



Wags and Purrs Comfort Corner

Healthy Pet Diets for the New Year



What better time is there to start new, healthy eating habits than the new year? Most pet parents are hesitant to try raw or homemade diets because they think it will be more expensive, time-consuming and confusing than feeding kibble and canned food. Fortunately, that doesn't need to be the case and even if you aren't ready to take the raw diet plunge, there are simple ways to include healthy foods into your pet's diet.

The easiest way to include healthy foods in your pet's diet is with fresh treats! Most commercial treats are filled with sugars, carbohydrates and over processed grains, like corn and wheat. After many recent scares with recalls and products made overseas, there is an even greater risk with store bought treats. By making your own treats, like our yummy homemade recipes in our monthly newsletters, a pet parent knows exactly what is in their pet's food! In addition to homemade snacks, many pets love fresh fruits and vegetables, such as carrots, green beans and apple slices. For pets trying to trim the inches, fruits and vegetables can be added to a pet's food, as well.

Health Tip for the Season

Many pets suffer from environmental or food allergies that can cause pets to obsessively lick their paws, sometimes to the point of bleeding or cracking. Paw soaking with Betadine (Povidone-Iodine) can help relieve symptoms, remove toxins and help heal cracked or inflamed paw pads. A paw soak can be done by adding Betadine to the water until it becomes a tea color, and then dipping your pet's paws for 2-3 minutes a day for 3-5 days.

Training Tip for the Season

Treats don't have to be unhealthy and full of sugars and fillers to be tasty. While training your pet try using fruits and vegetables for treats. Carrots, green beans,

Commercial pet foods are made with the minimum requirements for pet nutrition and many fall extremely short on what a pet needs to thrive! Pets need a nutritionally balanced diet with easily digestible proteins, fruits and vegetables to thrive. Over-processed kibble doesn't address these needs and often use plant proteins, which do not contain all the amino acids critical for carnivores.

Raw and homemade diets take into consideration all a pet's nutritional needs and includes meats such as chunked or ground beef, lamb, chicken, pork, duck, quail, venison, goat, bison, unbleached green tripe, heart, liver, kidney and spleen. Vegetables: broccoli, spinach, carrot and green beans. Fruits: whole apple (remove seeds), pear, blueberries, grapefruit, orange and eggs, flax seeds and kelp. Remember if you are cooking a meal for your pet to never cook bones! Cooked bones can splinter and lead to choking issues.

Healthy diet changes don't need to be overwhelming and can easily be added to your pet's current diet with treats and small changes made over time.

[For easy recipes for homemade or raw diets, Dr. Karen Becker lists many different types of diets on her ForeverDog resource page.](#)

strawberries, blueberries and sliced apples are all great examples of healthy treats that can be given as rewards during training or as a healthy snack.

Pet Sitter Tip for the Season

Colder months are when pets can pack on the pounds from not getting their usual amount of physical exercise or burning off calories. Speak with your Professional Pet Care Specialist about using fresh, healthy treats coupled with mental stimulation games to keep your pet exercised and at a healthy weight.

Featured Organization of the Month



Joey's
PAW

Joey's PAW (PAW stands for prosthetic and wheelchairs) helps rescues, shelters and individual dogs get prosthetic and wheelchairs for those in need. They give



those pets the chance at living their best life possible! Joey's Paw also hopes that with these devices, the pets will have a better chance at getting adopted.

Boone is the ambassador for Joey's PAW and he attends all their events. Joey's PAW initially pledged a wheelchair to the rescue that had Boone but Joey's Paw founders were complete foster failures (they adopted him) almost immediately. They got him a wheelchair and he

became a whole new dog and came to life!

You can donate to Joey's Paw via their [Facebook page](#), [website](#) or through Paypal at <https://www.paypal.me/Joey'sPAW>

Instagram: @Joeys_paw

Boone's Instagram account @ a.miracle.named.boone

Email : Joey.diable@yahoo.com

Phone Number 724-290-6683

Address : 301 Belmont Rd

Butler Pa, 16001

We are a 501(c)3 nonprofit

Founders: Charlie and Tanya Diable

December Birthdays



These pets will be celebrating a birthday in the month of December!

