

# Feed Your Dog **BETTER**

Healthier Quick & Easy Kibble Meals  
Nutritious Home Cooked Meals  
Healthy Raw Food Meals



**DAN SCOTT**

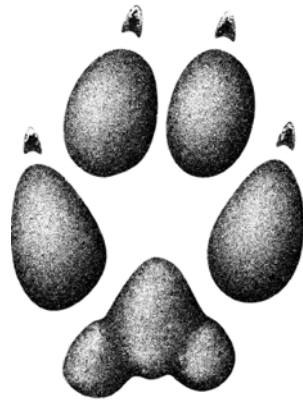
# Feed Your Dog Better

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Healthy Raw Food Meals

Dan Scott



Healthy Dog Publishing

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# INTRODUCTION



The companionship of a dog is like no other. The reward of unconditional love, lots of fun and muddy paws across the living room carpet make life with a dog a heartwarming adventure. It's a journey you and I share and enjoy but with it comes the responsibility of keeping our dogs happy and healthy. And the foundation of good health is through diet.

Dogs love to eat and we love feeding them.

Today more than ever, people are choosing healthier fresh foods over the convenience 'TV dinner' packaged options and fast food to fix health problems and counter obesity. More and more people are deciding to buy fresh ingredients and cook home meals because they understand the health benefits.

It is no different for our dogs.

If you want to prevent future health issues or fix the chronic health complaints, your dog currently suffers, diet is the key. 90% of the health issues your dog will ever face are directly related to what they eat today and in the days ahead.

Good nutrition is the key component of a healthy diet. Over 12 years experience with my own dogs and thousands of customer's dogs clearly demonstrate that quality nutrition in personalized home prepared food makes a BIG impact on a dog's health and well-being.

This book is all about getting you started on the healthier dog nutrition ladder and doing something positive towards a better diet for your dog. Only feeding your dog a cheap kibble and calling it a day is simply not enough as you

probably already know. However, it doesn't have to be all or nothing and I'm here to help you get the ball rolling with the easiest starter option of a healthier kibble diet so you can keep doing what you've always done but with minimal effort and expense, add simple whole food supplementation to your dogs meals that will make a big impact on their health without stepping too far from your comfort, convenience or budget level.

If you want even more from your dogs diet, or you have to because your dogs circumstance demands it, then the home cooked food diet and ultimately the raw food diet is laid out for you to make the difference needed.

In all three diet options, my underlying desire for you is basic nutritional learning, better understanding, movement forward and ultimately a healthier happier dog that fills your heart with pride and satisfaction knowing you did the best.

Dogs are natural born athletes, doesn't matter what breed, size, or Heinz 57 they come as. Their body metabolism is far more active than ours; they have four legs to move to our two, a tail to wag, ears to swivel and a nose to twitch, all using progressively greater amounts of energy than we use. Dogs live spontaneously in the moment and respond super fast to stimuli, integrating far more advanced senses than ours in smell, hearing and sight. And this is why it takes more nutrition than we need comparatively to power, sustain and protect our k9 athletes.

Food is essentially fuel to power a dog's body and contained within it are the medicinal properties to heal a dog's body. And the better the quality of that fuel, the better its medicinal qualities and the better overall health the dog will have.

By contrast, convenience or fast food fuel may give energy, but what it cannot do is provide medicinal grade nutrition. It's simply missing a whole range of live whole food nutrients and special 'un-processed' whole food compounds.

The only fuel to power, sustain and heal your dog and the fuel that keeps them vital through the senior years is whole and unprocessed food.

As a passionate canine nutrition expert, I have championed a firm message of self education and self reliance on the healing power of whole food nutrition

and supplementation. I've witnessed thousands of happier; healthier dogs that either benefitted from the healthier kibble diet, a home cooked food diet or a raw food diet.

The concern with feeding single source commercial foods is they're only complete and balanced on paper for the obvious standards of vitamins, minerals, fats, proteins, and carbohydrates. As long as the scientific nutritional analysis box has been ticked and by the shortest and cheapest route, then a bag of kibble is deemed nutritionally complete dog food.

But there are thousands of compounds in whole foods, not just the short list of vitamins and minerals that we are familiar with, and more compounds are being discovered all the time. And it's the blend of these compounds in whole foods that do the healing work when combined with kibble meals, home cooked meals and raw food meals.

Introduce your dog to one of the three diets in this book. They all bring relief from bad health and promote good health.

If your dog has allergy related and other chronic health niggles or you want prevention then get started on the healthier kibble diet.

If your dogs had chronic health problems for a long time and things are becoming more serious, get started on a home cooked diet or a raw food diet.

If your dog has a major illness like cancer, go straight to a raw food diet and get [Home Remedies for Dogs](#) for specific cancer help.

## **How to use this book?**

Read chapter one, two and three and then choose the diet you want to begin. You'll find The Healthier Kibble Diet in chapter four; The Home Cooked Food Diet in chapter five and The Raw Food Diet in chapter six.

The first chapter is all about why we have dog health problems and how we got here. I discuss diet, food choices and healing to help you understand where you're at and how to get started.

In chapter two I dive right into nutrition basics and the importance of the balanced nutrition your dog needs to be healthy. This will help you understand what healthy nutrition is, the foods to choose, the foods to avoid and a primer on protein, carbohydrates, fat, fiber, minerals and vitamins.

In chapter three I show you how to get your dog's daily portion size accurate for weight control and the importance of hydration and exercise.

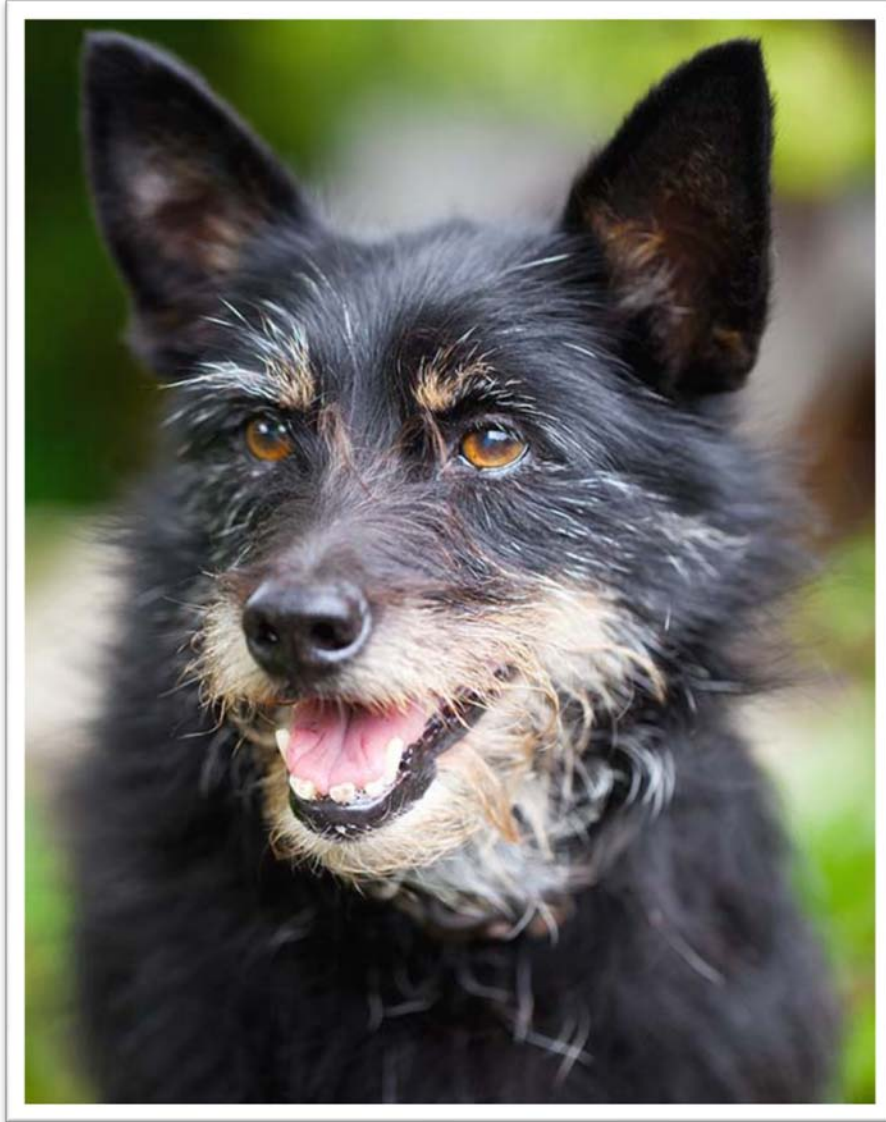
Chapter four is all about The Healthier Kibble Diet and how to make kibble more nutritious on a budget. I also show you how to quickly read and understand pet food nutrition labels when choosing a good kibble. There are full table breakdowns and my personal kibble recommendations plus I'll go into how to have a trouble free transition between kibbles. Finally we move into the recipe section for the 7 Perfect Value Food Supplements Program and end with a quick start guide to take you through the diet step by step.

Chapter five is all about The Home Cooked Food Diet. I'll go into all aspects of the diet, ingredients, bulk cooking, supplements for nutrient balance, oils, amounts, prep and variation and so on before moving into the 22 delicious meal ideas you can prepare for your dog. I'll end with a quick start guide to take you through the diet step by step.

Chapter six is all about The Raw Food Diet with all aspects covered including ratios, amounts, bones, supplements, food choices, recipes, nutrient balance and transitioning your dog to the diet in simple steps with the quick start guide.

To finish in chapter seven I give a complete list of all the supplement links provided throughout the book. I finish with useful conversion charts and include where you can find further support through available books and programs.

I believe your dog values a tastier, nicer smelling and nutritionally better-off whole food enriched meal. Your dog may not savor their food as you do but I guarantee they'll feel the difference – and you'll notice!



**If you ever wonder what the meaning of life is  
and why we are here, look at your dog.**

**Live for the Moment.**

# Chapter 1

## Why the health problems and how we got here?



Somewhere along the line, it became acceptable to feed our dogs the same meal, day in day out, for years. And for 85% of dog owners worldwide that's kibble!

We feed our dogs almost exclusively on pre-made, store bought dog food, never deviating or adding variety, because let's face it we don't really know what

constitutes the good stuff.

You see, we don't know what real dog food looks like. No one told us! No one said, hey Jane the actual 'real' food you feed your dog is X. All we got was TV commercials, vet endorsed rhetoric and opinion from anybody who had one.

We've been so conditioned to accept convenience packet food as 'dog food' that many people actually think human food is bad for a dog!

We go for the convenience, not realizing that the marketing message sold to us was simply market-driven propaganda and that sometime later our dogs pay for it with ill health while we pay vet bills.

### **A hidden reason why dogs get allergies – here's the short story**

The more openly discussed reason for dog allergies come from ingredients such as corn, wheat, dairy and soya although artificial colors and flavors lead to allergies too.

However, what's rarely talked about is commercial pet food manufacturing plants using extremely high temperatures to kill all the pathogens in the food they use for pet food, which is the world's waste food not fit for human consumption. Basically the food is being sanitized of all life and broken down to its basic parts – crude protein, carbohydrate and fat.

The ingredients are then combined with vitamins, minerals and a roster of additives ready to use in a complete and balanced kibble recipe. The ingredients are mixed, extruded into kibbles and heated at high temperature for a second time. Finally, a last run through the *'these kibbles taste delicious'* fat spraying machine to coat the kibbles, then it's dried, bagged and shipped.

The double extreme high heat processing used to create kibbles damages many of the delicate proteins in the food. And eating altered out of balance and largely unrecognized proteins is the cause of many allergic reactions seen outwardly in various skin, coat, eye, ear, joint, periodontal and gas conditions, including behavioral problems.

The more a whole food or whole food ingredient has been processed, the less it's nutritional value and healing qualities (remember that food also acts as medicine) and the more unhealthy it is over time to consume. In this instance, the damaged or altered proteins in kibble can give your dog allergies and a good reason to enrich a kibble fed meal with whole food proteins.

### **Becoming intolerant to continuously fed ingredients**

The routine of feeding dogs the same food for years puts great stress on their immune system. Dogs are becoming intolerant to continuously fed ingredients. Chicken is a prime example, because it's the most used protein in pet food.

This adverse food reaction or AFR seldom leads to a complete food allergy, but keeps a suffering dog in semi crisis mode with a compromised immune system. This often leads to chronic itchy and dry skin, flea-allergic dermatitis, leaky gut, colitis and a stressed liver, pancreas and kidneys. Adding in whole food variation helps to counter AFR.

Although many dogs seem outwardly fit and healthy on their present diet, rather than viewing this as any kind of endorsement for the limited commercial diet they eat, it's more a testament to dogs' staying power.

### **Your dog's Immune system – 24/7 security service**

A healthy immune system is fundamental to a dog. Your dog's ultimate health, vitality, and longevity depend entirely on having a balanced immune system, and often it's failure is as a result of a nutritionally inadequate diet.



The immune system works in two ways. One half of the system manufactures important nutrients such as vitamin K and some B vitamins, absorbs incoming vitamins and other vital micro nutrients while keeping the gut lining in good condition. The other half of the system acts as security by regulating T cells throughout the body to be on full alert for intruders like bacteria and viruses while eradicating dead cells and foreign material.

The effects of over processed commercial food stress the immune system and eventually lead to break down. The immune system can also become so stressed that it malfunctions and begins to attack itself, resulting in a condition referred to as autoimmune disease.

### **Your dog's skin is the early indicator to what's ahead**

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 to know the state of our current health. 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 internal 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, and today that's one in every two dogs!

### **25 typical health problems a limited diet causes and that you'll notice:**

- Bad gas
- Bad breath
- Allergies
- Blocked anal glands
- Loose foul smelling stools
- Bouts of diarrhea
- Constipation
- Poor coat condition
- Mange
- Excess hair shedding

- Itchy skin
- Candida (yeast overgrowth)
- Ear infection
- Eye infection
- Urinary tract infection
- Blood in stool
- Blood in urine
- Excess paw licking
- Hot spots
- Lack of energy and concentration
- Lack of joint movement
- Joint pain and inflammation (arthritis)
- Eating lots of grass or poop
- Too much twitchy energy
- That classic doggy smell

You'll probably recognize many of the problems listed above. They're the sort of common health problems that dog owners know as part of everyday life, those niggling, can't-quite-put-your-finger-on-why-they're-happening health problems that come and go, despite your best efforts.

### **There is nothing as strong and powerful as healthier food choices**

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. What your dog eats also functions as medicine, or if it's wrong, poison. From the digestive tract especially, to gums, eyes, bone density, joints, brain, behavior issues, the likelihood of seizures, heart disease, and cancer, the prevention and cure is a function of food.

Sadly, when our dogs are finally admitted to the vet for diagnosis and treatment, it's the symptom of the disease that gets treated, rather than the cause of the condition itself. That treatment usually involves strong pharmaceutical drugs piling on additional toxic burden to an already weakened immune system.

Certainly, some serious conditions 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 to cure disease, there is nothing as strong and powerful as healthier food choices.

### **You can heal your dog**

Varying your dog's diet will free them to live with greater health and wellbeing.

Within weeks of improving your dog's diet, you'll notice the scratching subside, the coat feeling softer and cleaner smelling, shedding slows, ears become cleaner, and the smell of your dog's breath and gas improve.

An improved diet will help keep the immune system balanced, especially through the senior years. And if you're starting out with a puppy, the sooner you get them eating healthier foods the longer they'll be with you.

Because the addition of fresh food also acts as healing medicine, it makes the job of keeping your dog in good health simpler and cheaper.

### **My dogs seriously ill – can a change of diet save her?**

If your dog has cancer, heart disease, liver disease or other serious health condition you'll need the services of a holistic veterinarian who can help you.

A raw food diet is best - no doubt about it - and second, a home-cooked food diet. It's too late for the healthier kibble diet because your dog is beyond that niggly chronic health complaint stage, it's now acute and serious and only the best quality nutrition you can provide will help your dogs immune system to balance and repair.

As an option you can begin with The Home-Cooked Food Diet, transition over a couple of weeks while using a probiotic and then look to adding in or further transitioning to The Raw Food Diet to speed up healing work. It's also important to use the companion book, [Home remedies for Dogs](#) for specific remedies that work well with serious health conditions such as cancer.

### **Make a health wish list**

It's a good idea to make a health wish list. A health wish list is where you identify any health problems your dog currently has that you want to see the back of.

### **Does your dog have any health problems?**

Write down anything that comes to mind and put it somewhere safe. I want you to refer back to this later. If your dog has any serious health problems – arthritis, diabetes, ongoing steroid use, liver disease – put that at the top. Next, if your dog is overweight, write that down and try to remember when the weight problems started. Finally, add any other health or problem behaviors your dog has: itchy paws, reduced appetite, stiff joints, intermittent diarrhea, ear infections etc.

Whatever changes you make to your dog's current diet as a result of reading this book, will need 4 to 12 weeks to make an impact. Hang on to this list so that you can return to it to see what has improved. I know you'll be happily surprised.

You may even find yourself amazed!

**In summary:**

Virtually any disease or deterioration you can think of connects to your dog's dietary regimen, something over which you have almost complete control.

We spend whatever it takes to make our sick dog well so why not put that love and devotion into a healthier diet that will prevent, delay and reduce the need for long term financially and emotionally painful treatment when they're seniors.

You can learn about the simple dietary needs of your dog and feed them a nutritionally richer meal for an improved diet that will help keep their immune system balanced, especially through the senior years.

Whatever changes you make to your dog's current diet as a result of reading this book, will need 4 to 12 weeks to make an impact.

## Chapter 2

### What your dog needs to be healthy



In this chapter I want to go over the nutrient basics and what it takes for your dog to be healthy.

A good understanding of basic nutrition will help you know what's good for your dog's health and what to put back on the shelf.

We'll be looking at the following:

- Vitamins and minerals in typical foods
- Foods to avoid
- Protein
- Carbohydrates
- Fiber
- Fat
- Minerals and Vitamins
- Probiotics

**Note:** In chapter 4 I'll be sharing how you can combine your current kibble with whole food supplements to boost the nutritional content, making it nutritionally enriched and effective at healing allergies and other health complaints. I'll also be discussing the best kibbles currently available and what kind of kibbles to avoid.

#### **Balanced nutrition is everything**

Your dog needs a balanced and varied diet and there is good research to show that for a dog to be healthy, a low carbohydrate, high protein, fruit and vegetable diet is an excellent choice. And as you'll see in the chapters ahead, combining commercial, home cooked and raw foods is a great way to achieve greater health and wellbeing for your dog and very simple to get started.

The benefit of doing things this way is that your dog will settle on their average weight more easily, have a better more athletic body shape and they'll feel more vital and calm as pesky allergies subside.

The important thing when feeding your dog is the nutritional balance. Commercial dog food is balanced, at least on paper, and the nutritional element is already added. For home cooked, raw or combining foods you must keep an eye on variation to satisfy nutritional balance but it's pretty easy once you get the hang of it.

### **Vitamins and Minerals**

Below is a table covering the vitamins and minerals and their benefits from various foods that would normally be in your dog's diet.

Look at the foods and look at the vitamins and minerals they contain and note the benefits. You can provide greater nutritional balance and healing power to your dog's diet when you add whole meats, fish, vegetables and wholegrain carbohydrates to the diet.

<b>Food</b>	<b>Vitamins &amp; Minerals</b>	<b>Benefits</b>
<b>Lean meats: chicken, lamb, turkey, beef, venison.</b> <b>Fish: sardine, salmon and mackerel</b>	B vitamins – B1, B2, B3, B5, B12, thiamine, riboflavin and niacin	Builds and repairs tissue including hair and nails. Builds bones, muscle and cartilage
<b>Eggs</b>	Essential fatty acids and calcium from the shell	Excellent for bones, joints, teeth, nails & hair
<b>Leafy green vegetables: cabbage, kale, courgette, bell peppers, cucumber, asparagus, leak, celery and chard</b>	Vitamins - A, C, K plus folate. Minerals - iron and calcium	Promotes heart health, bone health and supports the liver, kidneys and immune system to function optimally
<b>Peas and green beans,</b>	B vitamins, iron, calcium, potassium and phosphorus	Great for healthy energy levels, a strong immune system, heart and muscles

<b>Sweet potato, carrots, turnip, parsnip, swede</b>	Vitamin A and C, beta carotene, potassium	Keeps immune system strong, healthy skin, teeth, nerves and stable blood pressure
<b>Seaweed (Kelp)</b>	Vitamin A, B, C Minerals calcium, iodine, magnesium and potassium	Great for coat and nails and supplemented to kill bacteria causing plaque and tartar on teeth
<b>Bananas</b>	Vitamin C and B6 Minerals copper, manganese and potassium plus fiber	Lots of fiber to help digestion plus potassium helps with diarrhea.
<b>Apples</b>	Vitamin C with pectin and fiber	Lots of fiber, vitamin C and pectin. Helps with diarrhea, good for digestion.
<b>Blueberries</b>	Vitamin C and K, fiber and manganese	Good antioxidants and immunity support
<b>Pears</b>	Vitamin B2, C and E Minerals copper and potassium plus fiber	Lowers cholesterol, high fiber content, lowers blood pressure
<b>Watermelon</b>	Vitamin B6, thiamin, riboflavin, niacin, folate, pantothenic acid, choline lycopene. Minerals: copper, magnesium, manganese, phosphorus, potassium, selenium, zinc	Keeps coat healthy, good for eye health and general immune system health
<b>Cranberries</b>	Vitamin C, E and K. Pantothenic acid, fiber and mineral-manganese	Good immune system support, anti infection, anti inflammatory
<b>Wholegrain brown rice</b>	Vitamin B6, magnesium, selenium, thiamine, phosphorus, niacin and manganese	Good slow release energy food, selenium helps with cancer, lowers cholesterol, non allergenic
<b>Oats, quinoa and barley</b>	B vitamins, iron, calcium, potassium and beta glucan	Slow release energy, non allergenic and strong immune system protection



## Foods to avoid

It's important to know what dogs can't eat. Some human food is dangerous for dogs. Dogs don't eat like we do, they don't digest food the way we do and they hardly ever spit anything out. While there is a wide range of human food that is safe and beneficial for dogs to eat, there is quite a long list of foods they are sensitive too. With so many different foods free of controversy that your dog will enjoy, you don't have to put your dog at risk with the following foods.

### For example: **Chocolate**

Chocolate is known to be toxic to dogs primarily because of the ingredient theobromine. The little known irony is that chocolate is no less toxic to people and the higher the coco content - dark chocolate - the more toxic it is. However, eaten in small amounts chocolate does not cause harm and you'd have to eat as much as 2lbs a day to be adversely affected.

If your dog gets into a family sized bar of milk chocolate, the chances of toxicity leading to emergency are very small simply because the coco content is so small. However, the sugar content in milk chocolate is very high and dogs should never eat sugar simply because it's not healthy or needed and contributes to blood sugar imbalance, a stressed pancreas and diabetes.

### Harmful foods that should be kept out of reach of your dog:

Food	Ingredient	Effects
<b>Chocolate (coco)</b>	Theobromine, theophylline and caffeine	Seizures, heart arrhythmia, death (Only from a <u>huge</u> amount of dark chocolate though!)
<b>Alcohol</b>	Alcohol	Depressed nervous system, slows breathing, vomiting & possible seizures
<b>Onions</b>	Thiosphate	Damage to red blood cells, anaemia, blood in urine and/or stool
<b>Cooked bones</b>		<u>Cooked</u> bones are hard, can splinter, have sharp edges

		and can cause obstruction in throat, stomach and intestines
<b>Raisins and grapes</b>	Unknown toxin	Diarrhea, lethargy, dehydration and possible kidney failure - would have to eat large amounts
<b>Coffee, black tea, fizzy drinks and energy drinks</b>	Caffeine and aspartame	Seizures and heart arrhythmia
<b>Avocado</b>	Persin fungicidal toxin	Small amounts are healthy for skin and coat but large amounts can cause stomach upset plus obstruction from the stone if swallowed
<b>Candy, chewing gum, diet foods &amp; toothpaste</b>	Xylitol	Fast drop in blood sugar from increased insulin release plus stressful on the liver, kidneys and pancreas
<b>Macadamia nuts</b>		Pain, fever, muscle tremors and weakness in back legs
<b>Cow milk, cow yoghurt &amp; cream</b>	High in lactose	Upset stomach, diarrhea, itchy skin from lactose intolerance
<b>Excess Fat trimmings from cooked meats</b>	Fat, possible salt & pepper spices from cooking	Too much cooked fat trimming can lead to diarrhea, vomiting, pancreatitis and possible liver, kidney problems
<b>Processed foods such as cured meats, potato chips and salty snacks</b>	Salt , preservatives, colors and e-numbers	Can cause excessive thirst and urination. Hard on liver and kidneys plus possible seizures
<b>Pastries, sugary food and drinks &amp; many packet</b>	Sugar	Can cause obesity, bad breath and eventually

<b>treats</b>		diabetes
<b>Soft fruit stones in peaches, plums, cherries, nectarines, mangoes etc</b>	Cyanide (in peach and plum stones)	Inflammation of the small intestine, obstruction and poisoning
<b>Moldy foods</b>	Poisonous mold toxins	Moldy foods can cause toxic poisonous spores that can make your dog seriously ill
<b>Nutmeg and mace</b>		Can affect nervous system, digestive issues, vomiting and seizures
<b>Black pepper</b>		Can irritate your dogs digestive system
<b>Raw Salmon and Sea trout</b>	Flukes	Fresh Salmon and trout from the Pacific Northwest is best frozen for two weeks before feeding to kill possible flukes in the fish
<b>Yeast dough</b>		Be careful not to leave yeast dough where your dog can get to it as it will continue to expand inside your dog!
<b>Refined white wheat , corn and soy flour</b>	Wheat and modifying agents that cause allergies	Refined flours can cause irritation, allergies, diarrhea and long term diabetes
<b>Artificial sweeteners</b>	Synthetic sugar substitutes	Fast drop in blood sugar from increased insulin release, toxic to the liver, kidneys, seizures and brain neurotoxin i.e. aspartame
<b>Synthetic food colorings</b>	Synthetic chemicals	Toxic to liver, kidneys and depresses immune system

<b>Regular table salt</b>	High phosphorus & sodium content plus chemical and environmental pollution from manufacture	Too high in sodium causing palpitations, hard on liver and kidneys, potential long term poisoning
<b>Anything GMO!</b>	Modified organisms	GMO foods have not been properly tested and may cause severe long term disorders, auto immune system diseases, seizures, cancer and death

## Nutrient Basics - What makes food nutritious?

### Protein, Carbohydrates, Fat, Fiber, Minerals and Vitamins

Getting the right amount of nutrients for an optimally working body is important for us and our dogs. The only difference being that our dogs require different proportions to us.

Your dog's body naturally produces some vitamins and minerals while others need to be supplemented by introducing small amounts of fresh foods. What follows is an overview of the nutrients required for good health, how they function, and examples of how they are met through fresh foods.

### Protein

Protein is the most important nutrient to a dog's physical wellbeing. The main sources of protein come from meat (fish and eggs I class as meat) and from vegetables and grains. The most important part of a dog's meal is protein from meat because their body is designed to more easily absorb meat based protein.

**Note:** The higher the protein content of your dog's meal that you can feed, the long term healthier they will be.

Nutritionally, dogs rely on the amino acids that make up protein for the following reasons:

- A dog's digestive system breaks down the proteins into amino acids which are then used by the body to create cells, muscles, hormones, antibodies, blood and other amino acids.
- There are 22 amino acids that a dog's body needs.
- 12 of the 22 amino acids can be synthesized from other amino acids in the diet.
- The remaining 10 are called essential amino acids and need to be supplied in sufficient quantities for the body's functions.
- The different sources of protein are measured for how easily they are absorbed and used on a scale of biological value. For example, eggs get a top rating of 94%, followed by fish at 76% and beef at 74%. By contrast, grains have values in the 60% range.

- The higher the quality of the protein source, the less of it is needed by the body.

While humans use carbohydrates and fat as their primary source of energy, by contrast, dogs rely principally on proteins with little need for carbohydrates. The exception to this is working dogs and high energy dogs that generally need higher amounts of food energy to sustain them. This is met with carbohydrates as a cheaper source of energy.

Over eons of canine evolution, dogs have come to be able to convert some proteins into simple sugars for energy although they can live well on higher carbohydrate intake.

Many amino acids in protein have even more specialist purposes than those already mentioned, such as:

- **Arginine** - plays a function in cell replication and growth, so growing dogs need extra. It also helps in the detoxification of ammonia produced by the digestion of proteins and stimulates the production of urine to expel excess nitrogen.
- **Histidine** - helps in transporting oxygen through the blood.
- **Isoleucine** - functions in the creation of proteins.
- **Lysine** - is needed to utilize the protein consumed and synthesize other proteins.
- **Methionine** - is important for the replication of DNA and RNA and for the synthesis of cystine, a major part of hair.
- **Phenylalanine** - contributes to the color of black hair, to making the amino acid tyrosine, and for thyroid function.
- **Threonine** - maintains healthy skin, healing of wounds, and a healthy immune system.
- **Taurine** – is synthesized by methionine and cystine in the diet
- **Tryptophan** - is thought to have an effect on the neurotransmitters that decrease aggression.
- **Valine** - helps in the transportation of fats and the creation of milk.

## Carbohydrates

Carbohydrates come in two forms and it's important to know the difference and how this impacts your dog's health: There are both complex and simple carbohydrates.

Complex or whole carbohydrates are very healthy. Their nutritional benefits are excellent for the following reasons:

- Providing slow-release energy
- Aiding digestion
- Helping regulate metabolism
- Improving sleep
- Keeping the immune system strong
- Keeping the nervous system in shape

Complex carbohydrates come from unprocessed whole foods such as:

- Vegetables
- Brown rice
- Quinoa
- Whole oats
- Barley
- Sweet potato

Simple or refined carbohydrates are not healthy. Refined carbohydrates are basically anything processed and on the beige end of the color spectrum:

- Refined white flours
- White rice, white potatoes, pearl barley
- Sugar
- Potato chips
- Candy
- Cookies
- Cakes
- Most dry dog food

As you would expect, simple refined carbohydrates are unhealthy and cause problems with the pancreas, the endocrine system, raise insulin levels and lead to obesity, diabetes, heart disease and arthritis.

Simple carbohydrates are quickly converted to sugars once eaten and the main cause of obesity and diabetes.

Most often, the cause of the problems faced by dog owners when their dog has a health problem such as skin allergies is a refined carbohydrate kibble product.

While dogs don't have a biological requirement for carbohydrates they still benefit from carbohydrates, but they must be complex carbohydrates. The issue with many commercial dog foods, mostly those of lower quality, is that they are very high in simple or refined carbohydrates.

As an energy source, carbohydrates are generally used a lot more than protein and lower in calories than fat.

So while most nutrients you feed your dog have a set requirement, carbohydrates will be the one nutrient you decide how much your dog is given based on your budget and values.

Here are the main reasons why including complex carbohydrates from grains and vegetables are beneficial to your dog:

- Complex carbohydrates slow digestion, allowing other nutrients further time to be absorbed and keep your dog feeling fuller longer.
- Complex carbohydrates contain a good source of essential vitamins, minerals, and the antioxidants that are not present in proteins and fats.
- Complex carbohydrates are cheaper to buy than protein.

