

Published based on [Overfed Dogs Are Overweight Dogs.](#)

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Perhaps you'd like to ignore the situation, but if your dog is fat, you are cheating it out of the chance to live the best possible life. **Overweight dogs are at increased risk of developing painful conditions like arthritis and life-threatening ones like cardiovascular disease or diabetes.** They need to go on a dog diet.

Your dog is at your mercy when it comes to meal and snack time, and the **only discipline being exercised in doggie's diet is yours.** If you have a hard time turning away from those pleading eyes (and what dog owner doesn't?) **perhaps realizing that you are doing your pet much more harm than good** with each unnecessary bite will help you. Statistics show that a recent pet population survey in the USA showed that **40 percent of the pets are overweight.**

If your **dog is overweight** then it is eating more calories than necessary. Period! If your **dog is overweight and is otherwise healthy** then it is eating way too much. Certainly **have your pet examined by your Vet to check for heart, thyroid or other metabolic disorders** to rule out a possible medical cause. Be honest with your vet about how much or how little **exercise your dog gets**, and how often, as well as **how much you feed, what and when you feed, and how often you treat.**

THE EXCUSES

"Buster won't shut up unless I give him a treat and he won't settle at night unless he gets his special smokie sausage." Bravo for Buster who has successfully learned that if he kicks up a fuss he will get a reward. **Talk about negative conditioning here.** The owner hasn't trained Buster properly to have some manners and instead Buster is being rewarded for being a nuisance – **a nuisance who will get fat if he keeps eating like that.**

And the classic excuse for overweight dogs is the one that goes **"Buster won't eat dog food."** Oh really? Then what does Buster eat? You got it, table scraps and whatever it wants. **Once again the dog has succeeded in training the owners to give it what IT wants.** And it worked, but the **dog is paying the price for it physically.** Hard not to overeat when you're getting the "select" goodies isn't it? Remember this, **it is NOT up to the DOG to choose what it eats in your house – it is up to YOU – the owner.** And you choose the **best**

high quality nutritious feed on the market or **make it at home**.



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BUSTER YOU NEED EXERCISE AND GO ON A DOG DIET

First take a good hard look at the food you are feeding. **The FIRST ingredients present in the bag of food should be MEAT or meat products, NOT grains like corn.**

Before you and Buster start your weight loss journey, **get an accurate record of his weight**. Then, **reduce his total daily ration by one third**. That includes his total daily intake like **treats and snacks**. At the end of two weeks, weigh him again. In the meantime, if he begs – do NOT give in.

If Buster has **lost weight at the end of the two week dog diet**, then stick to this schedule. **If he hasn't lost any weight, reduce his intake by another one third** and also find out if **someone else** in the house is **treating Buster**.

If you're **wondering about low cal diets for dogs**, you CAN get them, but many **vets don't like to recommend them** as they have very **restricted fat levels** BUT because the **fat is reduced the carbs are increased**. **Increased carb production produces extra insulin** that tells the dog's body to **store the unused calories as fat**.

CONCLUSION

There are **far better ways for you to let your dog experience your love than with too much food**. Your pet will almost certainly enjoy **spending more time on walks or playing games** with you than he or she will when eating alone. There are **plenty or nutritious foods** which have **loads of doggie palate appeal** out there, so you should never feel like Buster is missing something by **not dining at the family table**.

Sharda Baker has published several dog ebook and audios, including the internet best selling ["Complete Guide to Your Dog's Nutrition"](#).

Visit the link below now for Sharda's Special [Free Dog Food Report](#).

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