

## PET QUERIES

**Q.** Our dog is 10, and coughs all night. His urine has traces of blood. What should I do? Also, can dogs have dengue?

**A.** In a senior pet cough could indicate infections, allergies, heart failure, tumour etc. Long-standing cough can be due to chronic bronchitis or airway collapse. Dogs do not suffer dengue. Blood in urine may or may not be related to illness causing cough. Please visit your vet asap.  
— Dr Umesh Kalliahalli



**Are you a proud pet parent? Have a cute cat story to share? Maybe your guinea pig is giving you trouble? Whatever is your creature companion, we are here to listen to you. Send your photos, queries and stories to [timeslife@timesgroup.com](mailto:timeslife@timesgroup.com)**

# TIMES PETS & US

## Is garlic good/bad for dogs?

**M**any pet parents wonder if garlic is safe for their pets, and if so, how much is appropriate. They also want to know the health benefits of garlic, and whether all breeds can eat it.

Garlic has been under the radar for a while as a compound found in it causes oxidative damage, leading to Heinz-body anaemia – even death. Use fresh, raw, organic garlic whenever you are supplementing or feeding garlic to your pet. Nothing from a jar.

### HEALTH BENEFITS OF GARLIC

■ **Boosts immune system:** Garlic stimulates immune functions in the bloodstream by increasing the activities of killer cells (cells that seek out and destroy invading germs and cancer cells). It is therefore beneficial for dogs with suppressed immune sys-

tems, and those fighting cancer. ■ **Fights bacterial/viral/fungal infections:** Garlic is a powerful antimicrobial and an antibiotic. It is effective in fighting various forms of internal or external bacterial, viral, or fungal infection, including parasites (e.g. tapeworms) and protozoan organisms (e.g. giardia). Inclusion of fresh garlic in your pet's diet can fight infections of the mouth, throat, respiratory tract, stomach, or intestines. Crushed garlic diluted in olive oil can be applied as a topical antiseptic for minor in-

juries, ear infections, or ear mites. ■ **Enhances liver functions:** Garlic has detoxifying effects too. At least six compounds in garlic can enhance liver functions – helps eliminate toxins from the body, thereby preventing toxic accumulation that may lead to cancerous growths. ■ **Lowers blood cholesterol and triglyceride levels:** Uncooked garlic mixed with food helps lower blood cholesterol and triglyceride levels in dogs, making it useful for certain breeds (e.g. Miniature Schnauzers, Beagles), which are predisposed to hyperlipidemia. ■ **Acts as a cardiovascular tonic:** A compound in garlic is effective in preventing blood clot formation in the cardiovascular system. It can also reduce cholesterol levels and fat build-up in the arteries. Therefore, it is an excellent cardiovascular tonic for older dogs.

■ **Natural tick/flea repellent:** The

exact reason and extent of garlic's effect in tick and flea prevention is unclear; it may be due to the odour released through the skin when compounds in garlic are metabolised.

### HOW MUCH, HOW OFTEN?

According to Gregory Tilford, author of the book *All You Ever Wanted to Know About Herbs for Pets*, dogs can quite safely consume 1/8th teaspoon of garlic powder per pound of food 3 to 4 times a week. Dr Martin Goldstein, author of *The Nature of Animal Healing* recommends adding garlic to home-made pet food.

— by Dr Nirmala Muwel, Dr Chandrakanta Rawat, Dr Shilpa Choudhary, Dr Lokesh E, Dr Mokshata Gupta, and Dr Sadhana Ojha

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