**Note:** This book contains a selection of recipes for you to choose from that are grain free, low in carbohydrates, or include a good balance of protein and complex carbohydrates.

## **Fiber**

Fiber is contained within carbohydrates, particularly from plant based foods. The fiber itself remains largely undigested and slows down the digestive



system to balance the water content in the intestines. This creates a healthier gut by increasing the amount of flora in the digestive tract to aid in the resistance to bacteria and intestinal disorders.

Fiber also has the important job of gently scrubbing the colon wall as it passes through, keeping it clean from the accumulation of plaque.

## Fats

Fats are important to a dog because of the role they play in the following:

- Absorption of fat soluble vitamins A, D, E and K
- The production of hormones
- The health of hair and skin
- Strengthening immunity to disease
- Excellent source of energy
- Anti inflammatory
- Promote heart health and brain function

There are three major types of fat: saturated, monounsaturated and polyunsaturated fats, each made up of units known as fatty acids of which there are actually 11 different types. The three most important ones are (ALA) Alpha-Lipoic Acid, (EPA) Eicosapentaenoic Acid and (DHA) Docosahexaenoic Acid. ALA is mostly found in plants, while EPA and DHA are mostly found in animal foods like fatty fish.

Your dogs body can synthesize most of the fats it needs from the diet. However, two essential fatty acids, linoleic and alpha-linolenic, cannot be synthesized in the body and must be obtained from food. These basic fats, found in plant foods, are used to build specialized fats called omega-3 and omega-6 fatty acids.

The two types of essential fatty acids in commonly used oils and fats:

- Omega-6 fatty acids
- Omega-3 fatty acids

Omega-6 fatty acids are abundant in most diets that contain vegetable oils or animal fats. Omega-6 fatty acids also combine with the mineral zinc to create a healthy coat. However, an excess of omega-6 fatty acids - more than four times

the recommended daily allowance - can increase chemicals in the body that lead to inflammation.

Omega-3 fatty acids are found in high concentrations in fish, fish oil and seeds such as flax and hemp. Omega-3 fatty acids are powerful anti-inflammatory agents that lessen the risk of heart disease, aid in wound repair, and improve immunity to disease.

Both Omega-6 and Omega-3 fatty acids are important to your dog and need to be given in the right ratios to each other to be beneficial. The addition of certain vitamins and minerals work in concert with the fats to help maximize their absorption.

## Minerals

Minerals come in major or minor form. Minerals are inorganic chemical elements that naturally occur in the soil and are absorbed by plants and herbivorous animals that consume plant material. There are twelve officially known minerals that scientific research recommends for the daily requirement in a dog's diet. However, through my own research I have discovered twenty major minerals and up to ninety six trace minerals that greatly benefit your dogs long term health and they are included in all three diets.

### The Major Minerals

**Calcium** is the most abundant mineral in your dog's body, and is important for the following reasons:

- Strong teeth and bones
- The conduction of nerve impulses
- Blood coagulation
- Muscular contraction.

This mineral will more than likely be lacking in home-cooked meals if more than 50% of your dog's food comes from your kitchen but can easily be supplemented.

**Phosphorus** is just as important as calcium for the following reasons:

- Phosphorous and calcium work as a team and need to be balanced in the bloodstream.

- Most phosphorus is found in the skeleton
- Elsewhere in the body phosphorus supports nerve impulses
- Maintains the pH balance of the blood
- Helps in the metabolism of fats, proteins, and carbohydrates into energy.

Phosphorus deficiencies are rare because it's readily found in many foods, especially organ meats, fish, and poultry.

**Magnesium**, like phosphorus and calcium, is found in maximum concentration in bones, but it is also found in organs and body fluids, where it assists:

- In removing toxins from the body
- Aiding heart function
- Enabling hormones in the body to function properly

Magnesium is commonly available in plants and meat, and deficiencies can cause epilepsy and increase the risk of heart disease. If more than 50% of your dog's food comes from your kitchen, magnesium can easily be supplemented.

**Sodium** maintains the balance of fluids in the trillions of cells in the body; they in turn assist in the delivery of nutrients and the removal of waste among other activities. Fresh foods like meat, fish, and cheese provide sufficient quantities to prevent deficiencies.

**Chloride** maintains the pH balance of the body and aids in the digestion of protein. Chloride is widely available in meats and plants and generally doesn't need supplementation because the bodies' requirements can be met when the intake of sodium is met.

**Potassium** is found mostly in the fluids of cells. This mineral is essential for nerve transmissions and muscular contraction. Sweet potatoes, yams, bananas, and whole grains are good sources.

**Iron** is mostly found in the blood and used to transport oxygen to all cells in the body. Organ meats, beef, and fish are rich sources of iron.

**Iodine** is required by thyroid hormones for growth and maintaining the body's metabolism. Because it's not stored in the body, some is needed every day from foods like kelp seaweed and is easily supplemented.

**Copper** is required for healthy bones and connective tissues and for the formation of blood and the pigment in hair. Beef liver, quinoa, and millet are all great sources of copper.

**Manganese** helps to metabolize fat and carbohydrates, growth, reproduction, and the formation of bone. Oats are a good source of manganese.

**Zinc** is widely used by more than 200 enzymes in the body to assist in the following:

- Growth
- Healing
- Reproduction
- Metabolize carbohydrates and protein.

Beef provides good levels of this mineral.

**Selenium** is crucial to antioxidant activity within cells and is thought to help protect against cancer. Selenium also helps in:

- The production of thyroid hormones
- In reproduction
- Balancing the immune system

Whole grains and organ meats are be great sources of selenium.

### **The Trace or Minor Minerals**

There are many minor minerals that are beneficial and required in only trace amounts. Because research on these minerals is limited, they aren't supplemented in commercial pet foods, even though they are found naturally in fresh foods. One of the supplements used in all three diets provides 96+ trace minerals.

Below are three examples of why trace minerals are important.

**Boron** has the following properties:

- Contributes to the metabolism of minerals essential to bone growth
- Electrical impulses in the brain
- The regulation of the parathyroid hormone
- It's been shown to help alleviate symptoms of arthritis

Boron can be found in whole grains, vegetables, and fruits.

**Chromium** helps the body in using fat for energy and maintaining muscle tissue while improving the effect of insulin. Chromium is widely available in meat and plants, nutritional yeast, grains, and wheat germ. Eggs provide the greatest concentration.

**Molybdenum** helps with growth, the absorption of iron, and in reproduction. Molybdenum is found in dark leafy greens, grains, and organ meats.

## Vitamins

Vitamins can be divided into two groups: fat-soluble vitamins (A, D, E, and K), that are stored in the body's fat cells and organs, and water-soluble vitamins (B complex and C), which must be taken on a regular basis to maintain healthy balance.

### Vitamins A, C, D, E, and K

**Vitamin A** supports the immune system, bone and muscle growth, vision and healthy skin, plus the body's internal linings. Vitamin A is found in eggs, fish oils, liver, milk, and different root vegetables.

**Vitamin C** (ascorbic acid) works as an antioxidant, helping collagen and hormone production plus the growth and maintenance of tissue cells. Fruits and vegetables are high in vitamin C, but because dogs can synthesize vitamin C in their liver, no supplementation is generally required for healthy dogs.

**Vitamin D** helps in the absorption of calcium and phosphorus to build healthy bones and assist in blood clotting and the conduction of nerve impulses. Vitamin D can be found in fish oils.

**Vitamin E** is a powerful antioxidant and is most often used as a food preservative in commercial pet food. Vitamin E also helps with muscular health, nerve function, metabolizing fat, hormone production and scavenging

cancer cells. Vitamin E is found in oils and some vegetables like spinach and butternut squash.

**Vitamin K** can actually be synthesized in a dog's large intestines. Vitamin K helps with blood clotting and bone formation. Most dogs don't require supplementation unless they are taking antibiotics. Leafy green vegetables like cabbage are strong sources of vitamin K.

## **B Vitamins**

The B vitamins all help in the metabolism of carbohydrates, fats, and proteins. They also support individual contributions to your dog's health such as in the following:

- **Vitamin B1** (thiamin) contributes to growth and neurological function. B1 is found in nutritional yeast, organ meats, whole grains and nutritional yeast.
- **Vitamin B2** (riboflavin) supports the actions of other vitamins, and benefits eye and skin health. B2 is found in organ meats and dairy products.
- **Vitamin B3** (niacin) is very important for energy metabolism and maintaining strong muscles. B3 can be found in chicken, fish, and nutritional yeast.
- **Vitamin B5** (pantothenic acid) supports the production of hormones, and aids in digestion and reproduction. B5 is found in meats, eggs, nutritional yeast, and dark green leafy vegetables.
- **Vitamin B6** (pyridoxine) helps with red blood cell production and the function of scores of enzymes. B6 is found in meats and nutritional yeast.
- **Vitamin B12** (cobalamin) is important for red blood cell production, nerve transmission, and heart health. B12 is only found in meats like poultry, fish, and organ meats.
- **Biotin** helps transform amino acids into muscle and improves the health of both skin and hair. Biotin can be found in egg yolks, liver, and nutritional yeast.
- **Folic acid** makes significant contributions to the growth and division of cells, red blood cell production, and prevention of birth abnormalities

during pregnancy. Folic acid is found in green leafy vegetables, liver, and nutritional yeast.

- **Choline** is not a true vitamin, but it acts much like the other B vitamins in the metabolism of fats and is utilized to create nerve chemicals for brain function. Eggs and organ meats provide choline. It's recommended that supplementation provided contain choline.

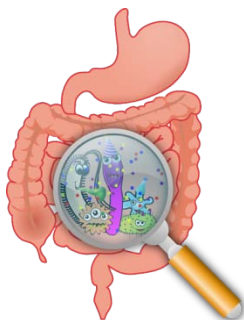
### **Dogs require a higher amount of nutrients than people**

You probably recognize a lot of the above nutrients as part of your own diet, but a dog's nutritional needs are different from our own. Dogs require a higher amount of nutrients such as calcium, selenium, B vitamins, copper, and zinc.

Commercial foods have vitamins and minerals added in as supplements in order to achieve "complete and balanced nutrition." We can accomplish the same results in home prepared food by providing supplements and a balanced meal with the additional benefits of fresh whole foods.

### **Probiotics**

Any time you take action on diet change use probiotics. Whenever you transition your dog's diet or add new food choices and when you combine diets, using a probiotic helps smooth the transition.



One of the problems with kibble is that the heating and processing destroys bacteria, both good and bad.

This can lead to inflammatory health problems because a balanced gastrointestinal flora is fundamental to effective digestion and immune system balance.

If your dog has any skin, liver, gas or diarrhea problems, these are examples related to bad gut health and a suppressed immune system. Since kibble and canned dog food is lacking in good bacteria, you need to use probiotics.

Probiotics are an excellent way to balance your dog's gut bacteria levels. Balanced gut bacteria leads to healthy digestion and a strong immune system. Gut health has a direct correlation to overall well-being.

It's also important to feed those new incoming probiotics that do colonize your dogs gut to keep them healthy and growing.

By adding in pre-biotics alongside the pro-biotics, your essentially adding some extra food to feed the gut flora created from the probiotics plus the existing gut flora gets fed too, helping it to maintain numbers and stay healthy.

Prebiotics are a type of soluble fiber or resistant starch that feed only the good bacteria in the gut, allowing desirable bacteria to colonize the gut.

Adding prebiotics and probiotics alongside enzymes will do wonders for your dog's digestive system, transforming their health for the better.

**Note:** As with everything new, start small. Add half the recommended dose to begin with and work up to full dose over several days.

There's no prep, no fuss, you simply add a small amount of each to your dogs meals and watch what happens over the following weeks.

#### Probiotics –

- Best selling on Amazon for good reason
- USA made
- 2 billion CFU's per scoop with
- 22 species cannot be beaten!
- 90 day guarantee and 1st class customer service
- Will make a huge and positive difference to your dog's gastrointestinal system

#### Prebiotics –

- Comes as a little 1oz tincture
- Just add a few drops to food or straight into your dog's mouth
- Directions on packet
- Gets to the parts of the gut Probiotics can't reach, whilst feeding and boosting the probiotics your supplementing
- Get 1 bottle, use it with the probiotics, then discontinue prebiotics once the bottle is finished



### **In summary:**

A good understanding of basic nutrition will help you know what's good for your dog's health and what to put back on the shelf.

Balancing the diet over time with variation in food choice helps your dog to be healthier, all three diets achieve this.

It's important to know what dogs can't eat. Some human food is unhealthy for dogs.

### **Protein, Carbohydrates, Fat, Fiber, Minerals and Vitamins**

Getting the right amount of nutrients for an optimally working body is important for us and our dogs. The only difference being that our dogs require different amounts to us.

Whenever you transition your dog's diet or add new food choices and when you combine diets, using a probiotic helps smooth the transition.

## Chapter 3

### Portion size and the importance of hydration and exercise



Figuring out how much to feed your dog can be complicated. Most dogs will simply eat as much as they are given because they are biologically wired to eat as much as they can in preparation for food shortages. This wild instinct is still active in domestic dogs.

#### **Does your dog carry too much weight!**

Today the majority of dogs are obese - 63% of dogs in the US - and more likely to develop diabetes, arthritis, hip dysplasia, ligament or tendon injuries, or have strokes, breathing difficulties, and skin problems.

Many dog owners have a hard time feeding their dog less because the dog enjoys eating, and food is one way that we show our love. However, overweight dogs will have a shortened life expectancy, and their quality of life is reduced by these health problems.

When dogs are a healthy weight their hormones keep the body in a stable state known as homeostasis. But when a dog gains weight, the hormones start to have an inflammatory effect, which over time can have an impact on the dog's whole physiological system: heart, pancreas, liver, kidneys and immune system. This is the starting point for many chronic diseases, including diabetes, heart disease, and cancer.

Clinical studies tell us that even moderately overweight dogs risk a shortened lifespan.

Whole foods can be a healthy way to help your dog slim down because their higher water content provides added bulk without the added calories. At the opposite end of the scale, underweight dogs may have compromised immune systems that are less able to fight off parasites and disease. Some factors that

contribute to a dog being underweight are underfeeding, poor nutritional value in the food, parasites, diabetes, or other diseases.

If your dog is underweight or especially if your dog is thin and scrawny, it's best to contact your veterinarian to rule out any underlying cause. The leaner breeds like Lurches, greyhounds, whippets etc will fall slightly closer to No2 on the body condition score table below.

### **How much to feed your dog – The all important portion size?**

The simplest way of gauging how much food to put in your dogs bowl each day is to know the following three things:

- How your dog looks and feels according to the body condition score table
- Your dogs activity/energy level
- Taking into consideration your dogs body type

First use the body condition score table below to check if your dog is at correct weight or how over or underweight they may be. Then check their activity level from the ranges provided and get your dogs' current weight checked.

**Note:** For each of the three diets, I've detailed and created individual daily feeding tables to help you get an accurate food total for your dog.

### **Using the body condition score table**

The easiest and fastest way to determine your dog's correct weight is to check their shape by using a body condition score table. The next step is to determine whether your dog's curves are in the right proportion.

Rather than thinking about your dog's weight, you're looking at the shape of your dog. To assess your dog's body type, position yourself over the top of your standing dog. The ideal would be to see curves going in at the hips and not curves that go out. Place both of your thumbs on either side of your dogs backbone. Now, spread both hands across the rib cage. The ribs should be easy to feel under the coat without excessive fat covering – like pencils in a soft pencil case.

Now, stand back and look at your dog from the side and from above: can you see their waist? Feel your dog's belly. Run your hand underneath from the end

of the chest between the front legs backwards along the belly line towards the back legs, it should follow an upward curve and not flat or droop downwards. This is known as the abdominal tuck.

For body type, certain breeds, like Salukis and Bulldogs, can be difficult to judge, but your veterinarian can always give you an objective opinion.

Use the body conditioning score table below to get a good idea of the shape you want your dog to be in. It works for every dog and is normally used by pet professionals.



**Note:** For the vast majority of dogs you should see curves going in at the hips and not curves that go out when looking from above which means the abdomen should be narrower than the chest and hips.

And abdominal tuck from the side view with the contour line rising up from the lower hanging chest to the higher belly.

**What Shape is You're Dog?**

**At least once per month, check your dog's body score and adjust portion size to keep them at ideal body weight.**

	<b>1</b> <b>Very Thin</b> <5% body fat	<b>2</b> <b>Underweight</b> 5-15% body fat	<b>3</b> <b>Ideal</b> 16-25% body fat	<b>4</b> <b>Overweight</b> 26-35% body fat	<b>5</b> <b>Obese</b> >35% body fat
<b>Ribs:</b>	Easily felt with no fat cover	Easily felt with little fat cover	Easily felt with slight fat cover	Difficult to feel under moderate fat cover	Difficult to feel under thick fat cover
<b>Tail Base:</b>	Bones are raised with no fat cover	Bones are raised with slight fat cover	Some contour with slight fat cover	Some thickening, bones felt under moderate fat cover	Thickened and difficult to feel under thick fat cover
<b>Side View:</b>	Severe abdominal tuck	Abdominal tuck	Abdominal tuck	No abdominal tuck	No waist, fat hangs from abdomen
<b>Overhead View:</b>	Accentuated hourglass view	Marked hourglass shape	Well proportioned waist	Back is slightly broadened at waist	Tuck is markedly broadened
	20% below ideal body weight	10% below Ideal body weight	Ideal body weight	10% above Ideal body weight	20% above Ideal body weight
					
	First check with your veterinarian for any underlying health issues before raising portion size	Raise portion size!	Ideal dog size	Reduce portion size!	Extra weight can lead to serious health problems. Reduce portion size!

**Gauging your dog's activity level**

Check your dogs activity level from the ranges below.

**Extra active dogs of high energy**

- An extra active dog plays a lot.
- An extra active dog is always on the go with lots of energy.
- Two 40 minute or more walks a day and at least one of the following:
  1. Running with a family member 3 times or more a week.
  2. Games of throw and fetch for a few hours a week.

3. Young dogs living with young children or multiple dogs continually playing.
4. Dogs that really let go at the dog park 3 or more times a week for a minimum of 40 minutes.

### **Active dogs of medium energy**

- An active dog enjoys a reasonable amount of activity, enough to be contented but not exhausted at night.
- A minimum of two 25 minute or more walks a day and at least one of the following:
  1. Running with a family member 2 times or more a week.
  2. Hiking or long 2 hours or more walks at least once a week.
  3. Visits the dog park a at least twice a week for general play.
  4. Middle-aged dogs living with young children or multiple dogs and active more than resting.

### **Inactive dogs of low energy**

- The inactive dog rests most of the day.
- 40 minutes or less of on lead walking a day.
- Senior dogs or middle-aged dogs with conditions that reduce activity.

### **How much does your dog weigh?**

The next step is to weigh your dog which can easily be done with a home scale or at your local veterinarian. If your dog has an unusual body type like Greyhounds, Salukis and Bulldogs, ask your veterinarian for an objective opinion on the breeds ideal weight.

When you know your dogs body condition, activity level and weight, you'll know how much to feed according to the individual daily feeding tables in each diet.

## Why your dog's drinking water is so important



A kibble fed dog is generally dehydrated because they don't recognize that kibble is dehydrated food and so do not take on enough extra moisture to re-balance their body's hydration levels.

Long term systemic dehydration can cause devastating health problems including metabolic kidney and liver diseases.

The kidneys break down most of the dietary protein, which creates waste urea and nitrogen that circulate in the blood. The kidneys also filter these waste products and excrete them in urine. When the kidneys are not functioning correctly, urea and nitrogen can become elevated in the blood.

After eating dry food, a dog becomes dehydrated and thirsty, and then needs to drink water to replenish fluid in and around the cells.



It requires energy and time for the cells to rebalance. This puts unnecessary stress on the entire body system.

Fresh foods have a moisture content of 70 to 80 percent, which protects homeostasis from the stress of dehydration. This allows the animal to keep water evenly distributed throughout the body at all times, not just sometimes.

Don't forget that water is actually the most important nutrient of all. If it occurs naturally in food, there's a reason!

### **The source of your dog's drinking water is more important than you think!**

You'll find that if your dog is drinking tap water, they will in most instances drink it simply because they are so thirsty after eating kibble and because there's no other choice.

However, if you filtered your dog's water so that it's now clean, fresh, and healthy and tastes great, your dog will drink more, more often, lots more!

This is a very effective health boost for all dogs and so simple to implement.

### **Municipal tap water: what's in what most dogs drink?**

Water treatment does serve a very important public health purpose but when you break down the chemical composition of tap water a different picture comes into view.

#### **Here's what's in tap water:**

- **Chlorine** - added to water and used as a bacteria retardant and pathogen deterrent. This chemical can actually react with healthy nutrients to form cancer-causing agents in your dog's body.

- **Fluoride** - added to water, and believed by some to strengthen tooth enamel, preventing cavities. Recent studies have shown however, that fluoride can adversely affect organs and be carcinogenic. A 2014 study in the Lancet, classified fluoride as a neurotoxin, alongside arsenic, lead and mercury!

#### **Note about Fluoride:**



Natural fluoride exists in nature and it's harmless. What we are talking about here is the synthesized fluoride by-product of fluorine gas created by the aluminum and nuclear industry. These industries produce a lot of waste fluoride and it's expensive to neutralize or dispose of, instead it's cleverly marketed as useful and sold to local municipal water companies to add to the local public water supply.

According to the British Fluoridation Society, there are more people drinking artificially fluoridated water in the United States than all other countries combined.



Finally America is starting to wake up to the fact that the high levels of fluoride added to municipal water supplies is causing disease such as ADHD, dyslexia and other cognitive disorders, which affect millions of children.

What we know is that fluoride is not safe to consume for



dogs and over time causes fluorosis which leads to arthritis, bone cancer, kidney disease and hypothyroidism, all of it irreversible!

It's estimated that 3 out of 4 Americans drink tap water, which means their dogs drink tap water too.

### **Some of the ingredients found in tap water:**

- **Lead** - Many cities' plumbing structures are nearly 100 years old! Lead may be leaking from old pipes and fixtures?
- **Arsenic and Radon** - These contaminants enter the water in a number of ways, including industrial pollution and run off from fields and farms using pesticides and herbicides.
- **Jet Fuel** (perchlorate) - It's a very hazardous chemical known to cause thyroid cancer and many other physical problems.
- **Bacteria and Parasites** - Generally enter through the ground water supply, especially if there is heavy run-off, sewage pollution, landfill, or animal waste. This might include the potentially deadly strains of coliform or e. coli.
- **Chemical residues** from the pharmaceutical industry have been studied and found to exist in high levels in the water supply, simply from the urination of prescription pharmaceuticals.

### **What's the simple, effective and economical solution?**

Filtering our tap water is important to get as clean water to drink for us and our pets as possible. How then, do we know a good filter when we see it? For example, Brita, one of the world's most popular household water filters does not filter out fluoride or many of the impurities in tap water.



Generally the bigger the filter the better the resulting quality of water will be. The best investment would be a home filtration system to benefit the entire household. That would be expensive, so an under sink system would be a good compromise with decent filtration.

The next and most economical choice is a large counter top filter. These drip filters have larger filtering elements

inside that can filter out fluoride, chlorine, lead, arsenic, bacteria, and many chemicals depending on the individual brand used.

### **A Closer Look at the Filter Types**

There are several types of filtration systems:

- **Bone char or Brimac carbon filters** - can remove up to 90% of fluoride and work similarly to RO filters under pressure from the mains water household supply.
- **Distillers** - remove fluoride and everything else but need electricity to work and leaves lifeless water that needs re-mineralizing, otherwise over time your dog will suffer mineral deficiencies.
- **Reverse Osmosis** - is a pressure based system that removes everything from the water using a fine membrane and other filters for other contaminants. Again, like distillers, the water is flat and empty and must be re-mineralized before consumption or it will draw minerals from the body.
- **Drip filter system** - is the most common form of domestic filtration system, using table top water containers where you pour in tap water at the top and it's filtered through the inserted filter cartridges. The system filters out fluoride, chloride, heavy metals, and bacteria. It will depend on the system used as how effective the individual filter will be at removing all the nasties.

**Note:** The smaller fridge door and counter top drip filters do not filter out fluoride. The filter cartridges are just too small to be really effective on all the various contaminants including fluoride.

In the past I've used RO water with re-mineralization which was a pain. I've unknowingly used small counter top and fridge door filter jugs which were simply not effective with fluoride and many other contaminants. After that it was bottled water for a few years, but that's no guarantee of water purity, plus the possible BPA leeching from the plastic and the constant waste.

The larger counter top filters use larger filtering systems, and because the water is in contact with the filtering element for so much longer, it's filtered far more efficiently.



According to nearly all the tests I could find, independent or otherwise, the Berkey filter system - made in the USA - comes out as the top performer in filtering out contaminants.

As stated by Berkey:

*“Berkey filters are world leaders in water filtering and water purification today in USA and Europe, and are so powerful that they are classed as water purifiers. Berkey water filter systems are recommended all over the world as the No.1 water filters and recommended by health bloggers, magazines and millions of happy customers.*

*Each set of Black Berkey filters will last for up to 23,000 liters which is more than 11 years of pure and clean drinking water! ”*

The Berkey filter system has 2.25 gallon storage, enough for the family and all pets. And I've found that once kids and dogs taste the filtered result, they won't drink anything else!

The 2 supplied black filters last 11 years and the 2 fluoride filters need replacing every 6 to 12 months. All in all, it works out to about 2 cents per liter of clean drinking water over the lifetime of the filters.

After 18 months the Berkey should pay for itself and no more plastic bottles, plus the water is much sweeter... my dog loves it! Your dog will love it too but more importantly, they will be hydrating themselves properly after eating kibble and simply drink more during the day because of the great taste.

The liver and kidneys of kibble fed dogs work doubly hard at filtering out toxins and this is how you alleviate these important organs for the long term plus the whole household benefits too.

Berkey Filters remove the following:

- Chlorine
- Viruses
- Heavy Metals
- Harmful pathogenic Bacteria

- Cysts
- Parasites
- Hazardous chemical contaminants and impurities while leaving undisturbed the essential minerals your body needs

[Click Here](#) to see the Berkey BK4X2 water filter system with the correct 2x black Berkey filters and the 2x Fluoride Elements needed to filter out fluoride. There's also a lot of customer product feedback at the link above.



## The importance of a regular exercise program



Diet and exercise go hand in hand. Walking your dog every morning and 20 to 30 minutes after feeding in the evening helps to improve bowel movements and regularity.

**It's important to keep up regular daily exercise.**

However, be careful not to fall into the trap of being a weekend warrior. Many dogs are only given short duration 'amble along' walks during the week and on the weekend, tear around the dog park at breakneck speed for flyball or sticks. Be mindful to average out your dogs exercise over the week by mixing things up.

Think of your dog's joints, especially as they age. They won't care, so you have to!

### **Senior Dogs – more walk, less impact!**

Senior dogs begin to slow down as they age and you might think your senior dog needs less exercise. However, it's not less exercise they need; it's just less strain from overactive high impact charging about twisting and turning. A gentler but long enough walk to tire out your older dog is better.

### **Constancy is the key for a lean muscular Chihuahua or Pitbull**

Introducing any one of the three diets in this book will mean the commitment to consistent and thorough exercise. It's best to keep to a regular timetable of exercise daily than leave things for days at a time while your dog bottles up energy. That only makes walks more strained.

When you transition your dog to a diet from this book, their energy level will rise which means more exercise. A tired dog is a happy dog so take the responsibility of exercising your dog seriously and you'll have a calm obedient dog in the evenings.

The bottom line is, better fuel - food - means more energy, a better more efficient digestive system and better overall health, so keep your dog regularly exercised in a controlled fashion to get the best from them.

### **In summary:**

First use the body conditioning score table to check if your dog is at correct weight or how over or underweight they may be. Then check their activity level from the ranges provided and get your dogs' current weight checked.

Once you know your dog's activity level and weight you can get the daily food total from the table provided with each diet.

If your dog is overweight, don't cut their daily meal total by more than 10% for the first month and then cut by a further 10% each subsequent month until your dog gets a body condition score of 3.

Fresh foods have a moisture content of 70 - 80 percent, which protects homeostasis from the stress of dehydration. This allows your dog to keep water evenly distributed throughout the body at all times, not just sometimes.

Providing filtered water means your dog will always be correctly hydrated and long term healthier.

Healthier diet and exercise go hand in hand. Keep your dog regularly and rigorously exercised in a controlled fashion for a healthier longer life.

## Chapter 4

### The Healthier Kibble Diet



So now you know about nutrient basics and what your dog needs to be healthier, and you know your dog's body condition score and activity level and the importance of hydration and regular exercise. Now it's time to get started with the 7 Perfect Value Food Supplements Program.

You can start the program with whatever kibble you have right now but if you want a healthier kibble option (highly recommended) you'll want to understand

how to read the nutrition label.

You can get straight to the point and just choose one of my kibble recommendations and begin with that but I want you to know how to pick your own choice and it's easy when you know how.

#### **How to know a good kibble when you see it?**

It's important to read and comprehend pet food nutrition labels and how to buy a better quality pet food. I'll take you through the nutrition label and we'll also look at pet food ingredients, which one's are best and which to avoid and how to transition your dog between kibbles.

Dogs need the right mix of proteins, carbohydrates, fats, fiber, plus vitamins and minerals in their diet. They also need high-quality ingredients, which can be difficult to find in today's price-conscious market.

Let's look at the diet briefly and weigh up the pros and cons.

## **Commercial kibbles and canned dog food**

### **Pros:**

- For the most part safe and highly regulated.
- Nutritionally balanced.
- Convenient.
- Cost effective.

### **Cons:**

- Often poor nutritional quality.
- Easy to overfeed.
- Feeding the same food over time can lead to adverse food reactions, allergies an over sensitive digestive system and disbiosis or leaky gut syndrome.
- The labeling can be misleading, confusing or deceptive.

## **Shopping for commercial dog food – the better choice?**

There is a bewildering choice of pet food options with the big box brands, boutique brands and supermarket own brands. Dry food is the most popular option and accounts for 96% of the pet food market. It's simply more convenient and economical.

Aim for a good balance of ingredients – Commercial dog food is going to suit a lot of dog owners, particularly those who don't have the time to cook or the freezer space to store raw food. For kibble what you're looking for is a mix of: fresh meat or meat meal, a poultry-based fat, complex carbohydrates, natural vitamins and minerals.

**Note:** The differentiating factor that you're looking for when choosing a shop-bought food is the quality of the ingredients.

It's the first six ingredients which really count, so as a rule, any ingredient that appears on a bag or can after the first six is there for marketing purposes only.

For example, if meat is the first ingredient, followed by chicken meal and then fish meal, you know that there's a high and diverse protein content which is good.



Food supplements like glucosamine and chondroitin must be listed as an 'additive' rather than an ingredient. Make sure they come after food e.g. alfalfa and before any vitamins or minerals. If the first six ingredients are followed by a long list of fruit and vegetables, remember this: manufacturers buy a 2lb (908g) pack of fruit and vegetables to add to 1 ton of food. So if alfalfa is listed as the seventh ingredient it's probably there in minute quantities, like 0.1%.

