

## Is Flaxseed Good for Dogs?

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Flaxseed, also known as flax seed or simply flax, is a natural superfood preferred by many humans. But what about dogs? Do our furry friends like eating flax seed and is flax seed healthy for them?

Flaxseed can be given to dogs as it contains vital minerals, protein, fat and fibre. It is a healthy superfood that possesses many essential fatty acids such as ALA, also known as Omega-3. Flaxseed also protects a dog from getting cancer and provides protection against diabetes. Flaxseed can be fed to a dog in the form of ground flaxseed, flaxseed oil or the whole seeds. Flaxseed is also present in many dog treats and food, and the dietary fibre helps constipation issues. It is obtained from the flax plant and benefits the health, coat and skin of a dog immensely. Read on to know more about the benefits of this superfood!

## Can Dogs Eat Flaxseed?

Yes, dogs can most certainly eat flaxseed. Flaxseed can be introduced to the diet of a dog steadily so that the dog's stomach does not get upset. The seeds can be ground before you give them to your precious pooch. If you feed it whole seeds, they will simply travel the dog's digestive system without the essential nutrients getting absorbed. This provides no benefit for the dog as the seeds come out undigested, in the same form they were eaten. It is not recommended that pet owners give their dogs whole seeds.

Dogs that are given whole flaxseeds will not be benefited in any way. This wastes money, time and effort as feeding whole seeds will do no harm, but also no gain. Interestingly, flax seeds are quite stable and have been discovered unharmed in



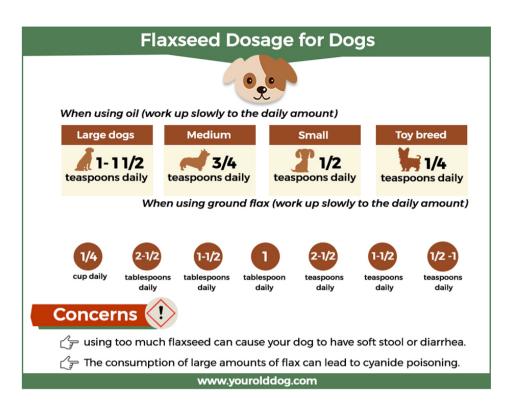
Egyptian tombs! The benefits of flaxseed can be reaped by the dog if it eats it in ground form. Dog owners can sprinkle ground flaxseed on the dog's food or feed it through a capsule.

However, it is imperative to know that flaxseeds go rancid a short while after being ground. Thus, flaxseed must be ground close to the feeding time. There are many dog food manufacturers that have included flaxseed in dog food as an ingredient, but it isn't yet common. The majority of dog foods lack natural nutrients found in flax seeds. It is essential to feed your dog a flaxseed supplement of good quality. It is also believed that the system of dogs finds it tough to convert ALA to EPA and DHA. Thus, for easier conversion of ALA into DHA and EPA, it is important to give your dog high-quality flax. As a responsible dog owner, you must locate a high-quality source from a well-reviewed seller. Feeding your dog fresh-ground flax supplements that are of good quality nourishes your dog. The dog benefits from the nutrients and high-fibre content in flax.

The dosage of ground flaxseed that is safe to be fed to a dog varies with each dog's weight. It is imperative to give the appropriate dosage that is safe for your dog. The amount can be adjusted gradually, but the schedule must be strictly followed. It is vital to consult with your dog's vet regarding the addition of flaxseed in your dog's diet, especially if the dog is hypoglycemic or diabetic. Only the vet can provide you with the right recommendation if your dog is hypoglycemic or diabetic.

#### **Health Benefits of Flaxseed?**

Flaxseeds are brown and golden in colour and are produced by the flax plant. They have a nutty taste and possess numerous health benefits for a dog. They have antioxidants and essential fatty acids in them that provide many benefits. Flaxseeds contain Omega-6 and Omega-3 fatty acids that aid in keeping the dog's coat and skin shiny and healthy. The alpha-linolenic acid (also commonly known as ALA or Omega-3) in flaxseed is renowned for its anti-inflammatory qualities that strengthen the immune system of a dog. Flaxseed contains protein, dietary fibre, lignans, and manganese.



TIPS: The safe forms of flaxseed to give your dog are processed ground flaxseed and flaxseed oil.

# Refrigerate the ground flaxseed to avoid spoiling.

ALA or Omega-3 has proven to be quite beneficial to a dog's health. Omega-3 helps in the proper functioning of cells, contributes to cell membrane structure, maintains the health of a dog's skin and coat, and strengthens the immune system. The Omega-3 fatty acids can also benefit dogs suffering from inflammatory, allergic, or autoimmune problems.

Flaxseeds have many benefits as mentioned earlier. They help in maintaining the healthy coat and skin of a dog. If you supplement your dog with flaxseed frequently or regularly, you could improve your dog's skin and fur health.

The anti-inflammatory qualities of the fatty acids present in flaxseed, such as alpha-linolenic acid, help in eradicating skin irritation. They also aid mobility by improving your dog's joint movement. Omega-3 helps in reducing inflammation of kidneys in dogs suffering from kidney disease by producing anti-inflammatory agents in the system of the dog. Flaxseed also leads to healthy digestion in a dog and has proven to lower its blood pressure.

Flaxseeds also support the immune system of a dog. A healthy immune system keeps the dog's body from catching any problems. Flaxseed contains lignans which are antioxidants that aid a dog's immune system in fighting off infections and diseases. They also help a dog in decreasing inflammation in any body part.

When there are many hormones being secreted in the dog's body, they are facing an adrenal problem. Flaxseed can also help dogs suffering from adrenal issues as they have high fibre content and a high amount of lignans. The lignans can be found in the hulls of the seed especially. Including a healthy and safe amount of flaxseed in your dog's diet can provide many benefits and can also control adrenal problem symptoms.

SDG lignan can be found in flax seed hulls. They contain high fibre levels that are known to benefit dogs that have a deficiency of fibre in their body. This also helps in soaking the bodily toxins and improving the volume and frequency of bowel movements. You should supplement your dog with flaxseed based on the recommendation of your dog's vet only.

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