

Reduce & Support

A practical guide to reducing everyday exposure in pets

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Reducing Everyday Exposure in Dogs

When we hear the word detox, it can sound like we need supplements, powders or a special cleanse.

But before thinking about adding anything, it makes sense to look at what is coming into the body every day.

Reduce first. Support second.





What are our dog's exposed to?

Dogs experience their environment differently from us.

They walk through grass, pavements and treated ground with bare paws, then may lick those paws later.

They live much closer to floor level, where household dust settles, and they may eat the same foods every single day for years.

The aim isn't to be frightened of everything, it's simply about reducing unnecessary repeated exposure where we can.



Where Can Everyday Exposure Come From?

01

FOOD & WATER

Daily diet, food storage, bowls, and drinking water

02

THE HOME

Dust, Flooring, Furnishing, Cleansers, and fragrances

03

OUTDOORS

Grass, Gardens, Treated Fields, Verges and pesticides

06

PARASITE PRODUCTS

Flea, Tick and worming products used according to individual risk

04

EVERY DAY ITEMS

Plastic bowls, Toys, Shampoos, Sprays, Sythetic bedding



Start with the Bowl

Food is one of the first areas to consider because it enters your dog's body every single day.

Nothing dramatic, just fewer unnecessary exposures every day



WHERE APPROPRIATE, CONSIDER:

01

Choosing foods with clear, recognisable ingredients

02

Incorporating suitable fresh, whole foods and feeding moisture-rich foods

03

Avoiding unnecessary additives where practical

04

Using stainless steel, glass or good-quality ceramic bowls

05

Storing food correctly and providing fresh drinking water daily



Grass, Gardens & Walks

Dogs explore the world with bare paws and noses close to the ground.

The aim isn't perfection, it's simply reducing exposure where we realistically can.



WHERE PRACTICAL:

01

Avoid recently treated lawns, fields and verges

02

Follow safety instructions after treating your own garden

03

Wipe or rinse paws after walking through potentially treated areas

04

Keep fertilisers, slug pellets and rodenticides inaccessible

05

Reduce unnecessary pesticide use in your garden



Flea, Tick & Worming

Parasites are a genuine health consideration, but prevention should take your individual dog's risk into account.

Reducing unnecessary exposure doesn't mean stopping necessary medication or leaving your dog unprotected.

It means making informed choices based on your dog's individual needs.



THINGS TO DISCUSS WITH YOUR VETERINARY PROFESSIONAL INCLUDE:

01

Lifestyle and environment

02

Local parasite risks and Tick exposure

03

Travel

04

Hunting/scavenging behaviour

05

Appropriate parasite testing and which parasite a particular treatment is targeting





What about “Toxic Load”?

Symptoms alone cannot tell us that a dog has a high “toxic load.” Itching, digestive problems, low energy, poor coat quality or changes in blood values can have many different causes.

These signs do not automatically mean a dog needs a “detox”. Instead, environment and exposure can be considered alongside:

Diet • Medication • Gut health • Stress • Lifestyle • Medical history

Persistent or concerning symptoms should always be discussed with your vet.



Start With These 3 Things



01

LOOK AT THE BOWL

Review what your dog eats every day and where suitable fresh, balanced foods could be incorporated.

02

LOOK AT THE HOME

Hoover, damp-dust, remove outdoor shoes and reduce unnecessary heavily fragranced products.

03

LOOK AT YOUR ROUTINE

Consider the products your dog is regularly exposed to and ask whether each one is necessary and appropriate.



Small Changes Matter

You don't need to create a completely "toxin-free" home.

That's neither realistic nor necessary.

Instead, focus on the things you can control.

Small changes, repeated consistently, can be much more practical than a dramatic short-term "detox".



01

Better food choices & Fresh Water

02

Fresh water

03

A cleaner home environment and fewer unnecessary fragranced products

04

Clean paws after certain walks

05

Individualised parasite prevention



Reduce First. Support Second.

Our dogs' bodies already have systems responsible for processing and eliminating waste, including the liver, kidneys and gastrointestinal tract.

The goal isn't to “detox” the body for them.



It's to support overall health while reducing avoidable exposure where realistically possible.

REDUCE FIRST. SUPPORT SECOND.