**Avoid the following:**

- Regular cheaper brands that include heavily processed ingredients that stress your dog's liver and kidneys.
- Food containing 'various sugars', added to increase palatability.
- Antioxidants: these are preservatives added to slow the rate at which oils and fats spoil and turn rancid; they include Ethoxyquin, BHA and BHT, which have been linked with tumor growth. Instead look for foods which use vitamin E as mixed tocopherols and plant extracts like rosemary as their preservative.
- Vegetable protein: dogs digest meat protein better than vegetable protein, in part because the amino acid balance in meat is better suited to their digestive system.

**Look for the following:**

- Named meat meals: a 'meal' is made up of animal parts, flesh, bones, blood and organ meat etc, which have been cooked and dehydrated to be reconstituted into pet food. A named meat meal such as 'beef meal' is a better protein source than simply 'meat meal' of unknown origin.
- Chicken or poultry fat: poultry - unlike the fat from red meat - when added in the right quantities, is a good fat source.
- Sugar beet pulp: this is a better source of fiber with no added sugar.
- Natural additives: natural additives such as vitamins and minerals must be used instead of synthetically produced alternatives which are harder for dogs to assimilate. These artificial versions are mostly expelled in concentrated urine that leads to crystals and urinary system blockages.

## **How to read the pet food label**

Don't bother with the front of the product as its mostly marketing hype; what you really want to know is on the back in the nutrition panel.

Here's what you need to know when reading pet food labels:

- Stay away from foods containing the five main causes of diet-related allergies: corn, wheat, dairy, soya and artificial colors and flavors.
- Don't be fooled by price – expensive dog foods are not always an indicator of quality.
- Choose a food that lists the first ingredients individually – e.g chicken, rice, carrots – rather than as a group – e.g. meat and animal derivatives, cereals, vegetable protein.
- Note the order of the ingredients. Meat or fish should always come first. Make sure they're not swiftly followed by two or more carbohydrate sources, such as rice, potato and maize, otherwise the total carbohydrate can account for more than the protein.
- Similarly, if ingredients such as fruit, vegetables, herbs and supplements occur further down the list than 'minerals', they will be in such negligible amounts that they are purely there for marketing purposes.
- Avoid food that contains various sugars, which are only there for palatability and have no nutritional value.
- Avoid anything listing FDA or EU permitted colors, artificial additives or flavors.
- Check the carbohydrate content – too many refined carbohydrates cause serious stress on the gut, pancreas and your dog's insulin levels. I recommend you avoid foods that have wheat, soya and maize in them; look instead for sweet potato, oats, brown rice, carrots, etc.

## **Common pet food ingredients – the good, the bad and the ugly**

The following chart lists the quality of common pet food ingredients; each column is ranked by quality.

	<b>Best quality</b>	<b>Average quality</b>	<b>Low quality Avoid!</b>
<b>Meats</b>	Named meats: Beef, Bison, Lamb, Chicken, Venison, Turkey, Duck, Pork, Salmon, freeze dried meats, etc plus Heart, Liver, Kidneys of specific animal i.e. Chicken liver	Meat meal, fish meal, salmon meal, chicken meal, lamb meal. beef meal, venison meal, blood meal, meat and bone meal etc	Animal digest, poultry digest, Animal by-products, Meat by-products, By-product meals and any hydrolyzed ingredients
<b>Fats</b>	Chicken fat, poultry fat, fish oil, salmon oil, flax oil, ground flaxseed	Animal fat, vegetable oil, safflower oil, olive oil	Soybean oil, canola oil, cottonseed oil, mineral oil, beef tallow
<b>Grains</b>	Quinoa, whole-grain oats, whole-grain barley, brown rice, basmati rice, millet, rye, amaranth, sorghum	Pearl barley, tapioca, rice bran, alfalfa meal	Corn, corn starch, corn gluten flour, wheat, wheat flour, soya, soya beans, soy flour, white rice, white rice flour, brewers rice, rice gluten, wheat mill run
<b>Vegetables and fruits</b>	Squash, sweet potato, pumpkin, Leafy green vegetables: kale, spinach, parsley, leek, radicchio, peas, carrots, broccoli, zucchini, green beans, cabbage. Apples, bananas, blueberries, cranberries etc	Pea starch, pea fiber, celery, apple pomace, tomato pomace	White potato, potato starch, peanut hulls, citrus pulp
<b>Vitamins and minerals</b>	Naturally derived vitamins and minerals, chelated or sequestered		Synthetic vitamins and minerals, Non-chelated minerals. Hydroxyapatite –

	minerals		calcium, zinc oxide, iron oxide
<b>Preservatives</b>	Vitamin E – mixed tocopherols, rosemary extract, green tea extract	Citric acid	BHA – Butylated hydroxysanisole, BHT – Butylated hydroxytoluene
<b>Additives and sugars</b>	Apple cider vinegar, beef or chicken broth, dried lactobacillus		Sugar, high fructose corn syrup, sorbitol, colorings, flavors, dyes, salt, molasses

### What to look for in a better kibble

The best measure for choosing quality commercial dog food is to ask you this:

*‘If you walked around the shopping aisles of your local supermarket right now, would you be able to buy the items in the ingredients list on the bag of kibbles nutrition panel as stand-alone products, more or less?’*

If the answer is yes – chicken, rice, carrots, peas, ground bone – it’s more than likely a good dog food.

If the answer is no – meat and animal derivatives, derivatives of vegetable origin, cereals and hydrolyzed animal proteins – leave it on the shelf!

**Tip:** Be careful with the ‘grain free’ kibbles as this can be a marketing ploy. If grains are replaced with things like white potato, soy and tapioca that simply lead to a bigger sugar burden on your dog's system. These non-grain but refined additions become simple sugars very quickly during digestion and will lead to disease like diabetes that much faster.

Go for grain free choices like sweet potato and vegetables.

### Current brand choices to consider:

You now have the information you need to choose a better kibble. Here’s my choice of the best kibbles available right now to help get you started.

The following brands are dedicated to quality ingredients and natural preservatives, vitamins and minerals and using whole de-boned meats in the all important first few ingredients on the list.

All the dog food brands carry various lines but I've chosen the main big bag option, usually around 25lb to 30lb as this is the most popular and economical choice in the range. Check them out and see if they meet your budget.

If you can budget for this level of kibble and incorporate the 7 Perfect Value Food Supplement Program, you will transform your dogs health.

<b>6 Dog Food Brands Using Quality Ingredients</b>	
<b>1</b>	<a href="#">Merrick Dog Food</a>
<b>2</b>	<a href="#">Nature's Variety Dog Food</a>
<b>3</b>	<a href="#">Castor and Pollux Dog Food</a>
<b>4</b>	<a href="#">Fromm Dog Food</a>
<b>5</b>	<a href="#">Wellness Dog Food</a>
<b>6</b>	<a href="#">Taste of the Wild</a>

### **Transitioning to a new choice of kibble**

If you're following the healthier kibble diet, I recommend starting with one of the 6 brand choices above. Remember when transitioning from one kibble to another, always do so gradually. The chart below shows the percentage of new and old foods over the course of ten days.

If your dog has a sensitive stomach, double the transition time to avoid upset. If your dog suffers from allergies on their present food, double the transition time while implementing the 7 perfect food value supplements diet in the kibble recipes section and include the recommended [probiotics](#).

	<b>Old food</b>	<b>New Food</b>
<b>Day 1</b>	80%	20%
<b>Day 2</b>	80%	20%
<b>Day 3</b>	80%	20%
<b>Day 4</b>	60%	40%
<b>Day 5</b>	60%	40%
<b>Day 6</b>	60%	40%
<b>Day 7</b>	40%	60%
<b>Day 8</b>	40%	60%
<b>Day 9</b>	25%	75%
<b>Day 10</b>	0%	100%

### **How much kibble to feed your dog – The all important portion size?**

There's endless confusion figuring out how much to feed dogs based on individual needs. With the difference between brands of kibble in cups, weight and calories and the often broad daily feeding ranges suggested on the bags, dog owners are left guessing and why nearly two thirds of dogs are overweight.

To further complicate matters, many dogs are fed extra calories from packet treats. Owners don't think about the extra calories on top of regular meals, which add up fast with dogs begging for more.

While measuring food intake is important, feeding dogs is not an exact science. Every dog is unique, so it's impossible to predict the serving size that's perfect for every dog. This is why activity level, size, age, and body condition matter more than precise measurements.

Use the feeding table provided below once you've gone through the body condition and activity level information in chapter 3. Then you can adjust your dogs serving size up or down each month based on the body condition of your dog to get a BC score of 3. This is an accurate way to get your dog to their ideal weight.

#### **Keeping things simple**

Let's keep it simple by establishing an average baseline for all brands of kibble by using the table below for the daily kibble total by weight of dog and activity level. You will need a small [kitchen scale](#) to weigh the amount of food your feeding your dog.

Check your dogs body condition score in chapter 3 to find out how they look and feel, then gauge your dogs activity level, get their body weight and find out the daily food total from the table below.

When you have your dogs daily food total, you're ready to start the healthier kibble diet and implement the 7 perfect value food supplements.

**Note:** If your already using a quality kibble as outlined and your dog has a body condition score of 3, stick with your current daily food total and start incorporating the 7 food supplements.

**\*Daily kibble total by weight of dog and activity level**

	<b>10lb (4.5kg)</b>	<b>15lb (6.8kg)</b>	<b>20lb (9.1kg)</b>	<b>30lb (13.6kg)</b>	<b>40lb (18kg)</b>	<b>50lb (22.6kg)</b>	<b>60lb (27kg)</b>	<b>80lb (36kg)</b>	<b>100lb (45kg)</b>
<b>Low Activity</b>	2¾oz (77g)	3¾oz (106g)	4½oz (130g)	6oz (170g)	8oz (230g)	9½oz (270g)	10¾oz (305g)	13¼oz (375g)	15¼oz (435g)
<b>Normal Activity</b>	3¼oz (92g)	4¼oz (120g)	5½oz (156g)	7¼oz (206g)	9½oz (269g)	11¼oz (319g)	12¾oz (361g)	16oz (454g)	19oz (539g)
<b>High Activity</b>	4oz (113g)	4¾oz (135g)	6¼oz (180g)	8¼oz (234g)	10¾oz (305g)	12¾oz (361g)	14½oz (410g)	18oz (510g)	21½oz (610g)

Use the body condition score table in chapter 3 to gauge how your dog looks and feels, then check your dog's activity level and body weight for daily food total.

\*Totals are rounded off

**Note:** If your dog is overweight according to the body condition score, don't cut their daily meal total by more than 10% for the first month and then cut by a further 10% each subsequent month until your dog gets a BC score of 3. Cutting an overweight dogs food too drastically to begin with will lead to problems, go easy.

If you feed treats, it's important to take out a little kibble from meals to compensate. Often the problem with overweight dogs comes from too many high calorie treats.

Use your [kitchen scale](#), weigh the treats you generally use and subtract from the daily kibble total. It's quick and easy to do and keeps your dog at that all important body condition table '3' score. So you can still feed treats, just subtract the equivalent weight in kibble.

# How to Make Kibble More Nutritious on a Budget

## About The Program

I set about making a program that made it easy for dog owners to do something positive about feeding their dogs better without switching diet. This is a great entry point into better understanding your dog's nutritional needs while moving them in a healthier direction. The program is super simple, fast and low budget.

It's an effective program for how simple it is and helps with the health problems listed below.

**Note:** it will not work if there's an acute health issue, if your dogs past niggly allergies and has a serious health condition, use The Home Cooked and The Raw Food Diets, simply because an acute health condition requires a more specialist home prepared diet.

The program will work well with the following:

- Leaky gut
- Sensitive digestive system
- Allergies causing ear infections, hot spots and yeast infections
- Excess shedding
- Dull coat
- Arthritis
- Mange and other skin conditions
- Bad gas
- Bad breath
- Diarrhea
- Low energy
- Picky eaters

Even if your dog is 18 months old, eats a kibble or canned dog food diet and seems in perfect health, now is the time to get them on the program and take a deep sigh of relief knowing that you'll prevent many health problems ahead.

If your dog is a senior, let's say over 7 years of age, I highly recommend you add [enzymes](#) into the diet too – more on these at the end of the program.



**Note:** Did you get the book - [Home Remedies for Dogs](#)? In it you'll find answers to how you can easily help your dog with effective and healthier home remedy options instead of using common toxic drugs for treating fleas and worms. You'll also discover simple 'hands off' teeth cleaning and effective alternatives to gut flora destructive antibiotics plus nature's perfect pain relief for arthritis, and cancer without resorting to vet meds.

By cutting down on chemical veterinary drugs and cost and using the effective natural choices, you'll boost the effectiveness of this diet program and prevent other health problems.



## **The Healthier Kibble Recipe**

So now we 'get' that we have to feed our dogs better, how can we still keep - most of - the convenience, a fairly tight budget while at the same time improve our dogs health and reduce those pesky allergies?

Well, it can be done and I've proven it from years of research and practice. I've put together a shortlist of 7, what I call 'perfect value food supplements' to get the biggest health gains from the smallest time and money investment when feeding a kibble diet.

## **An important thing to understand if you feed kibble to your dog**

The kibble or canned pet food you feed your dog is not the ideal diet for their physical makeup, it just isn't. It's the perfect convenience diet, that's for sure, but it isn't a whole food diet.



And you know this to be true if you think of the comparison between cooking yourself a homemade meal with fresh ingredients consisting of vegetables, meat and rice with a few spices for flavor instead of just pulling into McDonald's for a big Mac, soda and fries. The former is a whole food meal, the latter a convenience or fast food meal. One is healthier for you than the other and we accept that as the price we pay for convenience.

## **Where's the joy in eating kibble?**

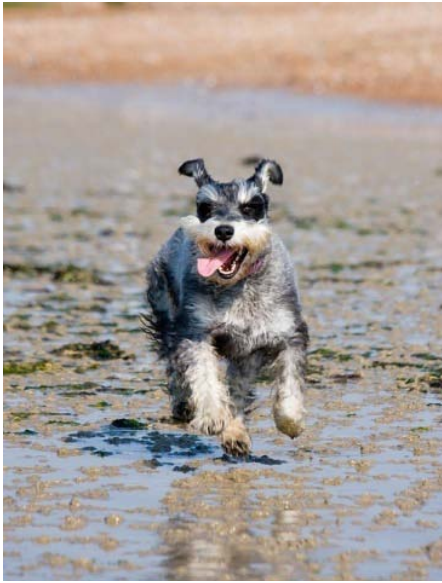


The diversity of a single kibble diet is limited to a choice of one. There are zero live enzymes in kibble which are vital to senior dogs especially. There's no freshness and cheap brand kibbles contain synthetic vitamins and minerals that mostly get passed out as smelly urine. There's no choice, no delicious smells and no fun eating the stuff!

Your dogs woofing down that bowl of kibble because they are hungry and because they can never really satisfy that hunger on empty calories.

So how can you make it better, healthier, more satisfying eating complete calories and put some joy into your dog's dinner?

## How to feed your dog better with 7 simple food supplements



These 7 food supplements will add variety, freshness, whole food sources of vitamins and minerals and hundreds of bio available life-sustaining nutrients left out of commercial dog food.

Feed all 7 supplements and you'll quickly see improvements in energy, attitude and coat quality plus all those pesky allergies that cause you and your dog anxiety, start to decrease by the day. In a few weeks, many of the health problems you've been fighting for years begin

to fade away.

**Adding these 7 supplemental foods to your dog's meal as directed will mean the following benefits:**

- Reduced allergies - you'll notice many skin allergies simply disappear!
- Reduced skin problems like ear infections, mange and hotspots
- Reduced arthritis - You'll notice greater freedom of movement, especially in the hips and back legs
- Reduced chance of diabetes now your dog has greater protection
- Reduced Urinary Tract Infections with greater protection
- Reduced gas with reduced smell
- Reduced episodes of diarrhea
- Reduced grass eating
- Better eye health with less infections
- Better coat health with decreased shedding and more luxuriant coat
- Better organ health overall
- Better digestive system health
- Better gut health
- Improved mental health with improved mood and clarity
- Stronger immune system - better able to protect from diseases
- More energy and aliveness now your dog is feeling happier inside
- Chance of developing cancer reduced from 1 in 2 to 1 in 10

- Much reduced reliance on medications like steroids, corticosteroids, antibiotics and NSAIDs
- Boosting live enzyme intake - a powerful health aid, especially for older dogs as kibble fed dogs get none, which contributes to long term health decline, diabetes and pancreatitis

The 7 perfect value food supplements between them create a simple and quick healthier kibble diet support program to reduce or end most of the chronic health problems your dog could face or maybe facing right now.

Not only will you notice the benefits of adding these foods to your dog's meals, they will continue to help protect and prevent chronic health problems going forward. Your dog will be happier, healthier and longer lived with fewer health problems and veterinary costs will drop.

The 7 Perfect Value Food Supplements		
1.	<b>Vegetables</b>	Whole food vitamins, minerals, fiber and synergistic compounds for digestive system overhaul.
2.	<b>Eggs</b>	Highest biological value source of protein at 94% with almost every essential vitamin & mineral.
3.	<b>Sardines (canned)</b>	High biological value protein, rich in Omega-3, vitamin D, B-12, calcium and other nutrients.
4.	<b>Coconut oil</b>	Super food medicine, anti fungal, anti viral, anti bacterial & anti biotic with many health benefits.
5.	<b>Himalayan Mountain Salt</b>	96+ trace minerals, pure and much needed by dogs to regulate the body & boost immunity.
6.	<b>Freeze dried whole food greens</b>	Provides all the micro nutrients missing from commercial pet food that benefit digestion, immunity, nutrition & circulation.
7.	<b>Kefir</b>	Nutritionally rich and full of live enzymes for improved digestion, skin & gut health and fights infection.

These 7 perfect value food supplements were combined to complement each other and give your dog maximum nutritional benefit with minimum expense and effort.



Once you buy in the 7 food supplements, add them to your dogs meals as directed, you'll soon begin to notice the improvements. Then it just becomes something you do daily, adding a few extras to your dog's kibble - easy!

You can also prepare large batches at your convenience, portion off and freeze, then simply defrost a daily portion and add to meals.

**Health Tip:** The more moisture you add to your dog's kibble meal the healthier your dog will be long term and sardines, eggs, Kefir and especially vegetables add more moisture.

**Remember:** The 7 supplements are well balanced nutritionally and each individual supplement has its unique beneficial function. Add all 7 supplements for balance, better healing of chronic health problems and prevention to future ill health.

### How much will it cost?



I've worked it all out to be around 45 to 65 cents a day for the medium sized dog.

Think about this...

The average yearly cost at the vets for a dog owner in America is today is \$750 according to official industry data.

Some years it's obviously a lot less but in the senior years it can get very expensive when ill health comes into the equation, but the overall average each year over the average lifespan is \$750.

By implementing this food supplement program, visits to the vet should drop by around 50% over time. So now you're saving \$375 a year on average and spending \$219 a year on the 7 supplements at 60 cents a day, which means

you still save \$156 dollars a year AND get a far healthier, happier, more content dog.

There are other cost savings too, because you'll be using 33% less kibble each month and less veterinary drugs ongoing.

This all equates to a win for you, a win for your pocket and a win for your dog, just don't tell your vet!

### **Let's get started on the healthier kibble diet**

An important point to remember when introducing any new food to your dog. When switching kibbles or transitioning diets, always go slowly at first or your dog could get digestive upset and diarrhea.

Start slowly, add small amounts to begin with and build up to full serving size over a week and your dog will be fine, and use the [probiotics](#) in each meal for the first couple of months.

**Important Note:** Remember to take out 33% (one third) of the kibble from the daily food total to compensate for the extra calories from the combined 7 food supplements.

So every meal you serve your dog uses one third less kibble than the normal ration when you add in the 7 supplements. A table in the quick start guide at the end has the weights worked out for you to follow.

## Feeding directions: How much and how often

(Where directed & for accuracy use standard kitchen [measuring spoons](#))

Food Type	How Much How Often	Directions
<b>Sardines</b>	10lb dog 1 can per week 25lb dog 2 cans per week 50lb dog 3½ cans per week 100lb dog 4½ cans per week	(canned in water only) Peel open and serve daily. Store remainder in fridge/freezer.
<b>Eggs</b>	Small dog – 1½ eggs a week Medium dog – 3 eggs a week Large dog – 4 eggs a week	Hard boil medium sized eggs, cut into correct daily serving size. Store remainder in the fridge.
<b>Himalayan Rock Salt</b>	Sml. dog - Very Small pinch daily Med. dog - Small pinch daily Lge. dog - Medium pinch daily	Just a pinch added to food.
<b>Super Greens</b>	25lb dog 1tsp daily 50lb dog 2¼tsp daily 100lb dog 4tsp daily	Just a part scoop added to food. Store tub in freezer to keep fresh.
<b>Kefir</b> (can also use natural yoghurt)	Small dog 1tsp to 1Tbsp daily Medium dog 1 to 2 Tbsp daily Large dog 2 to 3 Tbsp daily	Just 1-3 tsp/Tbsp dropped into your dog's food. Store remainder in fridge.
<b>Vegetables</b>	Small dog 1½ - 2oz daily Medium dog 2½ - 3oz daily Large dog 4 - 6oz daily	Use some of your dinner vegetables or steam up a few veggies, store in the fridge for several days ahead and add to your dog's food.
<b>Coconut oil</b>	½ tsp per 10lbs of your dog's weight daily.	Combined with fats from sardines and eggs makes a potent health protection system and boosts brain function, especially important in senior dogs.

The above chart gives you the overall feeding directions, how much and how often. Now I want to take you through each food supplement individually so you know in detail what is it, how to use it, how it benefits your dog and where to get the right choice.

# 1. Sardines

## Natures Super Anti-Inflammatory and Kibble Diet Health Enhancer



If you feed your dog a kibble based diet it's important to give them extra support from quality fats, but those fats need to be balanced for better absorption.

Many dog owners give their dog a fish oil supplement, not realizing they could be doing more harm than good. Fish oils are not all created equal, degrade quickly once opened and can contain high toxicity levels of PCB's, mercury, lead and Dioxins. Plus most importantly, the EPA and DHA in fish oil does not get absorbed by your dogs body very well because it's missing the all important balance of fats needed for absorption.

Your dogs kibble doesn't provide them either because that rancid smell from an opened bag of kibble is the added fats already gone off, simply by being exposed to air!

**Tip:** Empty new bags of kibble into large sealed tupperware containers to keep fresh for longer and keep cool – never leave the opened bag exposed to air.

Studies have shown that consuming whole fish with its various fats has up to 9 times greater EPA and DHA absorption. Not only that, fish contains selenium, which acts as a binder of mercury, preventing mercury poisoning and oxidative brain damage.



Enter the humble sardine, a whole food with one of the richest sources of omega-3 fatty acids, vitamin D and vitamin B-12 among other beneficial nutrients. Feeding your dog sardines daily is a much better idea than popping fish oil pills alone because now your dog can absorb the nutrients better.



## What's in sardines?

Sardines are a high quality protein rich food. They contain essential amino acids your dog's body cannot produce but needs plus trace minerals and iodine. Sardines are not only one of the most concentrated sources of the omega-3 fatty acids EPA and DHA for joint health, but they are also packed with a rich source of bone-building and bone strengthening vitamin D.

## What's the benefit of using sardines?

- Excellent source of B-12 which promotes cardiovascular health
- The omega-3's found in sardines have been shown to inhibit and prevent tumor growth causing the cancer cell to self destruct, known as apoptosis.
- EPA and DHA found in sardines have been found to improve mood, cognitive ability, memory, eye function and motor skills in older dogs.
- Research has validated the anti-inflammatory abilities of sardines. The rich supply of omega 3's has been shown to combat certain allergies such as pollens and molds, helping to reduce red and inflamed skin.
- Sardines have also shown to improve kidney health, mood, and weight loss.

## How to use sardines?

Get the canned sardines packed in fresh water only. Use the whole can within two days and refrigerate while open as the fats will go rancid if left out. You can simply freeze the spare sardines if not using them, remember to divide the can by how much you'll use each week. So if you have a 8lb Chihuahua, you only need to add a piece of a sardine daily, using one whole can per week.

You can mash the sardines with a fork and blend into the kibble with the rest of the supplements. This helps to evenly distribute the meals flavor, making it more enjoyable for your dog to eat.

Dogs Weight	4.25oz Can of Sardines
8lbs	1 can per week
15lbs	1½ cans per week
25lbs	2 cans per week
50lbs	3 cans per week
100lbs	4½ cans per week

This is a great way to raise your dogs overall health and dogs generally love sardines.

Large breed puppies up to five months, feed 50% extra, small and medium puppies up to three months, double the serving size. Pregnant or lactating females also need double the serving size.

**Where to get sardines?**

[4.25oz \(12 pack\) Sardines](#) (packed in water with skin and bone intact, low sodium with no added salt and from Morocco, the home of sardines (not China, they add salt). This is the best deal I can find on Amazon. May even beat your local stores on price.

## 2. Eggs

### Natures Super Protein and Kibble Diet Health Enhancer



Eggs are one of the best sources of animal protein your dog can get with an excellent nutritional profile.

Eggs are also the highest biological value protein available, a true superfood.

#### **What's in eggs?**

Eggs contain Vitamin A, Riboflavin, Selenium and they contain almost every essential vitamin and mineral for your dog.

#### **What's the benefit of using eggs?**

Eggs will add a high quality protein and nutritional boost to your dogs kibble diet.

Eggs will improve the following:

- Add more shine to the coat
- Reduce the amount of shedding
- Reduce the incidence of ear infection
- Help improve skin health
- Help improve eye health
- Help improve mood

#### **How to use eggs?**

You most likely have them in your fridge, so go ahead and start adding them into your dog's current diet as a delicious highly beneficial nutritional boost to your dog's meal.

Eggs can be given raw or hard boiled, cut up and added to your dog's meals daily.

<b>Dog weight</b>	<b>Eggs: total daily serving</b>
<b>10lb dog</b>	$\frac{1}{4}$ egg
<b>20lb dog</b>	$\frac{1}{3}$ egg
<b>30lb dog</b>	$\frac{1}{3}$ egg
<b>40lb dog</b>	$\frac{1}{2}$ egg
<b>60lb dog</b>	$\frac{1}{2}$ egg
<b>80lb dog</b>	$\frac{2}{3}$ egg
<b>100lb dog</b>	$\frac{2}{3}$ egg

### **Where to get eggs?**

Use medium sized eggs easily obtained at your local supermarket and free range organic eggs are by far the healthiest nutritional option.

### 3. Himalayan Mountain Salt

#### Natures Ultimate Trace Mineral Support



We are all mineral deficient and so are our dogs! Your dogs bones and joints MUST get the minerals they need in the biological amounts required to be strong and healthy. Bone and joint health depends on minerals.

The few minerals added to most pet foods are synthetic i.e. not naturally occurring which means that your dog can absorb very little mineral content from kibble, with the majority of these minerals eliminated from the body as concentrated urine.

Over time this can result in chronic diseases from a weakened immune system with everything from cancer, heart and liver disease to UTI's - urinary tract infections - and early onset of bone and joint health problems such as arthritis.



#### **What's in rock salt?**

Nature has the answer with Himalayan Mountain salt. This rock salt mined from the western Himalayan Mountains is pure, having been locked up for millions of years. It includes the highest concentration of minerals found anywhere in nature with 96+ trace minerals.

The salt gets its pink color from an algae in the prehistoric waters at the time. Because it's pure and unprocessed, the rock salt has low sodium content unlike regular sea derived table salt which is highly processed and unhealthy.

### What's the benefit of using rock salt?

Himalayan rock salt will put the naturally occurring minerals your dog needs into their body. All minerals work together as a team in concert and your dog needs all of them together to get the real benefits.

Now your dog will get the benefits from natural minerals that are cheap to buy and make a real difference to your dog's system right down to a cellular level to support the immune system.

### How to use rock salt?

Average serving size for your dogs weight		
<b>10lb dog</b>	1/8 tsp. lasts 14 days	very small pinch daily
<b>20lb dog</b>	1/8 tsp. lasts 11 days	very small pinch daily
<b>30lb dog</b>	1/8 tsp. lasts 9 days	Small pinch daily
<b>40lb dog</b>	1/8 tsp. lasts 9 days	Small pinch daily
<b>50lb dog</b>	1/8 tsp. lasts 7 days	medium pinch daily
<b>60lb dog</b>	1/8 tsp. lasts 7 days	medium pinch daily
<b>70lb dog</b>	1/8 tsp. lasts 5 days	medium/large pinch daily
<b>80lb dog</b>	1/8 tsp. lasts 5 days	medium/large pinch daily

This salt is safe for your dog at higher doses so don't worry about what makes a very small pinch, just use 1/8 tsp. over the recommended days for your dogs size.

### Where to get rock salt?

Be careful here as there are so many options and not all good ones.

[Himalayan Pink Mountain Salt](#) (This one is pure, fine ground, very cheap surprisingly for how much you get, has thousands of happy reviews and will last years. I highly recommend you use it for the entire household).

## 4. Freeze Dried Super Food

### Natures Power House Vitamin, Antioxidant, Immune, Skeletal, Liver, Enzyme and Prebiotic Plus Probiotic Support



Vitamins and minerals added to the vast majority of dry pet food are synthetic and of little long term health value.

There's three ways you give naturally occurring vitamins to your dog, one is via a vitamin pill. Be careful here, as most vitamins in pill form can be synthetic and not well absorbed by your dog's body and can even be harmful.

The second way is by adding whole foods to your dog's meal such as various vegetables, egg and fish. This is the optimum way to add those extra whole food nutrients and other important plant compounds to your dog's diet.

The third way now adds a super simple, quick and easy way to add super food greens in a freeze dried nutritionally valuable food supplement. This raw freeze dried supplement contains a huge variety of beneficial plant based ingredients that contain excellent medicinal qualities.

There are many choices of super greens on the market, not all created equal, especially the ones specific to dogs which from personal research over 12 years means over priced and underperformance from a limited ingredients list.

The one I use and the best for many reasons is called Green Vibrance from Vibrant health. They began in 1992 and have continued to update and refine the ingredient list ever since. They use full disclosure labeling and pack in the best, most diverse ingredients available anywhere.

#### What's in Green Vibrance?



Green Vibrance contains 74 ingredients in all. The real gold here for your dog is the combination of unprocessed plant compounds and thousands of

trace nutrients working to support digestion, circulation, immunity and nutrition.

The positive feedback from thousands of people using the greens is clear and your dog will get the same health benefits of the following:

- Spirulina
- Wheat grass juice powder
- Barley grass juice powder
- Oat grass juice powder
- Alfalfa sprouts powder
- Beet juice powder
- Chlorella powder
- Parsley leaf & stem powder
- Zucchini fruit powder
- Carrot root powder
- Green bean powder
- Broccoli sprouts
- Spinach leaf powder
- Enzymes
- Fiber
- Tonics
- Antioxidants
- Adaptogens
- Immune support
- Skeletal support
- Liver support
- Probiotics
- Other plant based micro-nutrition

More importantly than reeling off beneficial plant names known to aid health, these super greens will provide the trace nutrients missing from your dogs current kibble diet. The super food greens do this by providing all known nutrients with greens, vitamins, minerals, plant proteins and enzymes plus 25



billion CFU of probiotics from 12 strains that help feed the good flora in your dog's digestive system.

