

# **Real Food** **for Dogs**

A man with short grey hair, wearing a green button-down shirt and light-colored pants, is crouching in a garden. To his left, a black and white dog is sitting and looking up at him. The background is filled with green foliage and white daisies.

**The Raw Diet**  
**Dogs Crave**

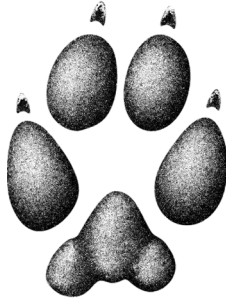
**The Simple Solution To End**  
**Dog Health Problems For Life**

***Dan Scott***

# Real Food for Dogs

The Raw Diet Dogs Crave

Dan Scott



Healthy Dog Publishing

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This book does not constitute professional advice, is written for education purposes only and as such no responsibility can be taken for loss or damage resulting from the information contained within this book.

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# Contents

<b>Introduction .....</b>	<b>11</b>
<b>1. In The Beginning.....</b>	<b>17</b>
Real food profound effect .....	19
Nature follows its own course.....	20
First came the dog... then came man .....	22
What's cooking got to do with it? .....	23
If only I knew!.....	26
<b>2. Dog Food Factory.....</b>	<b>28</b>
Con-venience nation .....	28
Advertising and PR tricks.....	30
Sobering questions, all. ....	32
Read it and weep (the labels, that is) .....	33
It's what's inside that counts.....	36
Dog food recalls.....	37
<b>3. The Junk Food Link to Bad Health.....</b>	<b>41</b>
A directory of diet related diseases.....	41
Immune system.....	44
Doggy breath and gum disease.....	45
Allergies, Itchy skin, cysts, paw licking, brittle/greasy hair, shedding, mange, dermatitis and ear infections .....	48
A lack of energy .....	49

Weight problems.....	50
Persistent diarrhea.....	51
Loose, foul smelly stools.....	52
Arthritis.....	53
Cancer.....	54
Liver disease.....	55
Fleas.....	56
Gas.....	56
Anal glands.....	57
Problem behaviors.....	57
Reduced appetite.....	59
Heart, lung and joint diseases.....	59
Antibiotics.....	60
Pancreas.....	60
Diabetes.....	61
Hip dysplasia.....	62
The bottom line about dog food.....	63
<b>4. Raw materials.....</b>	<b>66</b>
Overview.....	66
Basic Food Groups.....	67
Table scraps.....	78
Proportions.....	78

The organic option .....	79
It's in the mix.....	79
Water .....	80
Hygiene .....	87
Costs.....	87
<b>5. Making the Switch to Real Food .....</b>	<b>89</b>
Overview .....	89
Switching Cold Turkey .....	91
Switching fussy dogs.....	94
Switching puppies .....	96
Switching the senior dog gradually .....	97
Switching the dog with health issues .....	98
Detoxification.....	99
What to watch for .....	100
<b>6. Feeding Guides .....</b>	<b>104</b>
Puppies feeding guide .....	104
Adult dogs feeding guide.....	108
Senior dogs feeding guide .....	110
Pregnancy feeding guide .....	111
The power of fasting .....	112
Balancing the diet.....	114
<b>7. Results, Tips, and Travel .....</b>	<b>119</b>

Be prepared for miracles .....	119
Making your own treats .....	121
Travelling with your dog.....	122
Kennels-easy preparation.....	123
Eating indoors in one spot! .....	124
Starting finicky eaters.....	124
Great money saving tips.....	125
Multiple dog savings.....	127
Simple convenient method that’s even cheaper .....	128
<b>8. Worries, concerns and just plain myths.....</b>	<b>132</b>
Your questions answered .....	132
Aren’t bones supposed to be bad for a dog? .....	133
I’m nervous about salmonella on raw food making my dog ill? ..	134
I’m worried that my dog’s not getting a ‘complete balanced meal’. .....	135
My vet say’s feeding raw food is dangerous, I’m ill informed, that my information is not from a professional veterinarian.....	136
I was told to purchase a kibble that cleans teeth. ....	138
How much does it really cost to feed raw? .....	139
Raw feeding seems very messy; I don’t want to ruin my nice flooring. ....	141
Is it true that eating raw meat will make a dog bloodthirsty? .....	141
Do you feed a specific diet to a specific breed? .....	142

Is feeding grains ok? .....	142
I've started my dog on raw food, but now he has some diarrhea. What do I do? .....	142
How long will my dog live now she's eating raw? .....	143
Is it ok to mix different meats together? .....	144
My veterinarian told me that raw meat contains parasites that will harm my dog. ....	144
My Toy poodle has little resemblance to a wolf; surely you can't claim to feed my dog this diet. ....	145
My dog has a history of allergies, can you help me? .....	145
My dog suffers from hotspots, what can I do? .....	145
I have a 12 year old Labrador retriever and his arthritis is getting worse, what can I do? .....	146
My dog won't eat vegetables, is that a problem? .....	146
Exactly what leftovers can I feed to my dog? .....	146
What not to feed your dog .....	147
<b>9. The Way Forward .....</b>	<b>149</b>
Healthy dogs naturally.....	149
Vets - how to deal with them... or not! .....	150
Environment.....	152
Spreading the news - how to tell others.....	152
<b>Conclusion.....</b>	<b>155</b>
<b>Sample Feeding Guide.....</b>	<b>160</b>

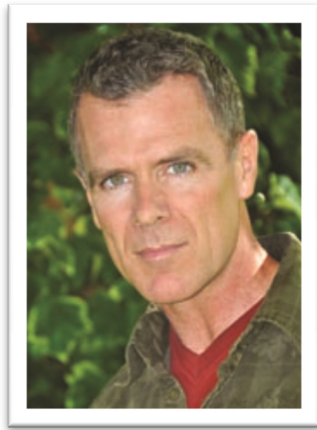


**About Dan Scott ..... 167**

This book is dedicated to canines the world over who came in out of the wild to be by our side, to be our friend, to be our loyal companion, we humans love you to bits, you deserve great leadership and the food you were always meant to eat.

and

to my mum and dad who loved me unconditionally, let me roam free to be myself, love you guys.



## Introduction



If your dog could say one thing to you right now as you read this book, and if your pet had the remotest clue what you are reading, it would be a hearty “thank you”. Because as a domestic pet, your dog has virtually nothing at all to do with the selection of its next meal.

While we who own and love our dogs take this for granted, and while your dog most likely doesn’t know enough about the alternative to take it for granted or not, consider the diet of your dog’s non-domesticated counterpart, who at least in theory is at this very moment roaming the countryside looking for its next meal, also known as *prey*, or at least leftovers. In fact, the search for the next meal consumes virtually each and every waking moment of a canine living in the wild. Those animals have complete discretion over what

they eat, and their choice is as natural and pre-determined as every other biological aspect of their life, from mating to marking their turf. They eat a “natural” diet, one without the slightest amount of chemical additives or synthetic filler.

Feeding your dog the way nature intended it to be fed makes a lot of sense, especially if your pet’s well-being trumps your need for convenience. The good news is that feeding a natural diet to your dog is not at all complicated. You’ll get the hang of it after a week or two, about the same amount of time that it will take for your beloved dog to experience the nutritional benefits of doing so.

After a few months, you will not need this or any nutritional guide any more, except perhaps as a reminder when you explain the principles to someone else. Because almost certainly, someone in line behind you at the butcher shop will want to know why you are buying freshly butchered beef hearts. And because of this book, you can give them a perfectly sane and compelling answer.

This natural food guide is about taking the health and welfare of your dog to another level by providing a natural, raw food diet. This menu will be based on nature’s most ancient teachings, observational field study, extensive research and many years of practicing what I preach. Four decades of

## INTRODUCTION

knowledge and practical application, and the study of closely related wild canines, wolf, wild African dog, dingo and fox as role models, have led to developing a carnivore diet of raw meat on the bone, and approximating a natural feeding experience, in contrast to a commercial diet of artificially processed junk food extracted from cans and packets.

I was born in the early 60s to an outback Australian farming family. We lived on the land in rugged isolation, raising livestock and growing crops. By the age of three I was given my very own dog, a Labrador retriever named Topsy with whom I enjoyed many boyhood adventures. As was our normal farm practice, my dog and the working sheep dogs were fed a natural diet of raw meat on the bone, as well as the organs, tripe and leftovers from the butchering. Occasionally we threw in the best of a few household table scraps from a family of six, with the rest going to the pigs, who were not remotely picky.

I have vivid memories of my father slicing up heart from a sheep for his working dog, a kelpie named Trixie. She just couldn't wait, darting in to grab a piece when my father wasn't looking; causing him to worry that her tongue might be sliced off in the process. While it went unspoken, Trixie

## INTRODUCTION

would have most likely gobbled that off without a thought, too.

The memory of those times, combined with my affection for my dogs over the years, has fueled my enthusiasm for this topic. Because our dogs were never sick, never saw a vet and lived long and productive lives.

Today, decades later, I presently live in one of the largest cities on earth, and yet nothing has changed. I am still feeding my current dog, Rocco, the way we fed our dogs on the farm. And because of that Rocco is trim, taut, superbly fit, full of vital healthy energy and a love for life.

With over forty years experience through training, observation, feeding and detailed research into the behavior and diet of dogs, I have put together this comprehensive, concise step by step book about how to feed your pet a natural diet.

Feeding your dog as nature intended will become self evident as you move through this book. You will discover why your dog's immune system is the key to his ability to fight disease, how a natural diet creates balance and protects him for a long healthy happy life. By the end you will have a full understanding of the simple practices involved, how

## INTRODUCTION

important they are to your dog's health, and you will know that truly rewarding feeling in your heart when you listen to your beloved family member crunching on fresh, wholesome and raw bones dripping with meat.

I love my dog with a passion. Hugging, smelling and generally being close to him is an absolute joy, and purposely being on the rug in front of a winter log fire with my dog lying up against me is one of the ultimate joys in my life.

I can't wait for you to share the experience of sweet smelling breath, clean smelling allergy free skin and coat, gleaming white teeth and healthy pink gums that belong to the healthy dog that you deserve by your side, and who will be there for many years because of your efforts.

**Dan Scott**

## INTRODUCTION





# 1. In The Beginning...



***Carnivore: 1: any of an order (Carnivora) of typically flesh-eating mammals that includes wolves, dogs, foxes, dingoes, and cats; broadly: a carnivorous animal.***

***- Merriam-Webster Dictionary (online)***

Carnivorous animals hunt and eat meat. It is the unquestioned natural staple of their diets, and has been since long before mankind set foot in their territory. By this very definition, what a wild animal eats can be nothing other than its *natural* diet.

Evolving through the evolutionary timeline, a carnivore's body has been designed to derive its required nutrients from the raw food it kills, and sometimes what it finds as the remnants of natural death or the leftover scraps of other

## IN THE BEGINNING

predators. These truths are unquestioned, and they have remained unchanged for literally millions of years.

Dogs are natural carnivores. This, too, is an unquestioned truth. Therefore – again, by definition – if they eat anything *other* than what for them is a *natural* diet, which in the case of a carnivore means raw meat ripped directly from the bones and carcasses of a fresh kill, then they are existing in a non-natural state. I know, it's hard to imagine that little fur ball that goes with you in your purse ripping it's fangs into a writhing rabbit of equal cuteness, but that's all a value system we've assigned, and it flies in the face of the one assigned by nature.

Our dogs' bodies have been designed for one thing where nutrition is concerned, but when we feed them something else we are departing from what is natural, and therefore depriving them of their optimal diet.

Anyone who knows anything about nature knows that disturbing the balance of natural creation and evolution never turns out well. And in this case, when we're talking about a natural carnivore that happens to be living with us in our homes as our pet, we're depriving our beloved dogs of what their bodies crave when we feed them anything other than natural, raw, on-the-bone meat.

## IN THE BEGINNING

This isn't an issue of taste or comfort or reward, it's an issue of health, strength, well-being, immunity and longevity. Compromise the natural order of your dog's diet by feeding it canned or bagged dog food manufactured in a plant with the assistance of additives, chemicals and supplements, and you are disturbing the natural order of things. Your dog's health will suffer for it. Period.

### **Real food profound effect**

Nature has a way of providing its creatures with what they need. With animals that are not living in a world of veterinarians and vitamins and disinfectants, protection comes in the form of natural food. A natural diet is the foundation of a strong immune system, which becomes a natural barrier to disease.

Dogs haven't survived in the wild for millions of years by luck or by accident, and they've done it without a bag of dog food in sight. It makes sense, then, by returning to a natural diet we are providing our dogs with nature's blueprint for their immune system and the fulfillment of their genetic potential. It's all about the food you feed them, and if you love your dog as much as I love mine, you'll take a good hard look at their diet and, perhaps, see the truth for the first time.

## IN THE BEGINNING

The science of human nutrition is all about the immune system, and your dog's need for a strong immune system is no less critical to their health and survival. The cellular chemistry is really very similar – a natural mechanism allows the body to respond to the presence of toxins, bacteria and infection. When we interfere with that immune system, which is precisely what messing around with a natural diet does, we compromise it.

In humans, a diet rich in so-called junk foods is the enemy of a strong immune system, since it creates an imbalance of sugars and introduces preservatives into the system. In commercial dog food, manufacturers claim to enrich their products with antioxidants, the implication of which it helps the animal fight off disease, especially problems with gums and digestion. And yet, these two specific areas are the cause of perhaps millions of domestic canine deaths. This is heartbreaking, because something as simple and easy as putting the dog back onto a natural diet, which has millions of years of successful testing behind it, might be all that it takes to reverse these problems.

### **Nature follows its own course**

Hard as it may be to picture, our dogs are not-too-distant cousins from the wolves and coyotes that roam the forests

## IN THE BEGINNING

and plains of the planet. These creatures instinctively know what is good for them, and they will hunt relentlessly for prey that fills their natural nutritional needs. I have witnessed feral dogs, animals that were once pets and completely comfortable living with and being fed by humans, who had reverted to the hunting and consuming of entire carcasses of other animals. This isn't remotely "a dog gone bad," but rather, "a dog gone back to nature".

As a boy on the farm, my lovable, high energy Labrador would occasionally supplement his raw diet with a rabbit he'd caught on his own. It would be easy to write this off as sport, but in truth it was nature driving the dog toward natural behavior. He'd actually bring his kill back to the farm and eat it near his kennel, tail wagging the entire time. Rest assured, given the opportunity, your little lap dog would happily tear into a smaller mammal at the first opportunity, not because of some dark urge, but because of the natural urge to eat raw meat on the bone.

Some domesticated dogs never do completely take to their premium bagged kibble food. I know a lady whose fluffy little Bichon Frise turned his nose up at anything placed in his dish and instead subsisted on the rats, mice, pigeons and rabbits he would chase down on the farm. He reportedly

## IN THE BEGINNING

even leapt into the family pond for a helping of small koi carp, an expensive dinner indeed. This was an animal literally descended from royalty, whose ancestors napped in the laps of the 17<sup>th</sup> century royal court. Once my friend understood what was happening, she changed her dog's diet to natural raw meat on the bone, and the hunting and gathering of neighborhood wildlife declined.

### **First came the dog... then came man**

For your dog, natural food is raw food. It is the raw meat, bones, fat, organs, skin, and other parts of an animal that our pet dogs would eat if they were in the wild. When you consider that dogs have been around twenty times longer than humans – forty million years to our two million – it is no wonder this natural craving is so strong.

Man has domesticated dogs for only the past one hundred and twenty five thousand years or so, a mere fraction of the backlog of canine DNA, and therefore a virtual spit in the ocean when it comes to any attempt to alter the natural order of things. And of that, only in the last 90 years or so have humans taken to actually cooking the meat we feed our dogs, which is the case with commercial dog food products.

For all our breeding and grooming, the sum of which has altered the appearance of today's dogs from their ancestors,

## IN THE BEGINNING

the interior design and function of these animals retains their ancient carnivorous nature. Rest assured, our pets walk at the end of our leashes with the same internal biology as the wildest of wolves, producing the very same digestive enzymes and the other natural chemicals required to digest the specific foods that they have been evolved to eat.

Dogs still have teeth and claws that are designed to catch, rip and tear the flesh of their prey – if you doubt this, just watch your dog rip into a raw pork chop sometime – and eyes that are set in the front of their heads to focus on prey animals. You may think your little sweetheart is scoping out the nearest fire hydrant on your morning walk, but the truth is that he’s more likely looking for something to kill and eat.

It is interesting to observe that the people who know, the professionals who care for wolves in captivity in our zoos, don’t feed these animals anything other than raw meat still on the bone. While they certainly rely on veterinary science and the occasional supplement to ensure optimal health, the foundation of the dietary regimen remains, as it has for forty million years, the flesh of other animals.

### **What’s cooking got to do with it?**

One of the most unnatural aspects of the way we feed our dogs today is that we cook the meat they consume. This is

## IN THE BEGINNING

true of canned and bagged products, in addition to other processes, not the least of which is the use of preservatives. The result of all this cooking is a gradual breakdown of a dog's natural immune system, which is vital to their longevity and quality of life.

Why is cooking harmful? Because the heating process in cooked food alters the molecular structure of the food. The proteins in raw meat are large, delicate structures that are easily broken down by heating, greatly reducing their effectiveness as nutrients. The altered structures of these molecules, as created by the heating process, are unnatural and difficult to digest. This unnatural and unrecognized molecular structure is what causes food allergies in our dogs; they literally cannot digest it properly.

The immune system kicks in as a response to the presence of what it senses is an unnatural substance, and often it overreacts, which throws off the delicate chemical balance of the entire digestive tract. All simply because the meat being eaten has been cooked, rather than served in what the digestive tract has been trained for forty million years to expect, which is a natural state of rawness.

Our dogs share our lives. They sit with us in front of a television, they ride with us in cars, they play with us



## IN THE BEGINNING

outdoors. And they appear to be having a jolly time of it all. So it is normal, albeit a bit naïve, to assume they love what we love, which leads to the assumption that they love to eat what we eat. And while this may seem to be true – your dog will happily inhale the gristle from a steak before it hits the floor – that doesn't mean your dog's digestive infrastructure is of the same mind.

