

healthy pets

— with Dr. Karen Becker —



Great News: The Healthy Pets Website Is Now Bark & Whiskers!

Analysis by [Dr. Karen Shaw Becker](#)

STORY AT-A-GLANCE

- › We're excited to share with you amazing news: Healthy Pets is expanding beyond the Mercola umbrella into its own brand
- › Introducing bark & whiskers — a brand-new comprehensive website for Dr. Becker's pet health strategies and advice
- › Through bark & whiskers, we'll continue to provide you the same type of articles that you can use to improve your pet's health and longevity
- › Soon, you'll begin receiving your free newsletter containing the most up-to-date pet health information from bark & whiskers instead of Healthy Pets

Throughout the years, the Healthy Pets website has grown with the support of loyal pet guardians like you who want only the best for their furry or feathered best friends. And now, we're taking our growth to the next level. I'm so excited to share with you the amazing news: Healthy Pets is expanding beyond the Mercola umbrella and into its own brand!

Introducing [bark & whiskers](#) — a brand-new comprehensive website featuring integrative pet health strategies and advice straight from yours truly!

New Website and Name, but the Goal's Still the Same

Although we're rebranding and getting a new website, our mission to help you take control of your pet's health will never change. Through bark & whiskers, I'll continue to provide you information you can use to improve your pet's wellness and longevity, including advice on species-appropriate nutrition, proactive pet care tips, natural home remedies, cute pet videos and so much more.

Subscribers will continue to receive my free newsletter and enjoy the same benefits they did with Healthy Pets on bark & whiskers — no need to subscribe again. The only difference is, instead of receiving emails from Healthy Pets, you'll soon be getting my newsletter from bark & whiskers.

You will start to receive the new bark & whiskers newsletter beginning this week and all new content moving forward will be posted exclusively there as well. This content will still be the same: the most-up-to date information on pet health.

Dispelling Pet Nutrition Myths Perpetuated by Big Pet Food

One of my consistent messages is that biologically appropriate nutrition, coming from the freshest foods possible, forms the first building block of good health in animals. Unfortunately, the myths perpetuated by the pet food industry have managed to confuse many pet owners about what constitutes a biologically appropriate diet for dogs and cats, and deceive them into thinking that highly refined, starch-filled pellets are the best choice for lifelong nutrition.

Big players in the pet food industry have funded the vast majority of pet food research and conducted most of the nutrition training in veterinary schools. They've been quick to disregard the growing body of research and tens of thousands of "anecdotal reports" about the benefits of minimally processed, biologically appropriate diets from integrative veterinarians and pet parents in favor of studies that support their high-starch, ultraprocessed products.

Case in point, one study that pet food companies love to promote states that dogs have adapted to high-starch pet food,¹ therefore it's the ideal diet. But the question that pet parents should be asking before believing this is: What is really best for pets?

A diet that requires their body to adapt in order for them to survive, or a diet that provides them natural nourishment and resonates with their innate metabolic machinery?

When you think about how carb-rich, ultraprocessed pet food can put your pet at risk of obesity, insulin resistance, diabetes and a host of other chronic health problems, it's clear that a nutritionally balanced, biologically appropriate diet that contains high-quality animal protein, moisture, healthy fats and a small amount of prebiotic-rich fiber, with low to no starch content, is more beneficial.

And while the goal is to feed as much minimally processed fresh food as possible, sometimes (for financial or medical reasons) we have to make compromises; I'll show you how to do the very best you can for your pet, no matter your circumstances.

Ultimately, it is up to pet guardians like you to ask questions, seek better answers for your animal companions, and become knowledgeable advocates for your pet's overall well-being. As you read through my articles at bark & whiskers, it's my goal that you'll learn valuable information that can help you make the wisest dietary and lifestyle choices to help your pet thrive.

Your Favorite Articles Are Moving to Bark & Whiskers

The most well-loved articles on Healthy Pets, which span a variety of topics that have helped pet guardians navigate the ups and downs of pet parenting, are moving to bark & whiskers, where you can read them anytime you want, and share pertinent articles with other animal lovers. Some of our most popular articles that you'll see on bark & whiskers include:

- [Be Aware, This Human Medication Could Kill Your Pet](#)
- [How Much Food Does Your Dog Really Need?](#)
- [This Raises the Risk of Doggy Dementia Almost 6.5 Times](#)
- [Help! My Dog Is Choking!](#)

- [5 Do-It-Yourself Tips to Save Money on Your Vet Bills](#)

Come and Join the Bark & Whiskers Online Community

We're looking forward to growing the bark & whiskers community with you, so we're inviting you to like and follow us on these brand new social media channels, where you can get our latest bark & whiskers content and interact with other proactive pet guardians:

- [Facebook](#)
- [Instagram](#)
- [Twitter](#)
- [YouTube](#)
- [Bitchute](#)

Don't forget to visit the bark & whiskers website and scroll through the numerous articles we currently have and new articles that we'll be adding daily. I can't wait to provide you with more pet health information to help you make the wisest decisions for your animal companion. Let's continue working together for the health and happiness of your pets!