### **What's the benefit of using Green Vibrance?**

Modern pet food provides fewer nutrients despite the labeling. Partly because in their wisdom, the Association of American Feed Control Officials (AAFCO), only recognize 11 major minerals necessary for pet food and no trace minerals, although there's 20 major minerals your dog can benefit from. They also don't recognize plant based compounds simply because commercial pet food destroys them in its manufacturing process. This is where the missing major minerals in the 7 supplements and a further 96+ trace minerals in Himalayan Mountain salt plus the thousands of compounds in the freeze dried whole food super greens fill in the nutritional gaps in four main areas:

1. Digestion
2. Immunity
3. Nutrition
4. Circulation

Essentially your dog gets a one stop solution with these kinds of results:

- Increased energy
- Increased endurance
- Greater clarity of mind
- Stronger immune system
- Stronger heart
- Stronger blood vessels and circulation
- Reduced blood pressure
- Better skin health
- Better blood cleansing
- Greater wellbeing
- Better focus
- Decreased joint ache
- Decreased joint and muscle pain
- Better sleep
- Decreased arthritis pain

- Better digestion
- Greater elimination of excess waste from the body and urinary tract

Your dog simply gets a powerhouse of nutritional goodness that breathes life into their body. Now instead of just serving up dead food, your dog gets the all important - live - nutrition and this makes all the difference to immunity, physical longevity, wellbeing and day to day cellular operation.

### How to use Green Vibrance?

The tub comes with a scoop that you fill to level for an average human adult of 150lb, so adjust the serving size to your dog's weight plus an extra 25% to compensate your dogs metabolism.

Here I've given more accurate directions using [measuring spoons](#):

How much super greens to feed daily	
<b>10lb dog</b>	½ tsp
<b>20lb dog</b>	1tsp
<b>30lb dog</b>	1½tsp
<b>40lb dog</b>	2tsp
<b>60lb dog</b>	2½tsp
<b>80lb dog</b>	3tsp
<b>100lb dog</b>	4tsp

**Remember:** Divide the daily total by two meals if feeding twice daily, so for a 20lb dog, that's 1/2 tsp in each meal. Simply add to the daily blended or mashed vegetables, kefir, egg, sardines, HM salt and coconut oil and mix into your dog's meal.

### Where to get Green Vibrance?

[Green Vibrance](#) **Large economy tub** - This one is the best option for long term economy for all dogs. Its quality is reflected in the price but will last a 50lb dog 6 months and a Chihuahua probably about 2 years! - keep in the freezer for long term freshness. This really is a power house convenience super-food addition to your dog's current diet that will benefit them greatly.

[Green Vibrance](#) **Small tub** - This one is better for small dogs on a budget and will last a 10lb dog four months.

## 5. Kefir

**Natures Whole food Probiotic - Stop Gas, Yeast Infections, IBS, Colitis, leaky gut and Itchiness when your dog is Scratching or Biting at the Ears, Paws and Skin (with no reports of infection by your vet)**



Commercial dog food, canned or kibble consists mainly of simple or refined carbohydrates which are quickly broken down into sugars once eaten. And it's the high quantity of sugar in your dog's body that fuels yeast, and too much yeast in your dog means health problems.

You can switch your dog's diet to a home cooked or raw whole food diet to remedy the situation, but if that's not an option for you, then Kefir makes a great option to help break down the yeast.

### **What's in Kefir?**

Kefir is a water based grain that's full of vitamins and minerals. It also provides from 30 to 60+ species of probiotic organisms with essential healing properties.

Whilst similar in nature to yoghurt which contains only up to 6 species of probiotic organisms, being a cultured milk product, Kefir has a far greater medicinal profile that can actually resolve problems in the intestinal tract.

Kefir contains several major strains of friendly bacteria not commonly found in yogurt such as *Lactobacillus Caucasus*, *Leuconostoc*, *Acetobacter* species, and *Streptococcus* species. It also contains beneficial yeasts, such as *Saccharomyces kefir* and *Torula kefir*, which control and remove destructive pathogenic yeasts in your dog's body.

The grains are made up of mostly a combination of insoluble protein, amino acids, lipids and complex sugars. Kefir is rich in vitamin B1, B12, as well as Vitamin A, Vitamin D, Vitamin K and biotin. The major minerals present in kefir are calcium, phosphorus and magnesium.

## **What's the benefit of using Kefir?**

Kefir has a long list of health benefits due to the 30+ different strains of good bacteria and yeast present in its edible grains.

Here's a list of the benefits:

- Anti-fungal and anti-biotic
- Promotes a healthier digestive system
- Works on Candida symptoms
- Vitamin B regulates kidney function, liver function and the nervous system
- Promotes better skin condition
- Boosts energy and longevity
- Alleviates gas, bloating and heartburn
- Helps to prevent colon cancer
- It's probiotics can help with IBD, eczema and bad breath
- Excellent for reducing leaky gut, diabetes, allergies, colitis and diarrhea
- Aids in reducing gastritis, pancreatitis, peptic ulcers, arthritis and anemia

So your dog will benefit a great deal from Kefir in their diet. It's also recommended to add a small amount to a puppy's diet to help mature their digestive tract for greater intestinal balance.

## **How to Use Kefir?**



Today, Kefir can be found at your local supermarket and it has a tangy, refreshing taste. Simply add some to your dog's meal as directed and if it's not to their liking, just add a little raw honey to it, mix in and serve.

Kefir is very safe to consume for dogs, just start slowly with a small amount to allow your dogs system to adjust and build up gut flora levels from there.

Recommended Daily Intake of Kefir	
10lb dog	1½tsp
20lb dog	1Tbsp
30lb dog	4tsp
40lb dog	5tsp
60lb dog	2Tbsp
80lb dog	2½Tbsp
100lb dog	3Tbsp

If your dog has had vet prescribed antibiotics recently, you can double the serving for one month.

Kefir will do wonders for your dog and it's easy to add to their existing diet along with the other perfect value food supplements.

**Note:** If you really can't find it, as an alternative use plain natural Greek style yoghurt from sheep/goats instead. You'll find them at your local supermarket.

**Where to get Kefir?**



Kefir can be found at your local supermarket or for a more organic, hormone and GMO free version, try your local whole food store. On the left is an example photo to give you a guide for what to look for.

[Kefir Starter Kit](#) If you're keen on this for your dog each day, you can easily make your own Kefir at home with this starter kit. Kefir makes a world of difference for IBS, colitis and leaky gut for humans and dogs. I personally make my own for me and my dog, it works wonders for our gut health.

## 6. Vegetables

### Natures Whole Food Support for Kibble and Canned Meals



Adding vegetables to your dog's food at mealtime is one of the best things you can do to help them and an excellent practice to get into the habit of - here's why?

Canned and kibble pet food does not supply enough of the nutrients your dog needs and none of the digestive enzymes they

need. Whole foods or live foods have enzymes in them that combine with the enzymes your dog produces when eating. This helps spread the enzyme load, but dogs eating canned and kibble food have to produce 100% of the enzymes necessary to digest the food which causes long term stress and disease to the pancreas.

Yes the pet food manufacturers and the marketing message tells you kibble is 100% complete and balanced (because they added synthetic vitamins and minerals to the finished product so it looks complete on paper) but common sense tells you that only a whole food with zero processing could be nutritionally complete. Kibble simply cannot make the grade as a standalone diet, and give your dog all the nourishment they need without you adding some 'live' nutrition to the bowl.



In fact it's impossible for a highly processed 12 to 24 month shelf stable food with zero live enzymes that's been mechanically extruded as fast food in dry pellet form to be complete nutrition!

Kibble and canned pet food need help from whole unprocessed foods to be better nutrition for your dog. And adding some veggies to your dog's meal adds a massive health boost as you'll notice.

#### **What's in vegetables?**

Vegetables provide the following range of nutrients:

- Proteins
- Lipids
- Fats
- Carbohydrates
- Phytonutrients
- Fiber
- Vitamins
- Minerals
- Water
- Antioxidants
- Enzymes

That's an amazing range of nutrients, simply from tossing a few veggies into your dog's meal.

### **What's the benefit of using vegetables?**

Vegetables also provide the following health benefits:

- Vegetables help alkalize your dogs body so organs like the pancreas, liver, gallbladder, heart and kidneys function better with less inflammation.
- Vegetables provide more water, which is great for kibble fed dogs that tend to be more dehydrated (they simply don't drink enough water to compensate for the lack of moisture in kibbles).
- Vegetables provide B vitamins, vitamin C, A, E and K in natural usable form.
- Vegetables provide calcium, potassium and magnesium in natural usable form.
- Phytonutrients from whole food vegetables provide your dog with protective enzymes, antioxidants and are anti-inflammatory to help with digestion, anti-aging and promote health. These phytonutrients are also antiviral, antifungal, antibacterial, antihelminthic (anti-worms), anti-aging, anti-degeneration and, most importantly, anti-cancer. A kibble fed dog gets NONE of these nutrients as vegetables are added to pet food in negligible amounts - now you can change that!



- Vegetables provide fiber and this is great for your dog. Fiber will help a lot with overall digestion and better stools plus older dogs benefit from fibers ability to treat and prevent degenerative disease.
- Vegetables help fight disease, especially cancer! They also fight IBD, arthritis, allergies, diabetes, constipation, anal gland problems, pancreatitis and renal disease to take advantage of critical whole food minerals and vitamins and the enzymes your dog is currently missing, a double boost!

### How to use vegetables?

I prefer vegetables that are non GMO. GMO foods have no long term testing and no label laws, and so remain in the 'to be avoided' category for me. Wash all non organic vegetables with apple cider vinegar. Mix one part apple cider vinegar to five parts water, soak the vegetables for a minute or two, then gently scrub the surface with a clean soft brush while in the water.

**Note:** The skin of a vegetable is the most nutrient rich so it's best left on, however the skin is covered in chemical residue from farming so the vinegar removes this. Don't skip this part!



To get the greatest benefit from adding vegetables to your dog's meal, it's best to crush, pulverize or blend them. Dogs can't digest vegetables like we can because they don't have the right digestive juices to break them down. So we must do it for them manually.

Green leafy vegetables such as kale, spinach and broccoli provide the best nutrition and medicinal values, followed by yellow and orange vegetables. However just use whatever vegetables you have in the house that you're currently eating yourself, such as:

- Broccoli
- Spinach
- Peas
- Carrots
- Green beans
- Asparagus
- Kelp

- Cabbage
- Brussel sprouts
- Kale
- Sweet bell peppers
- Squash
- Sprouted grains
- Wheatgrass
- Greens - lettuce, spinach, bok choy, alfalfa, parsley etc

Don't feed the following vegetables as they don't benefit dogs:

- Onions
- White potatoes
- Avocadoes
- Grains (unless sprouted)

The vegetables can be left raw which gets the best nutrition from them, just add some to your blender to puree or juicer and pour over your dogs meal.

**Tip:** Simply chop the vegetables into small pieces, drop into a large cup with a splash of water and use a hand blender which takes about 20 seconds to make slurry which is then poured over the kibble. Once the other supplements are added in it's ready to serve. You can also part boil or lightly steam the veggies, that way they still retain most of the nutrition - leave the stalks and skin on too.

If you don't want to prepare vegetables separately for your dog, cook enough extra vegetables alongside your own dinner vegetables as you would normally and separate your dog's portion, mash them up with the back of a fork and add to your dog's meal with the other supplements.



**Note:** Chunky stems of broccoli and vegetables skins that usually go in the trash are the most nutritious part.

**Make the veggie blend more appetizing for fussy dogs**

If your dog is a little hesitant about eating this new addition to their meal, then combine mashed/blended veggies with

the Kefir or plain natural yoghurt, sardines, egg, HM salt and the coconut oil, mix well and stir into the kibble.

**Tip:** If your dog is a little reluctant to eat in the beginning, just sprinkle a little parmesan cheese over the food to entice them and if that doesn't work, a little melted dairy butter drizzled over the meal works well.

Dog weight	Vegetables
10lb dog	1¼oz (50g)
20lb dog	2oz (57g)
30lb dog	2½oz (71g)
40lb dog	3oz (85g)
60lb dog	4¼oz (120g)
80lb dog	5¼oz (149g)
100lb dog	6¼oz (177g)

Adding vegetables to your dogs meal on a daily basis is a wonder tonic for their health putting back some of the missing nutrients in the diet.

**Note:** Today, kibble fed dogs have a 1 in 2 chance of getting cancer while a recent clinical study found that adding vegetables to kibble meals reduced cancer rates by 90%.

By the way, if you find your dog loves the vegetables and can't get enough of them, don't hold back, give them as much as they can eat! Just reduce the amount of kibble to compensate. 50% kibble and 50% veggies is fine.

### **Where to get vegetables?**

Just use the vegetables you normally get as part of your weekly shopping.

## 7. Coconut Oil

### Natures Super food, Anti Bacteria, Anti Fungus and Anti Virus to Maintain Healthy Skin, Coat and Digestive System



Coconut oil is nature's antibiotic and has been used in the practice of healing for thousands of years.

#### What's in coconut oil?

Coconut oil is one of the very best super-food medicines you can give to your dog. Coconut oil has been extensively researched and found to contain the following:

- Coconut oil is medium chain triglyceride oil which contains monolaurin, lauric, capric and caprylic acids.
- 50% of coconut oil is in the form of MCFA's (medium chain fatty acids) which are lauric acids, saturated fatty acids that our body converts into monolaurin, an antiviral, antifungal and antibacterial property with no side effects to a dog's body.

#### What's the benefit of using coconut oil?

Coconut oil's health benefits derive from its special MCFAs (medium-chain fatty acids). These fatty acids have the benefit of being powerfully antibiotic with no side effects.

Because of its bacteria and fungus killing properties, coconut oil is being used holistically to help prevent and kill off yeast problems affecting your dog.

Yeast is a fungus that's always present in dogs as part of the natural flora of the body, internally and externally. When the immune system becomes overloaded, or when a dog is fed starch rich foods such as kibbles, the yeast will multiply in the hair follicles and throughout the body. This causes an outbreak of itching and scratching with red-hot looking skin.

By adding the acids found in coconut oil to your dog's diet (lauric, capric & caprylic), the acids attack the cell wall of the yeast fungus causing the cell wall to disintegrate and killing off the yeast.

Using coconut oil also has the following health benefits for dogs:

- Coconut oil is also moderately anti-inflammatory, has moderate pain killing abilities, is antithrombotic, antibacterial and is fever-reducing.
- Improves digestion and nutrient absorption
- Aids healing of digestive disorders like inflammatory bowel syndrome and colitis
- Protects the liver from antibiotic drugs
- Reduces or eliminates bad breath in dogs
- Aids in elimination of hairballs and coughing
- Regulates and balances insulin and promotes normal thyroid function
- Helps prevent or control diabetes
- Reduces cancer risks
- Helps reduce weight and increases energy
- Aids in arthritis or ligament problems
- Speed up the healing of yeast and fungal infections when consumed and used externally at the same time - think skin conditions like eczema, flea allergies and itchy skin
- Coconut oil combined with an Omega 3 supplement increases the cognitive abilities of older dogs and helps to slow the aging process and boost your dogs brain function to be sharper, more aware with greater perception, reasoning and judgment

### How to use coconut oil?



There are two excellent uses for this wonder food medicine and they are:

1. On the skin of your dog
2. To be eaten by your dog

The recommended methods for giving coconut oil to your dog are:

1. Serve ½ teaspoon for every 10lbs of body weight daily - simply add to your dog's food.
2. Topically, just rub the oil on your hands and apply to your dog's skin and coat each day. Reduce feeding size to compensate.

Because coconut oil kills bacteria, viruses, parasites, yeasts, and fungi, it's performing a powerful detoxification. With this in mind it's best to start slowly with a quarter serving of the above recommended amounts and work up to the full serving size over a two week period to allow your dog's system to adjust. If you feed twice daily, add half the daily amount to each meal.

### **Where to get coconut oil?**

Only buy 100% organic virgin coconut oil. This ensures you get a coconut oil that has been naturally extracted using clean methods. You should be able to find it in your local grocery store's organic section, your local whole foods store or via the internet.

[Extra Virgin Coconut Oil](#). – This is an example of the best available.

## Options on how you prepare the vegetables and eggs?

### You can cook or leave vegetables and eggs raw

Eggs and vegetables can be cooked or alternatively served raw to maximize the nutrition your dog receives. Adding the food supplements in their raw state is the healthier option, simply because their nutritional makeup has been left fully intact and therefore more useful as higher quality fuel for your dog. Adding the supplements raw is also more convenient.

Raw vegetables must be pureed in a food processor, juicer or blender in order to be digestible by your dog, since they don't chew their food to break down the vegetables cell walls.

If you simply prefer to cook the two additions that can be cooked; the eggs, and vegetables, - the sardines come pre-cooked - you still get high nutritional goodness into your dog so it's your personal choice.

7 supplements							
*Daily serving total							
	Vegetables	Egg	HM Salt (pinch)	Kefir	Super Greens	Coconut oil	**Sardines (cans per wk)
<b>10lb dog</b>	1¾oz (50g)	¼ egg	V sml.	1½tsp	½ tsp	½ tsp	1 per wk.
<b>20lb dog</b>	2oz (57g)	1/3 egg	V sml.	1Tbsp	1tsp	1tsp	2 per wk.
<b>30lb dog</b>	2½oz (71g)	1/3 egg	Sml.	4tsp	1½tsp	1½tsp	2½ per wk.
<b>40lb dog</b>	3oz (85g)	½ egg	Sml.	5tsp	2tsp	2tsp	3 per wk.
<b>60lb dog</b>	4¼oz (120g)	½ egg	Med.	2Tbsp	2½tsp	1Tbsp	3½ per wk.
<b>80lb dog</b>	5¼oz (149g)	2/3 egg	Med.	2½Tbsp	1Tbsp	4tsp	4 per wk.
<b>100lb dog</b>	6¼oz (177g)	2/3 egg	Med.	3Tbsp	4tsp	5tsp	4½ per wk.

Daily serving total for normal activity  
 \*If you feed twice daily, divide the total in half for 2 meals  
 \*\*Sardines in cans per week, divide by 7 daily portions  
 tsp./Tbsp. using [standard measuring spoons](#)

## Reducing the daily kibble total to compensate the 7 food supplements

Work out your dogs daily kibble total by weight and activity level using the table below, then subtract 33% (one third) before adding the 7 food supplements recommended for your dogs weight from the table above.

**Here's an example:** (you'll need your kitchen scale)

Let's say your dog is 20lb and normal activity with a body condition score of 3. The daily kibble total by weight is 5½oz (156g). After taking out one third, it's now 3¾oz (104g). Add the kibble - minus one third - to food bowl. Now you add the 7 food supplements, 2oz cooked mashed or blended vegetables, 1/3rd of medium hardboiled egg, very small pinch of HM salt, 1 tablespoon of Kefir, 1 level teaspoon of super greens, 1 level teaspoon of coconut oil and around a quarter can of sardines. Mix everything up in your dogs food bowl and serve.

**Note:** If you feed twice daily, split the daily total of the kibble and the 7 food supplements in two and add half to each meal.

### \*Daily kibble total by weight of dog and activity level

	10lb (4.5kg)	15lb (6.8kg)	20lb (9.1kg)	30lb (13.6kg)	40lb (18kg)	50lb (22.6kg)	60lb (27kg)	80lb (36kg)	100lb (45kg)
<b>Low Activity</b>	2¾oz (77g)	3¾oz (106g)	4½oz (130g)	6oz (170g)	8oz (230g)	9½oz (270g)	10¾oz (305g)	13¾oz (375g)	15¾oz (435g)
<b>**Reduced by 33% (one third)</b>	1¾oz (51g)	2½oz (71g)	3oz (87g)	4oz (113g)	5½oz (153g)	6¾oz (180g)	7oz (203g)	8¾oz (250g)	10¾oz (290g)
<b>Normal Activity</b>	3¾oz (92g)	4¾oz (120g)	5½oz (156g)	7¾oz (206g)	9½oz (269g)	11¾oz (319g)	12¾oz (361g)	16oz (454g)	19oz (539g)
<b>**Reduced by 33% (one third)</b>	2¾oz (61g)	2¾oz (80g)	3¾oz (104g)	4¾oz (137g)	6¾oz (179g)	7½oz (213g)	8½oz (241g)	10¾oz (303g)	12½oz (359g)
<b>High Activity</b>	4oz (113g)	4¾oz (135g)	6¾oz (180g)	8¾oz (234g)	10¾oz (305g)	12¾oz (361g)	14½oz (410g)	18oz (510g)	21½oz (610g)
<b>**Reduced by 33% (one third)</b>	2½oz (75g)	3¾oz (90g)	4¾oz (120g)	5½oz (156g)	7¾oz (203g)	8½oz (240g)	9½oz (273g)	12oz (340g)	14¾oz (407g)



Use the body condition score table in chapter 3 to gauge how your dog looks and feels, then check your dog's activity level and body weight for daily food total.

\*Totals are rounded off

\*\*Reduce daily kibble total by one third when adding the 7 supplements to meals

**Tip: Preparing in bulk batches for convenience**

You can also prepare the food supplements as a large batch, then mix together all the ingredients and freeze a number of daily portions. You then just defrost a portion to room temperature in warm water for about 15-20 minutes, add to the kibble in your dogs food bowl, stir in and serve.

If you feed twice daily, you can add the defrosted to room temperature food supplement portions to either the morning meal or the evening meal or better still, defrost a daily food supplement portion the night before and add half to the morning meal and half to the evening meal.

## The Healthier Kibble Diet - Bulk Food Supplement Recipe

### All 7 supplements recipe to make 14 daily portions

This bulk recipe makes adding the 7 supplements to your dogs meals super simple and quick. This bulk recipe example makes 14 day's portions for a 50lb dog and takes around 30 minutes to prepare. Buy in enough ingredients for how many days portions you want to prepare using the 'amounts to give daily' food table above. Simply use your dogs weight for daily supplement amounts and multiply by the number of days portions you want to make.

Follow the recipe preparation steps 1 through 7. Then you simply take a portion from the freezer, defrost the night before on the kitchen sink and add half a portion to the morning meal and half to the evening meal.

You can choose to make as many daily portions as you like as they'll be fine frozen for up to three months.

Recipe example for 50lb dog - 14 dally portions.

### Ingredients

- 6½ cans sardines (packed in water with no added salt)
- 6 eggs
- ½ tsp Himalayan Mountain salt
- 10½ Tbsp freeze dried super greens
- 1½ cups Kefir
- 3¼lb frozen mixed vegetables
- ¾ cup coconut oil

### Steps

1. Hard boil the eggs, remove shells and break up into small pieces.
2. Chop the vegetables into small pieces and steam to just cooked - not too soft.
3. Empty cooked vegetables into large bowl and use a potato masher to break down or blend to puree in your food processor.
4. Open and drain the sardines, empty into a bowl and mash.
5. Warm the coconut oil until liquid.
6. Combine all 7 ingredients into a large bowl and mix well to evenly distribute ingredients.

7. Weigh the food total, divide by 14 equal weight portions, scoop into freezer bags, label and freeze.

This recipe is approximately enough to supplement an active 50lb dog for 14 days. Use the chart below to work out the amounts for your dogs weight.

Don't worry too much about mixing the ingredients perfectly as your dog doesn't need complete balance daily as long as they get the total supplements required over the 14 days.

### **Combining home cooked food with kibble**

If you want to combine home cooked meals with your healthier kibble diet you can. You can feed half the diet as high quality kibble with the 7 supplements and half as home cooked food. It can help cut costs and boost your dog's health, if they were previously only eating kibble.

I also recommend you make the bone broth from The Home Cooked Food Diet recipes and add some into your dogs meals from time to time as a delicious and nutritious addition. You can make up a batch, freeze portions and serve a portion once or twice every fortnight for that extra source of collagen/gelatin to help your dogs gut, especially if they have had veterinary prescribed drugs and antibiotics or to speed up recovery from illness.

**Note:** Always add the [probiotic](#) whenever you're adding something new to your dog's diet or switching things up, even just one ingredient. Better still, get the probiotic from day one and use it until your dogs settled on the new healthier diet they're happy with. The probiotic is important to smooth out some of the transition in digestive system chemistry and inhibit bad bacteria.

### How much to feed your puppy?

The nutritional requirements of puppies vary from those of adults. Working out how much to feed a puppy depends on the pup's age, current weight and expected adult weight. Puppies eat much more for their weight than adult dogs and young puppies eat more for their weight than older pup's.

Feeding young puppies three or four meals a day helps to give them the extra food they need for healthy growth. For the extra nutritional requirements a pup needs, take out half the daily kibble total - normally one third - and replace with the equivalent weight in sardines, egg and kefir. This will add in the extra whole food protein, fat and minerals your puppy needs during their growth stage.

The amount fed to puppies increases from half of the adult serving when the puppy is very young to three quarters of the adult serving at the half grown stage. At three quarters grown, feed your young dog an adult meal plus 10% extra sardines, egg and kefir until fully grown.

Use the body condition score chart to check your dog's condition as they finally reach full grown adult size with a BC score of 3.

Feeding your puppy based on percentage of expected adult weight:

Puppies feeding guide	
Growth and number of daily meals	% of adult diet
1/4 grown - 3-4 meals	50% of adult diet
1/2 grown - 2-3 meals	75% of adult diet
3/4 grown - 2 meals	110% adult diet
Fully grown - 1-2 meals	100% adult diet

Small breed puppies eat a higher percentage of their body weight daily and reach adult weight more quickly than large breeds. Small breed puppies will also eat as much as an adult by the time they're around three months old. By contrast, a large breed puppy will eat as much as an adult dog by the time they're around five months old. In both cases, they'll eat half the adult amount at 8 weeks of age.

If for some reason you can't find out your 7 to 10 week old pups expected adult weight, start by feeding 10% of their current body weight and adjust as they grow keeping them on the lean side.

Keep in mind that the appetite of puppies is highly varied. Puppies will eat more when they're in a growth spurt and less when they're coping with hormones and teething. It's best to pay attention to the individual dog and adjust as needed.

**Note:** Always keep puppies on the lean side, not chubby, especially the large breeds; keeping them lean will greatly reduce the chance of hip dysplasia developing.

Adjust the amount of food needed to keep your puppy at the proper weight, with ribs easily felt and not covered in rolling fat - keep reasonably slim.

## Adding 4 Optional Food Supplements to Kibble

For that extra nutritional boost especially if your dog has digestive issues, long term allergies or gets various external or internal infections.

Here are four optional but highly valuable whole food supplement choices that build on what you're already doing with the healthier kibble diet but with increased nutritional support if your dogs currently experiencing the following:

- High allergy sensitivity.
- An over sensitive digestive system.
- Loose stools.
- Suffers frequent infections on the skin or suffers a coarse dull smelly coat, ear infections, eye infections, chews feet or gets UTI's (urinary tract infections) and has bad gas, belching or bloating.

4 Optional Food Supplements You Can Add	
1.	Digestive Enzymes – for senior dogs 7 years and over
2.	Unaltered high quality protein concentrate – for all life stages
3.	Fish oil and vitamin E – for all life stages
4.	Beta glucan – for all life stages

### Digestive enzymes for senior dogs over 7 years old

For the purposes of what is termed a senior dog, any dog over the age of 7 is considered a senior citizen by the veterinary profession.

Above and beyond the 7 super food supplements, for senior dogs I go one better and add an 8<sup>th</sup> food supplement simply because senior dogs badly need it and that's digestive enzymes.

Yes, the 7 super food supplements will work wonders for the live enzymes it contains but to really kick start your senior dog's health and boost their ailing glandular system I highly recommend you start them off with the inclusion of this 8<sup>th</sup> additional digestive enzyme. It will help from day one to build a

stronger digestive system and greatly ease your dog into the healthier kibble diet and you'll notice a positive difference quickly.

**Note:** You'll know your dog needs enzymes if they eat dirt, grass or other dogs waste because it's the enzymes they crave!

### **Enzymes: Vital missing nutrients for all senior dogs on kibble**



You may believe your dog is completely healthy on a kibble or canned dog food diet, but there are some important nutrients that are not yet deemed essential under the official nutritional guidelines for pet foods.

### **Live Enzymes: What are they?**

Enzymes are biological molecules responsible for thousands of chemical processes in nature. They help sustain and support life.

Most enzymes are proteins that act as catalysts for thousands of metabolic reactions in the canine body and help maintain homeostasis. If there's a mutation, change or termination in production, disease can occur.

When mammals are born, their cells are programmed to produce a fixed amount of enzymes within their lifetime.

The rest must be obtained from food.

When the body is burdened by the job of producing every enzyme, it becomes deficient and vulnerable to disease and dysfunction. Glands and major organs suffer from enzyme deficiency.

This often becomes more apparent as the dog ages and loses vitality.

If a dog has spent most of its own enzymes and isn't getting any in the diet, their cellular function and health will rapidly decline.

### **Kibble and canned dog food does not contain any live enzymes, why?**

Commercial high heat processed food denatures live enzymes and causes enzyme deficiency in your dog.

Unfortunately, there's no easy way to diagnose enzyme deficiency since it affects each animal differently and can show up as any number of metabolic diseases.

Vets can also test certain enzyme levels in the blood but this is usually only done in severe cases. A low-grade enzyme deficiency may go unnoticed for many years.

Feeding your dog a raw food diet, combining raw food with home cooked food or using the 7 perfect value food supplements program with your kibble will provide enzymes.

Access to live enzymes allows the DNA of the cells to maintain its integrity.

If your dog does not have access to raw food, it's a good idea to add a good quality digestive enzyme support supplement. Adding supplemental enzymes to the diet can improve:

- Digestion
- Metabolism
- Organ function
- Skin health
- Allergy symptoms and much more.

Dogs that are getting enough digestive enzymes have the following:

- Better immune health
- Better skin health
- Better more luxuriant coat with less shedding
- Stronger more free moving joints
- Healthier teeth and gums
- Do a better job of getting all of the nutrients out of their food

### **Make sure your senior dog's getting enough enzymes in their diet!**

But remember, when your dog's natural supply of enzymes are gone, they're gone and you'll recognize this if you see your dog eating grass, dirt or other dogs waste. So now is a great time to make sure your senior dog is getting enough enzymes in their diet!

If you're using the 7 perfect value food supplements program and want that extra health boost for your senior dog – 7 years and over – get the enzyme



supplement and add it to your dogs meals, daily - alongside the other 7. Very soon you'll notice your dog picks up in freedom of movement, extra energy and is less gassy. Later you'll also notice your vacuum cleaner picks up less dog hair!

#### [Digestive Enzyme Supplement](#) -

- This one is excellent and USA made.
- I don't skimp on enzymes, very, very important!
- Get it and watch the difference it makes to your dogs health.
- 8oz can with 192 servings (1 serving added to each meal)

# 1. Unaltered High Quality Protein Concentrate



Your dog's health is reflected in the quality of proteins they eat.

Proteins found in meat by-products, not approved for human consumption, are not the same quality as fresh, unaltered, lean, human grade meats.

Also, cooked meats in kibble and canned dog food lack live enzymes that allow your dog to absorb the nutrients in his food. Dry dog food ingredients are processed at very high temperatures killing all life.

## **Nature's highest quality protein concentrate**

Unaltered high quality protein concentrate is a protein rich source of nutrition for a dog of any age and especially the senior dog, here's why:

Proper Nutrition Seacure is an easy-to-absorb protein concentrate of nearly 100% assimilated nutrients naturally derived from deep-ocean white fish.

