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In this pathbreaking guide, two of the world’s most popular and trusted pet care advocates reveal new science to teach us how to delay aging and provide a long, happy, healthy life for our canine companions.

About the Authors

Rodney Habib is a digital artist, filmmaker, multiple award-winning content creator and founder of Planet Paws—the world’s largest pet health page on Facebook—and most importantly, a pet parent.

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Veterinarian **Karen Shaw Becker**’s deliberate, common-sense approach to creating vibrant health for companion animals has been embraced by millions of pet lovers around the world, making her the most followed vet on social media.

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Like their human counterparts, dogs have been getting sicker and dying prematurely over the past few decades. Why? Scientists are beginning to understand that the chronic diseases afflicting humans—cancer, obesity, diabetes, organ degeneration, and autoimmune disorders—also beset canines. As a result, our beloved companions are vexed with preventable health problems throughout much of their lives and suffer shorter life spans. Because our pets can’t make health and lifestyle decisions for themselves, it’s up to pet parents to make smart, science-backed choices for lasting vitality and health.

The Forever Dog prescriptive plan focuses on diet and nutrition, movement, environmental exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food—including what the commercial manufacturers don’t want us to know—and offer recipes, easy solutions, and tips for making sure our dogs obtain the nutrients they need.

Medical breakthroughs have expanded our choices for canine health—if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come.

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