



Did you know?

If your dog's back legs are not following directly behind the front legs, your dog may have a torque or misalignment in his pelvis. Your dog may need a chiropractic adjustment.

Visit our website:
www.k9chiro.com

Chiropractic Care, by Veterinary referral, is available at the following animal hospitals.
Out of the area? Please contact k9chiro@verizon.com or 310-451-8045 for a referral



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