

Do You Have A Hot Dog?



A dog that is hot will typically demonstrate through a variety of signs. A hot dog will seek cool places, will often be hot to the touch, and may pant at inappropriate times (like at night time or while at rest). A dog that is hot may also have red eyes or red skin and may be very restless. Dogs that are affected by allergies or that are very high-arousal are characteristically very hot in nature. Feeding a hot dog foods like lamb and venison, which are considered the **hottest** proteins, is like throwing kerosene on a fire. But, feeding a hot dog **cooling** foods will greatly benefit them.

You can never go wrong with **neutral** foods. Foods like beef or salmon are great for any dog. You can use neutral foods for dogs that are well balanced or to dampen the effects of hot or cold foods given as part of an animal's diet. Other examples of neutral foods include tuna, milk, cheese, eggs, white or brown rice, potatoes, peas, carrots, or green beans.

A dog that has cool tendencies should be fed **warming** foods. A 'cold dog' may show signs like general weakness, fatigue, exercise intolerance, poor appetite, and shortness of breath, slow movements, and a preference to lie around. They may also seek out warm places, have fecal or urinary incontinence, stiffness that gets worse with rest, joint pain that gets worse in cold weather, or have coldness of their ears, back, and limbs. All of these symptoms of coldness can be aided by feeding warming foods like turkey, chicken, squash, sweet potatoes, cherries, or oats. Similarly, a dog that is affected by arthritis tends to be cold in nature. (This is why arthritis gets even worse during the winter months.) For this reason, a dog that needs added joint support would benefit most from a warm diet.

Hot Proteins	Warming Proteins	Neutral Proteins	Cooling Proteins
Lamb Sheep Venison Trout Goat	Chicken Turkey Pheasant	Bison Beef Pork Goose Quail Tripe Sardine Salmon Mackerel Herring Catfish Kangaroo	Duck Rabbit Whitefish Cod