



WHAT WE PROVIDE

We provide free assessments of food programs and education about choices, with ongoing support for progress. We can analyze home diets for specific purposes, and help clients find foods that meet their pet's individual needs.

WHAT WE ARE

We are skilled in helping people navigate the mass of confusing and often contradictory information about what to feed their animals. Many people don't know how to interpret a pet food label or understand why their pets are overweight. Through our support program, we help them learn enough to eventually be able to master this for themselves.

We help clients evaluate their individual animals, seek out any medical information that is relevant, consult with veterinarians when necessary, and most important, take the time to work through the steep learning curve that this process entails.

WHAT WE ARE NOT

We are not veterinarians board certified in nutrition.

HOW IT WORKS

Clients keep a food journal for one week. We evaluate the results of the journal, compute the calories and the fat/protein/carbohydrate balance, assess the food-to-treat balance, and research the products being used. Clients come in for a complimentary (30 minutes to one hour) consultation to discuss the results and to design a plan to reach their goal. We might suggest specific support products, but these are limited in general to digestive enzymes, probiotics, essential fatty acid supplements, coconut oil, and ubiquinol.

At the beginning, our goal is to help the client learn the basics of pet food and to create a workable plan they can follow, given their budget and lifestyle. We help them research any relevant topics, in order to provide balanced and accurate information, and we assist them with their concerns.

This service goes on as long as clients are in need of assistance. **The initial consultation, and all on-going support is completely free.**

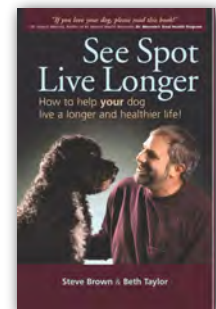
WHY DO WE DO THIS?

Our goal is to help people learn that they are in charge of their animal's health and that they are able to acquire the skills to make educated choices.



Beth Taylor, LMT, CVMRT

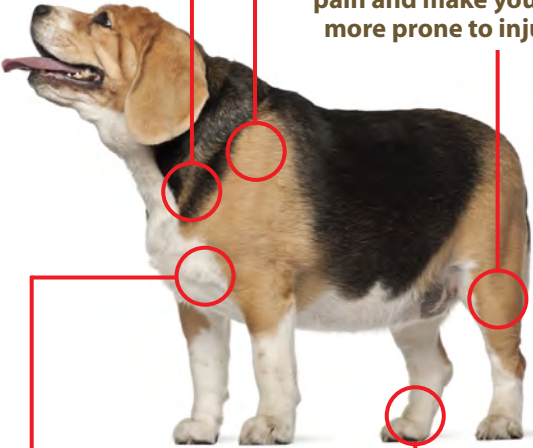
Beth serves as The Puddle's nutrition advisor, bodywork director and swim coach. She has been intensively involved in health, training, and wellness for animals and humans her entire adult life. In 1994, Beth began teaching dog training and producing education seminars on dog training and nutrition. Researching fresh food diets for dogs led to her work with Steve's Real Food for Pets as regional manager and veterinary consultant. She taught retailers and veterinarians how to use fresh food diets and provided support for them nationwide. This work led to the writing and publication of *See Spot Live Longer* with Steve Brown.



Beth has produced seminars with Karen Becker, DVM on health topics, and co-wrote the very popular *Dr. Becker's Real Food for Healthy Dogs and Cats*, now in its 4th printing.



Pet obesity is a serious problem affecting over HALF of the dogs and cats in the U.S. Helping your pet maintain a healthy weight is an important part of their regular care. But how many calories are you really feeding? Let us help you keep your dog or cat trim and healthy for many years to come!



RESPIRATORY PROBLEMS
Carrying around excess weight is hard on the lungs, which may lead to respiratory disease.

SKIN & HAIR COAT PROBLEMS
Obesity makes your pet more prone to dermatitis, skin infections, and other skin and hair conditions.

CRANIAL CRUCIATE LIGAMENT INJURY
The added strain on joints and ligaments can worsen pain and make your pet more prone to injuries.

HEART & KIDNEY DISEASE
Being overweight can cause high blood pressure and take a toll on your pet's heart and kidneys.

REDUCED ACTIVITY
Your pet's ability to continue proper physical activity is limited due to discomfort and pain.

Maximize your weight program

SWIMMING

Almost every dog can benefit from swimming. For the overweight, swimming can help jumpstart and reset how your dog's body burns and uses fuel, making the food program much more effective.

Swimming reduces aches and pains for older dogs, making them more interested in increased activity throughout the week.

MASSAGE

Massage promotes increased circulation of all systems and reduces pain in the entire body, not just the part being massaged. We can do massage with your dog, and we can show you how to do general massage yourself -- there's much more benefit from frequent massage than in once-in-a-while sessions.



Healthy Weight Program

Complimentary Guidance & Continuing Support

Learn to Manage Your Pet's Weight For a Lifetime of Health & Happiness



The Puddle - Pet AquaFitness & Nutrition
1948 Gyorr Ave • South Elgin, IL 60177
Ph: (630) 883-0700

www.ThePuddleAquaFitness.com

Hours:
Tuesday thru Friday 10am - 6pm
Saturday & Sunday 10am - 4pm
Monday Closed