The fact is, cooked food takes longer to digest than raw food, and requires a lot more of the dog's energy. Dogs have a limited natural enzyme supply within the body, a supply which is critical to the digestion process. That process relies on the consumption of the natural enzymes that are present in raw food to balance biochemical activity in the body. The pancreas that produces these enzymes becomes overburdened in coping with cooked food that has none to offer, leading to biological stress and pressure on the immune system.

Add to this the long list of artificial additives in non-natural food, and the combined effects of the heating process, and over time you have long-term degeneration of DNA, the breakdown of the immune system and eventual disease. Each and every day your dog eats artificial kibble or highly

processed canned food brings her one step close to an undeniable disaster.

### **If only I knew!**

The alternative is well within your grasp as a dog owner. Preparing your own home-prepared food for your dog is simple, no more complex than preparing food for the kids simpler, in fact, because no cooking is required. Just defrost the meat and serve.

Why, then, is this not the common practice for dog owners everywhere?

We love our dogs, after all, and if it's truly that simple it seems logical to assume that most dog owners would happily make the shift from canned and bagged food to a more natural diet. The answer is ignorance – we, as a culture of dog owners, are simply unaware of the dark side of serving our pets processed dog food. The consequences of doing so are not always extreme or visible, because your dog can't tell you how she feels. So we develop habits, we yield to convenience and precedence, and thus perpetuate a downward spiral that contributes to the early death of our dogs and a less than optimal life experience for them in the meantime.

## IN THE BEGINNING

It is my great hope that this book will change all this, both for you and for the sake of your dog's happiness, health and a long life at your side.



## 2. Dog Food Factory



### **Con-venience nation**

A cynic might respond to the proposition that our dogs are better off eating the way nature intended by applying that same standard to the whole of *our* life. That, in considering such a thing, we should perhaps also wonder if we would all be better off living off the land, making our own tools out of twigs and stone, bathing in streams, using leaves as toilet paper, and so forth. (And, let us not forget to add, our dogs would be eating like kings in such a scenario, the way nature meant them to.)

At that point the cynic grins victoriously in the certainty that we would be hesitant to give up our wide-screen plasma televisions, red wine and bowls of deep fried chips. Meanwhile, as we sit there munching chips in front of the telly, or pondering this very question – and this is something

## DOG FOOD FACTORY

our metaphoric cynic won't bring up – our dogs continue to die young and suffer painful symptoms, sometimes for years, before they do.

Skin disease, failing hearts and kidneys, weak immune systems and even bad doggie breath has become the given for our dogs – it's a dog's life, after all – proving we have been brainwashed to the point on numbness. This is a tragedy when you consider that the solution is as close as the nearest butcher shop.

While perhaps fodder for some interesting debate (one facet of which would ask if the evolution of the human condition through advances in technology is, in fact, unnatural; meanwhile, our digestive systems still don't like raw meat), the fact is that the notion that we should live as nature intended has nothing at all to do with how our dogs eat.

Certainly our human digestive systems have evolved from our most primitive ancestors, but even so, over the eons of evolution they have never been the same as that of a canine. Most – and I use that term with great caution – of the conveniences of modern culture have been designed with humans in mind, with the intention of moving us forward to higher ground and healthier lives. Not so with our dogs. The

dog food industry is, like all industries (I'll give the cynic that much), designed for one purpose: to fill a market niche profitably. And when convenience plays into the profit equation, it trumps nature every time.

Everything about dog food smacks of convenience, even when cloaked in veterinarian-endorsed rhetoric. Because there's no denying that our domestic canine pets are not as healthy as their wild brethren, who eat completely differently.

### **Advertising and PR tricks**

The multinational dog food giants and their friends at the pharmaceutical companies know all about ignorance, and they spend millions to make sure it thrives.

Highly paid copywriters gather in high-rise meeting rooms to plot their messaging strategies, and there has yet to be a focus group composed of dogs to help them do it. If there were, they'd hear resounding feedback to stop the endless parade of baked kibble bits and just toss a bone dripping with meat into their bowl.

Facilities full of white-coated, BMW-driving scientists work to create palatable pet food from bulk corn, soy, barley waste,

## DOG FOOD FACTORY

all the while generally trying to fool the target demographic – our dogs – into believing that what they are eating is tasty and good for them. This is not unlike a toddler craving candy – it tastes good, they want more of it, and it’s up to the adults in the room to make better choices for them. In this case, however, the adults in the room have unwittingly bought into the market-driven propaganda of those guys in the white coats.

Until now.

The dog food companies have a good reason to employ some of the cleverest minds in the world of advertising, marketing, behavioral psychology, science and politics. They seek to keep ignorance alive and well because the market for those baked kibble bits and the canned concoctions of meat mixed with filler is worth over 18 *billion* dollars a year.

The strategy is to perpetuate a never-ending cycle that looks like this: feed your dog highly processed junk food, visit the vet to resolve health complaints, get your short-term, highly expensive medicinal fix, feed your dog some more junk, visit the vet, give your dog his medicine... and so it goes. Sooner or later you’ll finally lose your dog to a series of ever-increasing maladies and, thanks to the combination of

ignorance and advertising, are destined to repeat the cycle again with your next dog. At best the dog food companies consider this an unfortunate by-product of the strategy; more likely they don't consider it at all, because without the strategy they have no business.

As you're opening that sack of dry, foul-smelling processed food you feed your dog, ask yourself if you've ever really considered these questions: "Is this stuff good for my dog? Is my dog's foul breath, yellow teeth, runny stools, itchy skin, dry nose, bad gas an issue? Do they really know what they're talking about? Which brand did they recall again because it's killing our pets? How can I stop my dog's allergies, diarrhea, ear infections, skin hotspots, arthritis, cancer, unpredictable behavior etc, etc?"

### **Sobering questions, all.**

Television commercials, billboard posters, sponsorship at canine events, radio commercials, newspaper articles, published pseudo-scientific tests, glossies on the magazine rack, on the internet, in pet shops, the mall, political legislation... you name it, the dog food companies have money to burn when it comes to persuading you that their product is somehow *balanced and complete* and good for your dog. But the fact is, it's *not* good for your dog. In fact



it's *killing* your dog. Because it's not *natural*. It creates long term devastation to your dog's vital immune system, the animal's primary protection mechanism that can only be fortified and sustained from the proteins, active cellular enzymes and a host of other bio available nutrients that is available only from raw, naturally-accessible food.

Granted, with few exceptions we humans wouldn't eat raw meat, nor would our digestive systems tolerate it for long. But we would eat the same meat if it were cooked, with an emphasis on the word "same". But when it comes to the processed commercial dog food we feed our pets, we wouldn't consider eating it. Why? Because it's *foul*. And even without knowing *precisely* what's in it, and in spite of what the label and the commercials says about it, we instinctively know it's not wholesome.

### **Read it and weep (the labels, that is)**

Commercial dog food does come with labels and nutritional breakdowns, but only because the government requires it, which means you get as little information as possible, framed as attractively as possible.

It will show ingredients in the order of percentage by volume, but it won't tell you anything about the *quality* of those ingredients, or even the composition of those ingredients (all

## DOG FOOD FACTORY

protein is *not* created equal), some of which may be less than easily digestible.

In the “guaranteed analysis” section, it will show percentages of crude protein and moisture, but it won’t tell you how much of that protein is, in fact, digestible, and what percentage is crude protein (which consists of nitrogen molecules derived from non-protein sources, but confusingly labeled as “crude protein” on the label, leading you to believe it’s the good stuff).

“Beef” may very well be the first ingredient shown, but if the next several items include substances like wheat flour, wheat germ, and other grain products (when was the last time you saw a wolf munching a stalk of wheat in a zoo or in a documentary?), which means that the sum of those non-meat products may, in fact, exceed the amount of meat itself. Why is this here? It’s filler. Which rhymes with *killer*, because the enzymes that drive the digestive system of your dog were not designed to process grains.

The guaranteed analysis on a label is only part of the picture. Substances such as phosphorus may be present, and may show up in the roster of ingredients, usually in the bottom as a trace amount. However, what the label won’t say is that high levels of added phosphorus have been clinically linked to

## DOG FOOD FACTORY

renal disease in dogs, and renal disease is, one of the biggest killers of domestic canines.

It gets worse from there. Take for example the use in dog food of artificial colors, including a dye called "Red #40," which keeps the meat looking fresh (as in *fake fresh*), and is also a known carcinogen. Blue #2 has been known to increase a dog's susceptibility to viruses. Yellow #5 is a common dog food ingredient, but has not been fully tested.

The trouble with color additives is the fact that the color of the food matters not in the least to your dog; it's there for *you*, the consumer, to fool you into thinking there is an element of wholesomeness and freshness to the product.

As with humans, the biochemistry of dogs is sensitive to sugar. Again, you don't see too many wild canines munching on donuts and candy bars between kills. Some moist dog food products contain as much as 15% sugar, most likely to mask the unpleasant and unnatural taste.

Salt is another common additive, and for the same reason, so be sure to compare sodium content. Or better yet, skip the canned stuff altogether and get your pet a big juicy bone for dinner.

### **It's what's inside that counts**

Commercial dog food is created from a concoction of *rejected* grains and scrap meats. It can include bulking agents, spoiled corn, animal parts you don't want to know about, chemicals, wood pulp, even road kill and the remains of zoo, ranch and even domestic animals. And that's only for starters. To make it all look and smell reasonably acceptable, they fortify it with preservatives that give it a shelf life nothing short of apocalyptic.

It's a little frightening to note that the same trend drives our human fast food industry. Both are cheap to make, are filled with synthetic substances and toxic chemicals, and certainly handy to buy and consume. And, depending on your culinary sensibilities, arguably even tasty. In a word, both are *convenient*.

Now consider what would happen if all you ate was fast food. A recent award-winning documentary film ("*Super Size Me*," by Morgan Spurlock) followed the 30-day experience of a man who ate nothing but fast food – specifically, McDonalds – for every meal. Soon he was gaining body fat, feeling terrible, having skin and digestive problems that included throwing up in the parking lot before he even got out of the drive-through, had trouble sleeping, was depressed and then

simply sick. It took him months to recover from the ordeal after shooting wrapped.

Why would we feed our beloved dogs the same way?

And not just for 30-days, but over the entire course of their life? Answer: ignorance. We love our dogs, so ignorance is the only possible reason we would do that.

But do we love our dogs less than our need for convenience? If that's true for you, then I respectfully suggest you should get some tropical fish instead of a dog, because your priorities are wrong, and the innocent animal next to you is suffering for it.

A diet based on what amounts to junk food is a direct assault on your pet's immune system, and sooner or later your dog will pay the price, possibly with its life.

### **Dog food recalls**

In 2007, hundreds of varieties of commercial dog foods were recalled from the shelves in response to a sudden outbreak of food-related deaths. In this instance the problem stemmed from raw materials imported from China that contained *melamine*, a chemical used in industrial resins for its fire-retardant properties. In the 1950s it was tested in feed for cattle, but was pulled because it was proved to be

## DOG FOOD FACTORY

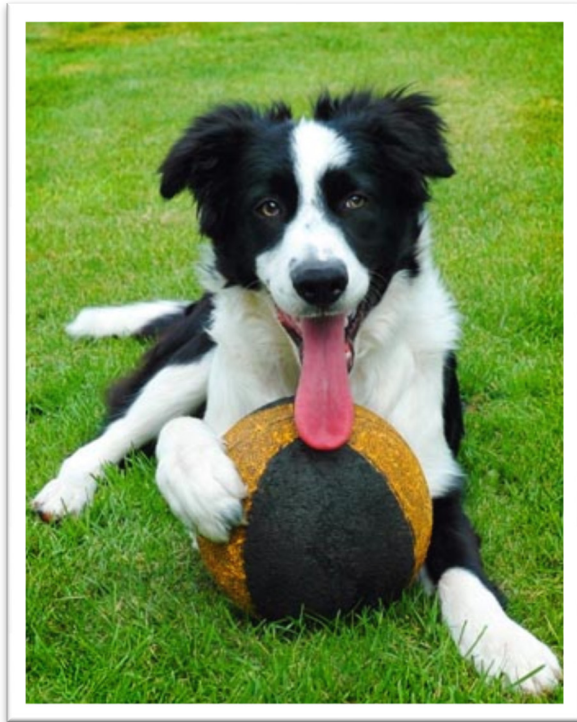
toxic. In 2007, melamine was deceptively added to artificially boost the protein content of the food. And just like that, thousands of homes lost their beloved pet because no one cared to look before it was too late.

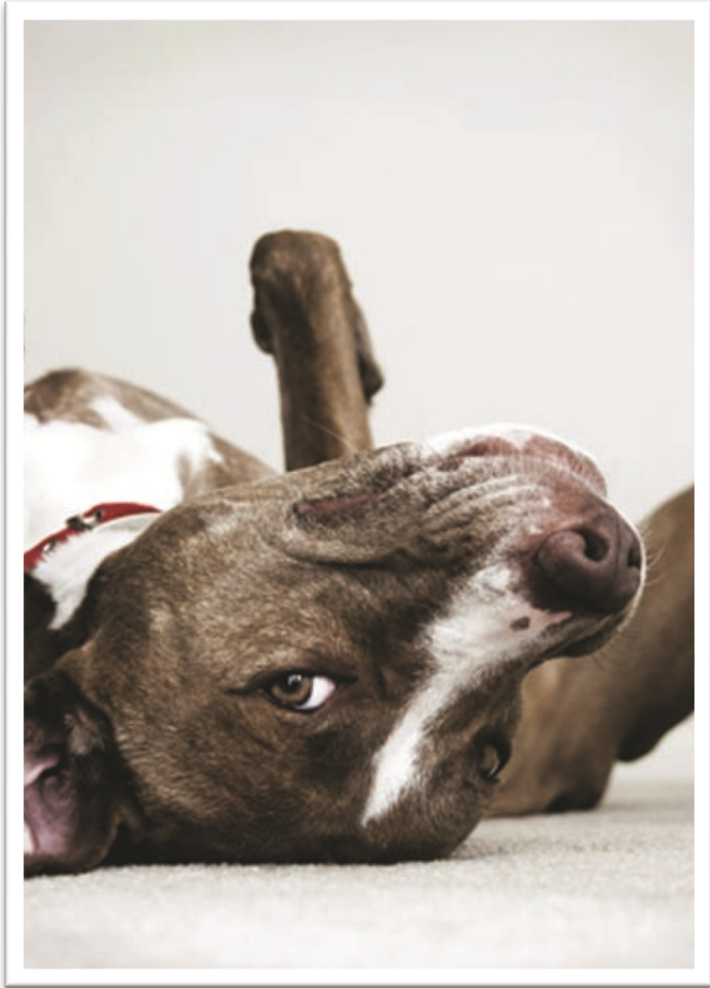
This case is not remotely an isolated incident. Commercial pet foods are constantly being pulled from the shelves for a variety of reasons, all of them stemming from the fact that the content of the food is highly unregulated, and only the deadly aftermath alerts us to problems. We can avoid this for our own dogs simply by feeding them a more natural diet, one that doesn't come from a can or a bag, but rather, from a butcher.

It is said that the truth shall set us free. But there is really only one thing to be set free of, and that's the ignorance that binds us to bad health, for ourselves and for our dogs. Ignorance divides us, sometimes it even kills us. In this case, it's certainly killing our dogs, and by the millions. But ignorance can be conquered with knowledge, and the mission of this guide is to defeat it by clarifying the truth. We can turn around this decades-old era of poor health in our dogs, simply by feeding them raw, on-the-bone meat, the way nature intended.

## DOG FOOD FACTORY

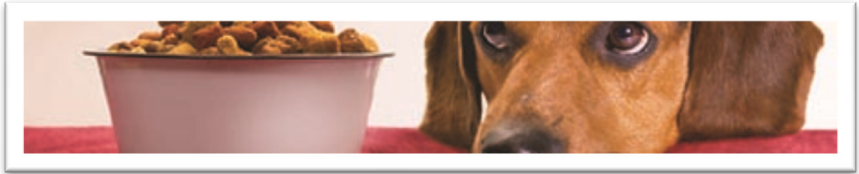
For a fuller more detailed explanation of the dog food ingredients list please see my controversial report "Why your Dogs Unhealthy" freely available at [healthydogforlife.com](http://healthydogforlife.com)







### 3. The Junk Food Link to Bad Health



**“A strong immune system is the key to a healthy dog for life”**

#### **A directory of diet related diseases**

A strong immune system is the key to your dog’s healthy life. Commercial dog food is convenient, no doubt, but the pain, suffering, expense and sense of loss resulting from junk food-related illnesses is anything but convenient.

Commercial dog food lacks suitable enzymes in the right quantities vital to proper digestion. The high temperatures used in the heating process at the manufacturing plant alter the already low quality waste food to something ever more hazardous to your dog’s health by damaging or altering the chemical makeup and balance of proteins, fats, carbohydrates, vitamins, minerals crucial to long term dog health.

## THE JUNK FOOD LINK TO BAD HEALTH

Imagine protein structures viewed through a microscope looking like delicate, long legged spiders. The heating process breaks up this protein spider reforming it with a Frankenstein profile of altered parts and restricted potential. Ingesting these mutated proteins is harmful to dogs because (as outlined in Chapter 2) the altered, out of balance and largely unrecognized proteins are the cause of many allergic reactions seen at least outwardly in various skin, coat, eye, ear, joint, periodontal and gas conditions, as well as behavioral problems. Such symptoms become an early warning system to the deeper chronic conditions that lay ahead.

Although many dogs seem outwardly fit and healthy on their present diet, rather than viewing this as any kind of endorsement for the commercial food they eat, it's more a testament to dogs staying power. But over time the inevitable occurs. A compromised diet begins to manifest consequences that prematurely age your dog and eventually cause an immune system breakdown and a shortened life, not to mention prolonged suffering.

As we asked earlier – and it's a good question to revisit – would *you* eat this stuff? Would you feed it to your children day in day out, and for the rest of their lives? No, we eat

## THE JUNK FOOD LINK TO BAD HEALTH

fresh, wholesome food. We enjoy variety, and as a result we generally experience good health.

Excuse me here, but isn't the premise that we love our dogs? Doesn't your dog deserve the same level of overall health, as well as the varied and passionate experience of eating their favorite foods?

The government, the pet food companies, the veterinarian governing bodies and in most cases the vets themselves are generally not willing or able to help you out with this issue. Too much money, power, greed, control or indifference will get in the way of their objectivity, and as a result we are left with the fact that 90 percent of all diseases are related to diet.

