Right Dog, Right Life – Before the Cute Face Decides for You

Find your match before your heart makes all the decisions.

Before your heart makes all the decisions – let your lifestyle have a vote. Every breed family was built for a purpose. The right match makes everything easier. The wrong one makes everything... interesting.

Companion

Cavalier King Charles Spaniel, Maltese, Shih Tzu, Bichon Frise

You want a dog that wants to be with you. All the time. These dogs live for their people, thrive on closeness, and are perfectly happy with moderate activity. Ideal for calmer households, older owners, or anyone who just wants a genuine lap partner.

Purse Pets

Chihuahua, Pomeranian, Yorkie, Papillon

Don't let the size fool you – these dogs have enormous personalities packed into very small bodies. Fiercely loyal, sometimes feisty, and surprisingly bold. Great for apartment living and people who want a dog that travels well. Just don't tell them they're small.

Retriever / Hunter

Labrador, Golden Retriever, Spaniel, Vizsla

People-pleasers by nature, versatile by design. These dogs were built to work alongside humans and they're genuinely good at it. They need regular exercise and mental engagement but they're forgiving, adaptable, and endlessly good-natured. A solid choice for active families.

High Drive / Working

Belgian Malinois, Border Collie, Australian Shepherd, Siberian Husky

These dogs need a job. Not a suggestion of a job – an actual job. They are brilliant, intense, and relentless. In the right home with the right owner they are extraordinary. In the wrong home they will redecorate. If you're not prepared to meet their mental and physical needs daily, keep scrolling.

More on next page

Dr. Pam Montgomery-Fittz – Functional Medicine Veterinarian
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This Pocket Guide is a companion to the Dr. Pam Unleashed episode 22 - Power to the Puppy™: Building the Foundation part 1 - You have more power over your puppy's health.

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Terriers (aka Terrorists – IYKYK)

Jack Russell, Scottish Terrier, Westie, Cairn Terrier

Brave, stubborn, hilarious, and absolutely convinced they are in charge. Terriers were bred to hunt vermin independently – which means they think for themselves, they don't quit, and they have very strong opinions. If you have a sense of humor and firm boundaries, you'll adore them.

Scent Hounds

Basset Hound, Beagle, Bloodhound

Nose first, everything else second. These dogs follow a scent trail with single-minded focus and they move at their own pace – which is not yours. Laid back at home, selective about listening outdoors. Wonderful companions for patient owners who appreciate a dog with a strong sense of self.

Brachycephalic

French Bulldog, English Bulldog, Pug, Boston Terrier

You already know you want one. That face is non-negotiable and I completely understand. Just go in with eyes open – these breeds carry structural health challenges that are baked into their biology. Breathing issues, spinal conditions, skin problems.

When you buy a Brachycephalic breed, you are putting a down payment on that dog. Budget accordingly, find an excellent vet, and build the strongest possible foundation from day one.

Whichever family calls to you – research what they carry before you fall in love with a face.
Your future dog is counting on you to do this homework first.

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