



HAPPY HEALTHY DOGS

EASY TO FOLLOW SIMPLISTIC
GUIDE TO PREVENT AND REVERSE
OBESITY(OVERWEIGHT) IN DOGS

SUNNY LUTHRA

OHMYDOG.ROCKS



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*Obesity in dogs
is a human
created disease*

SUNNY LUTHRA



INTRODUCTION

Hi, my name is Sunny Luthra and I am a dog behaviorist and the founder of OhMyDog.Rocks. As a professional in the field and a dedicated dog parent, I understand the importance of keeping our beloved canines healthy and happy.

Before we dive into the specifics of how to prevent and reverse obesity in dogs, I want to make it clear what this book is and is not about. This book is not about dictating what type of food is best for your dog or how much they should be eating. Instead, this book will focus on the frequency of feeding and why it is so crucial in maintaining a healthy weight for your canine companion.

Through my experience working with hundreds of dogs, I have found that focusing on feeding frequency is key in achieving exceptional results in keeping your dog healthy and happy. So, if you're a dog parent looking for ways to keep your pup in top shape, this guide is for you.



In this book, we will explore the meaning of obesity, how to recognize it, the risk factors, prevention and reversal measures, and tips for keeping your dog happy and healthy. So, let's get started on this journey together to ensure the well-being of our beloved dogs.

WHAT IS THE MEANING OF OBESITY?

It was the summer of 2016 when my neighbor got a dog, a female PUG named Rummy. At that time, I didn't know much about dogs, but I quickly became enamored with Rummy's playful and loving nature. She was pampered by her family and everyone in the building, receiving love and attention from all the kids and adults.

Rummy's intimate pack was small, just a young boy and his mother. She was living a happy and joyful life, or so it seemed. The boy, who had a sweet tooth, began to feed Rummy chocolates and biscuits, as well as whatever he was eating. He thought it was cute, but little did he know the harm he was causing.

Chocolate and most human food is toxic for dogs, and it can shoot the blood sugar levels of their body sky high. It didn't take long for Rummy to become obese, and her health began to deteriorate. She developed cataracts in her eyes, then diabetes, and eventually, she lost both of her eyes. Just two years after her birth, Rummy passed away.

The reason for her death was not a genetic disease, but rather the lifestyle her humans had made her follow. The negligence of her owners and lack of control over their own emotions had taken the life away from Rummy.

The meaning of obesity for a dog is death. Diseases like osteoarthritis, diabetes, and thyroid are on the rise in dogs, and if you observe dogs in their natural habitat, you would almost never find a dog with these diseases. They are human-created diseases, brought on by our negligence and lack of control over our emotions.



As a dog behaviorist and the founder of OhMyDog.Rocks, I have seen countless dogs suffering because of our neglect and lack of understanding of their needs. Through this book, my goal is to make people aware that if we don't give priority to the health of our dogs, we can't expect them to live a happy, disease-free life.

Before guiding responsible dog parents on their dog's health issues, I was helping people transform their own health by empowering them with knowledge of how the body and mind work. I realized that the physiology of humans and dogs is the same, and the way organs work in our body, they work in the same way in a dog's body.

Rumy's death impacted me deeply, and I knew that I could have helped her if I had acted more firmly and compassionately with her parents. With that in mind, I present to you this easy-to-follow, simplistic guide to prevent and reverse obesity in dogs. I hope that this guide can help you keep your dog happy and healthy, just as I wish I could have helped Rumy. Happy reading, responsible dog parents.

HOW TO RECOGNIZE OBESITY IN DOGS?

Recognizing obesity in dogs is crucial for preventing and reversing this condition. Prevention is always easier than reversal, and early detection is key to ensuring the long-term health of your dog.

One of the simplest ways to check if your dog is obese or heading in that direction is to look at their shape from the top view. If their shape is more oval than rectangular, this may indicate obesity. Another way to check is to feel their last two ribs. If you can't feel them easily, your dog may be obese or on the path to becoming so.

It's important to note that these are general guidelines and not all dogs have the same body shape and size. Therefore, it's always best to consult with your veterinarian, who can give you a more accurate assessment of your dog's weight and overall health.

By remaining mindful and aware of our dog's weight and taking the necessary steps to keep them at a healthy weight, we can ensure that they live a happy and healthy life.

UNDERWEIGHT



IDEAL



OVERWEIGHT





WHICH DOGS ARE MOST AT RISK FOR BECOMING OBESE?

When it comes to obesity in dogs, it's commonly believed that certain breeds are more prone to this condition. However, in reality, any dog can become obese if they are food motivated.

Dogs who are able to make puppy eyes and whose humans easily give in to their demands for food are at a higher risk for becoming obese. These dogs may be more likely to receive extra treats and table scraps, which can contribute to weight gain. Additionally, dogs who are not given enough exercise or are not provided with a balanced diet may also be at risk for becoming obese.

It's important to remember that obesity is not limited to certain breeds, and any dog can become overweight if they are not provided with the proper care and attention. As responsible dog parents, it's our job to ensure that our dogs are given a healthy diet and sufficient exercise to maintain a healthy weight.

HOW DO DOGS REACH THIS STATE?

It's heartbreaking to see our beloved dogs suffering from obesity and overweight. In their natural habitat, you would hardly see any overweight dogs, but in our human-made environment, it's all too common. This is because we, as humans, are living a very sedentary lifestyle and consuming more food than we need, and we are doing the same with our dogs.