It is up to us to educate ourselves, and in so doing be able to heal our dogs simply and effectively. Because natural food also acts as healing medicine, making the job of keeping your dog in great health simple.

Here are some of the ways a fast food diet can link to disease, and what you can expect from changing your dog's diet to *real* food comprised of various meats on the bone, a little offal, tripe, and a little vegetable matter. And let me add, a wagging tail comes with the deal.

### **Immune system**

A healthy immune system is fundamental to a dog. In the case of real food versus commercial junk food, it's literally the difference between having a bullet proof vest in a war zone versus a t-shirt. Your dog's ultimate health, vitality, and longevity depend entirely on having a strong immune system, and often its failure is as a result of a junk food diet.

The immune system basically works in two ways. One half of the system acts as a cleaning mechanism eradicating dead cells and foreign material. The other half of the system will be on full alert around the clock for such things as bacteria and viruses.

The body, when confronted with continual bombardment from the effects of over processed commercial food, will after years of brave defense begin to break down. At this stage, strong pathogens start to wreak havoc, causing myriad diseases, or the immune system becomes so stressed that it malfunctions and begins to attack itself, resulting in a condition referred to as auto-immune disease.

Clean teeth and gums combined with a natural diet, will keep the immune system in full working order, especially as your dog ages. And if you're starting out with a new puppy, the

earlier you get them eating this way, the healthier they'll be and the longer they'll be with you.

### **Doggy breath and gum disease**

Tooth, gum and foul breath problems are probably the number one health issue I've seen over the years observing dogs. Beyond my observation, research indicates periodontal disease to be the leading precursor to just about all other diseases that can possibly ruin your dog's life. The funny thing is, it's the most obvious condition when you look for it, yet the least noticed by dog owners. People simply have not thought to regularly inspect inside their dogs mouth, and in most cases they just seem to accept that their dog's smelly breath is "just the way it is", without considering for a moment *why*, let alone *how*, it happened.

Commercial canned food and grain based kibble do not clean teeth. Sludge from the food sticks to the enamel, causing bacterial growth and tartar. Over time gingivitis pockets form under the gum line, eventually leading to periodontal disease. These conditions are easy to see at a glance, as the gum line around the teeth will be inflamed and quite red in color with yellowing teeth, in place of salmon pink gums supporting bright white teeth as they should be. The gum-tooth interface will be lined with tartar buildup, instead of a

## THE JUNK FOOD LINK TO BAD HEALTH

clean smooth transition between gum and tooth. Once gums are heavily encrusted and as a result sore and swollen, toxins from the bacteria will leach down under the gum line to the roots of the tooth and into the blood stream that feeds the jaw line. Once in the dog's bloodstream, bacteria can then enter and infect organs such as the liver and kidneys, and very quickly the immune system becomes compromised, ultimately leading to disease.

Most dogs will have bad breath at some point in their lives, due usually to consuming commercial food. By age three, 80 percent of dogs will have periodontal disease needing treatment. Vets are often nonchalant about bad teeth and see dental scaling and polishing as a normal procedure.

Marketing hype over the cleaning properties of prescription kibble, dental chews and similar products are a nonsense, as the base of teeth at the gum line are untouched and the rotting process will continue from the accumulated sludge. To get at the gum line you'd literally have to brush your dog's teeth with a technique that incorporates a gum massage. At the end of the analysis it's very clear, just feed your dog the right diet and her teeth will take care of themselves.

## THE JUNK FOOD LINK TO BAD HEALTH

Have a good look inside your dog's mouth; see how clean the teeth are. Take a good deep breath right in front of your dog's nose – does it smell sweet or foul?

Your dog's breath is the acid test to quickly determine the state of overall diet related health. If she failed the test, which means she smells a bit like being downwind of the factory that produced the commercial food you feed her, then at least you know precisely where you are, in the process of transitioning from commercial to natural food.

Throughout this book you'll have the answers required to fix the problem before it's too late. There are not all that many ways to accurately tell how healthy your dog is at a glance, at least from a clinical perspective, but this odor test is the most obvious. When you notice foul breath, yellow teeth with tartar buildup along the gum line and red or inflamed gums, it's time to take action to save your dog from a dismal future. If you discover these symptoms, have your dog's teeth professionally cleaned, and then switch their diet.

Once your dog is on a meat and bone diet as nature intended, her teeth will be scrubbed and polished simply by eating. Her breath will freshen up and her immune system will begin to function optimally, protecting her for a longer, healthier and more fully lived life. Even if your dog is old and

has been eating commercial food for years, it's never too late to make the rest of their lives pain and disease-free, extending those years as much as possible.

### **Allergies, Itchy skin, cysts, paw licking, brittle/greasy hair, shedding, mange, dermatitis and ear infections**

These are common skin problems linked to a dog's compromised immune system, a result of unnatural diets predisposing unnatural outcomes. An outbreak of demodectic mange; constant scratching, even to the point of causing bare patches or open wounds; coat hair that is greasy, dry, brittle or coarse to the touch, or oily to the touch and fusty in odor; some form of dermatitis appearing in flaky skin or dandruff; ears that appear less than perfectly clean all the way down inside, with possible red eczema like skin, waxy or other accumulated particles visible deeper down the ear; excess shedding as hair easily comes away from the body; paw licking to ease that athlete's foot type sensation; spotty pimples and other skin eruptions; cracked dry nose and paws; yellowing of the whites of the eyes.

The skin is the largest organ of the body (that's true for humans too) and the only one we can easily get a good look at. When problems show up, it's the skin that usually reveals them first. This is the immune system's way of dealing with



disease, by keeping the problem as far away from the vital organs as possible and for as long as possible. Eventually chronic or persistent problems drive deeper into the body as the toxic overload proves too much for the immune system to fight off. This can result in failure of major body organs, or worse, the phenomenon of rogue cells turning into full fledged cancer somewhere in the body.

Within weeks of improving your dog's diet and having his teeth thoroughly cleaned, you'll notice that the scratching has stopped, the hair becomes softer and cleaner, the shedding dissipates, the ears return to health and cleanliness, and smelling your dog's coat and breath have become a joy. And, as all this happens, you can celebrate the fact that your dog's immune system is getting stronger by the day.

### **A lack of energy**

This is a common complaint among dog owners, and one I've noticed myself in many dogs I've observed over the years. The spark normal to a healthy dog has been lost. It's as if the animal wears a resigned expression on its face. The generally bright whites of a dog's eyes turn a shade of yellow too. Your dog is riddled with bad energy and toxins from the commercial junk food you've been feeding him. However,

your dog's spirit is undiminished and with a change in diet it should take only a few weeks to bring back his true potential and character. I've seen many dogs return to fighting fit after starting them on a natural diet. This wonderful transformation is as common in older dogs, who have been suffering for years as it is in adolescent dogs, who have been behaving in a manner that is well beyond their years.

### **Weight problems**

This observable symptom has an obvious cause: the dog is overweight from eating too much. And when "too much" means too much junk, the result is a fat, out-of-condition, unhealthy animal. As with humans, obesity in dogs is a significant problem, but thankfully one that is easily solved.

How do you know if your dog is overweight?

Here's a little test: pinch your cheek, and then pinch the flesh at the side of your dog's ribcage area. Your dog's flesh should feel thinner between your fingers. If you can grab rolls on your dog (this, too, mimics humans), then he's simply too big – as in, *fat* – which is putting his whole body under stress and inviting disease. Once on a natural diet, your dog's weight will return to a normal balanced state. Because of the fat-sprayed kibble and flavor-enhanced, additive-riddled canned food, dogs will simply gorge

themselves. They are being chemically tricked by artificial means and will not stop eating this garbage until you stop it for them. Put your dog on a natural diet and notice the difference.

If you serve more raw meat and bone than a dog needs, a balanced healthy dog will generally only eat to the point of satisfaction and leave the rest for later. Nature does not try to do what the dog food companies do, which is try to fool the dog. In fact it is nature that tells them when enough is enough.

### **Persistent diarrhea**

This is a common experience and generally an intermittent one, but it can become a persistent and prolonged problem causing bowel damage. Commercial food waste cooked at high temperatures results in denatured starches, proteins and fats which are actually toxic to various degrees. Once the toxic nutrients are in your dog's bowel, they will be absorbed into the circulation system, affecting other body systems.

Chronic diarrhea is serious and linked to gastrointestinal diseases. Your vet may not make, or be willing to make the link with diet, however a change to natural food will in nearly

every case, bring about internal balance and an end to prolonged diarrhea.

### **Loose, foul smelly stools**

Feeding your dog poorly is the proof of the old adage, “you get out what you put in”. In the case of commercial dog food products, its waste in – waste out. This is the last thing you want in your life, both out of empathy for your dog and for yourself. The nutritional value of commercial food walks the thin line between adequacy and garbage, keeping your dog ticking along, at least until the multiple backup systems of your dog’s body finally, one by one, begin to fail under the havoc commercial garbage can wreak. Because so little of the grain-based junk food is processed by the dog’s digestive system, the result is large, foul smelling bowel movements, including diarrhea.

As you switch to the diet outlined in this book, you will find that your dog’s waste changes its consistency and odor altogether, becoming smaller, firmer pellet-like waste. Nearly all of the meat and bone in a natural diet is bio-available to the dogs system, and is efficiently used to fuel his daily energy needs. You will notice too, the pellets are often a little dry and crumbly, a sign of maximum moisture absorbance by the body. Another noticeable difference is how

white-looking they can appear, the result of an efficient breakdown of bone into powder form by the digestive system, resulting from maximum nutrition.

### **Arthritis**

This condition is the result of a loss of collagen, the reinforcing material of the body. As your dog ages, he will lose the tough elastic properties of this vital fiber. Commercially fed dogs subsisting on heat processed grain based foods simply miss out on the high quality biological protein from fresh meat, bones and organs. In turn, years spent ingesting grain based dog food blocks the intestine from absorbing vital nutrients and results in depleted collagen, the building block of most skeletal support structures.

The Medical treatment of dogs with arthritis is a multi-million dollar business for drug companies, when all that's needed for prevention and alleviation is the correct diet. I have witnessed miracles when it comes to the simple act of having a dog's teeth fixed up and a change of diet. Previously stiff, old pain filled dogs have become like born again pups with a sparkle in their eye and new found energy. If your dog suffers in this way, follow the course of action in this book. Stop the drugs, the prescription diets, save yourself a fortune

and go with what's effective. Witnessing the change in your dog will lift both your spirits.

### **Cancer**

We're too familiar with the word, and it's no less tragic in dogs as it is in human beings. Cancer is believed to be caused by an immune system that has been compromised in some way, and it generally reveals itself at an advanced age. And we've already established that the inevitable result of a commercial diet is, in fact, a compromised immune system. But in this case it doesn't take years to manifest. The changes in DNA resulting from an over-stressed immune system can begin earlier in life.

Cancer is a preventable condition. Research clearly shows proper nutrition helps support and maintain a dog's body naturally. While I cannot say conclusively diet change will heal a dog with cancer, I have witnessed the remission of cancer in dogs when following a natural diet. One caveat here: if your dog already has cancer, start him on a natural diet using organic ingredients as soon as possible. This will help to reduce the burden resulting from food additives, and with good fortune, facilitate the remission of the cancer. Remember, natural whole raw food is also healing *medicine* for carnivores – it is in fact, the only medicine available to an

animal in the wild – and a far superior remedy to drugs and chemotherapy. In my opinion it's your *best* chance at healing cancer, and can be highly effective when used alongside a regimen of care from a holistic veterinarian service.

### **Liver disease**

This is another serious and unfortunately common problem in older dogs. Carnivores require a large liver to manage and metabolize their intake of concentrated proteins and fats. The liver, the largest gland in the body, also bears the brunt of toxins emanating from an overburdened bowel *and* periodontal disease, both of which are linked to artificial diets.

However, no hard evidence exists about how this condition manifests, either from diet or another causal agent. The costs of diagnoses and treatment are enormous, so vets usually recommend a change of diet from regular commercial food to a more expensive prescription commercial offering, a strategy destined to fail because it does nothing to ease the burden on the liver or address the periodontal condition.

A thorough mouth cleanup and change in diet can often improve the condition, and if caught in the early stages will result in the return of your dog's vitality. Bottom line: dogs

## THE JUNK FOOD LINK TO BAD HEALTH

fed a natural diet rarely have liver problems. In August 2013 a dog with late stage incurable liver cancer was successfully cured in 59 days simply by switching to a raw food diet, demonstrating that anything is possible.

### **Fleas**

The real issue where diet is concerned and as it relates to fleas, is that your dog already has enough to deal with given all the side-effects of a life dependent upon commercial food. Veterinarian-suggested remedies for flea problems produce more toxins, adding to the dog's body burden.

I have seen and heard many times that fleas are not as prolific on naturally fed dogs and in my own experience, this has been true. If the body is free of toxins due to a natural diet of raw meat on the bone, dogs are better equipped to handle the discomfort and potential infection of fleas, and whatever *natural* remedies you apply stand a better shot at working.

### **Gas**

Another common problem and one hard to miss. The rancid smell emanating from your dog's backside is an indicator that incomplete digestion and bacterial hazards are taking place. We all know how this feels for ourselves, and it is no different for our dogs. All is not well with the digestive system, and



the condition will deteriorate if left unaddressed, even leading to IBS, bloat and bowel cancer. A change of diet to a more natural regimen will prevent gas and the diseases that can stem from it.

### **Anal glands**

The anal sac positioned at the exit of the anus produces a hormone used as a calling card to other dogs. Many dogs have blocked sacs necessitating emptying by a veterinarian, which isn't free for the dog's owner and can cause soft tissue trauma.

Often the reason this gland becomes blocked is because of the dog's diet. Stools consisting of commercial dog food are pushed out as soft or sloppy waste, while a natural diet is squeezed out under pressure. This causes the anal gland to release and empty on a daily basis, returning your dog to its natural state and behavior.

### **Problem behaviors**

You have heard it on the news and in the press: the antisocial behavior of our children changes when they are taken off fast food and put on a diet of fresh food and vegetables. Not surprisingly, it's the same for dogs, only the

## THE JUNK FOOD LINK TO BAD HEALTH

junk food is the commercial garbage we buy in the stores, and the new diet is carnivore-specific.

When a dog is suffering it affects their behavior, everything from sullen listlessness to aggression born of frustration. Imagine what that must feel like – having no discretion over what you are eating and powerless to change it, yet stuck with the consequences in the form of feeling miserable and sick, day in and day out. We say we love our dogs, and if we truly do there can be no hiding from the fact that this terrible existence is entirely one of our own doing.

Dogs usually suffer in silence. They take comfort in your presence, which is why it might be difficult to notice they are not feeling well. They may have periodontal disease, digestive discomfort – think of how you feel when you eat too much fried food topped off with too much sugar – or their behavior is influenced by elevated toxicity levels from the continual bombardment of additives in commercial junk food.

There is a difference between the behavior of a dog suffering and one that has simply been poorly trained. Many owners tell of witnessing a complete transformation in their dog's behavior after putting them on an all-natural diet like the one advocated in this book. Remember, food is medicine for our

dogs, and in that context we, as owners, are the prescribing doctors that can make their lives wonderful again.

### **Reduced appetite**

Some dogs seem to be fussy eaters, which can lead to a loss of weight, shrinking muscles and a gaunt body. Owners tell me how their dog refuses to eat kibble, so they spend time flipping from one product to another in the vain hope that their poor dog will suddenly become excited about the latest product offering. In truth, however, the situation does not change and the dog stays in a state of semi-starvation due to the lack of nutritious food.

Once again, a move to natural raw meat, bones and offal will bring about the desired result. The dog should immediately be excited by the prospect of eating, and because of this will gain weight quickly.

### **Heart, lung and joint diseases**

A complex combination of events can occur to bring about heart, lung and joint disease, especially in older dogs. Collagen, the vital reinforcing protein imparts strength and elasticity to the joints, heart and lung tissue.

Over time the accelerated deterioration from consuming commercial diets means organs and joints slowly become

damaged, unable to operate efficiently. Dogs fed a natural diet rarely develop these diseases, and if they do, they occur much later in life. This suggests that additive-laden junk food leads to allergies, periodontal disease, and general deterioration of the immune system, which in turn leads to heart, lung, joint and kidney disease.

### **Antibiotics**

The 'magic bullet' of the medical profession has lost credibility of late, and for good reason. Antibiotics can fail to kill the harmful bacteria and actually kill the body's beneficial digestive bacteria instead, opening up the body to a proliferation of yeasts, fungi and highly resistant bacteria. A strong immune system resulting from a natural diet outlined in this book will give ultimate protection to your dog. This point cannot be over emphasized, as it is the key to your dog's ultimate health and well-being.

### **Pancreas**

As with the liver, your dog's pancreas is working overtime dealing with a junk food diet. The result is large amounts of foul smelling stool, the consequence of an unmet demand for enzymes produced by the pancreas as it struggles to keep up with excessive requirements created by junk food. This can lead to pancreatitis, where the body literally stops producing

## THE JUNK FOOD LINK TO BAD HEALTH

the necessary enzymes that allow the digestion process to breakdown and absorb food. Remember, your dog's natural diet, forged through millions of years of evolution, is raw meat and bone.

Dogs can't produce digestive enzymes in the quantity or quality to deal with the nutrients in grains. Natural food contains its own level of enzymes to work harmoniously with what the pancreas produces. A diet of green tripe, raw beef pancreas and some meat on the bone has been proven to aid recovery of this condition.

### **Diabetes**

More and more in this age of processed dog food, our dogs are falling prey to diabetes, a condition well known to us humans, where insulin is not being produced in enough quantities to regulate blood sugar levels in the body.

Starting your dog on a fresh natural wholesome diet of raw meat on the bone, some offal, some tripe and a few vegetables will immediately begin to alleviate such a condition and prevent future problems.

However it's important to implement diet change in combination with your veterinary treatment plan to monitor

insulin level adjustment. Expect this to take at least 6 months.

### **Hip dysplasia**

This painful condition is caused by lack of development in the hip socket. The larger breeds are particularly prone to this ailment, as the condition is exacerbated by their sheer mass and the strain it places on their joints. Most often, hip displacement is diagnosed as a result of minor injury which stretches the ligaments in the hip, causing the joint to become too loose, causing pain. Some believe it to be a genetic problem, but despite the lineage the condition can often be prevented by feeding your dog naturally.