### **Fish protein concentrate provides:**

- A pre-digested source of bioactive peptides and biogenic amines kind to kidneys
- Essential minerals and omega-3 fatty acids
- Highly concentrated nutrient rich protein elements, essential to proper hormonal, immune, and neurological functions
- Concentrated proteins in their simplest forms and readily absorbed by the body
- Essential proteins to support the cells in your dog's gastrointestinal tract and regulate bowel functions

### **Fish protein concentrate is ideal for the following health problems:**

- Digestive system problems
- A sensitive tummy
- To recover weight loss or build up a scrawny dog
- Stopping diarrhea
- Stopping bad gas
- Reducing the inflammation that causes Inflammatory Bowel Disease

- Regulating and improving dog's with EPI
- Helping to heal a leaky gut
- Helping to heal colitis
- Feeding the skin and improving skin problems quickly
- Promoting general healing after injury, illness, or surgery

It's an excellent addition to the 7 perfect value whole food supplements program especially if you're just getting started and your dog has any of the above health problems. Simply add to your current dog food daily. Dogs love the smell and taste and it will do older dog's gastrointestinal tract the world of good and something you'll visibly notice quickly.

**Seacure-BioAvailable Pre-digested Protein Concentrate: [Secure For Pets](#).**

**Note:** Always include [probiotics](#) for improved nutritional uptake. Store in your freezer for freshness.

## 2. Omega-3 oil from whole fish, fish oil plus vitamin E oil to balance the fats in your dog's diet

Omega-3 oils and fish oils can minimize inflammation and protect the body from serious health concerns such as arthritis, heart disease and cancer.



Feeding properly balanced fats can improve not only your dog's health and longevity but also their mental abilities and behavior.

The problem with fats added to kibble is they very quickly go rancid once the bag is opened and oxygen gets in, consequently you get that foul smell from open bags of kibble.

**Note:** Kibble is far healthier stored in a large plastic container with an air tight lid and if possible refrigerated.

### **Symptoms of omega-3 deficiency include:**

- Fatigues easily
- Dry coat
- Dry, flaky or itchy skin
- Brittle nails
- Joint pain and stiffness from arthritis

### **Fats need to be high quality and absolutely fresh**

Fats turn rancid and toxic quickly, reducing the nutritional value of food while causing the following:

- Diarrhea
- Liver and heart problems
- Macular degeneration
- Cell damage
- Cancer
- Arthritis
- Death

**Don't buy a kibble with added fats!**

The fats will spoil quickly once the bag is opened and exposed to the oxygen in the air.

### **What to give your dog if they eat a kibble or canned diet?**

If you feed kibble or canned, your dog will benefit a lot from taking these three oils and the older they are the more they'll need them, it's that simple.

If you feed kibble and you're using the 7 perfect value food supplements program, you'll be using the sardines already but if you can go the extra mile, I recommend using the vitamin E and fish oil daily alongside the sardines. This way your dog receives full spectrum oils in plentiful amounts to regain full health and wellbeing.

### **Sardines for the best whole food supplementation**

Feed a combination of sardines and a high quality fish oil to ensure your dog gets the benefits of whole fish, plus the extra EPA and DHA.

Fish oil contains mostly EPA and DHA, although fish liver oils will also contain vitamin D. On the other hand, whole fish contains both EPA and DHA, including vitamin D, selenium, protein, cofactors and a more complete fatty acid profile than fish oil alone.

I recommend canned sardines - packed in water only.

How much canned sardines to feed your dog each week	
<b>10lb dog</b>	¼ 4.25oz can 4x per week
<b>20lb dog</b>	½ 4.25oz can 4x per week
<b>30lb dog</b>	½ 4.25oz can 4x per week
<b>40lb dog</b>	2/3 4.25oz can 4x per week
<b>50lb dog</b>	2/3 4.25oz can 4x per week
<b>60lb dog</b>	¾ 4.25oz can 4x per week
<b>70lb dog</b>	¾ 4.25oz can 4x per week
<b>80lb dog</b>	1 4.25oz can 4x per week

## **Combining whole fish, high quality fish oil and vitamin E for full spectrum oils**

### **Fish oil**

Choose a high quality fish oil in the natural triglyceride form. Not only is this better absorbed, but there will be less oxidative damage. Serve a normal dose as per instructions on the bottle and always keep refrigerated.

[Alaskan salmon oil](#) has the best feedback and results to date.

### **Vitamin E**

Vitamin E has decades of science behind it and is very deficient in dogs diets. It's a powerful antioxidant that's essential for normal growth and development in dogs and people.

Vitamin E occurs in four natural forms, alpha, beta, gamma and delta tocopherols. There is a synthetic form with dl-alpha only tocopherol and should be avoided as it's ineffective.

There have been countless published clinical studies around the world. These prove beyond any doubt that vitamin E supplements have numerous health benefits - especially for the heart, arteries and circulatory system in general. Vitamin E is also very anti cancer and an excellent free radical scavenger. You can also use it topically on various skin conditions and cancers.

### **How much to give your dog**

[Vitamin E](#) comes as a soft gel. Take a soft gel, pierce it with a pin and gently squeeze into your dogs meal. There's 400IU in each soft gel. Keep refrigerated for freshness.

<b>Vitamin E dose for your dogs size</b>		
<b>Weight</b>	<b>Amount to give daily</b>	<b>400IU soft gel Lasts</b>
Small dogs 10 – 20lb	50IU	8 days
Medium dogs 25 - 50lb	100IU	4 days
Large dogs 55 - 100lb	200IU	2 days

### **A must for senior dogs**

If your dog is suffering from age related health problems and generally lacks vitality, combine whole fish, quality fish oil and vitamin E for a balanced and effective full spectrum oils combination.

**Note:** Many people supplement with fish oil alone and don't realize the potential long term damage they are doing to their dog. Fish oil on its own is simply not well absorbed because it does not have the cofactors in the other fats for assimilation and long term it depletes your dogs body of vitamin E.

**It's the combination of full spectrum oils that makes the difference.**

[4.25oz \(12 pack\) Sardines](#) (packed in water with skin and bone intact, low sodium with no added salt and from Morocco, the home of sardines (not China, they add salt). This is the best deal I can find on Amazon. May even beat your local stores on price.

[Fish oil](#) The best wild Alaskan Salmon Oil available at a price I'm happy with.

[Natural Vitamin E](#) with mixed tocopherols.

### 3. Beta Glucan - the world's best immune system support



Nothing does more to boost your dog's immune system than beta glucan, the most powerful immune enhancer known to science. It's extracted from four sources - oats, barley, yeast or mushrooms.

Beta glucan is a powerful aid in restoring balance to your dog's immune system, which means it's effective at keeping your dog's immune system healthy and working optimally.

Beta Glucan is a proven anti-tumor and anti-microbial, binding to receptors on macrophages and other cells in the body's tissues. These white blood cells devour bacteria, foreign cells, dead and dying cells, mutated cells and other negative invaders in the bloodstream.

Giving a beta glucan supplement daily means these immune cells are more active, more powerful and effective in attacking and consuming what doesn't belong in your dogs system.

**Blood sugar metabolism and insulin are just one area of benefit here.**



Give your dog beta glucan if they suffer from any type of cancer, weak immune system, or diabetes. Taking beta glucan is very important to avoid blood sugar and insulin disorders or treating ones your dog already suffers from.

**Beta glucan proves effective with dogs as an anti cancer and anti tumor treatment.**

**How beta glucan benefits your dog:**

- Excellent diabetes prevention
- Stabilizers blood sugar balance
- Less allergenic
- Less stressed
- Faster healing



- More resistant to infection from microbes, bacteria and viruses
- Boosts your dogs immune system for greater balance so it can do its job – defend your dogs body from disease

You can buy it in capsule form or as a cream. Use the capsules for everything stated above and the cream for skin conditions such as burns, wounds and any eczema or skin cancer conditions.

Be careful to buy a quality brand as many claims are made. Make sure the cream is stated to have at least 1% real beta glucan in it! If you buy 100mg capsules, open up the capsule and pour out half onto dog food at 50mg for small dogs and the whole 100mg capsule for larger dogs, do this daily.

There are no side effects; it's very safe and very powerful.

[Beta glucan caps](#)

[Beta glucan cream](#) (this is a high quality 5% cream, use on skin conditions or skin cancers)

## **About the Quick Start Guide**

I've included a quick start guide below to take you through the entire Healthier Kibble Diet in simple steps.

I've also included a weekly feeding timetable directly below that you can print out and this helps you to plan out the weekly feeding schedule.

## Quick Start Guide



<b>Date, Dogs Name &amp; Age</b>							
Current weight							
Ideal weight							
Health conditions							
Current medications							
	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
Exercise days & duration							
Kibble weight/cups daily							
<b>Vegetables</b>							
<b>Egg</b>							
<b>HM Salt</b>							
<b>Kefir</b>							
<b>Super Greens</b>							
<b>Coconut oil</b>							
<b>Sardines</b>							
<b>Extra Supplements:</b>							
Digestive Enzymes							
Protein Concentrate							
Fish oil and Vitamin E							
Beta Glucan							
<b>Notes:</b>							

1. Print out and the follow the weekly supplement guide above. If you use PC, have the Quick Start Guide chart page open, click print and under page range, click current page to print it out. Or simply use a snipping/clipping tool to copy the chart, add it to a word document or other plain document and print out a copy.
2. Read the first 3 chapters and all the Healthier Kibble Diet information pages a few times to be familiar and comfortable with the information.

Check your dogs body condition score in chapter 3, also check their activity level and get their body weight to find out the daily food total from the table below.

**\*Daily kibble total by weight of dog and activity level**

	<b>10lb (4.5kg)</b>	<b>15lb (6.8kg)</b>	<b>20lb (9.1kg)</b>	<b>30lb (13.6kg)</b>	<b>40lb (18kg)</b>	<b>50lb (22.6kg)</b>	<b>60lb (27kg)</b>	<b>80lb (36kg)</b>	<b>100lb (45kg)</b>
<b>Low Activity</b>	2¾oz (77g)	3¾oz (106g)	4½oz (130g)	6oz (170g)	8oz (230g)	9½oz (270g)	10¾oz (305g)	13¼oz (375g)	15¼oz (435g)
<b>**Reduced by 33% (one third)</b>	1¾oz (51g)	2½oz (71g)	3oz (87g)	4oz (113g)	5½oz (153)	6¼oz (180g)	7oz (203g)	8¾oz (250g)	10¼oz (290)
<b>Normal Activity</b>	3¾oz (92g)	4¾oz (120g)	5½oz (156g)	7¼oz (206g)	9½oz (269g)	11¼oz (319g)	12¾oz (361g)	16oz (454g)	19oz (539g)
<b>**Reduced by 33% (one third)</b>	2¾oz (61g)	2¾oz (80g)	3¾oz (104g)	4¾oz (137g)	6¼oz (179g)	7½oz (213g)	8½oz (241g)	10¾oz (303)	12½oz (359)
<b>High Activity</b>	4oz (113g)	4¾oz (135g)	6¼oz (180g)	8¼oz (234g)	10¾oz (305g)	12¾oz (361g)	14½oz (410g)	18oz (510g)	21½oz (610g)
<b>**Reduced by 33% (one third)</b>	2½oz (75g)	3¾oz (90g)	4¾oz (120g)	5½oz (156g)	7¼oz (203)	8½oz (240g)	9½oz (273)	12oz (340g)	14¼oz (407g)

Use the body condition score table in chapter 3 to gauge how your dog looks and feels, then check your dog's activity level and body weight for daily food total.

\*Totals are rounded off

\*\*Reduce daily kibble total by one third when adding the 7 supplements

3. Decide on which kibble your starting with - go with what you have or get a new higher quality choice.

I recommend you get the highest quality kibble as your base but if your budget won't stretch to one of the better kibbles I talked about previously plus the 7 perfect food value supplements, go with what you've got and use all 7 supplements.

**Note:** Remember to take out 33% (one third) of the daily kibble total to compensate the 7 supplements.

4. Begin the transition with just a quarter serving of the total ' 7 supplements - daily serving total' below, add the [probiotics](#) I discuss and work up to full portion size over 5 days.

Transitioning your dog & adding the 7 food supplements	
Kibble	7 supplements
<b>Day 1</b> Reduce kibble by 10%	Add a ¼ daily serving total
<b>Day 2</b> Reduce kibble by 15%	Add a 1/3 daily serving total
<b>Day 3</b> Reduce kibble by 20%	Add a ½ daily serving total
<b>Day 4</b> Reduce kibble by 25%	Add a ¾ daily serving total
<b>Day 5</b> Reduce kibble by 33%	Add normal daily serving total

5. Keep the weekly feeding timetable stuck to your refrigerator, fill in all the details and the 7 daily supplement amounts for your dogs size.
6. For most convenience, you can bulk prepare several weeks worth of daily portions at once, add to small freezer bags, label and freeze.

Defrost a daily food supplement portion the night before and add half to the morning meal and half to the evening meal.

7 supplements *Daily serving total							
	Vegetables	Egg	HM Salt (pinch)	Kefir	Super Greens	Coconut oil	**Sardines (cans per wk)
<b>10lb dog</b>	1¾oz	¼ egg	V sml.	1½tsp	½ tsp	½ tsp	1 per wk.
<b>20lb dog</b>	2oz	1/3 egg	V sml.	1Tbsp	1tsp	1tsp	2 per wk.
<b>30lb dog</b>	2½oz	1/3 egg	Sml.	4tsp	1½tsp	1½tsp	2½ per wk.
<b>40lb dog</b>	3oz	½ egg	Sml.	5tsp	2tsp	2tsp	3 per wk.
<b>60lb dog</b>	4¼oz	½ egg	Med.	2Tbsp	2½tsp	1Tbsp	3½ per wk.
<b>80lb dog</b>	5¼oz	2/3 egg	Med.	2½Tbsp	1Tbsp	4tsp	4 per wk.
<b>100lb dog</b>	6¼oz	2/3 egg	Med.	3Tbsp	4tsp	5tsp	4½ per wk.
Daily serving total for normal activity *If you feed twice daily, divide total in half for 2 meals **Sardines in cans per week, divide by 7 daily portions tsp./Tbsp. using <a href="#">standard measuring spoons</a>							

7. Keep an eye on your dogs shape and weight using the body conditioning score table in chapter 3. Do this monthly and adjust the total daily kibble total up 10% if your dog is underweight or down 10% if your dog is overweight each month until your dog has an ideal shape and body score of 3.
  
8. If your dog is over 7 years old I recommend including the extra enzyme supplement and there are 3 further optional but highly beneficial supplements you can add that protect, balance and boost health further.
  - 1:** Pure fish protein concentrate - helps straight away to correct a troubled digestive system and an extra boost for senior dogs especially.
  - 2:** Fish oil and vitamin E in combination to balance, protect and improve health with extended full spectrum oils to combine with the sardines. Good extra support especially for senior dogs.
  - 3:** Beta glucan is nature's best immune system support based on long term clinical studies. For all life stages.

9. Always have fresh filtered water available and clean the bowl with apple cider vinegar and rinse - once per week minimum.

The program of 7 supplements should not take more than an extra 2-3 minutes a day to implement, less if you bulk prepare and will boost your dog's health as you'll notice. Adjust up or down 10% in kibble monthly to have your dog lean and fit looking for long term health and wellbeing. It will reduce many health problems as your dog's digestive system heaves a sigh of relief and will save a lot of money long term at the vet and reduce kibble costs.

Your dog's energy will improve so you'll be out exercising them more and extra exercise is also healthier for their digestive system. And I can't repeat this enough; a tired dog is a happy dog and a more co-operative dog. Devote that little extra time in your day to your dogs exercise and you'll both benefit.



## Chapter 5

### The Home Cooked Food Diet

#### Home cooking for prevention, fixing health problems and satisfaction



There are some really good reasons for making your dog's meals at home with ingredients you've selected yourself. Your dog's health issues might be getting worse or they've had long term health complaints and your dog needs more exacting nutrition to heal.

If you're starting out with prevention in mind for a puppy or adult dog, you'll find a lot of joy in watching your dog eat fresh, healthy meals you've prepared yourself. Knowing the quality of the ingredients and the value they provide, as well as the obvious enjoyment your dogs get from their food is worth the undertaking and soon becomes routine with some initial meal planning and bulk cooking.

Dogs fed prepared homemade meals are generally healthier than dogs on commercial kibble or canned diets, and you'll find your vet bills are lower.

Home cooked food will be more nutrient dense, more of it will be digested by your dog which means less waste and fewer burdens on your dog's gastrointestinal system. Many of the illnesses dogs get today began much earlier from nutritional deficiencies that have since been misdiagnosed by vets looking at present symptoms, not the longer term underlying cause.

If you're a keen bargain shopper, you'll know how to budget accordingly and create a cost effective diet for your dog that can be equal to or cheaper than buying high priced branded dog food.

Let's look at the diet briefly and weigh up the pros and cons.

**Pros:**

- If you're keen to bargain hunt or choose the marked down options it can be cheaper than premium brand kibbles.
- You control the ingredients that go into your dog's meals.
- You can plan a set menu with a greater variation of recipes.
- Dogs love nothing better than a home-cooked meal over a bowl of kibble.
- Home-cooking does a great job of clearing up allergies and other long term chronic health problems caused by commercial dog food.

**Cons:**

- Takes more time to prepare the meals.
- More challenging getting the nutritional balance right.
- You have to know what dogs can eat and can't eat.
- It can be more expensive.
- You'll need more fridge/freezer storage space especially for batch cooking for medium to large dogs.

Home cooking can mean a huge difference in the overall health of your dog. A life spent on a single source of food can be very hard on a dog's system and generally leads to health problems and a shortened lifespan.

The joy we get from our dogs is very special and so the act of preparing a more varied and beneficial meal should be a priority and no less important than preparing food for our human children.

**Having a meal plan**

I recommend you keep a planned feeding schedule stuck to the fridge to stay on track with what you're feeding each day of the week. Early on it's easy to forget what, when and where once you transition to a new feeding plan, especially if all you did previously was serve up kibble each day. See the feeding schedule in the quick start guide at the end of the chapter.

**Getting the balance right**

Our dogs need nutritional balance just as we do. They need the same vitamins and minerals, proteins, fats, carbohydrates as we need but in the amounts



they require which is different to humans. The recipes in the next section fulfill this requirement, just vary the recipes, use the supplements recommended and your dog will be getting all they need.

Make up different recipes one batch at a time so you can vary what you pull from the freezer according to your meal plan. So one day the choice is ground beef, vegetables and brown rice, the next day, boiled chicken, sweet potato and green vegetables, followed the next day by fish, rice, peas and carrots. You can also add in a little cottage cheese, ripe banana or a few suitable table scraps.

You can even crack open a raw egg into your dogs meal for a perfectly balanced super food boost on weekends when enjoying extra exercise or when nephews and nieces are excitedly fussing over the dog all day - that little extra raw protein boost keeps your dog feeling content and adds balance and food variety to the diet over time.

### **Batch cooking for convenience**

To get the best from home cooking for your dog you'll need to get into the habit of batch cooking recipes. When preparing food in bulk amounts, you can divide into meal sized portions, place in freezer bags then seal and place in the freezer to feed over several weeks at a time. Then day to day, you pull out two meals worth if you feed twice daily, defrost in the kitchen sink in lukewarm water for 30 minutes and gently warm in the microwave before serving.

**Note:** Warming in a microwave is ok but do not cook in one as research reveals that microwave cooking denatures food!

Cooking in bulk means you can choose the most convenient day each week, fortnight or month to do a big cook up. If you are combining home cooked food with high quality kibble meals, you'll have an even more convenient system in place and the batch cooking will go even further, potentially only cooking once per month.

### **Going beyond the basic recipes and branching out – a simple equation**

Once you have been cooking the recipes from this book for a while you may want to branch out and begin making up your own recipes. Keep in mind that you'll want to aim for the following ratios:

- 50% protein (with 5% as offal/organs)
- 25% carbohydrates
- 25% vegetables including a small amount of fruit

The protein provides the building blocks of life in your dog's body, while the carbohydrates provide a cheaper energy source. The vegetables provide protein, carbohydrates, fiber, vitamins, minerals and cofactors.

You can increase the protein component to 75% if you prefer and have the budget for extra meat, while halving the carbohydrate and vegetables percentages - 75% protein, 12.5% carbohydrates and 12.5% vegetables. Dogs do best on meat proteins but your budget will be a deciding factor. I recommend a minimum of 50% meat protein which includes eggs, fish, chicken and herbivorous animal meats such as beef, lamb and venison.

Always stick to complex whole food carbohydrates such as brown rice, sweet potato, saw cut oats, quinoa, sorghum and whole barley while avoiding allergy foods and processed foods like corn, wheat, white rice and soy.

Complex carbohydrates are not heavily processed and are slow release energy whole foods with a better nutritional profile. They are healthier for your dog and don't generally cause allergies or raise insulin levels drastically. They also keep your dog feeling fuller for longer and provide good levels of vitamins and minerals.

**Note:** Always mash or lightly blend cooked complex carbohydrates in your food processor for better absorption. Your dog's gut is 12ft long, yours is 33ft, so your dog needs some pre-ground work on those carbohydrates to get best nutrition from them, otherwise they'll be pooping some unfinished rice!

Simple or refined carbohydrates convert to simple sugars quickly once eaten and after a short boost of energy the body is drenched with insulin while the pancreas is continually stressed and this contributes to long term diabetes.

The recipes later in the chapter only use complex carbohydrates.

### **Shopping for your dogs food**

There's no denying that shopping for your dog's food can be expensive, but with a simple plan of action it can become economical. And over the longer

term you'll save a lot on vet fees, so think longer term. Here are a few ideas on how to get more for less:

- Notice at your local supermarket the days that meats get marked down and scoop up the bargains for chicken, beef, lamb, pork and any unusual cuts.
- Get to know your local butcher and ask if they can save you the usable waste, off-cuts or cheap deals.
- Take a trip to the budget stores if you don't already. Aldi, Costco, Walmart and Trader Jo's are good choices.
- Get on the internet and search for local food co-ops, or bulk purchase raw feeding groups. You'll save on delivery costs and get marked down prices on shared bulk purchases. You can then simply stock up an old freezer in the garage and cook up batches at your convenience.

Once you get going, think and plan ahead and stock up on cheap deals, it all becomes second nature. You'll also find it doesn't cost that much more than what you're paying for high end kibble and your dog enjoys better long term nutritional health and wellbeing.

### **The 5 supplements your dog needs**

Dogs use higher amounts of nutrients than the equivalent weight of humans, so a 60lb dog needs more vitamins and minerals than a young 60lb human. Commercial dog food manufacturers tend to add an over abundance of vitamins and minerals to the finished product although unless it's a high quality brand, they tend to be in synthetic form which means less uptake by the dog.

When cooking your own homemade dog food using whole carbohydrates and human grade meats and vegetables, you are supplying a good amount of the nutrients your dog needs but it isn't quite enough so some supplementation is needed for complete and balanced nutrition.

Serving your dog an occasional meal without extra supplementation won't make a difference, but long term feeding without supplementation can lead to deficiencies that create health problems for the skin and hair, eyes, skeleton, nervous system and have negative effects on the functions of internal organs.

Adding the required supplements is pretty easy when you know what and how much to add.

### The supplements to add to each meal just before serving

5 Supplements to add to each meal				
	What it does	Supplement	Links	How to add
<b>Calcium</b>	Balances out the phosphorous in meat - dogs need between 1:1 and 2:1 ratio of calcium to phosphorous	Eggshells dried and crushed into powder or commercial calcium supplement	<a href="#">Bone Meal Powder</a> <a href="#">Seaweed Calcium</a> <a href="#">Eggshell Calcium</a>	Mix into prepared food before serving. <b>Note:</b> Seaweed calcium can be used in cooking
<b>Omega 3 oil</b>	Balances out the extra Omega 6 oils in red meat recipes	Combine sardines, fish oil and vitamin E for full spectrum oils	<a href="#">Sardines</a> <a href="#">Fish oil</a> <a href="#">Vitamin E</a>	Mix into prepared food before serving.
<b>Vitamin B's</b>	Metabolizes carbohydrates, proteins and fats plus other vital functions	Nutritional yeast flakes provide excellent B vitamins	<a href="#">Nutritional yeast flakes</a>	Mix into prepared food before serving.
<b>Freeze dried Super food</b>	Gives your dog a huge range of nutritional benefits plus supports digestion, immunity and circulation	Green Vibrance freeze dried whole food greens provide huge nutritional support	<a href="#">Green Vibrance</a> Large economy tub for medium to large dogs <a href="#">Green Vibrance</a> Small tub for small dogs	Mix into prepared food before serving.
<b>Himalayan Mountain Salt</b>	Gives your dog vital trace minerals missing from modern intensive farm food production	Himalayan Mountain salt provides 96+ trace minerals to coordinate the bodies molecular processes	<a href="#">Himalayan Mountain Salt</a>	Mix into prepared food before serving.

## 1. Calcium for strong bones, teeth and connective tissues



Calcium and phosphorous are two of the major minerals and two big components of a dogs homemade diet needs. Meat naturally contains a lot of phosphorous while bones contain a lot of calcium. Calcium and phosphorous work together in the body to maintain the growth and structure of the skeletal system.

For the home cooked diet you'll need to supplement calcium into any meat based meal to balance out the phosphorous in the meat.

Adult dogs need between 1000 and 2000 mg of calcium per pound of prepared meat according to NRC and AAFCO guidelines. They also require the calcium to be supplied in a proper proportion to phosphorus.

The general calcium:phosphorus ratio for dogs is between 1:1 and 2:1. Meat contains a lot of phosphorus, so the more meat a diet contains, the more calcium will be required to reach the correct calcium:phosphorus ratio.

Adding 1000 to 1,600 mg of calcium will provide an adequate calcium:phosphorus ratio for this 50% meat diet plus a small amount of calcium from vegetables.

Use the lower amount of calcium for the large breed puppies to support a slightly slower growth rate and the upper amount for small and medium sized puppies and for adult dogs. For teaspoons I use [kitchen measuring spoons](#).

Of the three main types of calcium available to dog owners, seaweed calcium and eggshell calcium provide high calcium and very low phosphorous while bone meal has a higher phosphorus content, in which case you supplement moderately higher amounts of bone meal calcium to balance out the additional phosphorus contained in the bone meal.

## How to supplement calcium, three recommended sources

### 1. Bone meal:

If you choose a commercially available bone meal to add calcium to your dog's meals, I recommend healthfully sourced bone meal.

You want to use human edible bone meal made in a USDA plant. Most of these companies offer independent heavy metal analyses demonstrating their product is safe. Never feed bone meal sold by fertilizer or garden supply stores.

The bone meal linked to below is from Australian and New Zealand cows. It's the highest quality bone replacement because livestock feeding standards in NZ and AUS are superior to those in the U.S.

The bone meal comes as a fine powder easily added to food and has a 2:1 calcium to phosphate ratio which is balanced.

Serving size: 1 teaspoon (6 g)

Servings per container: About 75

Ingredients: Calcium (from Bone Meal, Calcium Carbonate) 1300 mg

Phosphorus (from Bone Meal)..... 440 mg

Magnesium (from Bone Meal, Magnesium Oxide) .....15 mg

#### **Supplement:**

1tsp. per 1lb or 2 cups of prepared meat for large breed puppies

1½ tsp. all other sizes of puppy

1½ tsp adult dogs.

Always add to food just before feeding.

[Bone Meal Powder](#) - Food grade, non GMO

### 2. Seaweed calcium:

Seaweed calcium is derived from a plant source with good purity and bio-availability. This naturally calcified red seaweed product is harvested from the seabed's off the southwest coast of Ireland. I've travelled to the south west coast of Ireland and the water there is clear, clean and largely free of pollution.

Seaweed based calcium has the advantage of being free of any potential contamination that can affect bone meal from livestock. Another advantage is that you can use it in the cooking stage and don't have to wait to add it just before serving your dogs meals.

Many dog owners say that seaweed calcium is easier for their dogs to digest and I recommend that if your dog has a sensitive digestive system to start off using seaweed calcium.

**Ingredients:**

Dehydrated Seaweed Meal (Rhodopyta - Lithothamnion calcareum)

Mineral Analysis (per teaspoon)

Calcium (min) 1000 mg

Magnesium (min) 90 mg

Sulfur (min) 13.5 mg

Potassium (min) 1.0 mg

Phosphorus 1.5 mg

Sodium (max) 66 mcg

Zinc 66 mcg

Iodine 60 mcg

Selenium 3 mcg

**Supplement:**

1tsp. per 1lb or 2 cups of prepared meat for large breed puppies

1½tsp. all other sizes of puppy

1½tsp adult dogs.

You can add seaweed calcium to the recipe while cooking or add to prepared food before serving.

[Seaweed calcium](#) - This one comes highly recommended as a high quality human grade product.

### **3. Egg shell calcium:**

Eggshell calcium is pure and well absorbed and includes excellent trace mineral content to support good bone mineral density. Eggshell calcium has been shown to digest well and not cause digestive upset.

Ground eggshell can be used as a calcium supplement. Rinse eggshells and dry them overnight or to get them bone dry, heat in warm oven for 30 minutes and reduce to powder in your food processor or coffee grinder.

One large eggshell provides one teaspoon of ground eggshell, which contains 1,900 mg of calcium. Keep in a tupperware container.

You can get a commercially prepared source of eggshell powder for convenience. It's non chemically processed and 100% eggshell powder USA sourced and produced in an FDA regulated GMP facility.

#### **Supplement:**

¾ tsp. per 1lb or 2 cups of prepared meat for large breed puppies

1tsp. all other sizes of puppy

1tsp adult dogs.

Simply sprinkle over or mix into daily meals or add the daily total to just the one meal.

[Eggshell Calcium](#) 16 oz



## 2. Full spectrum oils from whole fish, fish oil & vitamin E to balance the fats in your dog's diet



Omega-3 oils and vitamin E can minimize inflammation and protect the body from serious health concerns such as arthritis, heart disease and cancer.

Feeding properly balanced fats can improve not only your dog's health and longevity but also their mental abilities and behavior.

### Symptoms of omega-3 deficiency include:

- Fatigues easily
- Dry coat
- Dry, flaky or itchy skin
- Brittle nails
- Joint pain and stiffness from arthritis

### Fats need to be high quality and absolutely fresh

Fats turn rancid and toxic quickly, reducing the nutritional value of food while causing the following:

- Diarrhea
- Liver and heart problems
- Macular degeneration
- Cell damage
- Cancer
- Arthritis
- Death

### What to give your dog if you're feeding home cooked meals?

If you're feeding home cooked meals include all three oils if you don't regularly feed fish. Feed sardines, some vitamin E and fish oil daily.

### Sardines for the best whole food supplementation

Feed a combination of fish and a high quality fish oil to ensure your dog gets the benefits of whole fish, plus the extra EPA and DHA.

Fish oil contains mostly EPA and DHA, although fish liver oils will also contain vitamin D. On the other hand, whole fish contains both EPA and DHA, including vitamin D for calcium uptake, selenium, protein, cofactors and a more complete fatty acid profile than fish oil alone.

