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How We Cope With Shedding

Living with a pug often means living with pug hair. Everywhere and on everything. While pug coats require very little grooming, they do shed, especially when they are losing their winter or summer coats to prepare for the next season. Although shedding cannot be stopped completely, there are ways to help minimize and control the shedding. These are two of the practices that we have found to be the most helpful:

1. We feed a high-quality dog food and supplements

We only feed and recommend holistic, preferably organic and non-GMO, dog food products. Our pugs currently eat *Fromm Four Star Game Bird Adult Dry Dog Food*.

We add the following supplements once daily:

- An age-appropriate amount of *Solid Gold SeaMeal*, beginning at 9 weeks of age. This helps the skin and hair, keeps the reddish tint out of black coats, and keeps the pigment black and shiny.
- 1/4 tsp of *Dr. GoodPet's Canine Formula Digestive Enzymes*. This helps boost the immune system.

- Beginning at 24 weeks, we add 1/4 teaspoon of *Barlean's Lignan Organic Freshly Cold Pressed Flax Seed Oil*. This helps boost the immune system and promote optimum coat condition. This is also thought to be beneficial in lowering the chances of certain cancers and heart diseases. Beginning at age 9 months, we increase the *Barlean's Lignan Organic Freshly Cold Pressed Flax Seed Oil* to ½ tsp, and add ½ tsp of *Dr. GoodPet's Maximum Protection Vitamins*.

2. Frequent Bathing

We have found that frequent bathing is extremely useful in removing dead hair. We bathe our pugs every 2-4 weeks. Our show pugs are bathed more frequently, generally on the Friday evening before a weekend show. This is our process:

First, we wet the dog down thoroughly, and then lather with one of our favorite dog shampoos. Our pugs are shampooed with either *Only Natural Pet Easy Defense Herbal Shampoo* or *Vet's Best Hot Spot Shampoo* because of the natural ingredients. We vigorously massage the shampoo into the entire coat to loosen the dead hair. After rinsing with warm water, we like to add *Garnier Fructis Triple Nutrition Fortifying Conditioner*, and vigorously massage into a rich lather over the entire dog from neck to tail, on all legs, and in-between the webs of the toes to remove more dead hair. We also massage out dead hair while we thoroughly rinse.

We avoid washing the dog's head and face. Instead, we wet a washrag with warm water and gently clean the wrinkles around the eyes and under the nose. We remove and rinse any debris off of the washcloth, and repeat the process until the washrag is clear. We often rinse the dog with water again, if necessary. We towel dry the coat, and when completely dry, rub in *Pet Silk Liquid Silk Serum* on the entire body, but avoid the dog's face.

For excessive shedding, we wet a large washrag with hot water, add about 3 tablespoons of rubbing alcohol, and loosely wring out the washcloth. We rub the dog

down with the washrag from head to toes. We repeat this process at least once per day.

Contact your veterinarian for excessive shedding if it is couple with itching, bumps, or sores.

Feel free to contact us if you have any questions about the process.

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