Several Scandinavian studies have shown conclusively that a natural diet prevents hip dysplasia. Puppies fed a raw natural diet will grow more slowly over kibble-fed puppies, which lead to stronger bone structure, more muscle tone and no loose joints. Naturally fed dogs also exhibit far greater physical control at the same stage of maturity.

A natural diet means fewer calories for the same amount of protein, producing slower growth with stronger joints and greater muscle tone, which in turn means less chance of hip displacement problems. Kibble fed dogs are gorging on sugary carbohydrates and less protein.

### **The bottom line about dog food**

Virtually any disease or natural deterioration you can think of connects to your dog's dietary regimen, something over which *you* have almost complete control. From the digestive tract especially, to gums, eyes, bone density, joints, brain and behavior issues, the likelihood of seizures, heart disease, and cancer, the prevention and cure – remember, what your dog eats functions as medicine, or if it's wrong, toxic poison – is a function of food.

Commercially processed dog food is, by and large, junk, at least in the context of nutritional value and long-term effects. The wrong food will leave a dog susceptible to infections and give cause to the use of antibiotics and other drugs. A naturally fed dog will be protected from infection through a strong and healthy immune system, and if your dog is already suffering from disease, he will recover much quicker and without the need for toxic drugs.

Sadly, when our dogs are finally admitted to the vet for diagnosis and treatment, it's the *symptom* of the diseased organ that gets treated, rather than the cause of the condition itself. That treatment usually involved strong pharmaceutical drugs piling on additional toxic burden to an already weakened body. Certainly, some serious conditions

## THE JUNK FOOD LINK TO BAD HEALTH

merit the consideration of veterinarian-prescribed drugs, but when it comes to the prevention of disease and the optimization of your dog's natural biological processes, there is nothing as strong and powerful as a natural diet.





## THE JUNK FOOD LINK TO BAD HEALTH



## 4. Raw materials



### **Overview**

By wiping the sheet clean and starting afresh with an open mind you will already be a long way to towards solving the dilemma of bad nutrition. Feeding a natural diet to your dog will become second nature just as it is to feed your kids, only easier and quicker.

By imitating the evolutionary diet of our domestic dogs, the closer we will be to providing the nutrients our pets require for optimum health. Our modern convenient lifestyle affords us a short-cut to pre packaged or at least cut and ready food choices at the local butchers. All we need is at our finger tips and can be easily prepared. As a result, our dogs can enjoy a life endowed with enormous benefits through long lasting health.

One of the great things about dogs is they have an enormous capacity for variation. The quality of food, the amount given and the timing do not have to be precise to get it right. As you go through the next three chapters you will build a picture of how to start, what to do and how to know that what you are doing is correct.

### **Basic Food Groups**

#### **Meat**

Raw meat is the protein rich muscle meat from chicken, beef, lamb and rabbit for example. Raw meat is rich in amino acids, the building blocks of protein and also contains fatty acids, phosphorous and other vitamins and minerals. calcium phosphate,

The main component of your dog's daily meal will be muscle meat. By using a variety of red and white meat sources over time you increase the range of nutrients in your dog's diet.

Added to this list would be raw eggs and fish both classed as meat.

#### **Bones**

Bones provide a rich nutritional foundation essential to your dog's health, containing a complete source of calcium phosphate, collagen, minerals and vitamins A, B and E.

## RAW MATERIALS

Raw bones are supple and do not splinter like nutrient poor cooked bones. They provide great upper body exercise, intestinal exercise, aptitude and focus for growing pups and fantastic teeth cleaning.

As part of the digestive process, your dog will convert raw highly nutritious bones from small easily crunched up swallow-able pieces into a highly usable soup within half a day as strong stomach acids melt down the incoming food.

Raw meat and bones make up the major portion of your dog's diet and create a healthy balance of phosphorous from the meat and calcium from the bone. Together they provide balanced nutrient rich food that your dog will use to maintain a healthy body for life.

### **Offal**

The internal organs such as tripe (the stomach lining) liver, pancreas, kidneys and heart (counts as muscle meat also) are rich in nutrients, providing greater balance to the overall diet.

Only feed once per fortnight as a complete meal or add small pieces to other meals. One exception is tripe which is superbly nutritionally balanced and can be fed as often as you like.

### **Fat**

Fat is another essential element of the diet. Fat is spread throughout meat and attached as thick covering under the skin. The fatty grizzled cheap store bought cut is the best part for your dog because the fat, tendons, cartilage and muscle meat promote healthy skin, soft shiny sweet smelling coat and great energy.

### **Vegetables, Edible Herbs and Fruits**

A small amount of ripe fruit, vegetables and edible herbs can be a good thing as they add to the range of the nutrient profile that will benefit your dog's health. Some pre-digested vegetable matter is eaten from the stomach of herbivores by wild dogs and when the food supply is limited, a wild dog will resort to foraging for berries, fruits and other vegetable matter which suggests that they have a role to play in your dog's diet. Ripe fruit is enjoyed by a lot of dogs containing anti-oxidants, vitamins, micronutrients and vegetable fiber that add to the nutrient profile your dog benefits from.

Include above and below ground vegetables:

#### **Above-**

Broccoli, cabbage, sprouts, pumpkin, zucchini, squash, asparagus, celery, cauliflower, brussel sprouts, artichoke,

## RAW MATERIALS

fennel, avocado (not skin or seed), various beans, rocket, bok choy, any salad greens, cucumber, peas and mushrooms.

### **Below-**

Carrots, sweet potatoes, turnip, yam, swede, parsnip, fennel, and beetroot.

### **Fruits**

Cantaloupe, apple, plum, banana and pear.

### **Herbs**

Parsley, basil, mint, nettle, sage, tarragon, thyme, sage, dill, coriander, oregano, fenugreek, marjoram, dandelion leaf, rosemary, turmeric, hyssop, ginger, chamomile, lavender, lemon grass and roots of culinary herbs.

It's ok to mix fruits, vegetables and herbs, add to the meal or feed separately in small proportions once or twice per week. Trial and error will help you find out which ones your dog likes. Above ground vegetables tend to loosen stools, aiding in alleviating constipation if you've over done it with the bones and not included enough meat. Below ground vegetables tend to harden stools.

## RAW MATERIALS

For your dog to make best nutritional use of vegetables it's better to break them down into digestible form either from raw or part cooked and by fine grating, liquidizing, pureeing or mashing to a pulp. This breaks down the cell walls in the vegetable matter for better nutrient absorption by your dog.

The greater the variety of vegetables and herbs you feed your dog the better. We cannot know the total value a dog needs to benefit from the nutrients in vegetation but we can use a large variety of fruit, vegetables and herbs to include as many necessary vitamins, minerals and antioxidants as possible. There are several ways to achieve this. Use whatever you normally have on hand at home for your own needs, buy in some choices your dog might like according to what's available locally or the simplest method of all is to supplement your dogs meal with some freeze dried super greens (see supplements).

If you're able to feed whole rabbit, chicken or game bird (with internal organs intact) the need for vegetables is reduced as vegetable matter is already available in the stomach contents of the animal. Tripe will also lessen the need for extra vegetable matter as some of the biological makeup of this food group contains plant derived nutrients.

### **List of foods generally available**

Chicken, Turkey, Beef, lamb, Fish, Pork, Rabbit, Venison, Goat, Pheasant, Duck, Quail, Kangaroo, Elk, Buffalo, Green Tripe and Eggs.

### **Chicken and turkey**

Chicken and Turkey form a good basic start to your dog's diet. Necks, wings, backs and quarters are a great starter for small dogs and puppies. Whole frames (what's left over once breast meat, wings and legs have been removed) are sometimes made available at supermarkets for soup stock or available from butchers or over the internet.

Whole frames are great for medium and larger dogs because they require crunching and braking down into swallow-able chunks which promote teeth cleaning and upper body exercise.

Chicken wings and necks are great for puppies and toy breeds while turkey necks are great for medium and larger dogs.

The breast, thighs and drumsticks provide all sizes of dog with a cheap well proportioned meal of meat and bone that is soft, safe and splinter free.



### **Lamb**

Lamb is another good food source with necks, shanks and half racks of lamb rib with leftover meat attached making a great choice with the added benefit of a jaw, neck and shoulder 'workout' for the medium and large dog.

For the medium to larger dog, raw lamb ribs get gnawed and crunched up into smaller pieces as they are soft with plenty of marrow.

Lamb neck and shoulder joints are great to give your dog a good 'workout', taking time with maximum teeth cleaning and can be bagged up to be refrigerated for the following day if not finished.

The lamb breast or lamb flap is made up of the soft rubbery bones and can be cut up into suitable portion size for all sizes of dog. The bone is chewy, easily handled by young pups and toy breeds and provides excellent teeth cleaning.

If you're feeding bones with little meat attached its best to supplement with a little boneless meat, tripe or offal to avoid possible mild constipation.

### **Beef**

Beef is another excellent option for dogs and the reason why in some parts of the world your dog's direct ancestor - the wolf - formed hunting groups to track, chase and bring down buffalo sized Musk ox.

Well covered meaty rib bones provide good nutrition to the medium and large dog being stripped of all surface meat and fat and chewed away at the edges leaving the larger length section which you can discard. This is great for cleaning the large canine incisor teeth often the most affected by plaque.

Oxtail, or beef tail is a good cheap option and comes in large or small pieces. Its center bone is soft, sinewy and chewy and another great 'workout' for all sizes of dog. Ask your butcher for the large end of the tail for the larger dog and the small end is great for puppies and toy breeds.

The large knuckles and marrow bones are ok if they are covered in meat and sinew as they can be worked on to strip away the softer parts. But unless you have a competent bone eater (I've seen dog's know out the smooth ball joint with ease) discard the bone once the meat is taken off to prevent an over enthusiastic dog damaging their teeth on the hard length section.

## RAW MATERIALS

One option is to have your local butcher cut the femur bone into two inch lengths so your dog can lick out the rich marrow. Again, when the marrow is all gone discard the bone.

Beef can cause allergic reactions in some dogs, specifically itchy skin due most likely to the way in which the livestock is raised. Feedlot livestock fed on dry food and treated with various chemicals probably holds the key here so watch your dog's reaction to beef or try feeding organic beef. While variety is good and most dogs do just fine, if your dog develops an allergy to beef, discontinue feeding it.

### **Pork**

Pork neck makes a soft edible choice for medium and large dogs. The trotters (feet) are a cheap option dog's love to work on, whole for medium and large dogs or cut into smaller sections for small dogs. Again, they're perfect for cleaning the large canine 'fang' teeth where the most stubborn plaque deposits occur.

### **Fish**

Fish is a great source of food for your dog. Most fish we eat will be fine for your dog and the oilier fish such as mackerel,

## RAW MATERIALS

herring and sardine are particularly good for omega three and six oils.

### **Rabbit**

Rabbit is excellent, a great natural alternative in pieces for small dogs, half frame for medium dogs and the whole frame for large dogs.

### **Venison**

Great source of food for dogs and often available through hunters along with other game if you happen to live in areas where this is available.

### **Eggs**

Eggs are part of the canine diet and provide important brain, eye and body nutrients in natural unprocessed form. The yolks are highly nutritious containing essential fats, including conjugated linoleic acid, phospholipids, lutein, vitamin D and E plus choline which aids in the digestion of fatty acids and fat-soluble vitamins. Egg whites are an excellent protein source and provide riboflavin, selenium, potassium, magnesium and zinc.

Eggs shells can provide a good source of extra calcium if you're dogs not getting enough bones in their diet. Washed

## RAW MATERIALS

and dries shells can be ground up into a fine powder and added to the meal.

Break whole raw eggs into bowl or add to other food in the meal. Eggs are best fed alongside meaty bones as opposed to just feeding with vegetables or offal as this will loosen stools too much.

### **Green tripe**

Tripe is probably the most all round best food you can give your dog, literally super food for dogs. It contains the widest variety of digestible proteins and fats, has a calcium:phosphorous ratio of 1:1, contains balanced essential fatty acids and even contains the good intestinal bacteria lactobacillus acidophilus. Tripe is also loaded with gastric enzymes which aid in digestion, amino acids for muscular development and its rubbery texture is great for its tooth flossing action.

Tripe is easily bought ready packed in meal size frozen portions from some local pet stores or over the internet by the box. Make sure it's the green variety as the white tripe commonly found at the deli is bleached and nutritionally useless to your dog. Also make sure you buy it in chunky form *not* ground if available. Tripe is also cheap to buy and defrosts quickly, just place in bowl and serve.

### **Table scraps**

Table scraps are okay as long as they form a very small portion of the diet. This presents you with the chance to supplement your dog's diet with leftover cooked or raw trimmings and table scraps including the vegetables (crush, mash or puree vegetables first). Do not feed hamburger meat and sliced deli style meats as they generally contain preservatives unhealthy for your dog. Use common sense; no dairy, fast food, sugary foods, peelings, rind or cooked bones of any type.

### **Proportions**

These are the general figures to aim for and will give you the desired outcome, a healthy dog for life.

Feed around 50-65% boneless muscle meat, green tripe and eggs.

Feed around 30% meaty bones

Feed around 10-15% Organs

Feed around 5% Vegetable matter

Dogs will eat any kind of raw meat, organ meat and green tripe. If you can feed whole carcasses of chicken, rabbit or duck for example then great, as the diet is complete in that organs and vegetable matter are being consumed along with

## RAW MATERIALS

the meat and bones. Otherwise portions such as chicken quarters, lamb neck or meaty beef rib bone for example are fine with a little supplementation of organ meat and vegetable matter. There's also the option to buy in pre packed ready raw meals from reputable suppliers. These meals generally contain a balanced supply of lean meat, bone and vegetables. You can also buy in packs of minced meat with ground in bone that you can add your own home prepared vegetables, fruit and herbs.

### **The organic option**

Organic food is the best food source as it's the cleanest and for older sick dogs, I highly recommend you use organically sourced food until the dog is fully recovered. It simply provides that extra level of health benefit. However, dogs are far better off with non organic human grade food compared to kibble and canned. But if you can feed grass fed/free range or organic raw food then this is preferable. I do recommend that if you can, stay away from indoor/feedlot livestock for ethical and quality issues.

### **It's in the mix**

I have found no problems mixing different food choices in the same meal and it seems to be beneficial. Some dog owners like to mix up a large supply of food containing a balanced

## RAW MATERIALS

mix of meat, ground bone or eggshell and vegetable matter in one go, then make up meal size portions for freezing. Often what's left over from a previous meal where the carcass i.e. rabbit or large chicken frame was only partly eaten, I will add to the next day's meal of lamb brisket or meaty beef ribs and finish with an egg or two. As long as you write up a nutritionally balanced menu for your dogs dietary needs for two weeks to a month and use all the ingredients you have in for that period of time, you will know your dog is well taken care of.

### **Water**

Water is the largest component of your dog's diet as three quarters of all your dog consumes is made up of water. The water you give your dog to drink must be filtered or quality bottled water, NEVER tap water. Tap water contains fluoride, chlorine and heavy metals among other degenerative chemical contaminants that are unhealthy for dogs.

Methods of filtration include ion exchangers, reverse osmosis and active carbon filtering as the best forms of making water safe to drink for your dog. A counter top or fridge door water filter is an economical way to make tap water much safer to drink, helping to extend your dog's life with fewer health problems.



### **Balancing out the overall diet with supplements**

A healthy dog needs little in the way of supplements. A balanced diet as outlined generally provides the vitamins and minerals needed for healthy metabolic functioning. However, the food we are providing to our dogs, especially non-organic food, does have its limitations due mainly to modern agricultural practices that have depleted much of its nutritional richness, compared to food-on-the-hoof wild dogs would have preyed upon many millions of years ago. So incorporate the four specific supplements outlined below.

1. **Whole food super-greens** can pack in a diverse range of freeze dried greens, culinary herbs, pre and probiotics, vitamins, minerals and antioxidants not commonly available with potential for additional micro nutrients and trace elements to raise your dog's nutritional profile for optimal balance.

The value of vegetables, fruit and herbs for digesting minerals and other nutrients in complex combinations is to date little understood. However we do know that for example iron requires vitamin A and C to be absorbed and selenium requires vitamin E. Nature is very complex as most likely the combinations are

## RAW MATERIALS

infinite, so I recommend a good quality super greens like Green Vibrance to achieve as many combinations as possible.

There are formulas available that are specifically made up for dogs but I find them limited in the range of ingredients and more expensive to purchase. While intended for humans, Green Vibrance is carefully freeze dried from organic ingredients and contains vitamins A, most B's, C, D, E and K plus minerals; boron, choline, inositol, iodine, chromium, iron, manganese, copper, potassium, molybendum, selenium, sulphur and a host of phytochemicals.

Green Vibrance also contains many strains of pre and probiotics. Prebiotics are good for the gut flora to feed on enhancing the immune system by preventing harmful bacteria entering the gut. Probiotics are useful bacteria for re-populating the gut back to normal levels especially post antibiotic treatment. Various Bifidus and Lactabacillus strains are included and will help a sensitive GI tract to full digestive health.

These green provide a great variety of beneficial nutrients your dog can benefit from as part of their

## RAW MATERIALS

raw food diet and especially for owners whose dog may not take to vegetables. Just serve as recommended on the container but reduce the serving size according to your dog's weight. Roughly stated, a 50lb dog would use one third of a serving size, a 25lb dog a quarter serving and for a 12lb dog just a pinch added to the meal will do.

Always use some fresh vegetables, fruit and herbs. This can simply be whatever you have available as part of your household shopping but adding in super greens is a convenient way to achieve excellent nutritional advantages.

2. **Coconut oil** has a host of benefits for its anti viral, anti fungal and anti bacterial properties which help balance your dog's immune system. It's also great for diabetic dogs as its one of the only fats that does not cause insulin spikes in the blood stream.

For a maintenance dose in all cases try 1 teaspoon per 10 to 20 pounds of bodyweight.

or more specifically:

- 250 mg. daily for toy breeds (1 – 14 lbs.)
- 500 mg. daily for small dogs (15 – 29 lbs.)

## RAW MATERIALS

- 1,000 mg. daily for medium dogs (30 – 49 lbs.)
- 1,500 mg. daily for large dogs (50 – 79 lbs.)
- 2,000 mg. daily for dogs 80+ lbs.

