

Pet Love

# SHINY, HAPPY & HEALTHY

PET EXPERTS WEIGH IN ON THE SURPRISING BENEFITS OF THREE DIETARY OILS YOU CAN SHARE WITH YOUR FURRY FRIENDS.



**Certain oils can boost your pet's health.** Some fight inflammation; others reduce anxiety or enhance a shiny coat. But knowing which oil is best for your pet depends on the animal's specific health needs and what's already in its diet.

According to Michael San Filippo, an American Veterinary Medical Association spokesperson, "Our general advice is to consult your veterinarian before administering oils to address or prevent health issues." Some pet-specific factors the vet will take into consideration are the animal's age and weight, as well as any underlying health conditions and medications.

We spoke to two experts in the field who offered their insights on the three best oils for pets.

## COCONUT OIL

"All fats can benefit skin and coat health," says Gary Richter, veterinarian, author of *The Ultimate Pet Health Guide* and founder of Ultimate Pet Nutrition. "Some fats, such as coconut oil, have antibacterial properties and may improve dental health." Coconut oil can also help boost metabolism, support thyroid function and improve dry skin.

## FISH OIL

Richter says fish oil is the best option for combating joint pain and inflammation because it contains EPA and DHA, which are omega-3 fatty acids with anti-inflammatory properties. The American Kennel Club notes that fish oil supports a dog's heart health, strengthens its immune system, promotes a silky coat, reduces dry skin and provides allergy relief.

**CBD OIL** "The health benefits of CBD oil include shiny hair coats, calmed nerves, and reduced joint pain and inflammation," says Carol Osborne, an integrative veterinarian with Chagrin Falls Veterinary Center & Pet Clinic in Ohio. CBD oil might also help stimulate appetite, reduce anxiety and stress, manage epileptic seizures and control vomiting. Osborne cautions against giving CBD oil to pets with liver issues, warning that it is known to cause adverse effects on liver health and function in dogs and cats. ●



### More Benefits for Bowwow!

Find out what staple human foods can boost your animal's health, too. Hover your camera here, or visit [tasteofhome.com/humanfoodforpetsAM21](https://tasteofhome.com/humanfoodforpetsAM21).