Ellie Maxwell
Nibbles Maxwell
Ava Margaret Lucas
Oscar Moreau
Pebbles Maxwell
Fluffy Maxwell
Spikey Maxwell
Minnie Gettelman
Chester Gettelman
Mike Lucas
Rags Levine

Charlie Gettelman
Anabelle Jantz
Cooper Gettelman
Stella Giuffre
Trudy Giuffre
Moose Ferson
Elu Ferson
Peaches Ball
Beppe Diorio
Lizzy Bytner
Shadow Buco
Bella Borrasso
Olivia LaBella
Moonlight Gomez-O'Toole
Maggie Gavalier
Auri Roe
Jake McCrory
Kara Saoirse Doyle-Bucci
Maverick McGowan
Reginald Tarbett
Wink Middleton
Kuma Chen
Lewie Fine
Lux Clark
Rosie Float
Taylor Schroeder
Candy Clemente
Lola Weinberg

Happy Birthday, all! Paw-ty hard!

Healthy Homemade Treats for the Season

Christmas Cookie Dog Biscuits

Ingredients

- 2 1/2 cups oat flour
- 1 cup finely ground almond flour
- 4 large strawberries, diced
- 1/3 cup pure pumpkin puree
- 1/3 cup water
- 2 tablespoons coconut oil



Directions

Preheat oven to 350°F. Line two baking sheets with parchment paper. Set aside.

In a large bowl, mix all dry ingredients together.

In a separate bowl, mix all wet ingredients together.

Add wet ingredients to dry ingredients and thoroughly combine. Mix with a spoon or fork.

With your hands, knead dough for several minutes, eventually forming a dough ball.

Let dough rest for about 10-15 minutes in the freezer before rolling flat.

Sandwich dough ball between two sheets of parchment paper and roll flat (about 1/4" thick) with a rolling pin.

Using a cookie cutter, stamp out biscuits.

Place biscuits on baking sheet and bake 30 minutes.

Transfer biscuits to a wire rack to cool

Crispy Liver Morsels

Ingredients

- 1/2 cup cooked chicken livers
- 1/4 cup water
- 1 1/4 cup whole wheat flour
- 1/4 cup cooked carrot, mashed
- 1 tablespoon soft margarine

Directions:

Preheat the oven to 325 F.

Place well-done livers in a blender with 1/4 cup water.

In a bowl, combine flour and margarine.

Add liver mixture and carrots and knead dough into a ball.

Roll dough to 1/4 inch thick and cut into one-inch sized pieces.

Place cookies on a greased cookie sheet and bake at 325 F for 10 minute



Barking Truth

The podcast cover for 'Barking Truth' features a woman with long blonde hair, wearing a black leather jacket and blue jeans, sitting on a grassy lawn with three dogs. One dog is a golden retriever, and two are smaller, fluffy dogs. The cover includes the Anchor logo by Spotify in the top left, a 'GET IT ON Google Play' badge in the top right, and a play button icon in the top right corner of the photo. The title 'Barking Truth' is written in large white font at the bottom, with 'By Comfort at Home Pet Services' in smaller white font below it.

Clients, followers and friends have voiced their appreciation of our educational blogs and monthly newsletters and have urged us to release a pet care podcast. We are excited to announce that we have answered the call with Barking Truth, a podcast exposing the truth in the pet industry to keep all pets safe, healthy and well.

We will be releasing a new podcast every Wednesday and hope you can tune in and support pets everywhere by uncovering the truth of pet care.

Be sure to follow us on Anchor, Spotify or your favorite podcast service.



Wags and Purrs Comfort Corner strives to provide educational, informative and fun content to our readers! We love hearing your feedback on our newsletters and blogs and want to know what you, dear reader, would like to see in future newsletters and blogs. Are there topics you are interested in that we haven't covered or you would like more specific information? Please feel free to let us know. We'd love to hear from you!

Please email suggestions

to Jen@comforthomepetservices.com

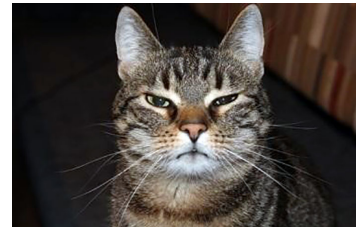
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