

## BLOAT continued

### What can you do?

- feed a dog two or three small meals rather than one large meal,
- throw away the raised bowl,
- don't exercise for an hour or so before and after eating,
- slow down the dog's speed of eating, perhaps by placing large stone in the food bowl,
- don't let a dog drink large quantities of water in one go, especially before or after eating,
- do feed a high protein diet of 30 per cent or more, particularly raw meat,
- do include plenty of fibre in the diet,
- do add substances that reduce the production of gas and encourage 'good' bacteria in the gut, such as live yoghurt, garlic, ginger and various herbs,
- do not feed dry foods exclusively.

Research suggests that a diet with a variety of foods is better than a diet of kibble,

- for dogs on dry foods, avoid brands with high fat content, or citric acid. Avoid soya, brewer's yeast and alfalfa. Look for dry food with rendered meat meal with bone product in the first four ingredients,
- reduce carbohydrates content of diet,
- avoid stressful situations,

Many people recommend you give the dog something for anti-flatulence / wind to help it to burp or pass wind as soon as you see symptoms of bloat. A homeopathic alternative is Nux moschata 30 or even 1/2 teaspoon of nutmeg. This may gain you some extra time, but don't delay in getting to the vet.



### SKYE THE GUY - PROVING THERE IS LIFE AFTER BLOAT

This photograph of our "old boy", Skye, was taken on 11<sup>th</sup> August this year and it's obvious to see that he is still fit and active at 11 years old! In 2001, when he was only 5 years old, Skye suffered gastric torsion and he survived. His survival was purely down to the fact that we were with him at the time and recognised the symptoms. We got him straight to our vet and he received prompt medical attention. If you ever have the slightest suspicion that your dog is bloating, we urge you not to waste any time **GET STRAIGHT TO YOUR VET.**

CLIVE AND JANET HUDSON

P.S. Clive and Janet had another scare this summer when their young boy, Chase, bloated. Fortunately, they took immediate action once again. Chase also survived, and has made a good recovery.

