

Before You Buy It Three Questions Every Pet Owner Should Ask

There will always be something new. A supplement someone swears by. A protocol that worked for someone's friend's dog. A video that was really, really compelling. Before you buy it, try it, or ditch what's already working – run it through these three questions. Your wallet, your dog, and your sanity will thank you.

1

What Are You Hoping to Accomplish?

Get specific. Not "I want my dog to be healthier" – that's the goal of everything. What's the actual problem you're trying to solve right now? If you can't name it clearly, that's your answer.



2

Who's Really Behind This – and Who's Actually Vouching for It

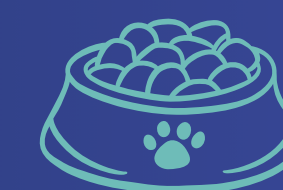
Every label, testimonial, and before-and-after photo exists because someone paid for it. Look for real pet owners with verifiable results. Not stock photos. Not influencers paid in product. Not a famous actress who's never seen the inside of a vet school. Ask yourself: can I find a real person, with a real dog, with a real outcome?



3

Does It Pass the Sniff Test?

Your dog sniffs before committing to anything. Maybe you should too. Claims too big. Science too thin. Source too convenient. Any one of those – pause. Ask yourself: would I describe this to my vet without feeling sheepish?



One More Thing:



If something passes all three questions and you decide to try it – actually try it. All the way through. You cannot evaluate something you've only half-implemented. Give it the time it needs, stay consistent, and then assess.

That's how you build a body of knowledge about your own dog instead of a cabinet full of half-used supplements.



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This Pocket Guide is a companion to the [Dr. Pam Unleashed](#) Off Leash episode: The Overwhelm Is Real (And It's Getting in the Way). It is not a substitute for working with a qualified veterinarian who knows your animal's full picture.