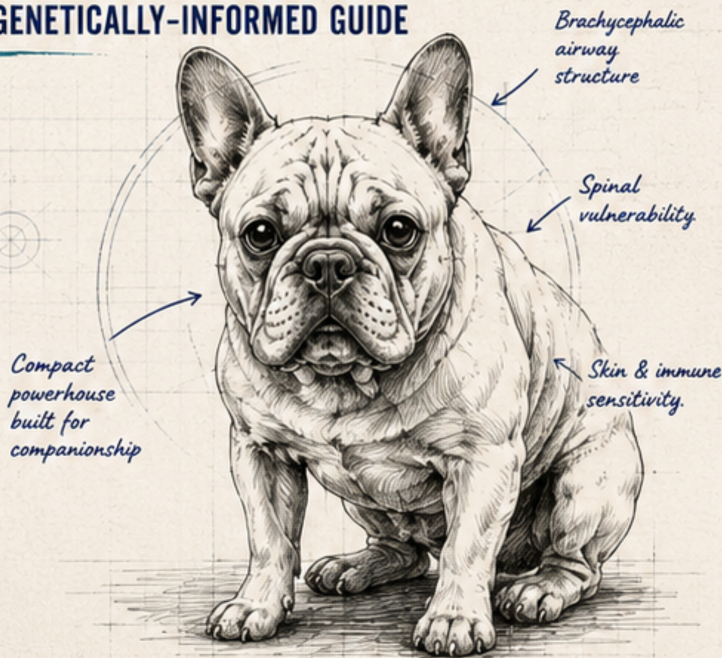


FRENCH BULLDOG HEALTH PROBLEMS

THE COMPLETE GENETICALLY-INFORMED GUIDE

*Not bad luck.
Not random.
Built into
their blueprint.*

French Bulldogs are amazing companions—engineered by genetics in ways that create both charm and challenge. These mutations are fixed. Their expression is not. Diet, supplementation, and structural habits determine how loudly each one fires.



WHAT THE RESEARCH SHOWS



6 DOCUMENTED GENETIC MUTATIONS

96.7%

CARRY THE IVDD RETROGENE (FGF4)

52%

AFFECTED BY ALLERGIES (HINZE ET AL. 2025)



THE BOTTOM LINE

You can't change their blueprint. But you can build the best life possible within it. *Knowledge changes everything.*



WHY EVERYTHING SEEMS CONNECTED

It's all the same story.

Spine. Breathing. Skin. Ears. Gut.

They're not separate problems.

They're connected responses to the same blueprint.

HEALTH ISN'T ONE THING.

It's how their whole body adapts—or struggles—to their genetic design.



12 HABITS OF LONG-LIVED FRENCHIES



1 SPECIES-APPROPRIATE DIET
Whole-food, novel proteins, anti-inflammatory. No ultra-processed kibble.



2 IDEAL BODY WEIGHT
Keep them lean (20–28 lbs). Every extra pound increases spinal & respiratory stress.



3 RAMPS EVERYWHERE
Before symptoms appear. Every furniture & vehicle access point.



4 HARNESS ONLY
Never a collar. Protect that neck and spine.



5 CORE STRENGTH
Balance board, Cavaletti poles, leash walks. Strong core = spinal support.



6 ENVIRONMENT MATTERS
Climate control 68–72°F max. Heat & humidity are real threats.



7 SUPPLEMENT SMART
UC-II collagen, omega-3s, CoQ10, probiotics, and more—target the gaps.



8 SKIN & ALLERGY SUPPORT
Novel protein rotation, omega-6 balance, probiotic support, barrier care.



9 EAR CARE ROUTINE
Weekly cleaning, moisture control, hair management. Catch issues early.



10 REGULAR MONITORING
Annual bloodwork, weight checks, BOAS grading, body condition scoring.



11 MOVE THEIR BODY
Daily movement, mental stimulation, and play. Boredom breeds problems.



12 LOVE & CONNECTION
Lower stress. Stronger bond. Better health outcomes.

★ SMALL HABITS. BIG IMPACT. EVERY SINGLE DAY.

THE PREVENTION HIERARCHY

1



SPECIES-APPROPRIATE WHOLE-FOOD DIET
Novel proteins, anti-inflammatory, no ultra-processed kibble.

2



TARGETED SUPPLEMENTATION
Address breed-specific gaps and support mitochondria.

3



STRUCTURAL HABITS
Ramps, harness, ideal weight, core strength.

4



PROACTIVE MONITORING
Annual bloodwork, BOAS grading, body condition scoring monthly.

THE 72-HOUR IVDD RULE

Loss of ability to walk or absent deep pain sensation (no response to firm toe pinch) = same-day veterinary neurologist.

The window for best surgical outcomes is approximately 72 hours. This is not a wait-and-see symptom.



FULL IVDD GUIDE: [BESTFRENCHBULLDOG.COM/FRENCH-BULLDOG-IVDD/](https://bestfrenchbulldog.com/french-bulldog-ivdd/)

BUILD YOUR FRENCHIE CARE TEAM



YOUR VETERINARIAN
Diagnosis. Treatment. Prevention. Your first call.



YOUR BREEDER
Genetic history. Health testing. Transparent communication.



YOUR TRAINER
Behavior. Movement. Confidence. Life skills.



YOUR INSURANCE PROVIDER
Financial protection when the unexpected happens.



YOUR EMERGENCY SPECIALIST
Because emergencies don't wait for business hours.



A great team gives your Frenchie the best chance at a long, healthy, happy life.



BEST FRENCH BULLDOG



BUILT FROM THE SCIENCE.



CRAFTED FOR THEIR BIOLOGY.



DEVOTED TO THEIR WELL-BEING.

The Authority Media Site for French Bulldog Parents

[BESTFRENCHBULLDOG.COM](https://bestfrenchbulldog.com)