### **3. Himalayan pink mountain salt**

Himalayan pink mountain salt is the very purest form of rock salt mined from the Himalayan Mountains. It's rich in minerals and advocated by health conscious people the world over for its properties with 98 trace mineral recorded in its makeup.

Our dogs NEED minerals as we do and the lack of minerals in a commercially fed dog's diet may well be the leading cause of disease in dogs today. Minerals are used by the body in many complex processes as part of the body's electrical system right down to the needs of individual cells.

Simply add to three alternate day's meals each week by adding a very small pinch to a small dog's meal, a medium pinch to a medium dog's meal and a larger pinch to a large dog's meal.

This is a very economical way to give immense nutritional health support to your dog.

### 4. Canned sardines

While not strictly a supplement, you are using them to balance out the excessive Omega 6 oils in red meat. Because sardines are abundant in Omega 3 oils, this is a great way to redress the balance while also getting the benefits of extra calcium, vitamins and minerals from this oily fish.

Simply add to three alternate day's meals each week by adding one fish from the can for a small dog, the whole can to the medium dog and two cans for the large dog.

### If feeding indoor grain fed meat

Indoor grain fed livestock from Europe and North America lack omega-3 oil in the meat. While fresh or canned Sardine is better, fish oils are also rich in omega-3 and this helps to balance out the more abundantly occurring omega-6 oil in the meat. A teaspoon of krill oil or cod liver oil for small dogs, 2 teaspoons for larger dogs two or three times a week will help.

**Vitamin E** is a fat soluble antioxidant found naturally in raw red meat, liver, green leafy vegetables, nuts and seeds. If the diet is balanced there should be no need for extra

vitamin E. However if your dog is still recovering their health adding in extra Vitamin E will help. Use vitamin E as mixed tocopherals at about 50 I.U. per 20 lbs of lean bodyweight.

### **Storing food**

If not using food fresh, all food will be stored frozen in your standard household freezer. For small dogs using a space in your current home freezer will be suitable. If you have a medium to large dog(s) then an investment in a suitable second hand dedicated freezer will be best. An under counter freezer is fine for a medium sized dog of high energy for one month's supply of food and a larger upright, or medium sized chest freezer for a large active dog.

By working out your storage capacity for the size of your dog, their energy levels and how long you wish to go between re-stocking the freezer, you can work out what size to invest in. As a guide estimate your dog's weekly consumption to be about 20% of his or her bodyweight. So a 12lb dog needs around two and a half pounds of food per week, a 50lb dog would need ten pounds of food a week and a 100lb dog will need about twenty pounds a week.

If buying in bulk over the internet for example, once the food is delivered you can divide the food out into daily portions for

## RAW MATERIALS

freezing and place into separate compartments in order to easily assess how much of each food item you have in stock and what you need to order in.

A comprehensive resource list is available at the end of the guide for all your online natural food needs.

Also at the end of the guide is a sample menu and table for you to plan your food requirements to identify just what you will need to pull out each day to defrost for that day's meal.

### **Hygiene**

Normal household hygiene applies just as for the rest of your 'human grade' food. Wash used surfaces, utensils and your hands with regular detergent.

### **Costs**

You can feed a medium sized dog well from almost *free* to \$3 or £3 a day. I find the average is around \$1 or a £1 a day for a good mixed and balanced month's food; if you use local butchers or other meat supplies, buy in bulk locally or via the internet.

The trick is to make friends with a couple of butchers or other meat suppliers in your area, because they throw all scraps out at the end of the day and this is a chance to have

## RAW MATERIALS

them save the scraps for you-meaty bones, off cuts, chicken/turkey necks and frames, offal, sell by date expired food, feet, heads etc. A fantastic and free opportunity to feed your dog food it will thrive on.

Buying in bulk over the internet is a great way to save money as fast courier services of cold storage boxes with fresh or frozen ice-packed contents are an easy option today.





## 5. Making the Switch to Real Food



### Overview

Changing your dog's diet is a very *big deal* if you're the dog. Because short of going out to do his business and the occasional tummy rub, there is nothing in your dog's life to which they look forward more, and with great passion, than their next meal. And even if that next meal looks completely different, and even if it is – perhaps for the first time in the dog's life – representative of the dog's natural way of eating, he may not agree right off that this is a good thing.

The vast majority of dogs will take to the new natural diet with enthusiasm, some may show a bit of reluctance. All that sugar and all those additives make the canned food you've been feeding for years pretty darn tasty, and dogs, like their owners, are nothing if not creatures of habit. So your patience is an important part of this process. Be sure you're ready to begin and act with confidence. Your dog will

## MAKING THE SWITCH TO REAL FOOD

sense this – they do look to you for approval – and help shorten the acclimation period.

Once your dog is eating a nutritious natural food diet, you will notice many positive changes, including increased appetite, better muscle tone, less gas, smaller stool volume, and a self-regulated meal volume that leads to normal body weight. Soon their entire life – from how they eat to how they look and feel, and of course, how they behave – will attain a new balance thanks to the new holistic system of nutrition you have introduced to their lives.

Regardless of how you've been feeding your dog previously, once you've introduced a new natural diet you are shooting for a frequency of one meal per day, making all the dog can eat available. The dog will tell you when he's full, which wasn't the case before, when they'd eat whatever, whenever, even if it made them sick. This is the frequency your dog's cousins in the wild live by, and it's not by choice as much as it is a function of nature – eating once a day allows the animal's digestive system the time it needs to process the incoming food and then recover from that work.

It will take your dog's stomach about two full weeks to completely adjust to the new routine of raw food, at which

## MAKING THE SWITCH TO REAL FOOD

time it will be fully efficient in producing the enzymes necessary for smooth digestion.

If you have been feeding your dog twice a day, the first change you make is to begin the real food itself, keeping to the two meals per day regimen. Soon you'll notice the appetite for the second meal waning, at which time you make the frequency switch to one main meal per day.

Don't worry about missing that second meal – your dog won't – as his system already prefers the one-meal-per day regimen you've just begun. Dogs are marvelously adaptive – they can go a long, long time without eating if they have to, which does happen in the wild – so even on one meal, they're eating like kings compared to their wild brethren.

### **Switching Cold Turkey**

#### **Three step process**

Before you begin you need to decide how healthy you think your dog is? If you think they are fit and healthy or at least what you consider normal condition then use this 3 step process. If you're not sure or your dog is over 7 years old then follow the switching process for the senior dog.

## MAKING THE SWITCH TO REAL FOOD

There is a three step process to switching your dog to a one meal per day natural food diet. Or, to risk a pun, to go *cold turkey* from their processed food eating routine.

- 1.** Buy only one food source to begin with. I recommend chicken, as it's an easy starter meat with soft bones and it's easy to digest for the vast majority of dogs. Try necks, thighs and wings for small dogs, and whole frames for medium to large dogs. It's important to give as large a single piece as possible so the dog has to *work on it* while chewing, crunching and generally breaking it down to easily swallowed chunks. This greatly promotes teeth cleaning while preparing the digestive system for incoming food, and your dog will find all this chewing work to be satisfying, both mentally and physically. If you've ever given your dog a rawhide bone as a toy, you've seen this focused satisfaction with your own eyes.

In the rare event that your dog is just too over enthusiastic with bones and you have monitored closely their initial attempts and their bone manners concern you at this early stage, just start with ground in bone options as minced chicken either as ready meals from raw dog food suppliers or via a local butcher.

## MAKING THE SWITCH TO REAL FOOD

**2.** On the day you begin, have your dog miss his daily meal the previous day so that he is empty and brings a ravenous appetite to begin the new replacement meal the following day. If you feed twice a day, then miss the morning meal and feed the raw replacement meal in the evening.

**3.** Feed your dog the piece of chicken, bones and all. Start with one type of food for the first week, and then each week thereafter introduce a new choice, culminating in a minimum four meat on the bone choices, plus eggs, offal, sardines, a small amount of vegetable matter and supplements.

By using a single meat on the bone choice as the main ingredient each week for the first four weeks you will know what your dog likes and if they have any allergy problem with it.

If the thought of bones concerns you at this stage, I fully recommend starting with raw green tripe.

Don't worry about that partially-consumed bag of kibble, because your dog won't. Other than the quantity of food at first, you absolutely don't need to ease into this new eating plan, which means you should *not* mix some kibble in with

## MAKING THE SWITCH TO REAL FOOD

the new meat meals you are providing. Your dog will become comfortable with this new routine long before you will, so take your cues from him and relax with the assurance that your pal is better off by a long shot.

Before long your dog's stomach chemistry will have adjusted to the new food, allowing you to increase the size of portions as needed. (How much, and how often, is covered in Chapter 6.) You are not concerned about balance and quantity at this stage, but rather, it's all about a successful switchover of preference.

In time, when you follow this menu switching guide, you will be able to work up to a wide variety of raw meat on the bone, as well as organs and all the extras. Just go slowly at first, giving your dog's system a chance to adjust to real food and slowly heal after what very possibly has been years of digestive havoc on an artificial commercial diet.

### **Switching fussy dogs**

If your dog seems to resist the changeover, it may require some ingenuity and even some well-intentioned deception on your part. While food aversions do sometimes occur, most of the time resistance is simply wariness of the unknown, and when that's the case you can rely on particular a law of nature: hunger trumps fear every time.

## MAKING THE SWITCH TO REAL FOOD

When your dog won't eat the food you put in front of him, give him a reasonable amount of time to think about it (say, an hour or so), and then take it away. He won't seem to mind at first, but the trick here is to not feed him something else. He's missed the meal, and soon enough that fact will dawn on him. While this may seem harsh, rest assured that this one-day fast will do no harm to your dog, whose system has been designed to go long periods of time without eating. The next day the hunger will be in full force, and chances are the new food will begin to look pretty good. If resistance continues, do the same thing – stash the food until later the same day or even the next day. This is a sure-fire approach to changing your dog's mind about the new food, and it won't be long before they don't hesitate to dig in.

If you've developed a pattern of play associated with food, such as tossing bits of kibble into their mouth, you can switch this approach, as well. If your dog responds to the rattling of a box or food in the bowl, continue that as a cue. Except now, instead of tossing a bit of kibble into the air, toss a piece of raw meat. The dog will soon forget about the rattle and catch game and want you to get to the meat without the fun and games, and when that happens the switchover will be well underway.

Also see chapter 7 for more tips on switching fussy eaters.

### **Switching puppies**

This one is easy: just make the change. Simply begin the natural diet. No need for deception, bait and switch or guilt, your puppy will be in doggie nirvana from the first bite. The benefits of teeth cleaning that result from a natural food diet are particularly important for puppies, so take heart when you see them earnestly channeling their inner wolf as they gnaw on a piece of meaty bone.

It's not a good idea to mix your puppy's raw food with kibble. Because kibble requires a different pH in the gut to digest, it can make your puppy more vulnerable to the bacteria in the raw meats. Your puppy is capable of handling these bacteria just fine, but once you add in artificial foods, the meat will sit in her digestive tract twice as long, which means there's a bigger chance of harmful bacteria building up.

Puppies are naturals and switch easily; it's the adult dogs that occasionally need a little help and encouragement to find their dietary roots.

By making the change early you're saving your puppy years of quiet gastrointestinal suffering and other problems caused by a junk commercial food diet.



### **Switching the senior dog gradually**

Older dogs may present more of a challenge. A dog that has been on a commercial diet for its entire life is well into a pattern and going cold turkey may prove a bit difficult at first.

Your dog's body is full of the toxins that result from a commercial diet, which means it's producing the wrong kinds of stomach enzymes for efficient digestion. Because of this it may be wise to introduce the dog to its new natural diet more gradually over several weeks.

Begin by adding a few small pieces of chicken frame, neck or a wing to the meal. Keep an eye on your dog's stool, if it remains normal over the first few days try them out on a full raw meal. If the stool continues to remain normal, then assume it's safe to continue with the raw only meals.

If there is diarrhea, belching and gas then you'll need to switch very gradually. Over the course of several weeks you should increase the percentage of raw chicken to old food. Make sure to mix them together at first, then try feeding them separately, beginning with the raw meat. Stay with the same choice of raw meat for a week, then switch to another, including lamb, turkey, beef, fish or pork, or whatever the butcher has on hand.

Once your senior dog has been fully switched over, his stomach enzymes will have adapted to the gradual introduction of raw food and he'll already be acting with more energy and zest, perhaps for the first time in years. From there you simply need to experiment with portions to determine the correct size of meal. (See: Chapter 6 for more on meal size, balance and frequency.)

### **Switching the dog with health issues**

If your dog has a health problem, then chances are there is a vet in your life. Make sure your changeover plans are congruent with the parameters of treatment or tolerance for your dog's condition. Some senior dogs with blood-sugar disorders may be better off with two meals a day until the problem resolves itself and then you can move forward on one meal a day, or according to your vet's instructions.

If your dog has any form of gastro intestinal disease such as IBD, IBS, leaky gut, gut inflammation any form of intestinal disturbance or sensitivity, you'll need to get back to basics and set up a plan of action over possibly 3 to 12 months time frame. The damage has already been done but with care and time your dog can be brought back to full health again.

I highly recommend you locate a holistic veterinary practitioner to get the best support through this process.

## MAKING THE SWITCH TO REAL FOOD

Only holistic vets understand the problem which has probably been made worse by traditional veterinary medications such as antibiotics and corticosteroids which damage the gut lining and kill beneficial gut flora leaving your dogs GI system further exposed to inappropriate commercial dog food. With added chemical exposure, drinking tap water, vaccinations and environmental stress your dog is in a delicate state and needs longer term care from an integrative practitioner.

There is no one size fits all approach to this and while diet plays the central role here, you will need help and to go slowly. Jump starting your GI diseased dog on a full raw diet from day one won't work and your dog may end up worse off. However, don't give up as cooking the food to start with and switching the fully raw food over three months is a good plan of action. Feeding a fully raw diet is the goal but to get there in this situation means slower journey to recovery and full health once again.

Your holistic vet will discuss probiotics, diet, enzymes and nutraceuticals as part of a recovery plan to get your dog on the road to full health.

### **Detoxification**

Once your dog is started on a natural diet, the nutrients in the raw food will help the body heal from the ravages of

## MAKING THE SWITCH TO REAL FOOD

commercial food in a process of detoxification. Some dogs may not show any signs of this, but if they do expect to see some loose mucus-laden stools, body odor, bad breath and spotty pimples. Deep healing is taking place here, and the longer your dog was on commercial junk food the greater the intensity of the detoxification and its symptoms will be.

The process should last no longer than one to three weeks and afterwards you will have a dog free of toxins and is orders of magnitude cleaner and healthier, not to mention happier.

### **What to watch for**

It's good to keep a close eye on your dog when introducing the switch to the new diet and while chances of any serious problem occurring are extremely small it's important to be aware of possible outcomes and how to deal with them.

Some dogs exhibit excessive itching immediately upon switching to a natural diet, the result of a sudden abundance of protein. Try adding fat and more bone to the meals, or supplement the food with some veggies or tripe in place of some of the meat. As the condition improves, gradually reintroduce the meat protein again, and bring it back to the undiluted level as long as the symptoms don't return.

## MAKING THE SWITCH TO REAL FOOD

Some dogs may experience constipation from time to time. While natural fed dogs require more effort to pass their waste which in turn tones muscles and evacuates the anal glands, if your dog is straining it may be due to too much bone content in the meal which can be resolved by adding more meat or offal in order to soften things up a little.

Don't worry about vomiting, loss of appetite or lethargy, these are temporary conditions directly related to the detoxification process. Also don't be concerned if you notice a sudden voracious appetite, that just means your dog is appreciating the reprieve from all the junk you've been putting in his bowl. Diarrhea may occur, as well, which is another temporary response to the change in stomach enzymes, as well as the overall detoxification process.

If you find your dog continually vomits up a particular food choice then he may be sensitive to this food, just replace it with another choice.

If your dog isn't used to gnawing on raw bones, it's wise to keep an eye on things for a while as he learns to eat them. After years of eating kibble, your dog may become a little too enthusiastic and try to swallow the bones too fast.

## MAKING THE SWITCH TO REAL FOOD

Take care to feed bones that are too big to be swallowed whole, and covered in lots of meat. For example, instead of giving your large sized dog a chicken neck that he may simply swallow whole (admittedly, with a very small chance of choking, but the risk is still there), its best to begin with a whole chicken frame that will require crunching into smaller pieces that can be swallowed one piece at a time.

Remember, the goal is for your dog to use her teeth to cut the chicken frame into easily swallowed chunks and fill her stomach, that's it. Nearly all dogs can achieve this with any raw meat and bones, and no matter how long they've been on kibble they'll get the hang of it sooner rather than later.

Stick to easy starter bones like chicken frame, necks, wings etc or the more rubbery bones like lamb breast. Don't try beef knuckle bones, the long femur section or beef rib until you know your dogs bone manners on the easy softer bones.

And if you really have concerns early on then go for pre-ground in bone meals, either by making your own with a meat mincing machine, from your local butcher or ready made from commercial raw food suppliers.

## MAKING THE SWITCH TO REAL FOOD



## 6. Feeding Guides



### **Puppies feeding guide**

Puppies will eat real food from 4 to 5 weeks old. After the weaning stage, feed finely chopped or ground raw meat, such as turkey or lamb, tripe and egg. By 6 weeks of age they are equipped with teeth for ripping and tearing whole pieces of meat on the bone. If your pups have difficulty simply smash chicken necks and wings up with a steak tenderizer for easier handling. By 8 to 9 weeks old puppies should have no problems dealing with whole chicken necks, chunks of tripe, chicken pieces and the softer rubbery parts of lamb breast.

You can also feed a little fresh vegetable matter, for example carrot that's been fine grated, pulped or pureed, just go by what your puppy likes. Because pups will turn their nose up at one thing and another choice they'll love.



## FEEDING GUIDES

Feeding real food to puppies from an early age will seldom lead to overeating. Simply serve up 3 or 4 meals a day at room temperature and keep the mother away at feeding times, when they're done let her back in to clean up the leftovers.

From 8 weeks feed puppies 3 or 4 meals a day up to four months of age. From 4 months up to 12 months, feed twice daily and from 12 months you can reduce the meals to one main meal per day. Large breed dogs may still need two meals a day beyond the first year depending on their growth rate and possible growth spurts after 12 months will be better catered for with twice daily portions. Make sure to give your large breed dog plenty of rest, no forced exercise and kept slim until well passed the first 12 months.

