

KEEP YOUR CATS AND DOGS JUMPIN' WITH JOY!

Optimal Joint Health for Your Pet

WITH JODI ZISKIN,

HOLISTIC NUTRITION AND WELLNESS SPECIALIST FOR PETS



Jodi Ziskin is a Certified Pet Nutrition Consultant who also holds a Master of Science degree in Holistic Nutrition with a concentration in companion animal care. Her mission is to help cats and dogs live healthier and happier. Check out her company Holistic Healthy Pets by Jodi Z online at holistichealthypets.net.

Q: How can a pet's diet affect his/her joints?

A: A high-quality diet can go a long way in helping cats and dogs stay healthy, strong, and mobile. Cats and dogs are carnivores. They are fueled by protein and fat. A species-appropriate diet that contains protein and fats without by-products, artificial colors, flavorings, or rendered ingredients is optimal.

It's also important to not overfeed your pets. Being overweight puts a great deal of pressure on joints and bones. Of course, all cats and dogs are individuals and can have different nutritional requirements. It is best to consult with your veterinarian or a certified pet nutrition consultant to determine what is optimal for your pet.



Q: Why is omega-3 fish oil important for joints?

A: Omega-3 essential fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—are considered essential nutrients for cats and dogs (and people!) because they cannot be produced in the body and, therefore, must be supplied through the diet and/or supplements.

The omega-3 EPA is a component of all cell membranes. The omega-3 DHA works to develop and maintain neural structures, including the brain and retina. Together, these omega-3s help support optimal pet health and wellness. Supplementing a pet's diet with EPA and DHA has many health benefits.

Omega-3s EPA and DHA help support:

- Joint health
- Heart health
- Cellular health
- Skin and coat health
- Immune system health
- Brain development and maintenance
- Eye development and maintenance

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Q: Can exercise really keep joints healthy?

A: Exercise is paramount to the physical health of cats and dogs. After all, a body in motion stays in motion. The simple act of walking a dog (or cat!) helps to lubricate joints, preserves flexibility, maintains muscle mass (which protects joints), and keeps blood circulating through the joints and muscles. For cats, encouraging their inner hunter through interactive play helps keep their joints and bones healthy. It is also helpful to provide cats with things to climb on, like kitty trees and towers.

Exercising our furry companions also helps to alert us to potential joint problems. Signs that a cat or dog might be suffering from joint inflammation can include stiffness in the limbs, difficulty walking up or down stairs, not jumping onto his or her favorite spots, an obvious change in speed, limping, and more. Of course, always consult your veterinarian for proper diagnosis and treatment options.

PRODUCT SPOTLIGHT



- The Nordic Pet® Collection includes Pet Cod Liver Oil from 100% wild Arctic cod (Skrei) and Omega-3 Pet™ liquid and soft gels from wild anchovies and sardines
- All oils are specially formulated for cats and dogs
- Liquid products are available in three sizes in recyclable glass bottles
- Soft gels offer convenience when traveling
- To preserve freshness, liquid formulations should be refrigerated and used within 90 days, once opened

Q: What is the best way to add omega-3s to my pet's diet?

A: The best source of omega-3s for cats and dogs is fish oil. Omega-3s are found abundantly in cold-water fish, with some of the best sources being sardines, anchovies, and cod.

Of course, the source of the oils is very important. Fish oil from wild-caught fish that is distilled for purity is optimal for safe, effective use during the lifespan of cats and dogs. The oils should be independently tested and proven to meet or surpass all international standards for heavy metals, PCBs, and dioxins. Using fish oils specially formulated for pets (instead of those produced for human consumption) is highly recommended, as many on the market contain flavorings or preservatives that may not be suitable for cats and dogs.