



# Nutrition Seminars

presented by Erica Garven

Erica's experience with her first dog's extreme behaviours and food sensitivities lead her on a journey of discovery that resulted in her becoming a certified canine nutritionist. She has had experience helping owners and their dogs overcome some serious health issues by altering their nutrition and daily diet. Erica has an engaging and energetic teaching style that makes it easy for us to absorb the detailed info that she has to share.

## 🐾 Level 1

Good quality food in the right balance is the foundation of having a healthy dog. In fact, it can improve behaviour, reduce vet visits and significantly help with the management of allergies. The right food can even eliminate the need for medications for many health conditions.

Proteins, fats, carbohydrates, vitamins & minerals as they pertain to dogs.  
What is a balanced diet, and how you can balance a home prepared diet  
Understand the difference between kibble, raw and home cooked  
How to recognize allergies, eliminate food allergies and manage environmental allergies  
Food for Mood and managing behaviour through diet  
Choosing a healthier kibble  
Supplements & fresh food supplements

## 🐾 Level 2

In this session Erica will delve more deeply into the nutritional components that should comprise a dog's diet. She will discuss in more detail how to adjust your dogs' diet according to age and activity level, as well as allergies, supplements, and special requirements for a performance dog.

Designing an appropriate diet with nutritional breakdown.  
Using supplements to balance a diet or to boost a commercial pet food.

Supplements which assist with health conditions, senior dogs, or improve behaviour.  
How to choose a good supplement source.

Understanding the difference between an allergic response and a food intolerance.  
The impact of vaccinations on the immune system and triggering allergic response.  
Identifying symptoms of allergies and determining the source.  
Elimination diets for food allergies and dietary support for dogs with environmental allergies.

Establish feeding guidelines and supplements for performance dogs.  
Travelling with food, raw or cooked, and how to maintain a consistency when on the road.

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