Most likely your relationship with your new puppy will start around 8 weeks of age. Start by feeding her 3 or 4 meals a day as above, generally between 5% to 10% of the pup's weight spread over the daily meals, but more importantly go by how the pup looks and feels. To make sure your puppy is well fed, you should be able to feel a thin covering of fat over the ribs by rubbing your hands along the ribcage.

After the first week on one food source such as chicken or turkey, you can start to offer more variety introducing new

## FEEDING GUIDES

meat types each week until you settle on a minimum of 4 choices with extras like vegetables, eggs, offal, sardines and supplements. If there's any sign of digestive upset with gas, belching or diarrhea during the first week, switch food sources. Once things settle down, add in another food source the following week.

Toy breeds can eat wing tips, necks, tripe and small chunks of chicken back to start and they have the ability to handle a raw food diet quite as easily as any large hound.

It's important for your pup to break up the bones for itself in order to get the full benefits of thorough teeth cleaning. If you are concerned then simply smash the pieces with a steak tenderizer until you feel your pup is ready to handle chunks whole.

Feeding whole pieces like chicken wings, necks, Ox tail or a piece of lamb breast with its soft rubbery bones means your puppy is constructively occupied over several long meals each day. They also get a mental workout while they use their bright intuitive mind to figure out the best way to break down that tasty meal.

Balancing your puppies' raw diet is straight forward. If you view a turkey neck as a meaty bone, then your puppy's diet

## FEEDING GUIDES

should be around one-third meaty bones and half to two-thirds muscle meat. There's no magic formula and every puppy is a little different in their needs but the balance between calcium from bone and phosphorus from meat is achieved far more easily on raw food than on artificial processed foods filled with powdered synthetic calcium which a puppy cannot easily excrete.

Allow your new raw fed puppy to get used to muscle meat, meaty bones and tripe for the first few weeks before introducing offal. Then begin to add in small amounts of liver or kidney gradually to several meals each week. Don't skip the organ meats as they add to the overall nutrient profile.

I'm not a fan of over supplementing as it can lead to imbalance but if the meat you feed is not organic or grass fed antibiotic free then add in some cod liver oil or krill oil. Nutritional herbs are a good addition too. Try very small pinches of finely chopped parsley, basil and alfalfa. For probiotics and digestive enzymes, nothing beats raw green tripe - great puppy food! And always have water available that's filtered - never tap water! You can also add in the supplements suggested in chapter 4.

### **Adult dogs feeding guide**

Once your dog is over 12 months old feed once only per day for six days per week with one fast day, I'll go into more detail about fasting later.

Natural food has a far greater nutrient rich profile and so one meal a day is all your dog needs for peak conditioning. It takes up to 12 hours for a dog to digest a full meal. Compare this to a human whose digestion period is 3-4 hours and you can see that a dog will have very little time if any for the body's high energy consuming digestion process to rest in between meals. This allows the immune system 'cleanup crew' to go to work on housekeeping duties and use some of that energy to keep the body in great shape, instead of being fully committed to digestion which is biologically labor intensive. By allowing one day of rest from food the dog's body has the chance to put all its energies into healing and other body functions.

It's difficult to predict with any certainty the ideal volume of an adult dog's daily food requirements due to variation in size and energy levels. As an average, start with feeding 3% of the dog's ideal weight per day. Small dogs tend to have faster metabolisms and so up to 10% of their weight will be consumed. Large slow moving dogs may need less than 2%.

## FEEDING GUIDES

Allow for the dog's activity rate, exercise levels and general energy level to dictate how much to feed. By feeling the rib cage area you should be able to pinch just a thin covering of fat. A naturally fed dog will tend not to overeat so let your dog be the guide.

While soft food is generally eaten from the bowl, meaty bones tend to be taken to a favorite feeding spot. So feeding your dog outside on the ground is best and do not worry about dirt sticking to the food, this isn't a problem for the dog. If the weather is unforgiving or you live in an upper apartment, then simply feed on the kitchen, bathroom, shower recess floor which is easily wiped clean afterwards.

Keep meal times fairly random as dogs are programmed genetically for varied feeding times. Feeding a meal at exactly the same time every day is okay, it's just when you can't for some reason and wonder why your dog has brought up bile on that nice new wool rug you're still admiring, this is because the dog was expecting it's meal, the stomach acids were released in 'Pavlovian' anticipation of a tasty dinner and when none was imminent the acids had to be cleared. This happens rarely as dogs are intelligent and catch on quick to expect random meal times. So allow some variation in time and if it's only an hour or two that's fine. Varying the type of

## FEEDING GUIDES

food each day will also help to keep your dog guessing and not jump the gun.

### **Senior dogs feeding guide**

Continue to feed your senior dog the same diet outlined for an adult dog. He will continue to thrive on 4-5 meat on the bone choices, some tripe, liver once a week, a few veggies, some eggs, sardines, supplements and the occasional appropriate table scraps. This diet will provide top quality nourishment for a dog of any age, keeping their immune system in great shape and nearly all health problems at bay. Fed this way, your grand old gentleman or lady will retain the vigor of a dog much younger in years. When your dog does begin to slow down, simply adjust the meals accordingly so that your dog does not put on extra weight straining the joints and heart unnecessarily.

If you're senior dog has lost many teeth previously then make sure the ones left are thoroughly cleaned and if they're having difficulty with bones then ground raw bones can be easily purchased (see: resource section for suppliers) or your local butcher may be able to help. Green tripe is another great way to help in this situation. It can be bought as frozen ground-in meal sized portions with all the great health giving benefits your senior dog will thrive on.

### **Pregnancy feeding guide**

A natural diet for your pregnant dog offers fantastic nutritional advantages. Split her daily meal into two slightly smaller meals. With natural food being highly nutritious, her food intake does not have to be raised significantly to compensate for the increase in appetite. Give two portions of liver per week to add extra nutrients and vitamins particularly folic acid important for the puppies and also use the range of supplements outlined in chapter four. No need to fast your pregnant bitch, just allow her to eat as much as she wants at each sitting.

Mother's milk will be rich and healthy for the newborn pups, so make sure during birth after she has eaten the placentas each newborn suckles on the first milk, called colostrum.

Until the pups are four weeks old and begin to wean from mother's milk to hard food, make sure she has all the food she requires from two meals a day (see: adult feeding guide). As the weaning progresses you can begin to cut back to one meal a day. If you're lucky enough to have a bitch that regurgitates food for her pups (this is retained instinctive behavior) that's great, just enjoy nature at work in your own home.

### **The power of fasting**

Your now well fed dog will benefit greatly from fasting at least one day per week. My practice is a fast day every Sunday and my dog quickly became used to not expecting food on that day.

Your dog is a canine not a human as we are so fond of characterizing them, his ability to go without food is impressive as his biological setup is geared to kick in and continue to run the body functions as normal when no food is available. This is how wild dogs have developed to exist over millions of years and is no different in our domestic pets whether Bichon or Boxer.

The amount of energy required processing a stomach full of meat and bone is considerable and the reason why dogs sleep most of the day, they are not lazy; they are actually performing an internal workout. So not only does your dog not suffer without food for the fast day but actually in terms of health, performance, energy, and enthusiasm will rise to yet another health level as the immune system is free to concentrate its energies on organ repair, cell renewal and generally keeping the body in prime condition. Think of a good virus removal program on your computer being set to run once a week, cleaning up the system of bugs and



## FEEDING GUIDES

keeping the computer in efficient working order. Your dogs liver is an unusually large organ because it has to process highly concentrated chemicals in support of carnivore biology. What this means is that when your dog is empty for twenty four hours, the liver has a chance to detox or self clean while it burns off stored glycogen. This is good news for your dog and will help build in health, longevity and mental wellbeing.

I highly recommend this practice even if your dog does her best to make you feel guilty with pleading looks, she'll get used to it. And to make it easier for you to say no, my advice is to exercise your dog vigorously on her fast day so she is tired and less concerned about food. And no treats on fast day.

When you first introduce fast days, you may have a situation where your dog not realizing this new practice has begun brings up some yellow bile as she was expecting her daily meal at a given time that did not arrive. This is the stomach ready in anticipation of food, producing the necessary chemicals. Bile is very acidic and with no food for it to begin working on, needs to be expelled by your dog. However your dog will catch on quickly and stop producing bile on subsequent fast days.

## FEEDING GUIDES

Pups up to twelve months old, senior dogs, sick dogs and dogs under veterinary care should not be fasted.

### **Balancing the diet**

No single food source contains everything a dog needs!

Dogs rely on variation, just as we do. We seek balance through variation, which is easily achieved over a period of time.

As the wolf and other wild carnivores prove to us, there is no need to balance each individual meal. In fact, it is much better to make each meal different, in order to maintain strong flexibility in the digestion processes and the metabolism. Wolves in nature are very adaptable. They will adjust to almost any conditions and food sources they get access to. This is good news for us, because it makes it possible to accept a large variety of food sources for our dogs.

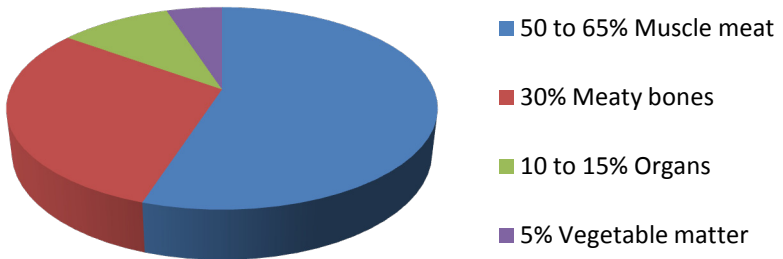
By balancing the menu over two to four weeks for an adult dog, you'll be absolutely fine. You can actually feed quite one sided for a full week, simply use the following week to compensate for the imbalance.

## FEEDING GUIDES

As an example, if you decide to buy in enough food for one whole month, you can manage it with the feeding guide. This will let you know at a glance what's needed for each day, so you can stay on top of what to buy or order in ahead of time. Don't worry too much about which days you feed what, as long as you more or less use the food you have planned for that month.

It's a great idea every now and then, to experiment with new kinds of food your dog has never tried before. This provides variation, new, possibly better options and keeps things flexible incase a regular supply source dries up.

### % of Each Food Group to Feed



You won't be feeding all the food groups at once, so one day it's 65% muscle meat, 30% meaty bones and 5% veg. The next day it could be 100% muscle meat.

## FEEDING GUIDES

The point being, you can vary the food greatly over the month but overall for that month you have fed the blue portion of the pie as muscle meat, the red portion as meaty bones, the green portion as organs and the purple portion as vegetable matter. And that makes up a balanced diet for your dog each month.

### **Here's a breakdown of the overall diet:**

**Feed around 50% to 65% boneless muscle meat including attached fat.**

**This includes muscle meats like:**

Turkey mince  
Lamb mince  
Chicken breast  
Ox tongue  
Eggs  
Lamb, Pork or Ox heart

**Feed around 30% meaty bones including attached fat.**

**This includes meaty bones like:**

Chicken & Turkey necks  
Chicken frames, quarters and wings  
Lamb breast  
Pork trotters  
Veal ribs  
Ox tail  
Fish

**Feed around 10% to 15% of the diet in organs:**

**This includes organs like:**

## FEEDING GUIDES

Heart  
Liver  
Kidneys  
Spleen  
Lung  
Trachea

**Feed around 5% of the diet in vegetable matter.**

This includes various vegetables, leafy salad greens and edible herbs.

**Other balanced foods you can feed often include:**

Green tripe  
Eggs  
Whole animals like rabbit and quail  
Fish such as Herring, Mackerel and Sardine  
Pre-made commercial raw food meals

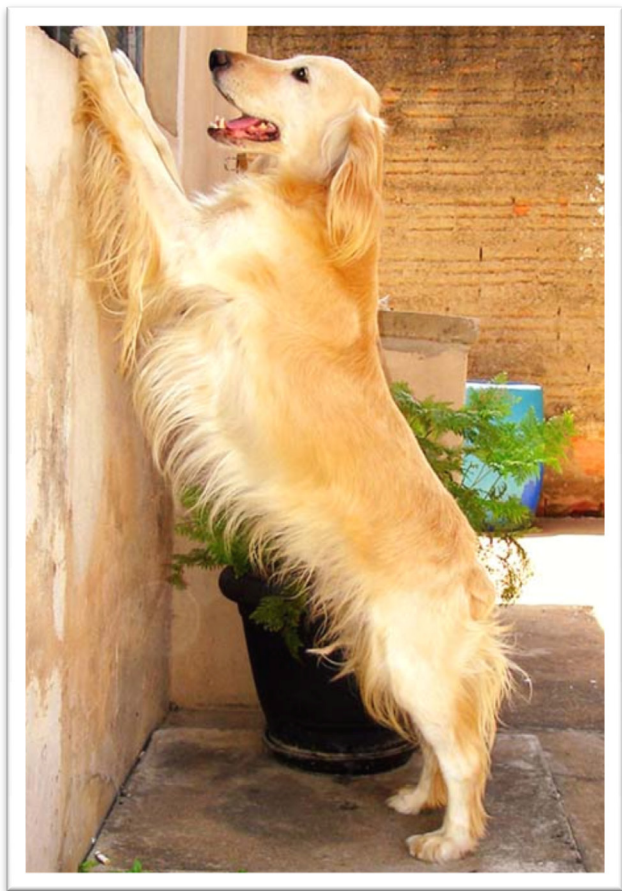
**Supplements include:**

Super greens  
Coconut oil  
Himalayan pink mountain salt  
Canned sardines

**If feeding indoor grain fed meat, include:**

Vitamin E  
Krill oil or Cod liver oil

## FEEDING GUIDES



## 7. Results, Tips, and Travel



### **Be prepared for miracles**

Change to a real food diet and miracles happen. Itchy, dull, brittle, smelly coats will clear up within weeks. Jaundiced eyes, yellow teeth, waxy ears will clear up within weeks. Many serious and disabling diseases such as arthritis, liver, kidney, gum disease, IBS, obesity, diabetes, cancer and many other debilitating diseases will improve greatly and often resolve completely within months.

The financial savings from vet visits are huge, you will save up to 85% as proven in a twelve month in-depth field study based on one hundred and twenty six dogs fed a real food diet over a six month period. To make these savings even bigger, I've put together some great tips on how to feed your dog virtually for free!

Your home will no longer smell doggy, your dog will no longer have foul dog's breath, just sweet smelling as it

## RESULTS, TIPS AND TRAVEL

should be. You will no longer go through the ridiculous practice of brushing your dog's teeth or wasting money on chews and other products that don't really solve the underlying problem. You will no longer ever need to wash your dog as he will smell like a puppy for the rest of his life. That's right, dogs are self cleaning, you just need to help by feeding fresh natural wholesome food. Your dog will no longer pass obnoxious gas stinking out the living room just as the best part of the movie is coming up.

Retrieving your dogs foul smelling bulky waste from the sidewalk will no longer be a grisly exercise with held breath and facial grimace, made worse because all too often he has diarrhea. Now his waste is small neat hard almost odorless pellets, which can be composted, helping the environment.

Perhaps best of all, your dog will be in optimum health by your side all the way up to the very end and this will be much longer than the pitiful national average of ten to thirteen years. There are variables as genetics in dogs have suffered through the last fifty years on less than healthy commercial food; however these are easily reversed as successive generations of naturally fed dogs become stronger. Look forward to a more sustainable average of 17



to 19 years for your dog, simply by doing as I do, applying the knowledge outlined in this book.

### **Making your own treats**

The best and most healthy treats are raw and can be made simply by drying raw meat. I will on occasion use some leftover food scraps from the household meal as treats too.

The best method however and one that your dog will beg to be trained for is to bake dry some liver slices. Liver can be bought at the butcher who can thinly slice it (approx ¼ inch thick) for you or you can try at home using a sharp kitchen knife.

Once you have a number of slices, line them up on a wire rack to allow air to circulate over both sides of the liver. Place the rack into the oven on a temperature of about 75° C (170°F). If you have a fan assisted oven, use this feature as it helps to dry the slices out. Or if using a conventional oven, open the door slightly at regular intervals to let moisture out.

Once the liver slices are fairly firm, remove the tray from the oven and using kitchen scissors, cut the slices into treat size pieces. The consistency to aim for is dry enough not to stick together but not too dry and hard to cut.

This method will give you some tasty treats that should be fine stored in a container in the fridge for a week's use or make up a larger batch and freeze for months at a time. Go to <http://bit.ly/1Fd3E1B> for a liver treat video demonstration.

### **Travelling with your dog**

If you're travelling away from home for a few days with your dog, fill a cooler with ice packs and enough daily portions from the freezer as needed. They will slowly defrost and stay cool long enough to last the journey. If the journey stretches out to a week, fill up on ice packs along the way as needed. Do the same if on a two week vacation, packing a large cooler with frozen daily portions and plenty of ice.

Keep some portions frozen at your destination and feed the remaining portions from the cooler. Don't worry if towards the end of the vacation some of the meat is a little 'mature' as this isn't a problem for your dog. Remember to carry enough filtered or bottled water for your dog too.

Whilst staying at motels ask to have your cooler kept in their cold storage and you can use your rooms bar fridge too.

For the intrepid long distance traveler, it's a case of filling up on the basics as and when necessary on route when the opportunity arises. Again keep food fresh on ice in the

cooler. Don't be tempted to buy hamburgers, sausages, hams and other processed foods; they are generally preserved with chemicals that will cause upset to your dog.

It's possible to find and purchase some freeze dried natural foods over the internet to have in emergencies when you're unable to find what you need en route. (See: resource list).

### **Kennels-easy preparation**

1. When booking a kennel for your dog, make sure to find out they can store your frozen meals and are willing to feed to your instructions.
2. Write up clear instructions for your feeding plan so whoever is in each day at the kennels will know exactly what, how much and when to feed.
3. Make it easy for staff to feed by making up separate meal portions and pack several extra portions in case of delays when returning from holiday.
4. Pack a few extra larger bones for your dog to chew on, which helps occupy your dog and pass the time.
5. Take along the appropriate amount of filtered/bottled water, I use a one gallon water bottle from the supermarket to last one week, otherwise your dog will get tap water!
6. Enjoy your vacation!

