



## Dog Talk™ the Radio Show

### Dog Talk Newsletter (August 2006, Edition 3) "Gassy Dogs"

**A Guest Expert! Sabine Contreras, Canine Care & Nutrition Consultant, helps me solve a terribly gassy dog....**

*This month, "The Dog Bible" had to ask someone else for the answers! My dog Scooby Doo had been gassing me out of my office - and nothing I knew gave him (or me!) any relief. So I turned to a woman whom I have consulted several times about nutritional issues: in all my travels through the canine world no one has impressed me the way Sabine has in her depth of knowledge on the topic. And she outdid herself with "gassy dog" information and advice.*

*Sabine is available to anyone as a consultant about your dog's diet, in health but particularly if your dog has any special issues like kidney or bladder stones, cancer, etc. at: <http://www.betterdogcare.com>.*

Gas results either from swallowed air or from bacterial activity in the large intestine. Gas escaping the body is a normal occurrence in every healthy dog. We only really notice it when it becomes excessive and odorous. In order to solve this problem we have to address its underlying causes, and there are a number of possibilities:

#### SWALLOWING AIR

Dogs can swallow air for several reasons, for example eating too fast (gulping), producing larger quantities of saliva that requires frequent swallowing, or nervous swallowing due to stress.

Slowing down food intake can be accomplished by feeding from a flat surface (e.g. a cookie sheet instead of a food bowl) or putting several large, smooth, clean rocks into the bowl so the dog has to work around them. If stress is the cause, other changes to the dog's lifestyle may be required.

#### POOR DIGESTION

This is the number one cause of gas in dogs (and in people too!). There is a long list of reasons why digestion could be poor, such as a higher amount or specific types of starch and/or fiber present in the diet than the individual dog can tolerate, intolerance to dairy products, insufficient levels of hydrochloric acid or specific enzymes, or loss of muscle tone of the digestive tract.

The remedies are as diverse as the causes for gas. If the gas is persistent and chronic, my recommendation for the first course of action is examining the dog's food and keeping notes of what Rover is eating. In many cases all that's needed is switching to a higher quality, more digestible food, which can mean eliminating certain sources of carbohydrates from the diet and/or reducing the

**Click here to listen to  
Dog Talk™  
the Radio Show!**

### The Dog Bible



**Tracie Hotchner is  
author of The Dog  
Bible:  
Everything Your Dog  
Wants You to Know**

(Gotham Books,  
November 2005)

[Click here to go to  
The Dog Bible website.](#)

### Listen to the Radio Show

[Click here to go to the  
Dog Talk the Radio Show  
website and listen to our  
latest show "Oodles and  
Poos"](#)

**What's Coming Up?  
These shows will be posted to  
the website on the scheduled  
dates:**

**August 15: "Cancer"  
Sept. 1: "Traveling with  
Your Dog"  
Sept. 15: "Puppy Mills"  
Oct. 1: "When Dogs are  
Violent"**



fiber content. Intolerance to specific meat sources is less frequent but possible. This can take a bit of trial and error, so "simple" products with a limited ingredient list that do not include a variety of protein and carb sources, fruits, veggies and other extras are preferable.

For milder cases supplementation with a good probiotic can help. Many dogs improve from adding even just a good heaping tablespoon or two of organic, cultured yogurt to every meal, others require a high-dosed probiotic supplement.

Increasing the daily amount of exercise can also be helpful. Movement expels excessive gas from the body where nobody is bothered by it, and vigorous walks condition the digestive tract, contributing to its motility.

### **PARASITES**

Especially the single celled organisms giardia and coccidia can be responsible for chronic, malodorous gas, but an infestation with roundworm and whipworms is also a possibility. If you suspect that intestinal parasites are the cause of gas in your dog, please have a fecal sample checked by your vet as soon as possible and be sure to mention the "gas problem".

Depending on the cause, resolving the problem may take as little as a few hours with the help of home remedies, or a few weeks or months if a change in diet is required, until a suitable food is found.

As a rule, if a dog shows visible discomfort from excessive gas and simple home remedies do not bring relief within several hours, please see your veterinarian.

**These tips are excerpted from Tracie Hotchner's "The Dog Bible: Everything Your Dog Wants You to Know."**  
[Click here to go to The Dog Bible website](#)  
to read more tips about "all things dog".

Also, [click here to go to the Dog Talk the Radio Show website](#)  
to listen to our latest podcast - "Oodles and Poos!"

**Our podcast URL:**  
<http://feeds.feedburner.com/DogTalkRadio>

**If you are having trouble seeing the images in this newsletter, please make sure you have added "listen@dogtalk-theradioshow.com" to your address book. Also check for "download images" buttons in your email software and be sure that your preferences are set to view HTML email.**



You can always listen to **DOG TALK** on **Animal Radio** ([www.animalradio.com](http://www.animalradio.com)) where they have us on their schedule twice a week...and gives you a chance to check out all the other great shows and interesting topics that Animal Radio offers.