

# Wilmette Pet Center

*"the place for people who love pets"*

On Sunday, the 26<sup>th</sup> of January, Dave and I attended a Pet Food Summit, where we attended a lecture by Dr. Karen Becker, a renowned wholistic vet, on caring for our aging pets. We're going to be sharing some of her wisdom over the next few newsletters.



A little bit dorky,  
but I'm a big fan!



Aging is the natural progress of time, and is different than illness and degeneration. And while aging is inevitable, there is a lot we can do to help keep our pets at their happiest and healthiest!

Signs of aging can be subtle or profound, and usually strike at the weakest point. Things to watch out for:

- Tiring more quickly
- Development of vision or hearing problems
- Graying hair
- Behavioral changes like mental confusion, separation anxiety, excessive vocalization, or elimination accidents in the house

Good health starts with a good diet; we are big believers in feeding your dog and cat an appropriate diet, made with human grade meats without cheap fillers like corn, soy, or wheat. High protein diets will help keep the excess weight off of your pet. (For more on weight control, check out our [care sheet](#).)

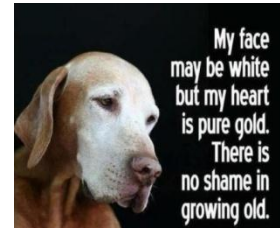


Some older cats and dogs seem to get a "disconnect" between their nose and their brain as they get older. Their favorite food isn't quite as appealing as it was before, and they eat less. This is a great time to switch it up! Offering something meaty and savory can help encourage them to eat. We really love the new [Orijen freeze dried diets](#); they're an easy way to add some amazing flavor to their favorite food, and the high protein is great, too, for helping keep your dog or cat's weight at an optimal level, too! More frequent, small feedings can be a lot easier to digest than two big meals a day.

Feed a diet high in omega 3s, from fish and marine animals, or add fish oil it to their

kibble. The omegas have been found to not only help keep the coat shiny and healthy, but it is also vital to joints, the heart, and even brain function. A diet rich in this nutrient can help reduce and delay symptoms of canine Cognitive Dysfunction Syndrome (CDS), which can include:

- House soiling, increased accidents, and forgetting potty training
- Changes in sleep patterns, like sleeping more
- Socialization problems, fearful behavior
- Changes in activity level, slowing down.
- Anxiety and elevated stress.



Supplements like Animal Apawthecary's [Senior Blend](#) and [Tranquility Blend](#) are great for this issue!

Good dental hygiene is vital to your dog or cat's health, and, since February is National Pet Dental Health Month, we're going to be focusing on this next week!

Moving slowly and having creaky joints is one of the most common signs of aging and arthritis. It's a double whammy for dog, since they still need their exercise, to both maintain their weight and their mental health. But we have great solutions! These are our best joint supplements:

[Hyalogic](#) - comprehensive line of high quality hyaluronic acid that helps lubricate joints

[Herbsmith](#) - Highly effective Chinese herbal remedies for a wide range of issues

[Animals' Apawthecary](#) - Herbal supplements for dogs and cats, formulated by leading experts in the field of holistic pet care.

While aging is inevitable, there are a lot of things we can do to help our loved ones live longer and healthier lives.