### **Eating indoors in one spot!**

When feeding your dog in northern climates during the winter, the weather can make outside feeding difficult and four feet of snow on the back porch presents a challenge. Apartment blocks present another challenge too.

One way to get around this and keep a clean floor is to set down a large cheap cotton rug, available from bric-a-brac stores or Ikea. Have your dog eat her daily meal on the rug. You can train your dog to keep the food on the rug. This can be easily done and performed to your training style, getting your dog to recognize and understand the command 'go to your rug' or whatever you choose.

Once accomplished you can set their dinner on the rug and observe them eat. If they leave the confines of the rug you can signal your displeasure as you would normally and/or take the food from them until they eventually learn what they are supposed to do - stay on the rug when eating. This does not take long to achieve as you have a highly motivated hungry dog that will do anything for her food. Buy several rugs and rotate in the wash after several days use.

### **Starting finicky eaters**

Occasionally when first introducing your dog to meat, she may take longer than some dogs to catch on. The smell,

taste and texture are foreign and bland compared to kibble. One way to get her started, as mentioned in chapter 5, is to let her go without for a day. If she still doesn't eat, leave it two days until she responds to the new food. Another alternative to get things going is to take a piece of chicken for example, heat up a pan on the stove with some hot sizzling butter and sear the surface all over.

Cook the food just enough to seal the outside leaving the inside raw. Other options include making some cross cuts in the chicken flesh and dropping in a small amount parmesan, soy sauce or ketchup to entice your dog to eat. Gradually sear the food less until feeding the readily accepted raw food. This is a proven trick to kick start the finicky dog.

### **Great money saving tips**

Make friends with a local Butcher or other meat supplier. At the end of every day the fatty off cuts, general trimmings, necks, offal, racks of lamb rib, chicken frames, beef, pork ribs stripped of the best meat and out of date produce are simply thrown out. This is the best food to get hold of for our dogs and a great opportunity to have an almost endless supply of just about all you need for FREE! I'm sure for the price of a large drink you can persuade your meat supplier to put aside a bag full of leftovers for you several times a week.

## RESULTS, TIPS AND TRAVEL

I have had great windfalls of supplies from my local butcher when combined with shopping for meat produce for the family.

Great deals can be found on the internet and a good resource list is available at the back of the book to help get you started. Suppliers pack fresh frozen produce into cold storage boxes lasting up to 48 hours in transit door to door. Prices are reasonable, beat local store bought costs and with a dedicated dog freezer several months supply can be ordered in at once, making further savings and offering greater choice.

Another great option for cheap and often free meat is through online sites like [craigslist.com](http://craigslist.com), [freecycle.org](http://freecycle.org), [freesharing.org](http://freesharing.org), [reuseitnetwork.org](http://reuseitnetwork.org), just join up and post, "meat wanted for dog" and ask for any freezer burnt joints from clear outs etc. Or you can appeal to hunters for animal parts not needed including the organs. That way you can fill up your dog freezer with old roasts, deer meat etc and make future contacts for more.

One of the best ways to find bargain meat deals is simply by visiting your local grocery stores and picking up the marked down meat. Twenty four hours before expiration, meat is marked down, so get in early and fill up.

Asian, Oriental and Caribbean markets are another great source of meat. They can be a great place to find variety at great prices.

Of course there's always 'Costco', 'Walmart' and 'Sam's Club' for good deals, but be careful to read the labels as the meat can be enhanced with preservatives and other chemicals unhealthy for your dog, so don't buy these products.

### **Multiple dog savings**

If you breed, have working dogs or otherwise own a large number of dogs then look up meat and poultry packers, processors, distributors in the local yellow pages or on the internet. This way you will be able to get great prices by ordering in bulk and they may have a discount outlet open to the public.

Why not get together with friends who have dogs and all switch together. You can share feedback while at the same time make great savings on bulk ordering.

Another great time and money saving tip is to approach small independent grocery stores and ask if they are willing to buy in cases of chicken backs or turkey necks for you. Be sure to divide up the contents of bulk boxes into meal size

portions packed into bags for the freezer. See the resource section for suppliers offering bulk buys.

### **Simple convenient method that's even cheaper**

If you find it difficult, expensive or time consuming for whatever reason to locate, buy and entertain the idea of 4/5 animal choices here's a great tip. Buy tripe in frozen packaged meal sized portions that fit your dog's appetite. Make sure its green tripe; the store bought white tripe is bleached and nutritionally useless for your dog. Plenty of online suppliers will sell it by the bulk box very inexpensively.

Just pull out a block from the freezer and defrost in a bowl of hot water for 30 minutes or place in a plastic container in the fridge before going to work. Tripe has a pretty strong smell that will get into other food, so defrosting either in the fridge or on the kitchen counter should be done in an air tight food container.

Break the frozen block into pieces for meal portions intended for small dogs. You can feed tripe for most of the week and just 1 or 2 other meat types will be okay.



## RESULTS, TIPS AND TRAVEL

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Week 1</b>	Green Tripe	Green Tripe	Chicken or Turkey or Duck & egg	Green Tripe	Green Tripe	Lamb or Beef or Pork or Rabbit or Fish & egg	Fast Water Only

Tripe is by far the best food source available with the largest variety of digestible proteins and the most complete in its nutrient supply. Buy it in whole chunks *not* ground if you can. Tripe generally comes frozen in 1lb (454g) blocks, just defrost and serve the appropriate amount to your size of dog; I've not met a dog that doesn't love it too, it's also a fantastic starter food for weaning young pups. If this suits your lifestyle better then great, it's also a very cheap method.

Take a look at the chart for week 1. You can feed tripe up to four days a week. For Wednesday and Saturday you should feed a meat on the bone choice and remember, vary the meat choice from week to week.

## RESULTS, TIPS AND TRAVEL

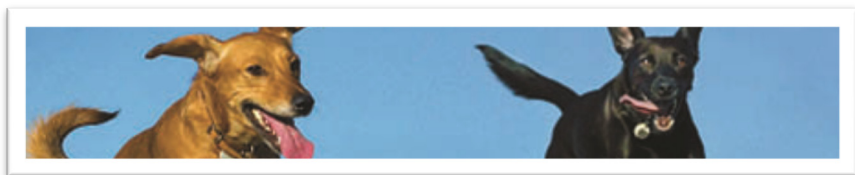
To keep the balance you will need to feed some offal such as liver or kidney, eggs, canned sardines and a small amount of vegetable matter every second week.

This regime is even more convenient and may help you when stretched for time, responsibilities or cash but most importantly it gets your dog super healthy and will ensure all round optimum health, inside and out.

Just remember to keep an eye on the condition of your dog's teeth and gums. It's possible they'll need a professional cleanup occasionally.



## 8. Worries, concerns and just plain myths



### Your questions answered

Once you are up and running feeding your dog the way they were always meant to be fed, you will soon reap the rewards. The miracle of nature's teachings will have entered you and your dog's life. Never again will you be fooled by the so called 'experts' or the 'touchy feely advertising', consigning kibble and canned waste to the trash where it belongs.

Simply put, raw meat on the bone from a selection of animals, a little offal and vegetable matter and fresh water are all it takes to put your dog into the very best of shape both physically and mentally.

Now your dog will have a strong immune system supporting an extended life at the very peak of condition.

As always when contemplating a paradigm shift, you will have lots of questions you want answered. Here is a selection of the most popular questions I'm asked.

### **Aren't bones supposed to be bad for a dog?**

Probably the most popular question and the simple response is, if the bones are RAW the answer is NO.

Raw bones are softer, naturally pliable, 100% digestible and will rarely cause problems. Dogs employ naturally instinctive behavior when dealing with bones, using their large cutting molars to break down bones into swallow-able chunks. I have never, not even once had a problem with raw bones. Naturally when starting out it's important to supervise the feeding of raw meaty bones until your dog is well practiced.

'Cooked bones' on the other hand will harden during the cooking process and can splinter causing possible internal damage to the throat, stomach or bowel of your dog.

As part of table scraps, I do like to bite off the thick cartilage-rich ends from the chicken drumsticks, discarding the long shaft and mix the ends in with other suitable leftovers to feed the dog, saving food waste and giving the dog a treat. Also great as ad hoc training treats.

## **I'm nervous about salmonella on raw food making my dog ill?**

Let me tell you now, all food the world over is covered with bacteria of some sort or another. We humans have a stomach acid pH level of 5-6 and can withstand small levels of bacteria and well cooked meat takes care of higher loads. However your dog's stomach acids are at a pH level of 1-2 which is an order of 5,000 to 10,000 times stronger. This is so acidic that salmonella, campylobacter and other bacteria will simply not survive in there; period! My dog has never ever had a bacterial infection from food. I've had contact with literally thousands of natural fed dogs and not one single bacterial problem has been documented. In my opinion this is another scaremongering myth. It is canned and kibble that create a toxic environment in the gut where harmful bacteria flourish.

As more and more people are finally discovering the natural healthy way to keep their pets in peak condition, the dog food manufacturers become scared of losing control and create bogus links between Salmonella and raw meat. Repeated lies told often enough tend to stick, this is called brainwashing and repetitive pseudo "scientific articles" pointing out the dangers of raw meat are just that- **brainwashing!** The sole motive for their concern is profit

and keeping the shareholders happy on the back of your dogs suffering. We are being conned folks!

### **I'm worried that my dog's not getting a 'complete balanced meal'.**

The notion 'complete' and 'balanced' was invented in the advertising world by a copywriter to create wording that encompasses the product and set in the mind of the consumer, a tale of 'everything you will ever need in a can'.

Fellow dog companions, this is a misleading mantra created by people who want to sell you something and this has gone on for decades when in truth it signifies nothing. Let me tell you right now, nothing that comes in a can or packet is either complete or balanced. Here's why. After being heated to very high temperatures, which effectively destroys what goodness may have been in the food, an array of toxic additives thrown in, 'synthetic' vitamins added the body cannot absorb anyway, together with artificial 'palatability enhancers', which trick the dog into eating an otherwise unpalatable food, there is not much left in the notion of complete and balanced formula. The criteria for the statement 'complete' and 'balanced', by the way, is laboratory testing of a pack of six Beagles on canned or

packet food for a period of six months and if they appear ok then the food must be ok - go figure!

We are viewed by the dog food companies as product buyers. As their remit allows, (they are largely self regulating) they will use the cheapest, unfit for human consumption ingredients that can be sourced, regardless of suitability. They employ scientists to make the resultant food palatable via creative chemistry to fool your dog. They also employ the best advertising executives in the business to deceive us into believing we are getting a Sunday roast in a can and charge us accordingly. We have been misled and our dogs suffer the consequences.

### **My vet say's feeding raw food is dangerous, I'm ill informed, that my information is not from a professional veterinarian**

I have given serious consideration to this and other vet related questions in my companion report 'Working with your vet'. If that is the response from your veterinarian, he or she is either just not fully informed themselves or is lying to you to protect their livelihood above that of your dog's health. As for dangerous, millions of years of evolutionary feeding of raw food diets in the canine, trump your vets understanding of this subject by a New York mile.



## WORRIES, CONCERNS AND JUST PLAIN MYTHS

Your vet, during his or her lengthy tenure at veterinarian school was offered elective classes of just a few hours on the subject of canine nutrition. What's more those classes were most probably led by a dog food company representative, who basically stated a few basics from flawed scientific analysis and went on to promote his company's latest product as the best in the market. So your vet is great with a broken leg or diagnostics and subsequent treatment but nutrition is not his forté and he is certainly no expert when it comes to feeding dogs. Vets receive up to 40% commission on all the canned and kibble food available for sale in their practice. For me this is a conflict of interest. If he or she is pushing some commercial offering then you know to question their nutritional understanding.

As for getting your information from someone who is not a trained vet, excellent, that makes me an independent thinker, researcher and practitioner of canine nutrition without encumbrances from flawed ideology, government largesse or bullying from medical corporate bodies. To put it simply I'm free to tell the truth!!!

My father fed real food to the farm dogs back in the 50s and 60s following a century's old natural farming family practice, (we skipped the commercial dog food revolution). Using this

## WORRIES, CONCERNS AND JUST PLAIN MYTHS

knowledge base with over eight years of research, feeding natural raw food to my dog today, lots of testing combined with thousands of fellow natural feeding practitioners feedback, results are outstanding.

### **I was told to purchase a kibble that cleans teeth.**

More advertising myth I'm afraid. Human saliva will break down food stuck in the teeth as part of the digestion process. Dog saliva does not break down food stuck in the teeth, only once in the stomach does the digestion process begin. The sludge stuck in your dog's teeth from pieces of kibble sits there causing plaque build up until eventually calculus is formed, leading eventually to gingivitis and onto periodontal disease and a very grumpy unhappy dog that cannot tell you just how miserable she feels each day.

Periodontal disease is possibly the leading precursor to other diseases in dogs today. Bacteria formed on the teeth quickly move down into swollen gums and into the blood vessels that supply the teeth. From there the entire body is accessible including all the vital organs which include the skin. In time this poisonous cycle will lead to immune system breakdown and devastating consequences for your dog. I have witnessed this time and time again.

## WORRIES, CONCERNS AND JUST PLAIN MYTHS

As I outlined before and because it's such an important simple test to assess your dog's health, I want you to take the dog breath test.

First, take a good long deep breath literally inches from your dog's mouth. Now, was your dog's breath less than sweet smelling or indeed real 'doggy breath' i.e. foul?

Second, open up your dog's mouth and have a good look at her teeth. Are they nice and shiny white with salmon pink gums?

A dog fed naturally will have sweet breath and white teeth with pink gums. Have your dogs teeth thoroughly cleaned and get her started on a natural diet.

### **How much does it really cost to feed raw?**

If you are prepared to do a bit of shopping around and check out the internet for suppliers then it's possible to feed a medium sized dog for a dollar/pound a day or less (see: Chapter 7 for tips to make it even cheaper). I have a dedicated freezer purchased second hand. I order in bulk and break it all up into once daily feeds. I simply go to the freezer, pull out the next day's feed and let it defrost overnight. If for some reason I forget, then it's simply a

case of putting the frozen food in the kitchen sink, fill with warm water and it defrosts within the hour.

There is an excellent resource guide to help find everything you need. I also want you to bear in mind, from a comprehensive survey conducted over a 6 month period feeding a natural diet; veterinary visits were reduced by 85% or more. This equates to saving \$10,205 over the 'official' life span of your dog according to the National Pet Owners Survey. I personally have saved over 90% in vet and food costs alone. If you add to this savings on grooming, shampoos, plastic bones, household odor treatments and so on, the cost savings really add up.

### **I don't have time after a long day at work to prepare homemade dog food**

This is quite a common question from people who like the convenience of canned or packet food because they have kids to cook for or work long hours. Put it like this... when I order in bulk, I will spend about half an hour unpacking and packing the freezer up with various sections dedicated to different choices. This will last me for two months.

Each day feeding the dog consists of pulling out my choice of food for the dog to eat, putting it in the fridge for the following day, then on the day, taking it out of the fridge and

handing it to the dog to take outside, or on the day of feeding defrosting in warm water for an hour. The meals with more ingredients and supplements take longer but its three minutes tops as there is no cooking involved.

This regime becomes more convenient when you think about the time you save fixing problems later. Especially when you have a healthy senior dog that does not have to visit the veterinarian with a multitude of diet related health problems causing time off work, financial distress and heartache.

### **Raw feeding seems very messy; I don't want to ruin my nice flooring.**

Outside feeding is the obvious choice, but if that's not possible, then you can put down a cotton rug, a plastic sheet/linoleum, or have your dog eat on the kitchen/utility/garage floor. It takes a minor bit of cleaning up afterwards. Your dog can easily be trained to eat from one spot (see: Ch.7 Eating indoors in one spot)

### **Is it true that eating raw meat will make a dog bloodthirsty?**

I have no idea where or how this started but I can tell you this is just another myth.

### **Do you feed a specific diet to a specific breed?**

The short answer is no. My family and I have owned many different breeds and I find that it comes down to which dogs like which food. Like us a dog has his own tastes and it does not take long to find out what they are.

### **Is feeding grains ok?**

If you have some left over porridge, rice, bread or pasta as table scraps then fine, feed them sparingly to your dog. Keep table scraps to no more than 5% of the diet. If your dog has diabetes DO NOT feed any form of carbohydrates or sugars.

### **I've started my dog on raw food, but now he has some diarrhea. What do I do?**

Please do not be concerned about this with generally healthy dogs, in so much as, when you start on the raw food feeding journey, your dog will be detoxing. This is the body's way of getting rid of all the toxins that have accumulated over the length of time your dog has been subsisting on commercial junk food.

The chemicals used by the body to digest kibble will be produced differently than those used to digest meat and bone, so it will take a week or two for your dog to get used to raw food and diarrhea may result, but be patient and all

will come back to balance quite quickly. NOTE: if your dog gets the runs, don't try to feed them, let them fast it out for 24hrs before feeding a quarter size meal, and if that's ok, raise the portion level.

If your dog is a senior or has GI or other health problems, please refer to the switching guide.

### **How long will my dog live now she's eating raw?**

If you start a pup on a natural diet as outlined in this guide, your dog has an excellent chance of living an average of one third longer than the current national average of 10 to 13 years and be in great shape right up to the end. My research on natural fed dogs suggests that pups started on raw food live to between 17 to 19 years.

Repeat vaccinations, pesticide use, environmental pollution and genetics from the breed and parentage have a part to play in how old your dog will live. But it is also true that further generations of your raw fed dog will live even longer as healthy genetic memory, builds longevity.

Even an old sickly dog changed over to a raw diet will have a fantastic chance to regain some youthful vigor and live out his remaining years in far greater health and happiness.

### **Is it ok to mix different meats together?**

Yes, absolutely. For example, if I have some leftover chicken frame, I will add some oxtail or lamb mince to bulk out the meal and maybe a raw egg or two for dessert.

### **My veterinarian told me that raw meat contains parasites that will harm my dog.**

It's theoretically possible but, once again, the chances of it happening are extremely unlikely. This is usually used as a scare tactic by the dog food manufacturers, the veterinary governing bodies and your vet may well be following the party line on this.