**I recommend feeding your dog canned sardines - packed in water only - weekly:**

How much canned sardines to feed your dog each week	
<b>10lb dog</b>	1x 4.25oz can per week
<b>20lb dog</b>	2x 4.25oz cans per week
<b>30lb dog</b>	2 ½ x 4.25oz cans per week
<b>40lb dog</b>	3 x 4.25oz cans per week
<b>50lb dog</b>	3 x 4.25oz cans per week
<b>60lb dog</b>	3½ x 4.25oz cans per week
<b>70lb dog</b>	3½ x 4.25oz cans per week
<b>80lb dog</b>	4x 4.25oz cans per week

**Combining whole fish, high quality fish oil and vitamin E for full spectrum oils**

### **Fish oil**

Choose a high quality fish oil in the natural triglyceride form. Not only is this better absorbed, but there will be less oxidative damage. Serve a normal dose as per instructions on the bottle - see chart below and always keep refrigerated.

Alaskan salmon oil has the best feedback and results to date.

How much fish oil daily	
<b>1 to 15 lbs</b>	½ pump or ¼ tsp.
<b>16 to 25 lbs</b>	1 pump or ½ tsp.
<b>26 to 50lbs</b>	2 pumps or 1 tsp.
<b>50 to 75lbs</b>	3 pumps or 1 ½ tsp.
<b>76lbs &amp; up</b>	4 pumps or 2 tsp.

## Vitamin E

Vitamin E has decades of science behind it and is very deficient in dogs diets. It's a powerful antioxidant that's essential for normal growth and development in dogs and people.

Vitamin E occurs in four natural forms, alpha, beta, gamma and delta tocopherols. There is a synthetic form with dl-alpha only tocopherol and should be avoided as it's ineffective.

There have been countless published clinical studies around the world. These prove beyond any doubt that vitamin E supplements have numerous health benefits - especially for the heart, arteries and circulatory system in general.

### How much to give your dog?

25IU per 10lbs of lean body weight.

Vitamin E comes as a soft gel. Take a soft gel, pierce it with a pin and gently squeeze into your dogs meal. One capsule can last a 50lb dog 2 days. There's 400iu in each soft gel. Keep refrigerated for freshness.

Vitamin E dose for your dogs size		
Weight	Amount to give	Last's for
10lb dog	Just a drop	2 weeks
20lb dog	¼ gel a day	4-8 days
30lb dog	1/3 gel a day	3 days
40lb dog	1/3 gel a day	3 days
50lb dog	½ gel a day	2 days
60lb dog	½ gel a day	2 days
70lb dog	2/3 gel a day	1 day
80lb dog	2/3 gel a day	1 day

### A must for senior dogs

If your dog is suffering from age related health problems and generally lacks vitality, combine whole fish, quality fish oil and vitamin E for a balanced and effective combination.

**Note:** Many people supplement with fish oil alone and don't realize the potential damage they are doing to their dog. Fish oil is simply not well

absorbed because it does not have the cofactors in the other fats for assimilation and long term it depletes your dogs body of vitamin E.

It's the combination of oils that makes the difference.

[4.25oz \(12 pack\) Sardines](#) (packed in water with skin and bone intact, low sodium with no added salt and from Morocco, the home of sardines (not China, they add salt). This is the best deal I can find on Amazon. May even beat your local stores on price.

[Fish oil](#) The best wild Alaskan salmon oil available at a good price.

[Natural Vitamin E](#) with mixed tocopherols.

### 3. B Vitamin's metabolize the proteins, carbohydrates and fats your dog eats every day

The B vitamins are vital to good health because they help the body metabolize the carbohydrates, proteins and fats you feed your dog each day and perform other vital functions.

#### The best and easiest way to add B vitamins to your dog's food

Nutritional yeast flakes provide excellent B vitamins. They are easily available at your local supermarket or health food store or on Amazon. They have a cheesy smell and flavor so dogs generally love them.

[Nutritional yeast flakes](#) - The best natural non fortified yeast flakes

You simply use a teaspoon and sprinkle over your dogs meal before serving.

Average serving size for your dogs weight	
10lb dog	¼ tsp
20lb dog	½ tsp
30lb dog	¾ tsp
40lb dog	1 tsp
50lb dog	1¼ tsp
60lb dog	1½ tsp
70lb dog	1¾ tsp
80lb dog	2 tsp

## 4. Freeze dried super food: nature's vitamin, mineral & antioxidant power house



Natures power house vitamin, antioxidant, immune system, skeletal system and liver support plus live enzymes with prebiotics and probiotics included.

These freeze dried nutritionally rich and medicinally valuable whole food supplements contains a huge variety of nutritionally intact and beneficial plant based ingredients.

### Getting the best?

There are many choices of super greens on the market, not all created equal, especially the ones specific to dogs. From 11 years of research I can safely say that 90% of supplements are a waste of money because they either don't have enough of the right ingredient in them to be effective and the rest is filler or they contain fake or unproven ingredients.

For highest quality freeze dried greens I want to see the following:

- The method of extraction used - maximize nutritional content
- The quality of the ingredients used – organic or non organic
- The amount used per serving
- The diversity of the ingredient list

I've discovered that nearly all pet specific freeze dried greens products are overpriced for the quantity you get with a limited ingredients list.

The one I like best and use daily for me and my dog is called Green Vibrance from Vibrant health. It's aimed at health conscious people and it's the best organic freeze dried super food I've found in the last 12 years and suits our dogs perfectly too.

Green Vibrance contains 74 ingredients that provide the trace nutrients missing from your dog's current diet. They do this by providing all known nutrients with greens, vitamins, minerals, plant proteins and enzymes plus 25

billion CFU of probiotics from 12 strains that help feed the good flora in your dog's digestive system.

### **What's the benefit of using it?**

Modern pet food provides fewer nutrients despite the labeling. The micro nutrients in the super greens fill in the gaps in four main areas:

1. Digestion
2. Immunity
3. Nutrition
4. Circulation

Essentially your dog gets a one stop solution. Instead of buying half a dozen individual products plus probiotics, you have one product with them all for a fraction of the overall cost and with results that can lead to the following;

- Increased energy
- Increased endurance
- Greater clarity of mind
- Stronger immune system
- Stronger heart
- Stronger blood vessels and circulation
- Reduced blood pressure
- Better skin health
- Better kidney function
- Better blood cleansing
- Greater wellbeing
- Better focus
- Decreased joint ache
- Decreased joint and muscle pain
- Better sleep
- Decreased arthritis pain
- Better digestion
- Greater elimination of excess waste from the body and urinary tract

You can add it to the diet daily for broad spectrum nutritional and medicinal support.

### How to use Green Vibrance?

The tub comes with a scoop that you fill to level for an average human adult of 150lb so adjust by your dog's weight.

Average serving size for your dogs weight	
10lb dog	½ tsp
20lb dog	1tsp
30lb dog	1½tsp
40lb dog	2tsp
50lb dog	2¼tsp
60lb dog	2½tsp
70lb dog	2¾tsp
80lb dog	1Tbsp

[Green Vibrance](#) **Large economy tub** - This one is the best option for long term economy for all dogs. Its quality is reflected in the price but will last a 50lb dog 6 months and a Chihuahua probably about 2 1/2 years! - keep in the freezer for long term freshness. This really is a power house convenience super-food addition to your dog's current diet that will benefit them greatly.

[Green Vibrance](#) **Small tub** - This one is better for smaller dogs on a budget and will last a 20lb dog two months.



# Supplement Facts

Serving Size 1 scoop (11.83 grams)

Servings per container 60

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Calories.....	45	Green tea 98% polyphenols 80% catechins.....	20 mg.....*
Calories from fat.....	6	50% EGCG standardized extract, decaffeinated	
Total Fat.....	0.5 g..... 1%**	Pomegranate whole fruit 40% ellagic acid std. extract.....	20 mg.....*
Cholesterol.....	0 g..... 0%**	Black mustard seed 0.5% Selenium ext.....	10 mg.....*
Total Carbohydrate.....	7 g..... 2%**	cert. org. Orgen-SE®	
Dietary fiber.....	2 g..... 9%**	<b>Immune Support</b>	
Sugars.....	2 g	Astragalus 70% polysaccharides standardized extract.....	60 mg.....*
Protein.....	2 g..... 4%**	Larch arabinogalactans extract ResistAid™.....	30 mg.....*
Vitamin A (from beta-carotene).....	4,479 i.u. .... 90%	Beta 1,3-1,6 glucans 70% standardized extract.....	30 mg.....*
Vitamin C.....	54 mg..... 90%	from Saccharomyces cerevisiae yeast	
Vitamin D3 (from lichen oil).....	1,000 i.u. .... 25%	<b>Adaptogens</b>	
Vitamin E (water dispersible-alpha-tocopheryl acetate).....	100 i.u. .... 200%	Holy basil 2% ursolic acid standardized extract.....	100 mg.....*
Vitamin K.....	51 mcg ... 65%	Eleutherococcus senticosus root.....	80 mg.....*
Vitamin B12.....	3 mcg ... 45%	Suma (Pfaffia paniculata) root powder.....	60 mg.....*
Calcium.....	68 mg..... 6%	<b>Skeletal Support</b>	
Iron.....	3 mg..... 20%	Lichen oil powder supplying.....	10 mg.....*
Iodine.....	166 mcg. 110%	1000 i.u. Vit. D3 Cholecalciferol	
Magnesium.....	27 mg..... 6%	Cissus Quadrangularis 2% 3-ketosteroids std. ext.....	400 mg.....*
Selenium.....	50 mcg ... 70%	Boron from 112mg calcium fructoborate.....	3 mg.....*
Chromium.....	80 mcg ... 65%	<b>Fiber</b>	
Sodium.....	40 mg..... 2%	Fructo-oligosaccharides.....	600 mg.....*
Potassium.....	200 mg..... 6%	86% oligofructose+inulin pdr std. ext.	
		Acacia gum fiber certified organic.....	500 mg.....*
<b>Plant Based Micro-Nutrition</b>		Apple whole fruit powder certified organic.....	400 mg.....*
Oat grass leaf powder certified organic.....	1895 mg.....*	Flaxseed powder de-oiled Non-GMO cert. organic... 300 mg.....*	
Chlorella cracked soft cell powder.....	1500 mg.....*	Larch arabinogalactans extract FiberAid™.....	200 mg.....*
Barley grass leaf powder certified organic.....	750 mg.....*	<b>Liver Support</b>	
Sunflower lecithin powder Non-GMO.....	700 mg.....*	Carrot root 4:1 extract.....	50 mg.....*
Spirulina powder certified organic.....	300 mg.....*	Chicory root 4:1 extract.....	50 mg.....*
Beet root juice powder freeze dried certified organic....	300 mg.....*	Dandelion root 4:1 extract.....	50 mg.....*
Zucchini (Cucurbita pepo) fruit powder.....	250 mg.....*	Liverwort (Anemone hepatica) whole plant powder....	40 mg.....*
Parsley leaf & stem powder certified organic.....	250 mg.....*	Gentian root 4:1 extract.....	15 mg.....*
Barley grass juice powder certified organic.....	220 mg.....*	<b>Enzymes &amp; Tonics</b>	
Alfalfa sprouts powder freeze dried certified organic....	200 mg.....*	Protease 4.5 (Aspergillus oryzae).....	500 HUT.....*
Carrot root powder certified organic.....	200 mg.....*	Protease 6.0 (Aspergillus oryzae).....	400 HUT.....*
Green bean powder.....	120 mg.....*	Lipase (Aspergillus niger).....	300 FIP.....*
Oat grass juice powder certified organic.....	110 mg.....*	Amylase (Aspergillus oryzae).....	400 DU.....*
Broccoli sprouts powder freeze dried certified organic. 100 mg.....*		Invertase (Saccharomyces cerevisiae).....	75 SU.....*
Spinach leaf powder certified organic.....	100 mg.....*	Cellulase (Trichoderma longibrachiatum).....	500 CU.....*
Ascophyllum nodosum seaweed pdr certified organic... 100 mg.....*		Ginger root powder certified organic.....	20 mg.....*
Kamut® grass juice powder certified organic.....	80 mg.....*	Cayenne pepper powder certified organic.....	2 mg.....*
Kale sprouts powder freeze dried certified organic.....	40 mg.....*	<b>Probiotics (25B at Date of Manufacture from 12 Strains)</b>	
Mustard (Brassica juncea).....	20 mg.....*	Lactobacillus acidophilus HA-122.....	2.5 billion.....*
0.4% Chromium whole plant powder		Lactobacillus rhamnosus HA-111.....	2.5 billion.....*
Policosanol 60% octocosanol.....	5 mg.....*	Lactobacillus rhamnosus B HA-114.....	2.5 billion.....*
from sugar cane wax std. extract		Lactobacillus paracasei HA-108.....	2.5 billion.....*
<b>Antioxidant Life Preservers</b>		Lactobacillus plantarum HA-119.....	2.5 billion.....*
Tomato fruit powder.....	300 mg.....*	Bifidobacterium breve HA-129.....	2.5 billion.....*
Strawberry fruit powder freeze dried.....	250 mg.....*	Bifidobacterium longum HA-135.....	2.5 billion.....*
Acerola fruit juice pdr.....	200 mg.....*	Lactococcus lactis HA-136.....	2.5 billion.....*
21% natural vit. C cert. organic std. ext		Propionibacterium shermanii HA-182.....	2.5 billion.....*
Goji berry juice powder.....	150 mg.....*	Bifidobacterium bifidum HA-132.....	1.25 billion.....*
Water dispersible Vitamin E d-alpha tocopheryl acetate. 143 mg.....*		Streptococcus thermophilus HA-110.....	0.75 billion.....*
Amla whole fruit powder.....	100 mg.....*	Lactobacillus helveticus HA-128.....	0.5 billion.....*
Apricot fruit powder.....	90 mg.....*		
Ginkgo biloba 24% ginkgolflavonglycosides.....	20 mg.....*		
6% terpene lactones standardized ext.			
Grape seed 95% polyphenols 40% OPCs std. extract.....	20 mg.....*		
Grape skin 30% polyphenols standardized extract.....	20 mg.....*		

\*Percent Daily Values are based on a 2,000 calorie diet  
 \*\*Daily value not established

## 5. Himalayan Mountain Salt: Natures Ultimate Trace Mineral Support



We are all mineral deficient and so are our dogs!

Your dogs bones, joints, skin and coat **MUST** get the trace minerals they need in the biological amounts required to be strong and healthy. Bone and joint health depend on trace minerals.

This rock salt mined from the western Himalayan Mountains is pure. It includes the highest concentration of minerals found anywhere in nature with 96+ trace minerals.

Because it's pure with no processing, rock salt is low in sodium and nothing like regular sea derived table salt which is highly processed, polluted with heavy metals and high in sodium.

### **What's the benefit of using Himalayan Mountain Salt?**

Himalayan rock salt will put the naturally occurring trace minerals your dog needs into their body. All minerals work together as a team in concert and your dog needs all of them together to get the real benefits.

### **Where to get Himalayan Mountain Salt?**

Be careful here as there are so many options and not all good ones.

[Himalayan Mountain Salt](#) - This choice is pure, fine ground, very cheap surprisingly for how much you get, has thousands of happy reviews and will last years.

**Tip:** I recommend you ditch all your regular household salt and use Himalayan Mountain salt. It tastes sweeter than regular harsh and bitter high sodium sea salt and it's far healthier with zero pollutants or additives plus it has low sodium content.

Average serving size for your dogs weight		
<b>10lb dog</b>	1/8 tsp. lasts 14 days	very small pinch daily
<b>20lb dog</b>	1/8 tsp. lasts 11 days	very small pinch daily
<b>30lb dog</b>	1/8 tsp. lasts 9 days	Small pinch daily
<b>40lb dog</b>	1/8 tsp. lasts 9 days	Small pinch daily
<b>50lb dog</b>	1/8 tsp. lasts 7 days	medium pinch daily
<b>60lb dog</b>	1/8 tsp. lasts 7days	medium pinch daily
<b>70lb dog</b>	1/8 tsp. lasts 5 days	medium/large pinch daily
<b>80lb dog</b>	1/8 tsp. lasts 5 days	medium/large pinch daily

This salt is safe for your dog at much higher doses so you are under the limit at these levels. Your dog gets the trace mineral benefits to overall health, with arthritis prevention for pennies.

**Note:** Your dog may drink more when supplementing so always have fresh daily mineral or filtered - non tap - drinking water available.

## Home Cooked Food Diet:2 Extra supplement options

In addition to the five main supplements, there are two further optional choices I recommend you include for increased immune system support.

Two Optional Food Supplements You Can Add	
1.	Beta Glucan - for all life stages
2.	Coconut Oil – for all life stages

### 1 Beta Glucan - the world's best immune system support



Nothing does more to boost your dog's immune system than beta glucan, the most powerful immune enhancer known to science. It's extracted from four sources - oats, barley, yeast, or mushrooms.

Beta glucan is a powerful aid in restoring balance to your dog's immune system. Beta Glucan is a proven anti-tumor and anti-microbial, binding to receptors on macrophages and other cells in the body's tissues. These white blood cells devour bacteria, foreign cells, dead and dying cells, mutated cells and other negative invaders in the bloodstream.

Giving a beta glucan supplement daily means these immune cells are more active, more powerful and effective in attacking and consuming what doesn't belong in your dogs system.

#### **Blood sugar metabolism and insulin are just one area of benefit here.**



Give your dog beta glucan if they suffer from any type of cancer, weak immune system, or diabetes. Taking beta glucan is very important to avoid blood sugar and insulin disorders or treating ones your dog already suffers from.

**Beta glucan proves effective with dogs as an anti cancer and anti tumor treatment.**

### **How beta glucan benefits your dog:**

- Excellent diabetes prevention
- Stabilizers blood sugar balance
- Less allergenic
- Less stressed
- Faster healing
- More resistant to infection from microbes, bacteria and viruses
- Boosts your dogs immune system for greater balance so it can do its job  
– defend your dogs body from disease

You can buy it in capsule form or as a cream. Use the capsules for everything stated above and the cream for skin conditions such as burns, wounds and any eczema or skin cancer condition.

Be careful to buy a quality brand as many claims are made. Make sure the cream is stated to have at least 1% real beta glucan in it! If you buy 100mg capsules, then open up the capsule and pour out half onto dog food at 50mg for small dogs and the whole 100mg for larger dogs, do this daily.

There are no side effects; it's very safe and very powerful.

[Beta glucan 1,3/1,6-D-Glucan caps](#)

[Beta glucan cream](#) (this is a high quality 5% cream)

## 2. Coconut oil is a healthy addition to your dog's diet



Coconut oil is a welcome superfood addition to your dog's diet. Because of its bacteria, fungus and virus killing properties, coconut oil helps maintain a healthy skin, coat and digestive system.

There are a lot of different fats you can feed your dog, but coconut oil specifically contains a lot of medium chain fatty acids (MCFAs).

These MCFAs carry a variety of health benefits and here are just a few:

- Helps to clean bacteria in the mouth and promote fresh breath
- Helps to prevent diabetes but also controls insulin by regulating it
- It's antifungal, antibacterial and antibiotic
- It's great for skin and coat health
- It helps to balance the thyroid gland
- Reduces allergies
- Improves digestion
- Helps to regulate weight by providing more energy

You can feed coconut oil daily but it does not replace good Omega-3 oil or sardines as they are different sources of fats. Just add coconut oil into the mix if you're not already.

**Start small:** the general serving size is a 1/2 tsp per 10lbs of your dog's weight per day. But start with half that amount and work up to the recommended amount over a week or two to avoid loose stools.

[Extra Virgin Coconut Oil.](#)

**Note:** For any supplement that you're adding to your dog's food, always add at the time of serving the meal not when you're cooking it. Many supplements are fragile, especially oils and will lose their value if heated and keep all oils in the fridge.

### **What table scraps can I feed?**

If you want to feed table scraps, stick to the list below and add them to the dog's meal otherwise you'll start a table begging habit you might not want. You can use them as training treats too.

#### **Good:**

- Meat with excess fat, skin and bones removed.
- Fish meat, no bones!
- Vegetables that are plainly cooked with NO spices.
- Sweet potato mash, white potato mash with some added butter is ok but no spices, pepper, regular table salt or gravy.

#### **Bad:**

- Excess fried fatty meat especially to small dogs will lead to problems.
- Anything that is spiced or seasoned, especially the skin on meats or has a covering of salt, pepper or other seasoning.
- Hot pot stews, casseroles, soups and slow cooked foods with added flavors, sauces, onions etc.
- Any gravy as it usually contains flavorings your dog could be sensitive to.
- ZERO fast foods, deli meats, fries, pizza, Chinese etc are a big NO!

### **Transitioning to home cooked food**

If your dog has been on kibble for many years and you're switching them to all home cooked food, you must ease into the new diet. After years spent ingesting kibble your dogs running a pattern that cannot simply be broken from one day to the next and will simply lead to digestive upset.

**Important Note:** Begin with a 24 hour fast before starting the diet transition - this is an important first step. Fasting will empty out your dogs digestive system of old food, rest the liver, kidneys and pancreas and bring a better appetite with less digestive upset. Dogs are designed to gorge and fast, so fasting is no problem for them - ignore the begging, this is for their own good. If you have a toy breed that trembles on the fast day, give them small licks of honey every few hours. Provide fresh preferably filtered water to help flush the liver and kidneys.

Your dog will adjust and be healthier for it once accomplished but go slowly at first following the transition schedule in the table below.

Transitioning your dog to a home cooked food diet	
<b>Day 1</b>	Fast your dog for 24hrs
<b>Day 2</b>	Feed a ½ meal sized portion
<b>Day 3</b>	Feed a ½ meal sized portion
<b>Day 4</b>	Feed a ¾ meal sized portion
<b>Day 5</b>	Feed a ¾ meal sized portion
<b>Day 6</b>	Feed a full meal sized portion

You can feed two meals a day, just half the serving size of each meal on day 2 and 3, then three quarters of the serving size of each meal on day 4 and 5 and then feed a normal serving size at each meal from day 6. Always add the recommended supplements and the probiotics with each meal during this switchover process to ease the change and prepare the digestive system to adapt to the new diet.

You can start with a simple meal like the lamb, rice and vegetables or the simple sardines, vegetables, egg and rice and feel free to swap out for chicken or beef if you prefer. Remember to blend the rice and vegetables once cooked.

If the transition meal goes down well as it should, stick to this meal for a week before introducing another recipe and build up to 3-6 recipes over 3-6 weeks.

A small number of dogs may not like some ingredient in the meals and bring it up. Usually this is because of a delicate digestive system and longer term intolerances to some ingredients.

Here's some ideas:

- Try swapping out the rice for sweet potato.
- Try one vegetable ingredient at a time.
- Try feeding one teaspoon (small dogs) one tablespoon (medium/larger dogs) at a time and build from there.
- Try swapping out the protein source using fish, beef, turkey, pork, lamb, venison and so on for something your dog takes to and keeps down.



- Sometimes, even starting out with only cooked chicken breast for a finicky eater or dog with digestive issues may be the best start and build up variation after a few days.

### How much should you to feed your dog – The daily portion size?

While measuring food intake is important, feeding dogs is not an exact science. Every dog is unique, so it’s impossible to predict the serving size that’s perfect for every dog. This is why activity level, size, age, and body condition matter more than precise measurements.

Generally, medium sized dogs will eat around 3% of their body weight in cooked food daily. Large dogs will eat 2% and small dogs 4% of cooked food per day. If you feed two meals a day, divide the total amount in half.

Use the feeding table provided below as a general starting guide once you've gone through the portion size information in chapter 3. Then you can adjust your dogs serving size up or down each month based on the condition of your dog to get a body condition score of 3. This is an accurate way to get your dog to the ideal weight.

You will need a small [kitchen scale](#) to weigh the amount of food your feeding your dog.

### Use the table below to get your dog’s daily food total

*Daily amount to feed your dog by weight and % energy level										
	10lb Dog	15lb Dog	20lb Dog	25lb Dog	30lb Dog	35lb Dog	40lb Dog	50lb Dog	60lb Dog	70lb Dog
<b>1%</b> (low activity)							6½oz 181g	8oz 227g	9½oz 272g	11oz 317g
<b>2%</b> (low to medium activity)			6½oz 181g	8oz 227g	9½oz 272g	11oz 317g	13oz 360g	1lb 454g	1lb 3oz 544g	1lb 6oz 635g
<b>3%</b> (medium activity)	4¾oz 136g	7¼oz 204g	9½oz 272g	12oz 340g	14½oz 408g	1lb 1oz 476g	1lb 3oz 544g	1lb 8oz 680g	1lb13oz 816g	2lb 2oz 952g
<b>4%</b> (medium to high activity)	6½oz 181g	9½oz 272g	12¾oz 363g	1lb 454g	1lb 3 oz 544g	1lb 6oz 635g	1lb 9oz 725g	2lb 907g	2lb 6oz 1.09kg	

5% (high activity)	8oz 227g	12oz 340g	1lb 454g	1lb 4oz 567g	1lb 8oz 680g	1lb12oz 793g	2lb 907g			
*Amounts are rounded off for convenience										

**Note:** If your dog is overweight according to the body condition score, don't cut their daily meal total by more than 10% for the first month and then cut by a further 10% each subsequent month until your dog gets a BC score of 3. Cutting an overweight dogs food too drastically to begin with will lead to problems, go easy.

If you feed treats, it's important to take out a little food from meals to compensate. Often the problem with overweight dogs comes from too many high calorie treats.

Use your [kitchen scale](#), weigh the treats you generally use and subtract from the daily food total. It's quick and easy to do and keeps your dog at that all important body condition table '3' score. So you can still feed treats, just subtract the equivalent weight in carbohydrates from the cooked food. This means reducing for example, the rice, sweet potato, oats etc - the carbohydrate part of the daily food total.

### **The nutritional requirements of puppies**

The nutritional requirements of puppies vary from those of adults. Puppies need more protein, fat, calcium, and phosphorus than adult dogs to get them through the growing stage. These increased needs continue as long as your puppy is growing, and are highest during growth spurts.

Puppies do better on extra protein while growing so reduce the carbohydrate portion of the meal by half and replace with meat until your puppy is fully grown. You can also use a more fatty ground meat like 80% or leave extra fat on the meats you buy in as puppies do well on a little extra fat while growing.

For large and giant breed puppies, keep them lean and slow growing by limiting the total amount of food fed, not by limiting the percentage of protein in the diet.

## How much to feed your puppy?

Figuring out how much to feed a puppy depends on the pup's age, current weight and expected adult weight. Puppies eat much more for their weight than adult dogs and young puppies eat more for their weight than older pup's. Feeding young puppies three or four meals a day helps to give them the extra food they need for healthy growth.

The amount fed to puppies increases from half of the adult serving when the puppy is very young to three quarters of the adult serving at the half grown stage and at three quarters grown, feed your young dog an adult meal plus a little extra until fully grown.

Use the body condition score chart to check your dog's condition as they finally reach full grown adult size with a BC score of 3.

Feeding your puppy based on percentage of expected adult weight:

Puppies feeding guide	
Growth and No. of daily meals	% or adult diet
1/4 grown - 3-4 meals	50% of adult diet
1/2 grown - 2-3 meals	75% of adult diet
3/4 grown - 2 meals	110% adult diet (100% Plus 10%)
Fully grown - 1-2 meals	100% adult diet

Small breed puppies eat a higher percentage of their body weight daily and reach adult weight more quickly than large breeds. Small breed puppies will also eat as much as an adult by the time they're around three months old. By contrast, a large breed puppy will eat as much as an adult dog by the time they're around five months old. In both cases, they'll eat half the adult amount at 8 weeks of age.

If for some reason you can't find out your 7 to 10 week old pups expected adult weight, start by feeding 10% of their current body weight daily and adjust as they grow keeping them on the lean side.

Keep in mind that the appetite of puppies is highly varied. Puppies will eat more when they're in a growth spurt and less when they're coping with

hormones and teething. It's best to pay attention to the individual dog and adjust as needed. Always keep puppies on the lean side, not chubby, especially the large breeds; keeping them lean will much reduce the chance of hip dysplasia developing.

Adjust the amount of food needed to keep your puppy at the proper weight, with ribs easily felt and not covered in rolling fat - keep reasonably slim.

### **Treats**

Dog treats deserve a whole book of their own for which I created [Homemade Treats for Healthier Dogs](#).

The marketing hype and general quality of processed packet treats for sale today are nothing short of garbage and a very real health hazard for our dogs. Yes there's some high end brands out there that use quality ingredients but they're expensive and don't last long.

So I decided to create a dog treat recipe book that contains 88 delicious treat recipes, only using healthy non-allergenic ingredients. Make delicious treats that your dog will love and save a small fortune long term, cooking up batches you can store in the freezer and having treats on hand when you want them.

The big advantage with healthier treats you make yourself is you know what's in them and how to mix them into your dogs overall diet so they don't put on unnecessary weight.

If you haven't got the book yet, I highly recommend it as I've never seen dogs park their butt quick enough for flavors like coconut, dried liver and cheese.

If your off-lead recall is stressful, the slow dried liver treats will have your dog parked at your feet in record time!

Go have a look at the delicious treats in the book [here](#).

### **Combining home cooked food with kibble**

If you want to split your home cooked meals in half by feeding half as high quality kibble then go ahead. This can help cut costs and boost your dog's health if they were previously only eating kibble. Introduce the change slowly and use probiotics to ease the initial transition.

### **How to combine home cooked and raw food**

The advantage of home cooked, raw fed or a combination of both is your dog gets more concentrated nutrient rich food and less empty calories that commercial kibble and canned food contain. And by going even further and mixing in some raw food to your dogs home cooked diet they gain further nutritional advantages.

If you have decided to home cook your dog's food but want to add in some raw food options, you can do this.

