



CARLA MURPHY
BVMS MRCVS
&
MELANIE BROAD
BVMS MRCVS

Does Food Really Matter?

"You are what you eat" is a motto I try to stick to for myself and my pets. The benefits of healthy eating have long been proven. The trouble is how do you ensure your diet is healthy?

For us a balanced diet means trying to eat as varied a diet as possible to ensure you get all the proteins, essential fatty acids, vitamins and minerals that your body needs. How many of us know how to balance a dog or cat's diet? Not very many, which is why we always recommend you feed a quality complete diet by a reputable manufacturer.

At a recent talk at Edinburgh Vet School their lecturer in nutrition stated that of all the dog and cat foods on the market, there are only 5 brands she would personally recommend. Proplan by Purina was one of these brands and we are pleased to stock the range. We believe it stands head and shoulders above some other brands because of the quality of ingredients and the research backing it has behind it. If your pet has a poor coat or digestion problems then diet is often the first place to look, and correcting a simple deficiency or intolerance through diet can make huge improvements in quality of life. To celebrate a year of partnership with Proplan we are pleased to offer either 10% off RRP all through 2012 or you can join our loyalty scheme and once you have bought 5 bags, your 6th one will be free (that's the equivalent of 20% off!).

Rabbits too need a healthy diet and we often find this is lacking. The best way to think about rabbit food is to imagine them in the wild – we want to get as close as we can to all day access to grass. If you imagine a pyramid full of food, the bottom layer should be filled with grass or hay – as much as they like. The middle section should be veg and you want to aim for 6 different kinds every day – little bits of each rather than a big pile of cabbage. So try a few types of herbs, some sugar snap peas, baby corn, spinach and kale. Only the tip of the pyramid should be dry food and we always recommend pellets over muesli type so that your rabbit can't pick out the nice bits. For an average rabbit you should only be feeding 1-2 tablespoons of dry food per day!!! Not a whole bowl! We recommend and stock the Excel range of rabbit foods which includes pellets and different interesting kinds of hays and dried herbs.

Lastly I'm going to sneak in a word about psittacine birds. If your feathered friend has plumage problems or scurfy skin, try Harrison's Bird Food. It comes highly recommended by the specialists at Edinburgh Vet School and we have had some very good results.

Carla & Mel
Galashiels Veterinary Surgery
 Gala Terrace, Galashiels. TD1 3JT
01896 752 156

www.bordervets.co.uk

Office: Weekdays 8.30 - 6pm, Sat 8.30 - 12noon

Consulting times:

Weekdays 9 - 10am and 5 - 6pm, Sat 9 - 11am

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