

AGGRESSION? BECAUSE OF POOR DIET?

The answer may surprise you.

Do you know...

- 🐾 Poor quality foods may “feed” aggression problems. Chemicals and inappropriate ingredients can adversely affect behavior.
- 🐾 Additives such as preservatives and sugar have been linked to hyperactivity, which can increase the chances of aggressive behavior.
- 🐾 A food that contains too much grain or grain-derivatives can contribute to health AND behavior problems because the body converts the carbohydrates they contain to sugar.
- 🐾 Artificial colorants added to foods to make them more visually appealing to humans have been linked to aggression, hyperactivity, timidity, difficulty learning and other such behavioral issues in some dogs.
- 🐾 Studies are showing that insufficient cholesterol in the diet could be a major contributing factor in some dogs. Cholesterol is vital for proper brain function.
- 🐾 Timidity can also be increased by poor diet. In some dogs, this can mean an increased risk of fear-biting.
- 🐾 Poor diet can also indirectly cause aggressive behavior if the dog is allergic to any of the ingredients. Food allergies can result in skin and ear issues, including painful infections, all of which increase stress on the mind and body and can decrease a dog’s tolerance for stress.



It may not be just a matter of “**the breed**”. **EDUCATE YOURSELF** about all possible causes of aggression before making decisions about treatment, management or euthanasia!

<http://showcase.netins.net/web/royalair/aggression.htm> - various causes for aggression, including some info on food additives.

<http://www.askyourtrainer.com/> - Statement from Dr. Michael Dym, DVM.

http://www.katberard.com/hol_behavior.htm - causes of aggression, including drugs & health issues.

<http://www.westonaprice.org/causticcommentary/cc2004sp.html> - “Scientists found that aggressive dogs had levels of total cholesterol, HDL-cholesterol and triglycerides significantly lower than dogs who were gentle (*J Vet Med A Physiol Pathol Clin Med* 2003 Sep;50(7):339-42). Here’s a thought: since soy lowers cholesterol, and since many brands of dog food contain soy, is the soy in dogfood causing dogs to be more aggressive than they used to be?” – The referenced study can be found at http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=14633225&dopt=Citation - “Hypocholesterolaemia in dogs with dominance aggression”

<http://www.volhard.com/general/holistic.htm> - Info about the effect of diet and nutrition on mental and physical health.

<http://www.shirleys-wellness-cafe.com/jesse.htm> - General information about diet, including the effect it can have on behavior.

<http://www.nbc4.tv/news/4808996/detail.html> - “Dog Experts Give Signs to Tell if a Dog is Aggressive” ; includes info about diet

<http://www.dogboys.com/documents/dietsheet.doc> - “ Understanding Dog Behavior: Diet”

<http://www.brood-va.org/CanineHealth/foodallergies.html> - “Canine Food Allergies” by Diane Morgan

<http://www.lowchensaustralia.com/health/diet3.htm> - Affect of diet on aggressive behavior.

<http://www.leerburg.com/protein.htm> - protein content study - found no change

http://www.barfworld.com/html/learn_more/nograin.shtml - Affects of grains in the diet.