### **There's different reasons you'll want to combine raw and cooked food, such as:**

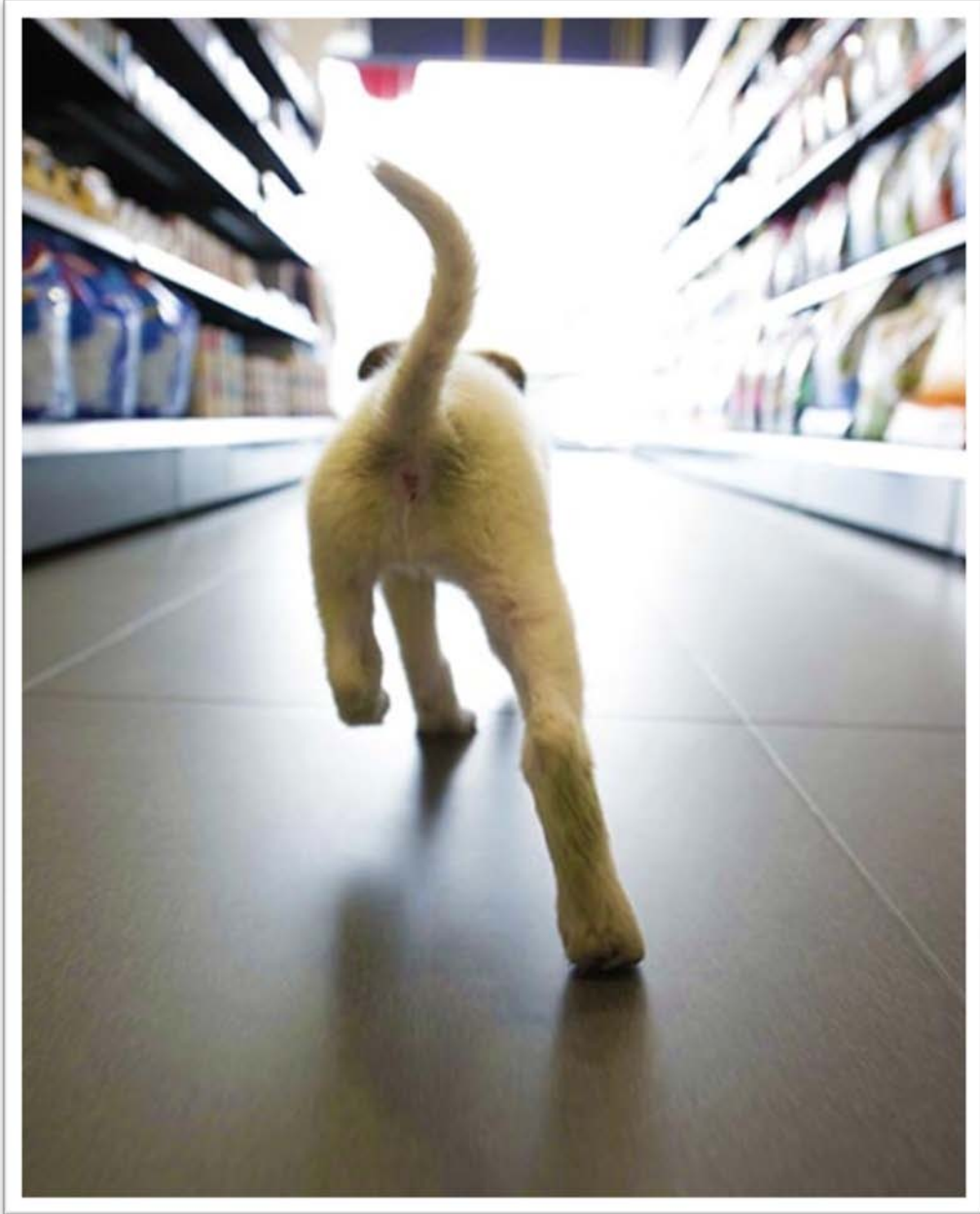
- Your dog goes off their usual food.
- Great deals make a better food option cheaper.
- Some health niggles persist and a higher ratio of raw food could accomplish full healing.
- An acute disease like cancer needs a raw food diet combined with specific home remedies.
- Your dogs teeth need help staying cleaner and some appropriate raw meaty bones can fix that.
- More variation can mean better long term health.
- You want the best lifelong health and wellbeing for your dog.

Really, it's your call according to your own and your dog's priorities. Remember to add probiotics to the introductory meal or if it's a bone, either add the powdered probiotic to a cooked meaty treat or in a piece of cheese, or slice open a small part of the meaty part of the bone and add the small amount of powdered probiotic to it. Your dog will strip the meat off first.

### **Here are some ideas for combining raw food with home cooked food:**

- Start slow and introduce one new food option each week.
- Introduce a 'complete and balanced' commercial raw food meal.
- Raw green tripe is a good well balanced and well digested raw food that's complete and has no bones – try getting it in meal sized portions for convenience.
- Feed raw food as a standalone meal in the morning or evening.

- Introduce a chicken neck, piece of lamb breast or ox tail for teeth cleaning.
- Try out a beef rib, turkey neck or pork leg for medium to large dogs, lamb rib, chicken neck or ox tail piece for smaller dogs and watch bone manners and if they take their time picking over the bone, really enjoying the experience and without tummy upset, they'll be healthier and happier with a good employment of time.
- Try blending half raw vegetables with half cooked.
- Complex carbohydrates are best broken down in your food processor once cooked for easier digestibility.
- If your cooking larger pieces of meat on the stove top before chopping up to serve, leave the middle raw for a simple convenient way to combine raw food with home cooked.
- Give your dog some freeze-dried raw food treats such as green tripe, rabbit, chicken or beef pipe in between meals.
- Try one of the raw food recipes such as Easy Boneless Patties or a stuffed Kong – see the raw diet chapter 6.
- Feed raw food meals a few days part with home cooked in between and just use raw treats on the home cooked days.



## Home Cooking For Your Dog – The Recipes

I've kept most of the recipes pretty simple and economical but super healthy and nutrient rich in line with what dogs need but keeping things as convenient as possible for you. We lead busy lives and while preparing wholesome healthy meals for our dogs is important, it does not have to be a chore.

Each recipe makes enough for a 40lb dog for 3 days food and if feeding twice daily, that's 6 portions you keep in the fridge. This way you're only cooking about twice per week and for small dogs you can freeze the extra portions. I've standardized the recipe amounts so you know how many meals each recipe makes for your dogs size.

Nearly all the recipes can easily be made in large batches and then frozen as single meal sized portions to thaw and serve as you need them.

Before I get started on the recipes I just want to check you have some useful kitchen tools to make food preparation for your dog simpler and more convenient.

- [Hand blender](#) - The latest and greatest 4-in-1 multi hand blender
- [Food processor](#) - Excellent, reliable and cheap 10 cup food processor
- [3 tier steamer](#) - Excellent high steam and BPA free 3 tier veg steamer
- [Slow cooker](#) for bone broth and casseroles
- [Spare freezer](#) in the garage for bulk cooking – especially for medium to large dogs
- [Freezer bags](#) - Cheap 3 box deal on quart ziplocks
- [Coconut cooking spray](#) - Gotta be Traders Jo's
- [Measuring spoons](#) - High quality stainless set at best price

### Getting the ratios right

When making up your home cooked meals stick to the basic ratio of 50% meat with a little of it as fat and offal (organs), 25% carbohydrates and 25% vegetables.

### Which carbohydrates to use?

Use whole grain carbohydrates because they release their energy much more slowly than the white alternative. For example, use whole grain or brown barley over pearl barley which converts to simple sugars much too fast,



becomes stored as fat and stresses the pancreas into a future diabetic condition.

Whole grain products are packed full of fiber and minerals. I don't recommend wheat, corn or soy; they are highly allergenic and cause problems to sensitive digestive systems, so ingredients like pasta are out.

**Note:** As with vegetables, it's best to blend cooked carbohydrates rather than serving whole to aid the digestion process so your dog gets more nutrition out of the food. Dogs have shorter digestive tracts than humans and may pass out some whole grains undigested, wasting the food's nutritional value. Cooking and mashing or blending in your food processor solves the problem.

#### **The best carbohydrates to use:**

- **Organic whole grain rice** – mineral rich and slow release energy
- **Whole grain brown rice** – slow release energy
- **Brown basmati rice** – slow release energy
- **Whole saw cut oats** – high in beta glucan, a powerful immune enhancer
- **Whole grain barley** – healthier than wheat and slow release energy
- **Brown barley** – slow release energy
- **Quinoa** – full of minerals, protein rich, slow release energy
- **Brown cous cous** – slow release energy
- **Sorghum** - full of minerals, protein rich, slow release energy

#### **Which oils to cook with?**

The best oils to use when cooking at high temperatures on the stovetop or in the oven are the ones that hold their nutritional profile. Polyunsaturated vegetable and corn oils are unstable at high heat; they break down fast and become carcinogenic. Canola oil is not healthy oil; it's industrially farmed oil that has no place in anyone's body, dogs included. Olive oil is only useful for low heat cooking.

My recommendations are the following monounsaturated fats much more stable under medium and high heat:

- **Coconut oil** – excellent nutritional profile and heats well.
- **Grapeseed oil** – excellent antioxidant profile and heats well.
- **Lard** - animal fats work well for dogs and heat well.

- **Unsalted butter** – animal fats work well for dogs and butters tasty for picky eaters and heats well, just make sure it's unsalted.

### **How much food does each recipe make?**

I've used ingredient amounts that relate to feeding a 40lb dog 1¼ lb total daily food requirement with enough left over for a further 2 days meals, so you'd only have to cook on average roughly twice weekly for a dog of 40lb. For an 80lb dog this would mean only one further days meal in total and for a 10lb dog you'd have enough for around 9 days meals in total.

So go by how much your dog needs daily and alter the ingredient amounts to suit your needs – just remember, stick to the above ratios. If you bulk cook enough to freeze meal portions you only have to cook once a week or even once a fortnight depending on your own convenience needs, budget and available deals at the supermarket.

Just double, triple or quadruple up on the recipe amounts when bulk cooking and freeze the portions when the food has cooled to room temperature. Cooking in bulk saves time and money but make sure to adjust cooking times so carbohydrates are always completely cooked.

**Note:** For the recipes that follow I use the cooked weight of rice or barley. This is so you can use leftover rice or if cooking for the household at the same time you know how much to use for your dog's meal.

Roughly 5½ oz or 160gm of uncooked rice will make up 1lb or 454gm of cooked rice. There is some variation depending on which rice you use.

**Note:** In the UK ground beef is called minced beef or beef mince – just so you know.

### **How do I prepare the vegetables?**

Most of the nutritional benefits of vegetables lie in the skin and stalk. Unfortunately non organic vegetables are sprayed with different pesticides, herbicides etc. But rather than peel away the best part and discard the stalk, soak the vegetables in a bowl of water that has 10% apple cider vinegar added to it for 5 minutes. Then gently scrub the vegetables in preparation for serving raw or for cooking and use the whole vegetable, stalk included.

I prefer to lightly steam vegetables which retain more of the nutrition and using a 3 tiered steamer, I can cook all the vegetables at the same time, saving on electricity or gas.

**Tip:** A finished recipe looks great with the various cooked ingredients presented well in your dog's bowl like you see in photos on the internet. However, your dog doesn't care and for nutritional reasons, it's best to mash or blend the cooked vegetable, lentil or bean component well to break it down. This means better digestibility, greater nutrient adsorption and less waste.

If your dog is picky about vegetables, you can fine shred the vegetables in your food processor before cooking to blend further into the meat, carbohydrates and juices.

### **How much recipe variation do I need?**

You can build up a nice mix of meals your dog loves over several months, think 5 or 6 recipes based around meats such as beef, lamb, chicken, turkey, venison, bison, emu, duck, sardines and eggs. Serve a little offal once a week such as liver, kidney or chicken giblets. Bagged frozen mixed vegetables are convenient. Brown rice, whole grain organic rice or basmati rice, lentils, whole oats, whole barley and sweet potato make up the carbohydrate component. This will give you a nice balanced diet with the inclusion of the supplements.

### **How closely do I follow the recipes?**

Ingredient weights in the recipes are there as a guide but you can change them as needed for how much you want to cook in one go, how much food you have and space to store the cooked meals. As long as you use the recommended ratios, you'll be fine.

Substitute ingredients as needed, so if you don't have cabbage or carrots but you have some green beans and zucchini, use them instead. If you don't have rice, use barley. No beef, try lamb or pork.

Your dog will develop a liking for certain vegetables, fruits, meats and carbohydrates, so use that as your guide and just check it's something they can't have in the 'foods to avoid chart' in chapter 2.

### **What about adding extra flavor?**

We love flavor in our food and like to add salt, pepper, stock, gravy mix, spices and herbs to our food but when cooking for our dogs, it's a whole different matter.

Your dog's sense of smell is 200,000 times more acute than yours and the smell of plain cooked meat, fat, vegetables and rice is just perfect for them, they LOVE it!

It's your dog's sense of smell they trust first just as we trust our eyes first. As for taste, dogs don't possess the depth of taste we do and they are uninterested in savoring the flavors of their meal as we do. Your dog simply wants to get the food into her belly where all the digestion takes place and have that satisfying feeling of fullness – that's it!

So avoid using spices which can upset your dog's digestive system and place a bigger burden on the liver and renal system. The plain cooked food itself contains all the flavor a dog could ever want.

The only exception is herbs and garlic as they're greens and garlic is great for soothing a dog's gut. Both herbs and garlic have natural healing properties just as useful to our dogs as they are for us.

**Tip:** You can always stock up an old freezer in the garage with frozen meats and vegetables when cheap deals are available to stay on budget and bulk cook for convenience – simply defrost in warm water in the kitchen sink before cooking.

**Tip:** Defrost cooked meal portions in warm water to room temperature – or a little warmer - and then add supplements before serving.

## The Recipes

Let's start off with a simple lamb based meal. Any cut of lamb will do, get the cheapest or use ground lamb. You can also swap out for cuts of beef or ground beef, bison or venison if they are available at better price points. Any cut that's a little too fatty can be trimmed and if using cheap ground, cook it separately and drain off most of the juice while it's hot and the fat will drain off too.

### Easy Lamb Dinner

#### Ingredients:

- 2lb ground lamb
- 1lb frozen mixed vegetables – carrots, beans, peas, spinach, corn, broccoli etc
- 1lb cooked brown rice

#### Steps:

1. Cook the lamb in a pan on medium heat until it's cooked through.
2. Drain off the fat while hot.
3. Cook the frozen vegetables in a deep pan, drain off most of the water and use your hand blender to reduce to thick slurry.
4. Mix the blended vegetables with the meat and add the cooked rice and mix well by hand.
5. Cool to room temperature and add supplements before serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Deluxe Chicken Dinner

### Ingredients

- 2lb chicken thighs and drumsticks
- ¾ lb sweet potato
- ¾ lb cooked brown rice
- ¾ lb mixed vegetables - cabbage, broccoli, green beans and carrots including the stalks

### Steps

1. Preheat the oven to 375°F / 190°C
2. Roast the chicken pieces in one large tray.
3. Chop up the sweet potato leaving the skin on and bake with a little coconut oil in a separate roasting tray.
4. Put the rice on to boil, then simmer until cooked.
5. Chop up the vegetables and cook in your tiered steamer or regular pan until just cooked.
6. Remove the chicken from the oven when cooked, remove from roasting pan leaving the fat in the pan and set aside to cool.
7. Remove the sweet potato from the oven when cooked and leave to cool.
8. Strip all the chicken from the bones, throw away the skin but keep the bones aside to use for the bone broth recipe – NEVER feed cooked bones to your dog.
9. Blend the sweet potato with a little added water, add in the vegetables and blend everything together or use a large food processor to make it easier for larger amounts.
10. Cut the roast chicken into small pieces and mix well into the sweet potato and vegetable blend.
11. Add in the cooked rice and mix well.
12. Cool to room temperature, portion off two daily meals.
13. Bag up the remainder into meal portions and freeze once thoroughly cooled.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the

daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Healthy Hamburgers

Another simple healthy recipe dogs love.

### Ingredients

- 2lb lean ground beef
- ¾ lb frozen mixed vegetables
- ½ lb sweet potato
- 1 cup / 240ml bone broth or water
- ¾ lb whole grain barley

### Steps

1. Cook the ground beef in a large pan.
2. Steam all the vegetables and add to the ground beef.
3. Blend everything together.
4. Chop the sweet potato including the skin and add to pot.
5. Pour in the bone broth or water slowly until you get a good consistency (you may need less) mix well.
6. Bring the pot to boil then reduce to simmer and cover with lid and simmer until cooked through with most of the water absorbed.
7. Add the cooked barley and mix well.
8. Turn off heat and cool to room temperature.
9. Portion off two daily meals by shaping into burgers and leave to harden.

Example: For a 40lb dog make 6 x 10oz burgers. Just adjust burger size for your dog's weight. Make up all remaining burgers and store in fridge or freeze for remaining meals.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.





## Turkey Meat Loaf

Turkey is a great protein rich food for dogs and combined with a little cottage cheese - kidney friendly - and parsley, it makes a delicious meat loaf your dog will love again and again. With added garlic, basil and oregano the smell and nutritional goodness get's better and better.

### Ingredients

- 2lb/1.36kg ground turkey
- 3 medium eggs
- 3 cups/720g whole oats
- ½ cup/120g cottage cheese
- ½ of a (15oz/454g) can crushed tomatoes
- ¼ cup/60g fresh parsley
- 3 tsp fresh or dried basil
- 3tsp fresh or dried oregano
- 4 large cloves fresh garlic

### Steps

1. Preheat the oven to 350°F/175°C.
2. Spray two loaf pans with coconut oil spray.
3. Add the eggs, tomatoes, cottage cheese, parsley, basil, oregano, garlic in a large bowl and blend well or use your food processor.
4. Add the oats and turkey to the mixture and combine well.
5. Spoon the mixture into the loaf pans.
6. Bake in the oven for 60-70 minutes .
7. Remove and allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Chicken, Vegetables & Oats

This makes a powerful energy breakfast, easy to make and will keep your dog going all day.

### Ingredients

- 2lb ground chicken (can also use turkey)
- ¼ lb chicken or turkey liver
- 1lb green beans, cabbage, broccoli and frozen peas
- 1¼ lb whole rolled porridge oats
- 5 cups water
- 3 Tbsp coconut oil

### Steps

1. Fill your stock pot with the 5 cups of water and bring to a simmer.
2. Add the ground turkey and chopped chicken liver.
3. Simmer for 12 minutes, stir well to break up the chicken.
4. Chop up the green vegetables, add peas and blend to thick slurry or prepare in your food processor.
5. Add the vegetables to the stock pot.
6. Add the oats and coconut oil, add a little extra water if needed and simmer for a further 4 minutes or until the liquid is almost fully absorbed.
7. Remove from the heat – the oats should have absorbed most of the liquid, allow to cool to room temperature and for the oats to absorb remaining liquid before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Chicken, Vegetable & Sweet Potato Stock Pot

A delicious winter season stock pot of chicken, vegetables and sweet potato with a little extra garlic to sooth the digestive system and keep it healthy.

### Ingredients

- 2lb boneless, skinless chicken thighs
- 1lb mixed vegetables – carrots, beans, broccoli, cabbage, peas etc
- 1lb sweet potatoes
- 4 cups chicken stock or water
- 4 cloves fresh garlic
- 4 Tbsp coconut oil or grape seed oil
- 1 tsp fresh or dried rosemary
- 1 tsp fresh or dried dill
- 1 Tbsp fresh or dried parsley

### Steps

1. Cut the chicken into small chunks.
2. Fine chop or shred all the vegetables, leave skins on.
3. Dice the sweet potatoes into small pieces skin included.
4. Heat the oil in a large stockpot on a medium heat.
5. Add the chicken chunks, stir well and cook until lightly golden.
6. Add the 3 herbs and garlic, stir and cook for a further couple of minutes.
7. Add the vegetables, sweet potato and stir in.
8. Lower the heat and cook for 20 minutes or until the sweet potato is soft.
9. Remove from heat and allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Lamb, Barley and Vegetable Stock Pot

Another delicious stew this time with lamb and oozing with flavor your dog will really enjoy. With added garlic to sooth and protect the digestive tract.

### Ingredients

- 2lb ground lamb
- ¾ lb vegetables – carrots, green beans and cabbage
- Two large parsnips
- 2 cups/454g whole grain barley or brown barley
- 4 large cloves of garlic
- 8 cups of water
- 1 tbsp fresh or dried rosemary finely chopped
- 4 Tbsp coconut oil or grape seed oil

### Steps

1. Fine chop the vegetables, parsnips and garlic.
2. Heat the oil in a large stock pot.
3. Add the ground lamb, stir and cook until browned.
4. Add the garlic and stir in.
5. Add the water, vegetables, parsnips, rosemary and barley and stir well.
6. Increase the heat and bring to boil.
7. Reduce to simmer until the lamb and barley are soft – about 1 hour.
8. Remove from heat and allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Grain Free Quick Chicken & Vegetable Stew

Super quick to prepare, grain free, easy to make and delicious to eat, dogs love this recipe.

### Ingredients

- 2lb boneless, skinless chicken thighs
- ½ lb carrots
- ½ lb broccoli including stalk
- ½ lb cauliflower
- ½ lb green beans
- 3 large cloves of garlic
- 2 ¼ cups/500ml chicken broth or water
- 4Tbsp coconut or grape seed oil

### Steps

1. Preheat the oven to 325°F / 170°C.
2. Cut the chicken into small chunks.
3. Fine chop all the vegetables, leave skins on.
4. Mix everything together in a large oven proof baking pan or glass dish with a lid.
5. Pour over the broth or water and bake in the oven until cooked – about 1 hour.
6. Remove from oven and lightly mash to bind food together and allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Beef & Barley Power Meal

This meal is great for energy, rich in proteins, minerals and good for the high energy hound or to feed on days you and your dog are extra active.

### Ingredients

- 2lb ground beef
- ¼ lb beef liver chopped
- 1lb mixed vegetables
- 1lb cooked whole grain barley or brown barley
- 2 large eggs hard boiled and chopped
- ½ cup fresh parsley chopped
- 1 ½ cups/350ml beef broth or water
- 4 Tbsp coconut or grape seed oil

### Steps

8. Cook the barley.
9. Hard boil the eggs.
10. Chop the liver.
11. Chop the vegetables into small pieces.
12. Heat the oil in a large pan.
13. Brown the ground beef and liver.
14. Add the chopped liver and vegetables.
15. Pour over the broth or water, add more if needed to cover.
16. Reduce to simmer and put the lid on.
17. Check after 5 minutes and if mixture is drying add more water.
18. Once the liquid has reduced and there just a little left add the cooked barley, the chopped eggs and parsley, stir well and cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Lamb, Rice & Vegetables

This is a good balanced meal for active dogs, rich in nutritional goodness and very tasty.

### Ingredients

- 2lb ground lamb
- ¼ lb lamb liver or kidney chopped
- 1lb mixed vegetables – carrots, beans, broccoli, cabbage, kale
- 1lb cooked whole grain rice, brown rice or brown basmati rice
- 2 large eggs hard boiled and chopped
- ½ cup fresh parsley chopped
- 1 ½ cups/350ml lamb broth or water
- 4 Tbsp coconut or grape seed oil

### Steps

1. Cook the rice.
2. Hard boil the eggs.
3. Chop the liver or kidney.
4. Chop the vegetables into small pieces.
5. Heat the oil in a large pan.
6. Brown the ground lamb and liver or kidney.
7. Add the vegetables.
8. Pour over the broth or water, add more if needed to cover.
9. Reduce to simmer and put the lid on.
10. Check after 5 minutes and if mixture is drying add more water.
11. Once the liquid has reduced and there's just a little left add the cooked rice and the chopped eggs and parsley, stir well and cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Pork, Vegetable & Quinoa

This meal adds the pork option which is often over looked but cheaper to buy and excellent food for dogs. Quinoa is a super food, rich in vitamins and minerals plus it's high in protein and very tasty.

### Ingredients

- 2lb ground pork
- ¼ lb pork liver chopped
- 1lb mixed vegetables – carrots, beans, broccoli, cabbage, kale
- 1lb cooked quinoa
- 2 large eggs hard boiled and chopped
- ½ cup fresh parsley chopped
- 1 ½ cups/350ml chicken broth or water
- 4 Tbsp coconut or grape seed oil

### Steps

1. Cook the quinoa.
2. Hard boil the eggs.
3. Chop the liver.
4. Chop the vegetables into small pieces.
5. Heat the oil in a large pan.
6. Brown the ground pork and liver.
7. Add the chopped liver and vegetables.
8. Pour over the broth or water, add more if needed to cover.
9. Reduce to simmer and put the lid on.
10. Check after 5 minutes and if mixture is drying add more water.
11. Once the liquid has reduced and there just a little left add the cooked quinoa, the chopped eggs and parsley, stir well and cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.





## Fishy Friday

This simple fish recipe is packed with nutrition for all dogs. It's easy to make and a great option for dogs that enjoy white fish and salmon.

### Ingredients

- 1lb bag of frozen white fish pieces – cod or haddock
- 1lb bag of frozen salmon pieces
- 1lb sweet potatoes
- 1lb mixed vegetables - carrots, beans, broccoli, cabbage, kale
- ¼ lb spinach
- 2 large eggs hard boiled and chopped
- ½ cup fresh parsley chopped
- 4 Tbsp coconut or grape seed oil

### Steps

1. Defrost the white fish and salmon.
2. Add water to a large pan, add all the fish fillets with the water covering.
3. Bring to a simmer, cover with lid and cook for 10 minutes.
4. Take out the cooked fish and set aside to cool in a large bowl.
5. Chop the sweet potatoes into small pieces skin included and boil until fully cooked and soft.
6. Mash the sweet potato - with nothing added.
7. Chop and steam the vegetables and spinach including the stalks.
8. Blend or food process the cooked vegetables to a mash.
9. Add the chopped egg and chopped parsley to the fish, mix well to bind together.
10. Add the mashed sweet potato, blended vegetables and mix well.
11. Cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Summer Chicken Salad with Green Beans

An excellent recipe for hot summer days, loaded with healthy protein and fiber from the green beans to keep your dogs digestive system in good working order.

### Ingredients

- 2lb boneless, skinless chicken thighs
- ½ lb regular cottage cheese
- ½ lb carrots
- ½ lb green beans
- ½ cup fresh parsley chopped
- 4Tbsp coconut or grape seed oil

### Steps

1. Chop up the chicken into small chunks.
2. Lightly spray a large baking pan with oil, add the chicken chunks and roast until cooked through.
3. Remove from oven and allow to cool.
4. Fine grate/shred or processor pulse the carrots.
5. Steam the green beans until cooked and run under cold water.
6. Fine chop the green beans.  
Combine the meat with the cottage cheese, add the grated/shredded carrots, green beans and fine chopped parsley.
7. Mix well and add supplements before serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Simple Venison Supper

This recipe is a good venison option that dogs generally enjoy. Ground venison is a good choice but you can use any cuts on offer. Any cut that's a little too fatty can be trimmed and if using fatty ground, cook it separately and drain off most of the juice while it's hot and the fat will drain off too.

### Ingredients

- 2lb ground venison
- 1lb mixed vegetables – carrots, beans, peas, spinach, corn, broccoli or kale
- 1lb cooked whole grain or brown rice

### Steps

1. Cook the venison in a pan on medium heat until it's cooked through.
2. Drain off the fat while hot.
3. Fine chop or pulse in processor and cook the vegetables in a deep pan or steamer.
4. Mix the vegetables with the meat and add the cooked rice and mix well by hand.
5. Cool to room temperature and serve.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Put the daily meal total into portions and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Beef, Beans & Sweet Potato

An easy and quick stovetop recipe you'll want to add to your regular recipe list. It's delicious for dogs as the sweet potato soaks up all the beef juices and they can't wait to fill their belly with this meal. Good protein, lots of fiber and slow release carbohydrates make it nutritionally packed.

### Ingredients

- 2lb ground beef
- ½ lb frozen green beans
- ½ lb frozen carrots
- 1lb sweet potatoes
- 6 cups water
- 4 large cloves of garlic
- 3 Tbsp coconut or grape seed oil

### Steps

1. Bring the water to boil in a large pot.
2. Cut the sweet potatoes into small pieces.
3. Add the sweet potato pieces to the boiling water and simmer for 20 minutes until soft and drain off the water.
4. Pulse the green beans and garlic in your food processor until finely chopped.
5. Add the beef, green beans and garlic to a large pot and cook on medium to high heat for 15 minutes or until the beef is brown, stirring well.
6. Remove from heat, stir in the sweet potatoes, mix well and leave to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Put the daily meal total into portions and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Pan Fried Sliced Beef Heart, Rice & Spinach

Beef heart is a cheap way to feed your dog muscle meat. It's a nutrient rich lean meat that's cooked in unsalted pan fried sizzling butter and irresistible to dogs.

### Ingredients

- 2lb beef, lamb or pork heart
- 1lb cooked brown rice
- ½ lb frozen spinach
- ½ lb sweet potato
- 4 large cloves fresh garlic
- Large knob of unsalted butter

### Steps

1. Cook the rice completely so it's soft and fluffy and set aside.
2. Chop the sweet potato into small pieces, including the skin and boil until soft.
3. Defrost the spinach and fine chop.
4. Slice the heart into ½ inch steaks for medium and large dogs or chop into smaller pieces for smaller dogs.
5. Fine chop or crush the garlic.
6. Heat a large sauté pan and add a large knob of butter.
7. Add the heart steaks and garlic to the sizzling butter constantly moving everything around and add more butter as needed to keep it sizzling in lots of butter fat. Turn the steaks over as soon as they are browned off and repeat on the other side – each side will take no more than 1 minute.
8. Quickly add in the spinach and stir well for 15 seconds, then add in the rice and stir to evenly distribute the butter and heart juices and spinach through the rice – add a little more butter if needed.
9. Once it's all well mixed and soaked in, remove from heat and allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the

daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Low Fat Chicken Breast, Split Pea, Rice & Vegetables

This stovetop recipe is a tempting alternative using split peas, brown cous cous, garlic and chicken breast. The meal is nutritiously rich meal in proteins, antioxidants, vitamins and minerals to boost your dog's immune system and it smells delicious too!

### Ingredients

- 1¾ lb chicken breast
- ¼ lb chicken giblets/gizzards
- ½ lb split peas
- ½ lb rice
- ½ lb cous cous
- ½ lb mixed vegetables – carrots, peas and kale
- 4 large cloves garlic
- 4Tbsp coconut or grape seed oil

### Steps

1. Boil the rice until cooked and soft.
2. Boil the split peas until cooked and soft.
3. Boil the kettle and add 2 cups of hot water to a pot containing 1 cup of cous cous and set aside to fluff up.
4. Fine chop the vegetables and steam until cooked.
5. Cut the chicken breast and gizzards into chunks.
6. Fine chop or crush the garlic.
7. Heat a large pan, add the oil then add the chicken and garlic and cook until golden.
8. Add the rice, split peas, cous cous and vegetables, stir well mixing everything together.
9. Remove from heat and allow to cool before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.

## Simple Sardines, Vegetables, Egg & Rice

For picky eaters this simple and easy to prepare meal usually does the trick. The taste of eggs, canned sardines and a little tomato sauce will entice underweight dogs to eat more too.

### Ingredients

- 6 x 4oz/124g cans sardines packed in tomato sauce
- 1lb cooked brown rice
- 4 large eggs
- 1lb mixed vegetables – carrots, peas, zucchini, broccoli etc
- ½ cup fresh parsley
- 4 Tbsp coconut or grape seed oil

### Steps

1. Boil the rice until cooked and soft.
2. Steam all the vegetables until soft then add to a bowl and lightly mash together or use your processor.
3. Mix the eggs and parsley in a medium sized bowl.
4. Heat a small frying pan, add some oil, add the egg mixture and cook for 3-4 minutes stirring to scramble the egg until cooked.
5. Add the scrambled egg, drained sardines and mashed vegetables to the rice and mix together, then allow to cool before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.





## Beef & Vegetable Crockpot

I had to include a couple of slow cooker recipes because sometimes it's easier and more convenient to prepare the ingredients, dump them in the slow cooker, set on a low heat and leave it alone all day while you get on with your day. This recipe is another good choice to add to your dog's meal list and uses vegetables that hold up well to slow cooking.

### Ingredients

- 2lbs ground beef
- ¾ lb cooked brown or whole grain rice
- ½ can of (15oz/454g) kidney beans, drained
- ½ lb butternut squash
- ¼ lb frozen peas
- ¼ lb carrots
- 2 Tbsp coconut or grape seed oil
- 3 cups water

### Steps

1. Chop the squash and carrots into small pieces.
2. Add the ground beef first with the kidney beans, rice, squash, peas and carrots on top and add 3 cups of water to your slow cooker.
3. Cover and cook on low heat for 6 hours.
4. Check and stir as needed.
5. Once cooked through and soft, drain off excess liquid and mash the ingredients together with a little coconut oil, grape seed oil or unsalted butter to break everything down for easier digestion.
6. Allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Grain Free Chicken & Vegetable Crockpot

An alternative to the above slow cooker beef recipe, this time using chicken and sweet potato with a little apple. This recipe is delicious and naturally sweet.