A healthy dog eating human grade food will not be at risk and freezing further reduces an already very, very small risk. The only real way into a dog's body for a parasite is through external sources such as being picked up on the feet or playing with infected dogs and so on; the parasite is then able to find its way to the gut to feed on dog food by way of the lungs, blood stream or via the organs.

A natural fed dogs stomach acid is 10,000 times more concentrated than ours, which spells death for any parasite trying to get through this way.



**My Toy poodle has little resemblance to a wolf; surely you can't claim to feed my dog this diet.**

Put it this way, your cute toy poodle IS genetically and biologically the same as its wild canine cousins and in fact could successfully breed with a wolf (bar the obvious size differences) they are the same species; unlike say a man and a chimpanzee which are over a hundred times further apart genetically. The digestive system of your dog, its entire metabolism that regulates all the internal chemistry in the body is exactly the same as the wolf. By imitating as much as possible the diet of the wolf your dog will live a long healthy balanced life.

**My dog has a history of allergies, can you help me?**

Yes absolutely. Feeding commercial dog food day after day, year after year, no matter which choice will keep your dog suffering from a whole host of allergies. The natural diet outlined in this book will not only have your dog thriving but eliminate 9 out of 10 allergies as researched in addition to practical feedback from our customers.

**My dog suffers from hotspots, what can I do?**

Follow the diet as outlined in this book and the hotspots should heal, however it's important to understand an important link between yearly vaccinations and hotspots

Please read my report 'Vaccinations - conquering the myths and giving you the power to decide' where I outline this important link.

### **I have a 12 year old Labrador retriever and his arthritis is getting worse, what can I do?**

We have a friend with a senior retriever we call 'the boss' that suffers arthritis. Once he was started on natural food it took only a few weeks for a dramatic improvement in his leg movement and after several months his limping stopped. The bio available nutrients in raw food will help ease up the joints after years of having been stripped by chemicals in un-balanced commercial pet food.

### **My dog won't eat vegetables, is that a problem?**

You could try juicing some carrots for example; your dog may take to it after exercise because he's thirsty. Or try blending in with minced meat. As long as you are feeding a good variety of meaty bone choices, tripe, and some organ meat your dog will be fine. The super greens are also a good option should your dog absolutely refuse vegetables.

### **Exactly what leftovers can I feed to my dog?**

The peelings of fruits and vegetables that you would consume yourself e.g. pear, apple, carrot etc. Small amounts

## WORRIES, CONCERNS AND JUST PLAIN MYTHS

of leftover bread, rice, pasta will be okay. Feed sparingly and never feed large amounts of starchy food at any one time or it will upset your dog's system causing possible bloat, vomiting and probable diarrhea.

If you want to rifle through the leftovers of a chicken supper, remove the heads from your chicken drumsticks and the other bones plus pick off some skin, cartilage or the parsons nose that's fine, they make great training treats. Never feed the long shaft section of any cooked bone. They are brittle and can splinter unlike raw bones that are pliable and easily digested. Again this is just a treat not part of an appropriate diet.

### **What not to feed your dog**

- No dairy of any kind as this is very allergenic and will cause upset.
- No Fast food of any kind as it's nutritiously useless and filled with additives.
- No Chocolate of any quantity as it contains Theobromine which is toxic to dogs.
- No deli meats of any kind, they are usually preserved and will lead to upset.
- No vitamin and mineral mixes as this can lead to imbalance.

## WORRIES, CONCERNS AND JUST PLAIN MYTHS

- Excessive meat without the bone leads to imbalance.
- Cooked bones are hardened from cooking, are less digestible, shard and can become stuck.



## 9. The Way Forward



### **Healthy Dogs-Designed, Powered and Healed by Nature**

#### **Healthy dogs naturally**

Scientific researchers have concluded the canine has the genetic potential to live well into its late twenties.

Jerry, a 27 year old Australian cattle dog-bull terrier cross, is still in youthful condition, having been fed a high protein diet of outback Australian wildlife. “Jerry has grown up on kangaroo, rabbit and emu as well as scraps off the table”, said Jerry’s owner, tribal elder Waddie Harris.

The ‘official’ lifespan of cattle dogs and bull terriers is 12 to 14 years of age. That is the expectation of how long your dog will live, as stated by the ‘experts’ with the aid of artificially and chemically treated waste food developed in the laboratory, packaged into cans and packets.

## THE WAY FORWARD

Dogs fed naturally can reasonably be expected to live to an average age of 18 years with successive generations of naturally fed dogs reaching into the twenties... now there's a paradigm shift for you. This dispels the commercial dog food myths and gives you back the power to decide your dog's healthy future. A healthy diet and expectation of 18 being the average age your dog can reach comfortably, that changes things doesn't it?

### **Vets - how to deal with them... or not!**

You may be lucky to have an understanding vet. Your vet understands you are feeding your dog a natural diet of raw muscle meat, meat on the bone, offal and tripe and while he may not be of the same opinion, at least he understands your reasons and supports it. If this is the case, great! A forward thinking vet on your side is like gold dust, rare. If however your vet is highly critical, unhelpful or even undermines your new found nutritional wisdom then you may need to approach another veterinary service where you can ask questions first to 'vet the vet', so to speak.

Vets are contracted into supporting the rules of their veterinary association. They are regulated through a system from government, industry and the medical association that has no interest in feeding your dog a natural diet-where's the

## THE WAY FORWARD

profit in that! Therefore your vet is limited to what they can and cannot do and so often this causes a conflict of opinion. Now you have read this book you have more knowledge on canine nutrition than your vet.

Some vets do take the trouble to educate themselves and will privately research the subject of natural feeding. While outwardly they are hand tied by threat of losing their license to practice, privately they can support your freedom to choose natural feeding practices.

If you are lucky enough to have or find a vet that you can put your trust in and in turn allow the vet to develop his trust in your judgment and feeding ability, then you can develop a good working relationship. For further help and more in depth information on the subject please see my report 'Working With Your Vet'.

Another course of action to take is to seek out a holistic veterinary service where natural feeding practices are more widely understood and appreciated. This way you can get the deserved support you need for your dog's needs.

### **Environment**

A natural diet has very low impact upon the environment at all levels. Your dog's natural chemical free waste is environmentally friendly. You won't be using toxic chemicals as found in commercial dog foods and limiting processed packaged junk food in an industry that cultivates the use of unfit waste to be used as pet food, its use of toxic chemicals and the legion of pharmaceutical products and treatments that pollute our planet.

By default you are helping your dog and the planet which as we are becoming increasingly aware is a necessary positive step.

### **Spreading the news - how to tell others**

The debate over feeding naturally is only now beginning to open up to a wider audience. Many people are coming to the conclusion that things aren't well with the way we've been conditioned to think about pets and how we feed them. Now, at last you have the opportunity to be a pioneer for positive change and set the example.

It is my contention that ten years from now, the fresh meat and bone diet will be considered a mainstream alternative to processed junk food and you will be one of the people who led the way to a happier healthier future for our dogs.



## THE WAY FORWARD

It makes me very happy to know more and more dogs are gaining the opportunity to eat a healthy meal, either as newly started pups or older dogs switched over so the healing process can begin to repair the years of damage inflicted by the industrial food giant's inadequate offerings.

By taking control of our dog's destiny we have the power to promote change, share our experiences, tell our friends and family and perhaps most of all share with our children the teachings of Mother Nature. It's through our kids that we have the opportunity to lay a future foundation of independent thought, self reliance and greater understanding of our connection to nature, with its unmatched ability to feed, and heal our dogs.

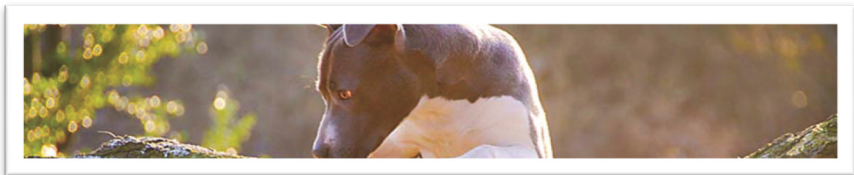
You now have, with the aid of this book the ability to make informed decisions based on nature's teachings. Your dog is a product of nature just like his wild counterpart the wolf, the coyote or the dingo. They have the same biology, same nutritional needs and common sense can prevail as dogs are now fed the proper diet for their nutritional and medicinal needs.

It isn't an easy task to be the new kid on the block and down at the dog park your enthusiasm for this new practice may well be met with a nod or two but fundamentally most people

## THE WAY FORWARD

are not thinkers and will generally be under the spell of the media induced mindset. This means closed minds to logic and reason with refusal to change. Just go about your business with pride and one day people will comment on how healthy your dog looks and perhaps ask about her diet, or their dog has just been diagnosed with a health complaint. This is your chance to share some life saving information and tell your story.





## Conclusion

In lots of ways today we are lucky, modern day convenience allows us to have more leisure time and choice. We have become accustomed to the benefits this brings and I am no exception.

It is with this in mind I find feeding a raw food diet to my dog pretty convenient. The right food is easily and cheaply available in the right sized portions, it's easily ordered and transported in cold storage boxes which leaves very little to do other than pack the freezer up once every month or two and defrost daily meals and that's pretty much it.

Yes you can go to town on exotic meal preparation but it's not necessary. Feeding a healthy diet to your dog will fit right in with your modern day convenience lifestyle with all the advantages this brings. For me, number one is a healthy happy dog living in congruence with natural law.

## CONCLUSION

This book will have given you a simple path to follow that will lead your dog to his or her best health possible. You can extend your dog's life a further 5 or 6 years beyond the national average when started as a pup. In this respect I feel that you now have all that you need to begin the journey.

Let common sense prevail and your dog be the guide as to what and how much he or she likes to eat. Your dog will give you the confidence to continue on this path and in time with a little trial and error you will settle into natural feeding without hesitation. You'll have the knowledge that what you are doing is profoundly the right thing to do.

By taking control of your dog's life in this way you will become just that little bit more extraordinary. Too many people will respond to your newfound feeding practice as somehow strange, not thinking for a second they are actually victims of biased mass commercialism in the media and their dog's health problems are part of the territory.

You will be in the minority and you will be asked some thoughtless questions together with some silly comments, but that's okay. Some people just never come to the realization dogs were meant to eat fresh wholesome raw food.

## CONCLUSION

Your time has come; you will be joining many others who feed this way, as more people become increasingly aware commercial diets are harming their dogs.

Your knowledge can then be passed onto your children and perhaps one day there will be a sea change to natural feeding practices and a world in which our dogs live into their twenties. We will be put that little bit more in touch with nature as a result.

The sense of relief, control and freedom over your dog's health and happiness cannot be understated. To this day I still watch in wonder as my dog crunches his way through a chicken frame or delicately picks through a bowl of meat and bone scraps. I watch his delight in selecting the next juicy morsel from the mix; his after dinner rush of excitement generated from live food full of essential enzymes; his natural high transforming into high speed sprints through the apple orchard out onto the open lawn in zigzag fashion, dodging imaginary tackles, halting briefly close by to smiling approval before shooting off again.

Add to this an extended life of vibrant health and you can appreciate just how exhilarating it is to witness your dog in high spirits from his or her meal.

## CONCLUSION

Now go and get started...

And please let me know how you get on. I enjoy your stories too.

Dan Scott



## CONCLUSION



# Sample Feeding Guide



## Four Week Sample Menu for Switchover

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
<b>Wk1</b>	Chicken	Chicken	Chicken	Chicken	Chicken	Chicken	Chicken
<b>Wk2</b>	Lamb	Chicken	Lamb	Chicken	Lamb	Chicken	Lamb
<b>Wk3</b>	Beef	Chicken	lamb	Beef	Chicken	Lamb	Beef
<b>Wk4</b>	Tripe	Chicken	Beef	Lamb	Beef	Chicken	Tripe

After the first month it's time to start adding some organ meat like liver or kidney from any animal on the menu. If your dog does not take to liver then cut up small amounts and mix it in with other food. If you have the same problem



## SAMPLE FEEDING GUIDE

with whole fish, lightly sear the flesh of mackerel or sardines. Start to introduce some eggs into the menu, 2 or 3 a week for a medium sized dog. Try different parts of the same animal for example pork shoulder, pork roast, pork trotter, pork belly or pork ribs.

As the weeks build the menu becomes more varied up to 4 or 5 muscle meat and meat on the bone varieties plus eggs, sardines (raw or canned), vegetables and supplements is excellent. The odd suitable table scraps thrown in and you are now set for life. Feed what's available to you; vary with a new choice now and again and if you are caught out with only one food source for a week it doesn't matter; just vary it the following week. If you find as you introduce new choices your dog does not take to it, just replace it with something else.

### Two Week Sample Menu Once Established

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
<b>Wk1</b>	Chicken+ 4 supplements	Beef + Egg	Lamb+ 4 supple ments	Tripe	Fish+ 4 supple ments	Turkey	Fast Day Water Only
<b>Wk2</b>	Rabbit+ 4 supplements	Lamb + Veggies	Offal- Liver/ Heart/ Kidney	Fish+ 4 supple ments	Green Tripe	Chicken+ 4 suppleme nts	Fast Day Water Only

## SAMPLE FEEDING GUIDE

### **\*Amounts to Feed an Adult Dog Per Day for Energy Levels: Starter Guide**

Energy level of Your Dog	10lb Dog	40lb Dog	80lb Dog
Low Energy 1-2%	1 ½ oz to 3oz	6 ½ oz to 13 oz	13 oz to 1 ½ lb
Med. Energy 2-3%	3oz to 5oz	13 oz to 1 ¼ lb	1 ½ lb to 2 ¼ lb
High Energy 3-5%	5oz to ½ lb	1 ¼ lb to 2lb	2 ¼ lb to 3 ¾ lb

\*Rounded off.

As an example, my dog Rocco weighs 45lb, eats one meal per day, fasts one day per week and is high energy. Most days he eats 1 ½ lb, some days up to 2 lb. If he wants more, I know to feed him a little extra in his next meal the following day.

By keeping an eye on my dogs appetite, size and weight I can tell how much to feed him.

### **Example Menus of Complete Meals**

The following sample meals provide good examples for putting together other well balanced meals. These are complete meal examples but remember, you don't need every ingredient in every meal. They are there to show you what to feed your dog over a week or two. So day one the meal could just be chicken frames or lamb neck, or turkey necks, day two a complete meal and day three minced beef with egg and so on.

The idea is to spread the food balance over a week or two. So for example, your dog gets:

- Fish once a week
- Offal once a fortnight as full meal or small amounts added to meals
- Green tripe once or twice a week
- Beef once or twice a week
- Chicken once or twice a week
- Lamb once or twice a week
- Eggs once or twice a week
- Vegetables and herbs once a week
- The four supplements three days a week

## SAMPLE FEEDING GUIDE

Now if you just bought in a box of chicken frames because they were on offer and have run out of turkey necks or green tripe, just work your way through the chicken frames over the following week or two until you get fresh supplies in.

I like to use super greens powder because it's rich in vitamins, some minerals, contains a huge range of vegetables, sea greens and herbs, antioxidants, pre and probiotics plus other extracts that can provide extra variety and nutritional benefit – plus it's super convenient! I still include vegetables, herbs and salad greens to some meals for extra whole food fiber, nutrition and variation.

You can always make up complete meals in large batches then bag up meal sized portions and freeze them to feed throughout the following week or two. Make sure to alternate them with simple meat on the bone, minced (bone in) or limited ingredient commercial raw ready meal choices.

### **10lb dog with 4% energy level: 6 ½oz**

- 4 oz of raw green tripe
- ½ oz of liver
- ½ single canned pilchard
- pinch of super greens powder
- ½ whole egg (minus shell)
- ¼ tsp coconut oil
- Small pinch of Himalayan Pink Mountain salt

## SAMPLE FEEDING GUIDE

### **25lb dog with 3% energy level: 12oz**

- 8 oz of minced (bone in) chicken
- 1 oz of lamb kidney
- 2 single (canned) pilchards
- ¼ scoop of super greens powder
- 1 whole egg (minus shell)
- ½ tsp coconut oil
- Medium pinch of Himalayan Pink Mountain salt

### **60lb dog with 2% energy level: 1lb 3oz**


- 9 oz of mixed chicken frame and small chicken breast
- 2 oz of beef liver
- 1 handful of fresh broccoli, carrots and parsley-mashed
- 1 full can of sardines (usually 3-4 in can)
- 2 whole eggs (minus shells)
- 1 tsp coconut oil
- Medium pinch of Himalayan Pink Mountain salt

### **90lb dog with 2% energy level: 1lb 13oz**

- 13 oz of beef mince and small lamb neck
- 4 oz lambs liver
- 1 full can of pilchards (usually 3-4 in a can)
- 3 whole eggs (minus shells)
- 1 ½ tsp coconut oil
- ½ scoop super greens powder
- Large pinch of Himalayan Pink Mountain salt




Dan Scott with his dog Rocco

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## About Dan Scott

Dan was born in the 60's on an outback Australian sheep farm handed down for five generations. His earliest memories of dog life were working sheep dogs and his pet dog, a black Labrador retriever called 'Topsy' who shared many adventures while roaming on the farmland.

Throughout his life Dan owned dogs and in his thirties he began to question why dogs are no longer fed naturally as they had been for generations on the farm. He considered whether this had an effect on their present day health.

Dan spent the next five years researching the subject, he was so moved by the degeneration of dog's health since the introduction of commercial dog food just 90 years ago, he decided to do something that would bring about a positive change. He put his findings together in a controversial report entitled 'Why Your Dog's Unhealthy' which he shared initially with family and friends.

Dan inspired his local community with his consistent message on the benefits of their dogs eating a real food diet and on daily walks with his dog Rocco, his advice was often sort on anything from feeding to behavioral problems.

## ABOUT DAN SCOTT

Before deciding to write this book, Dan coached many people, helping them understand the many health advantages of feeding their dog a natural diet and teaching them how to save money by switching over from commercial dog food with outstanding results.

Dan is now passionately dedicated to teaching people worldwide the dangers of feeding their beloved companions commercial dog food from cans and packets. He is recognized as a leader in promoting how to have low maintenance dogs with exceptional long lasting health. Dan is a popular speaker whose talks are based on his in depth knowledge and research.

Dan's work is published nationally and he regularly contributes articles globally.



PHOTOGRAPHS



## PHOTOGRAPHS



## PHOTOGRAPHS



## PHOTOGRAPHS