It's our negligence, our lack of knowledge of how devastating obesity or overweight is for a dog. They are reaching this state because we are feeding them multiple times a day, including main meals, small meals, and treats. Their bodies are not built to eat so much food and so many times every day.

We need to keep our emotions in check, which is making us feel that our dog is hungry and needs food, and we keep on feeding them out of love. But is that love or our incapability of handling our emotions?

We often hear excuses like "I don't feed my dog again and again but my family does, so it's hard to control them." But, this is about the life and death of your dog. We need to take a stand and be firm about it. The whole family should be on the same page regarding the health of the dog, it's our responsibility to give them a healthy and happy life.

Obesity not only shortens the life of our dogs but also diminishes the quality of their life. It's our duty as dog parents to make sure that we are providing them with a healthy lifestyle and showing them the love they truly deserve.



PREVENTION & REVERSAL

Prevention is always better than reversal when it comes to obesity in dogs. A dog should never reach the state of being overweight or obese, as it can cause them immense stress and negatively impact their quality of life. Dogs love to play, but when they become overweight, they may lose their play drive as it becomes too much for their joints to handle.

Many people believe that by giving their dog more exercise, they can help them lose weight. However, this is not the case. Exercise will put extra pressure on already deteriorating joints and it's not the main focus to lose weight. The main focus should be on the food you are feeding your dog.

Here is an easy-to-follow, simplistic approach that can help your dog lose weight and gain health within 3 weeks:

Step 1: Note down how many times you feed your dog. This is not about how much, but about the number of times your dog is being fed, including any food, treats, small meals, from your plate, from other family members, etc.

Step 2: Our goal is to have our dogs on strictly 2 meals a day, with no daily treats (if your dog is overweight, then no treats at all until they reach their optimal weight). The window between two meals should be under 6 hours.

Step 3: To achieve this, schedule a meeting with all family members and explain your plan. All members should be on the same page. Stop giving treats altogether until the dog reaches an appropriate weight. Stop giving all meals except the main meals, and no in-between meals. If you give more than two main meals, then postpone them by 15 minutes every day until you reach the state where you can combine the first and second meals. If you give only two main meals, then start shortening the time window between the meals until the difference is only 6 hours or less. Have a fixed feeding schedule, and always pick up the bowl within 5 minutes if the dog is not interested in eating.

Remember, it's important to give yourself some time to plan this out so that your dog can live a happy and healthy life. If you have any questions or concerns, don't hesitate to reach out for help.



CONCLUSION

In conclusion, obesity is a serious issue that affects many dogs and can lead to a decrease in their quality of life and even death. Understanding the causes and effects of obesity, as well as recognizing the signs of obesity in dogs, is crucial for preventing and reversing this condition.

We, as dog parents, play a crucial role in ensuring that our dogs maintain a healthy weight and lifestyle. By focusing on feeding frequency, and providing our dogs with a balanced diet and sufficient exercise, we can prevent and reverse obesity in our furry friends.

The approach outlined in this guide is easy to follow and simplistic, yet highly effective in preventing and reversing obesity in dogs. By following the steps outlined in this guide, you can help your dog lose weight and gain health within a matter of weeks.

Remember, it's important to have a fixed feeding schedule, and to keep emotions in check when it comes to feeding our dogs. It's also important to involve the whole family in this process, so everyone is on the same page when it comes to the health of your dog.

NEXT STEP

Are you tired of feeling alone and overwhelmed when it comes to dog parenting? Are you looking for a community of like-minded individuals who understand the challenges you face and can provide expert guidance and support? Look no further! Join our OhMyDog help center today – a WhatsApp chat community with over 450+ members where you can connect with other dog parents and find practical solutions to many dog parenting challenges.

Don't go through the journey of dog parenting alone. Join our OhMyDog help center today and become part of a supportive community of like-minded individuals who are dedicated to providing the best care for their furry friends. Sign up now and simplify the process of understanding your dog with our expert guidance.

JOIN NOW >> <https://ohmydog.rocks/johc/>



Arun Prasad
1 review



★★★★★ 3 weeks ago **NEW**

Sunny was extremely helpful when we needed help with Mishka. After interacting with him my perception of how to raise a calm and confident dog has completely changed. Me and my family could understand our mistakes and make a meaningful relationship with our Pet.
Thanks a ton Sunny



Suptothita Neogi
Local Guide · 23 reviews · 11 photos



★★★★★ 2 months ago

Sunny Luthra has a great knowledge on dog psychology. His advices and guidance helped me a lot to improve my dogs' behaviors and my relationship with my dogs.



Darshat Jain
5 reviews · 1 photo

★★★★★ 3 weeks ago **NEW**

Their WhatsApp help group is a god send. Helps quite a ton with dog psychology and behaviour



rachel vaz
Local Guide · 29 reviews · 17 photos

★★★★★ 3 weeks ago **NEW**

Very helpful in understanding a dogs behaviour and training.



Spandan Maskar
Local Guide · 9 reviews · 20 photos

★★★★★ 2 days ago **NEW**

Mr Sunny Luthra is a great guide. I had previously been to many dog psychologist but I never found a person like him. By nature he is a superb human being and a person who has a superb understanding of dog psychology

I would recommend everyone who ever has behaviour issues with their dog.

THANK YOU

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