

Published based on [Garlic Breath Instead of Doggie Breath?](#)

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Health-conscious humans, and there are billions of us, are always on the look out for **nutritional supplements which will improve our physical well-being and mental outlook**. And concerned dog owners are always on the lookout for **nutritional supplements** which will keep their canine companions as happy and healthy as possible throughout their lives feeding **healthy dog food**.

If you are wondering whether your pet will benefit from some **nutritional supplements**, talk to your vet instead of prescribing them on our own, because most **healthy dogs** will not need supplements. **Dogs with specialized needs**, however, and owners using the BARF diet for their dogs, may prefer that extra boost that supplements can provide.

A **popular supplement** can be found in garlic powder. **Garlic contains organic allyl sulfur components - [S-allyl cysteine](#)** and other cysteine derivatives like S-alkyl cysteine sulfoxides. These **components are responsible for many of its anticancer, antibiotic, anti-lipid and anti-diabetic properties**. Pretty powerful stuff, isn't it?

Those who advocate **giving garlic to dogs** point to **garlic protecting against cancer, enhancing immunity and reducing the formation of athero-sclerotic plaques and thrombi**. It has even been found to be beneficial in **reducing cholesterol levels, and lower blood sugar levels**. Raw garlic is antibacterial and anti-fungal. This action, however, is lost when garlic is cooked or dried. TIP: **Dry ginger is also a good anti-inflammatory**. Together with **garlic, dry ginger can replace the need for aspirin-like (NSAID) drugs**.

When choosing to **feed your dog any human food or supplements such as garlic, you must consult your veterinarian**. There are two sides to every coin and garlic clove. Keep this in mind if you choose to use it to **supplement your dog's diet**.

A few more **ways raw unprocessed but pasteurized garlic** supposedly helps your dog are for **skin boils and other bacterial infections**. Crush a bulb of garlic and extract the juice. Apply it on the infected areas. Wound healing will take place within a week.

Using a raw, unprocessed (not preserved in any way) clove of garlic, mash it well and **add it to your pet's food daily**. Large dog – ½ a clove. Small dog – ¼ clove. This helps **prevent cancer, tone the circulation, and purify**

the blood.

This **helps keep dogs from having worms and gets rid of them** if he or she already has them. It **keeps fleas and ticks off dogs because neither bug likes the smell of garlic**. This actually works for horses to keep stable flies and other gnats away. Your dog doesn't smell like garlic to a human, by the way.

The **easiest way to give garlic is by liquid**. Either spray or pour it on the food, and mix well. The researched recommended daily dose seems to be:



? 5-20 lb. dogs - 4 sprays or 1/4 ounce in food daily.

? 21-50 lb. dogs - 6 sprays into food and mix well.

? 51 lbs. and over dogs 8 sprays into food and mix well.

Now, if you think the doses are too high, then opt to **do what many breeders, vets and animal lovers do**: feed the dog. In other words, just give them what they seem to tolerate. Actually, it would be best for you to just start off slowly with smaller amounts if this is what you would like to try for your dog.

Because **garlic belongs to the same plant family as onions**, and **onions are known to cause deadly hemolytic anemia in dogs**, **some vets are now recommending that no dogs should be given garlic in any form**. But the amounts of thiosulphate (the anemia causing ingredient in onions) found in garlic are so small that you would have to be **feeding your dog two large cloves each day for an extended period to risk harm**.

Garlic is a readily available, **inexpensive supplement which can be used to benefit your dog in a number of ways**. Still, you know your pet better than anyone else, you want to **feed healthy dog food** and you are the one who will be watching to see **if supplementing with garlic seems to be helping or harming your pet!**

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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