### Ingredients

- 2lbs boneless, skinless chicken thighs
- ¾ lb sweet potatoes
- ½ can of (15oz/454g) kidney beans, drained
- ¼ lb frozen peas
- ¼ lb carrots
- 1 large apple
- 2 Tbsp coconut or grape seed oil
- 3 cups water

### Steps

1. Chop the sweet potatoes and carrots into small pieces including skin.
2. Decor and chop the apple into small pieces – remove all seeds!
3. Add the chicken first then the kidney beans, sweet potato, apple, peas and carrots on top and add 3 cups of water to your slow cooker.
4. Cover and cook on low heat for 6 hours.
5. Check and stir as needed.
6. Once cooked through and soft, drain off excess liquid and mash the ingredients together with a little coconut, grape seed oil or unsalted butter to break everything down for easier digestion.
7. Allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Grain Free Salmon & Spinach Scrambled Eggs

This recipe is a nice easy fish dish, rich in protein and no carbohydrates other than those provided by the vegetables and eggs. This is a good meal for dogs that need to slim down or for growing pups and whelping bitches. Diabetic dogs also benefit from protein, minerals and vitamins but with fewer carbohydrates to keep blood sugar levels consistent. The extra fiber from green beans helps to slow digestion.

### Ingredients

- 2 cans 15oz/454g canned salmon including skin and bone
- 1lb frozen spinach
- ½ lb frozen green beans
- 6 large eggs
- 4Tbsp coconut or grape seed oil

### Steps

1. Thaw, drain and chop the spinach.
2. Thaw and very fine chop the green beans or blitz in the food processor.
3. In a large pan, heat the oil.
4. Add the salmon, spinach and green beans and cook through.
5. Add the eggs and stir well until completely cooked.
6. Remove from heat, allow to cool to room temperature before adding supplements and serving.

This recipe is approximately enough to feed an active 10lb dog 9-12 days, 20lb dog 6 days, 40lb dog 3 days, 60lb dog 2 ½ days, 80lb dog 2 days. Portion off the daily meal total and divide into 2 meals for am and pm feeding. Freeze extra portions if keeping in the fridge for longer than 3 days.



## Bone Broth

Bone broth is the go to choice when your dog is off color, in recovery or needs a health boost. It's great for healing dogs with digestive issues and alleviating pain. Bone broth is loaded with vitamins and minerals plus gelatin for healing leaky gut.

The broth will aid the immune system, cleanse the liver and alleviate joint inflammation.

Apple cider vinegar is added to strip the gelatin and minerals from the bones. The gelatin works to heal the cause of leaky gut and allergies.

You can add your dog's favorite vegetables or your vegetable leftovers or some herbs you like.

As well as making bone broth to use fresh, you can freeze portions as highly nutritious meals ready to mix into the diet and for healing GI issues.

### Ingredients

- Bones – organic beef marrow, chicken carcasses, feet, necks and wings are good for gelatin
- ½ cup/160ml Apple cider vinegar
- 3 large cloves garlic - crushed
- Water

### Steps

1. Fill a large crock-pot with the bones and add the garlic.
2. Fill the pot with water covering the bones completely and by an extra 2in/50mm.
3. Add the apple cider vinegar to the pot.
4. Place on high heat for 1 hour.
5. Turn the heat down to low and cook for 24 hours.
6. Strain the bones, fat and meat out and leave to cool.
7. Refrigerate to set for a 2-3 hours.
8. Remove from refrigerator and scrape off the hard surface fat layer and discard to reveal the jelly underneath full of gelatin.

9. Store the broth in Mason jars or Tupperware in the fridge and will last up to a week.

**To last longer:** for small dogs you can make ice cubes to store in the freezer for months. For medium and larger dogs store portions in freezer bags. Defrost and mix into meals over several days and keep refrigerated.

Start at half the serving size and increase over several days.

### **Serving size per meal**

- Small dog – ¼ cup
- Medium dog – 1/2 cup
- Large dog – 1 cup



## **About the Quick Start Guide**

I've included a quick start guide below to take you through the entire Home Cooked Food Diet in simple steps.

I've also included a feeding data sheet directly below that you can print out and this helps you to plan out the weekly feeding schedule.

## Quick Start Guide



<b>Date, Dogs Name &amp; Age</b>							
Current Weight							
Ideal Weight							
Current Health Condition							
Current Medications							
	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
Food Weight: Daily							
Exercise Days							
<b>Recipe Choice 1</b>							
<b>Recipe Choice 2</b>							
<b>Recipe Choice 3</b>							
<b>Recipe Choice 4</b>							
<b>Supplements added</b>							
What to Watch Out For i.e. stools, weight...							

1. Print out and follow the weekly supplement guide above. If you use PC, have the Quick Start Guide chart page open, click print and under page range, click current page to print it out. Or simply use a snipping/clipping tool to copy the chart, paste it to a word doc or other plain document and print out a copy.

Keep the feeding schedule pinned to your refrigerator to stay on track with what you're feeding each day of the week.

2. Read the first 3 chapters and all the Home Cooked Food Diet information pages a few times to be familiar and comfortable with the information.
3. Go through the recipes and decide on a varied meal plan of 3 to 6 recipes and buy in the ingredients. There are 22 highly nutritious recipes including bone broth. Use the information provided and with a little trial and error you'll find a good mixed food supply in line with your budget.
4. To get the best from home cooking for your dog and to make things much more convenient for yourself, you'll need to get into the habit of batch cooking recipes. When preparing food in bulk amounts, you can divide into meal sized portions, seal in freezer bags and place in the freezer to feed over several weeks at a time.

Your aiming for the following nutritional balance:

- 50% of the food total as protein from various meats, eggs and fish with 5% of it as organs such as liver.
  - 25% of the food total as complex or whole carbohydrates.
  - 25% of the food total as vegetables, can include a little as fruit.
- Note:** Use your food processor to break down vegetables and carbohydrates for easier digestibility.

5. Get the required supplements:

Calcium

Omega 3 oils

Vitamin B's

Super greens



## H.M. Salt

Adding the supplements to the meals just before serving gives a complete and balanced meal. You'll also need probiotics for an easier transition from old diet to new diet.

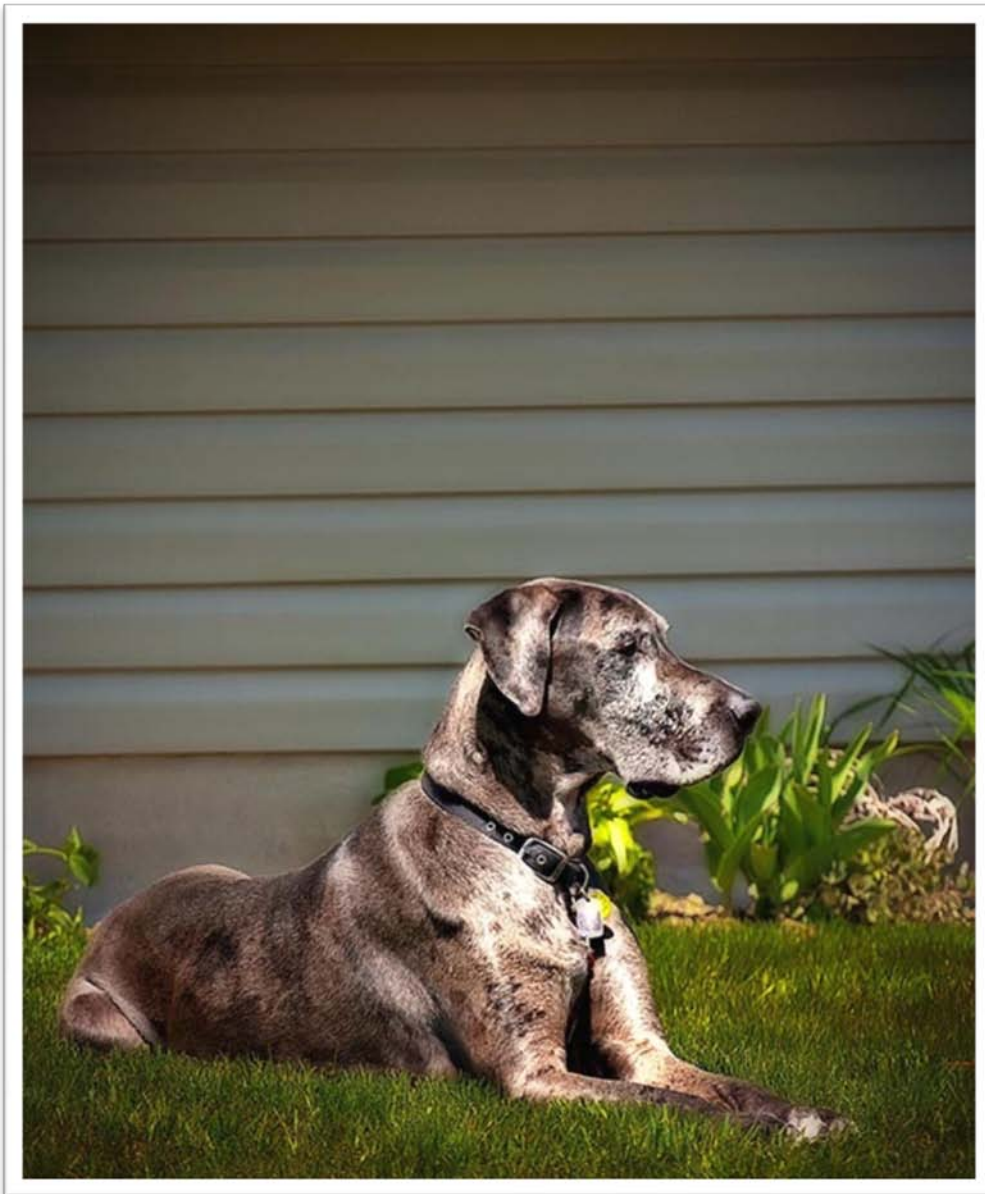
6. Once you have prepared your dogs meals, begin the transition to home cooked food and use the recommended probiotics to ease the process. Follow the simple 6 day transition guide beginning with a 24 hr fast.
7. Feeding all home cooked food is best but if you want to divide your home cooked meals by feeding half as high quality kibble then go ahead. This can help cut costs while still boosting health. The advantage of home cooked food is more concentrated nutrient rich food and less empty calories.

Include the probiotics when mixing foods.

8. There are 2 further highly beneficial supplements you can add that protect, balance and boost health further: Coconut oil is a welcome addition to your dog's diet. Because of its bacteria, fungus and virus killing properties, coconut oil helps maintain a healthy skin, coat and digestive system while supporting the thyroid gland and regulating insulin. Beta glucan is nature's best immune system support based on long term clinical studies.
9. Keep an eye on your dogs shape and weight using the body condition score table in chapter 3. Do this monthly and adjust total food quantity by 10% more if your dog is underweight or 10% less if your dog is overweight each month until your dog has an ideal shape and body score of 3.
10. Always have fresh filtered water available and clean the bowl with apple cider vinegar and rinse - once per week minimum.

I've kept most of the recipes pretty simple and economical but super healthy and nutrient rich in line with what dogs need but keeping things as convenient as possible for you.

Your dog's energy will improve so you'll be out exercising them more. I can't repeat this enough; a tired dog is a happy dog and a more co-operative dog. Devote extra time in your day to your dogs exercise and you'll both benefit.



## Chapter 6

### The Raw Food Diet – Commercial and Homemade



Feeding your dog a raw food diet has huge benefits because it's the natural species appropriate food, dogs have evolved to eat over millions of years. It's a more popular choice than ever before as dog owners seek to counter the health problems their dogs suffer from poor diet. It's the healthiest option for preventing and fighting major diseases

like cancer.

Let's look at the diet briefly and weigh up the pros and cons.

#### Pros:

- It's a dogs natural species appropriate un-processed food.
- It can be bought as a pre packaged complete commercial food.
- No cooking needed just serve as is.
- Fixes and prevents 9 out of 10 dog health problems.
- Your dog smells cleaner with low doggy breath and stool smell.
- Helps keeps teeth and gums clean.
- Reduces lifetime vet bills buy up to 85% - results of one long term study.
- Increases your dog's lifespan by up to 35% - results of 12 years research.
- Stronger more free moving joints in the senior years.

#### Cons:

- Can be expensive for medium and large dogs.
- Needs to be balanced in the right ratios.
- The bigger the dog the bigger the freezer space needed.
- Bones can present a problem if you don't know how or what to feed.
- Some supplementing needed to complete the diet.

## **The raw debate**

This diet does cause hot debate among dog owners and vets alike. Some claim the dangers of bones causing internal puncture wounds make the diet risky. However it has to be said that most media attention to such cases is often from negligent owners feeding cooked bones or from dogs rifling through the trash and swallowing discarded cooked bones.

The big pet food companies love to keep the raw food diet contentious to protect their profits from the sales of kibbles. And most vets are against a raw food diet as they sell kibble from their practice with a healthy profit margin. At some point vets will probably fit freezers to sell commercial raw pet food; it's all just a matter of time.

## **Headlines, big pet food, most vets and debate aside, it's still a personal choice**

As with any diet there's ways to make it work for you and your lifestyle, after all it's your choice and it's my calling to help you choose what's best for your lifestyle and your dog.

Feeding raw food does mean your dog gets a clean silky coat that gleams and smells great, far less stool waste with much reduced smell, digestion that runs smoothly and far less gassy, teeth that are naturally kept clean, eyes that sparkle, and body weight that evens out, strong muscles and energy on tap. Raw fed dogs are generally in superb shape all round and on average live 16 to 20 years which makes a raw food diet the gold standard for our canine companions.

## **Commercial raw food options**

There are two options with a raw food diet, you can the raw ingredients to make your own at home or you can buy pre-packaged locally or online from one of the many raw pet food companies.

While it's important to feed your dog a balanced raw food diet, in practice, once you get the hang of it, it's straight forward. Commercial raw food can be supplied as a complete meal so the guesswork is taken out although it's more expensive.

When you first start out feeding raw food it may be better to begin with pre-packaged raw meals. This makes the transition easier for you and your dog while you get the feel for this new way of feeding.

You can start by buying a few extras to feed alongside your home cooked diet as treats like chicken necks or tripe sticks just to get used to feeding this way and enjoy a simple but satisfactory start by watching your dog crunching up a chicken neck, the way nature intended.

Go through the home-made raw food diet below and you'll know which options to buy if you want to get commercial pre-made meals.

### **Commercial raw food supplier's resource guide**

Various choices of complete meals are available from the following companies:

#### **Across the USA:**

- [Darwins](#)
- [Aunt Jeni's](#)
- [Nature's Logic](#)
- [Stewart Pet](#)
- [All Provide](#)
- [Bravo](#)
- [Raw Paws Pet Food](#)
- [Tuckers](#)
- [Balanced Blends](#)
- [BARF World](#)
- [Vital Essentials](#)
- [Reel Raw](#)
- [Raw Wild](#)

#### **Across the UK:**

- [Raw Dog Food Company](#)
- [Raw Pet Supplies](#)
- [Wolftucker](#)
- [Natures Menu](#)
- [Natural Instinct](#)

- [Nutriment](#)
- [Raw Menu](#)

#### **Across Canada:**

- [Big Country Raw](#)
- [Carnivora](#)
- [Jake and Daiseys](#)
- [Mountain Dog Food](#)
- [Red Dog Deli](#)
- [Spring Meadows Natural Pet Food](#)
- [Totally Raw Dog Food](#)
- [Tollden farms](#)

#### **Across Australia:**

- [The Complete Pet Company](#)
- [Raw K-9](#)
- [Organic Paws](#)
- [Big Dog Pet Foods](#)
- [Nature Dog](#)
- [BARF Australia](#)
- [Whoa Nelly](#)

#### **Feeding a homemade raw food diet**

I'll begin this section by telling you all the basics involved in transitioning and feeding your dog a raw food diet. Later I'll outline some recipes and end with a Quick Start Guide taking you through the entire diet in simple steps what to do so you have a simple plan of action to get started on.

#### **A word about senior dogs**

If your senior dog has spent their life on kibble to this point and has complicated health problems, I highly recommend you transition them to a raw food diet. It's time to stop all vaccinations unless mandated by law, avoid the use of steroidal and non-steroidal anti-inflammatory drugs and start a raw food diet. A lifetime of dry processed kibble with no added fresh food means dull eyes, goeey ears, and stiff joints with arthritis, a dry and brittle coat,

impacted glands and a weak immune system. Switching your senior dog’s diet may take a little longer because they are in a delicate state of health but it’s absolutely worth it to witness your senior dog peel back the years and live with boosted health and wellbeing.

Read more on switching the senior dog gradually further on.

### Getting the ratios right

When making up your own raw food meals at home, start with the basic feeding ratio of 70% muscle meat with a little of it as fat, 15% bone content, 10% offal and 5% vegetables and fruit.

### How much do I feed?

A good place to start is 2-3% of your dog’s bodyweight for a medium energy adult dog or 3% of the expected adult weight for puppies throughout their growing phase. Use the table below to adjust your starting point for small high energy dogs or for large or senior lower energy dogs.

You can split the daily food total over 1 or more meals a day. The table below will give you a good starting point and you can then adjust according to the body conditioning score table in Chapter 3.

Daily amount to feed your dog by weight and % energy level										
	10lb Dog	15lb Dog	20lb Dog	25lb Dog	30lb Dog	35lb Dog	40lb Dog	50lb Dog	60lb Dog	70lb Dog
1%										11oz 317g
2%					9.6oz 272g	11oz 317g	13oz 360g	1lb 454g	1lb3oz 544g	1lb6oz 635g
3%			9.6oz 272g	12oz 340g	14.4oz 408g	1lb1oz 476g	1lb3oz 544g	1lb8oz 680g	1lb13oz 816g	2lb2oz 952g
4%	6.4oz 180g	6.6oz 272g	12.8oz 363g	1lb 454g	1lb 3 oz 544g	1lb 6oz 635g	1lb 9oz 725g	2lb 907g	2lb 6oz 1.09kg	
5%	8oz 227g	12oz 340g	1lb 454g	1lb4oz 567g	1lb8oz 680g	1lb12oz 793g	2lb 907g			
6%	9.6oz 272g	14oz 408g	1lb3oz 544g	1lb8oz 680g						

### **What's the best food to start off with?**

Start with one meat source to begin with, chicken is a good starter meat and easily digested. Get pre-ground chicken with bone in and includes the giblets if possible. If you can get raw green tripe, even better as it's boneless and completely balanced nutritionally. You can feed green tripe on its own knowing that it has balanced calcium and phosphorous, vitamins, minerals and live enzymes plus it's easily digested.

Raw green tripe is pretty smelly stuff but comes minced and frozen, just defrost enough for one days feed and if you have some over for the following day, seal it in a tupperware container in the fridge and only keep for 24 hrs or re-freeze it.

Just feed a single protein source for the first week so you know how well it's digested, then in the second week you can introduce a new meat. So for example, start with chicken the first week, then introduce raw green tripe, or lamb/beef etc and combine the two meats for a week before introducing other meats from the list shown.

If you don't want to introduce bones yet, order in pre-ground chicken with the bone included.

### **What are the safest bones to start with for dogs and puppies?**

If you want to include bones but feel anxious about giving them to your dog, I recommend the following bone choices:

- Lamb breast bone is a soft chewy bone more like thick cartilage than bone. It's an excellent starter bone for young puppies and dogs alike.
- Pork leg is a softer chewy bone that's easily worked on by all dogs. Have your local meat counter, cut the leg into small portions for small dogs and puppies or leave whole for medium to large dogs. You can also use a meat cleaver at home to cut you own portions sizes.
- Chicken and turkey feet are chewy and easily dealt with by all dogs and puppies.
- Beef or ox tail is another chewy cartilage type of bone easily eaten by dogs and takes time to chew off the surrounding meat and then through the chewy centre. Ox tail is usually supplied cut up into 2inch/5cm



pieces of various widths in a pack and you'll find the sizes vary from larger tail base pieces to small tail tips. Use the smaller tip pieces for small dogs and puppies and the larger base pieces for medium to large dogs and puppies.

- Wing tips are great for the mini breeds such as Chihuahua's. Just place the tips on a chopping board and break them up a few times with a steak tenderizer and serve.

When you're happy that your dog is comfortable with the above bones, you can move onto chicken necks for small to medium dogs and turkey necks for larger dogs. There's no large or long bones and the vertebrae bones in necks are easily crunched and swallowed.

The smaller rear ribs from the ribcage of pork, lamb, veal, venison etc are very soft and flexible and make easy step up bones for all dogs that have done well on starter bones. These bones are mostly chewy and not as hard as the larger main ribs higher up the rib cage. Ask your local butcher or supermarket meat counter for them specifically.

If you have followed the bone sequence above your dog is now well practiced and can move onto whole chicken carcasses, meaty lamb ribs, meaty lamb neck, pork neck, venison necks or meaty beef ribs for the larger dog.

**Small dogs:** Chicken and duck necks, thighs and wings

**Medium dogs:** Turkey necks, large chicken necks, thighs, meaty lamb/venison rib, lamb neck

**Large dogs:** Whole chicken carcasses, large turkey necks, meaty lamb/beef rib, whole pork leg

It's important to give as large a single piece as possible so your 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, you've seen this focused satisfaction.

**Note:** 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 either as pre-made commercial meals as previously discussed from raw dog food suppliers or via a local butcher or specialist pet store.

**Can I feed a raw diet without bones?**

## 1. Calcium for strong bones, teeth and connective tissues



Calcium and phosphorous are two of the major minerals and two big components of a dogs homemade diet needs. Meat naturally contains a lot of phosphorous while bones contain a lot of calcium.

For the raw food diet you'll need to supplement calcium into any meat based meal to balance out the phosphorous in the meat if you're not feeding meaty bones or ground meats that include ground bone.

Adult dogs need around 800 to 1,000 mg of calcium per pound of prepared meat. They also require the calcium to be supplied in a proper proportion to phosphorus.

The ideal calcium:phosphorus ratio for dogs is between 1:1 and 2:1. Meat contains a lot of phosphorus, so the more meat a diet contains, the more calcium will be required to reach the correct calcium:phosphorus ratio.

Adding 800 to 1,000 mg of calcium will provide the correct calcium:phosphorus ratio for every 1lb (454g) of meat served. Of the three main types of calcium available to dog owners, seaweed calcium and eggshell calcium provide high calcium and very low phosphorous while bone meal has a higher phosphorus content, in which case you supplement moderately higher amounts of bone meal calcium to balance out the additional phosphorus contained in the bone meal.

## How to supplement calcium, three recommended sources

### 1. Bone meal:

If you choose a commercially available bone meal to add calcium to your dog's meals, I recommend healthfully sourced bone meal.

You want to use human edible bone meal made in a USDA plant. Most of these companies offer independent heavy metal analyses demonstrating their product is safe. Never feed bone meal sold by fertilizer or garden supply stores.

The bone meal linked to below is from Australian and New Zealand cows. It's the highest quality bone replacement because livestock feeding standards in NZ and AUS are superior to those in the U.S.

The bone meal comes as a fine powder easily added to food and has a 2:1 calcium to phosphate ratio which is balanced.

Supplement 1½ tsp. per 1lb (454g) or 2 cups of prepared meat. Always add to food just before feeding.

Serving size: 1 teaspoon (6 g)

Servings per container: About 75

Ingredients: Calcium (from Bone Meal, Calcium Carbonate) 1300 mg

Phosphorus (from Bone Meal)..... 440 mg

Magnesium (from Bone Meal, Magnesium Oxide) .....15 mg

[Bone Meal Powder](#) - Food grade, non GMO

### 2. Seaweed calcium:

Seaweed calcium is derived from a plant source with good purity and bio-availability. This naturally calcified red seaweed product is harvested from the seabed's off the southwest coast of Ireland. I've travelled to the south west coast of Ireland and the water there is clear, clean and largely free of pollution.

Seaweed based calcium has the advantage of being free of any potential contamination that can affect bone meal from livestock.

Many dog owners say that seaweed calcium is easier for their dogs to digest and I recommend that if your dog has a sensitive digestive system to start off using seaweed calcium.

Supplement 1tsp. per 1lb (454g) or 2 cups of prepared meat. You can add seaweed calcium to the recipe while cooking or add to prepared food before serving.

### **Ingredients:**

Dehydrated Seaweed Meal (Rhodopyta - Lithothamnion calcareum)

Mineral Analysis (per teaspoon)

Calcium (min) 1000 mg

Magnesium (min) 90 mg

Sulfur (min) 13.5 mg

Potassium (min) 1.0 mg

Phosphorus 1.5 mg

Sodium (max) 66 mcg

Zinc 66 mcg

Iodine 60 mcg

Selenium 3 mcg

[Seaweed calcium](#) - This one comes highly recommended as a high quality human grade product.

### **3. Egg shell calcium:**

Eggshell calcium is pure and well absorbed and includes excellent trace mineral content to support good bone mineral density. Eggshell calcium has been shown to digest well and not cause digestive upset.

You can ground your own waste eggshells to use as a calcium supplement. Rinse eggshells and dry them overnight near a heat source or to get them bone dry, warm at low heat in your kitchen oven for 30 minutes and then reduce to powder in your food processor or coffee grinder.

One large eggshell provides one level teaspoon of ground eggshell, which contains 1,900 mg of calcium. Keep in a small tupperware container and supplement 1 teaspoon ground eggshell per pound (454g) of raw meat. Divide

the daily calcium total in half and mix into two meals if feeding twice daily or add the daily total to just the one main meal if you only feed once per day.

You can buy a commercially prepared source of eggshell powder for convenience. It's non chemically processed and 100% eggshell powder USA sourced and produced in an FDA regulated GMP facility.

[Eggshell Calcium](#) 16 oz

### **What about hygiene?**

Practice the same kitchen hygiene you use when preparing raw meat for cooking your own meals. Everything gets washed with kitchen soap after use, surfaces, bowls, tupperware, utensils, hands etc.

### **How do I transition to a raw food diet?**

The vast majority of dogs will take to raw feeding with enthusiasm; some may show a bit of reluctance. All that sugar and all those additives make the previous kibble food you've been feeding for years pretty 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 sense this – they do look to you for approval – and help shorten the acclimation period.

It will take a generally healthy dog's stomach about two full weeks to completely adjust to the new routine of raw food, at which 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 raw food keeping to the two meals per day regimen. It's important to include a quality probiotic from day one. This will help with the stomach chemistry and a smoother transition as the previous kibble or canned food has a slightly different acidity to meat in the digestive system and the probiotic will help ease the change in chemistry for less initial upset.

I recommend the following probiotic as one of the best – [Probiotics](#).

Remember, the older your dog or the unhealthier they are the slower you must go with the transition. Expect to take several months to transition a dog with serious digestive problems or a major disease.

### **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.

There is a three step process to switching your dog to a raw food diet.

- 1.** Buy only one food source to begin with. I recommend pre-ground chicken including bone and giblets or raw green tripe. Both make good starter foods you can order in to make the transition process more convenient.
- 2.** On the day you begin, have your dog miss her daily meal the previous day so she 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 evening meal and feed the raw replacement meal the following evening.
- 3.** Feed your dog the pre-ground chicken. 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.

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 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 them and relax.

Before long and with the aid of probiotics in each meal your dog's stomach chemistry will have adjusted to the new food, allowing you to increase the size of portions as needed. 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 3 step switching guide, you will be able to work up to a wide variety of raw meats, meaty bones, as well as organs and all the extras. Just go slowly at first, giving your dog's system a chance to adjust to raw food.

### **Switching puppies**

This one is easy: just make the change. Simply begin the raw food diet. Your puppy will be in doggy nirvana from the first bite. The benefits of teeth cleaning that result from a raw 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. Kibble requires a different pH in the gut to digest; and 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 processed foods, the meat will sit in their digestive tract longer, which means there's a bigger chance of harmful bacteria building up. Puppies are still developing their immune system to full strength, so a straight swap of diets is best and probiotics will also help at each meal.

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

### **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 with potential health issues 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 your dog to its new raw food diet more gradually over several weeks.

### **Pre transition – how to prepare**

The very first step is to add [probiotics](#) and [digestive enzymes](#) to your dog's current food to build up gut flora and ease the burden on the pancreas. This will help with the transition to raw food and help prevent diarrhea. Your dog has built up an accumulation of bad fats and starches over the years so start with half the recommended dose of probiotics and digestive enzymes to avoid a cleansing effect that's abrupt. Go slowly here and back off if loose stools develop. Once everything is stable over a few days it's time to transition the diet.

Begin by adding 25% of pre-ground chicken (including bone) or green tripe or a commercial product to the meal and include the probiotic and digestive enzymes. Remove 25% of the kibble to compensate. Do this for several days and keep an eye on your dog's stool, if it remains normal over the first few days begin to raise the raw food content and lower the kibble content of each meal.

After several more days and stools are still good, i.e. no diarrhea, move up to a meal of 50/50 raw to kibble. If the stool continues to remain normal, then assume it's safe to keep raising the raw to kibble ratio until you end up with a 100% raw only meal over the next several days. Use probiotics and digestive enzymes at every meal. Expect to take two weeks over this transition process.

If at any point there is diarrhea, belching, spit-ups and gas then you'll need to switch more gradually. Over the course of four weeks you should increase the percentage of raw chicken/green tripe/commercial raw product 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, and then switch to another, including green tripe, lamb, turkey, beef, fish or pork.

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 and use the table above as a guide.



**Note:** You can use up the probiotics and digestive enzymes and will not need to re-purchase once they are finished.

### **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 or more meals a day until the problem resolves itself and then you can move forward on one or two meals 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 or 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. Only a good holistic vet can understand the problem which has probably been made worse by traditional veterinary medications such as antibiotics and corticosteroids. These medications damage the gut lining and kill beneficial gut flora leaving your dogs GI system further exposed to inappropriate specialist commercial dog food.

When you add chemical exposure, drinking tap water, over vaccination and environmental stress, your dog is potentially in a very 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, a good plan of action is cooking the food to start with and switching to fully raw food over three months. Feeding a fully raw diet is the goal but to get there in this situation means a slower journey to recovery and full health.

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

### **Functional foods and supplements for common health issues**

#### **Cancer:**

Quality free range meats in raw food diet, cruciferous vegetables, [beta glucan](#), high percentage [CBD oil](#), [turmeric golden paste](#), [vitamin E](#) and [astragalus](#).

#### **Obesity:**

Raw food diet with 10% less food each month until at balanced weight with BC score of 3, no carbohydrates and increase vegetables for fullness from the fiber.

#### **Diabetes:**

Raw food diet with low fat content, cruciferous vegetables, [beta glucan](#), [pancreatic glandular](#), [gymnema](#), [CBD oil](#) and [diaplex](#).

#### **Arthritis:**

Raw food diet, no carbohydrates, [CBD oil](#) (excellent for movement and fast pain relief), [sardines](#), [vitamin E](#) and [fish oil](#) as directed in the supplements section, [green lipped muscle](#), [glucosamine](#) and [beta glucan](#).

#### **Constipation:**

Raw food diet, green beans, carrots, kale and [slippery elm](#).

#### **Pancreatitis:**

Raw food diet with low fat content lean meats, no carbohydrates, [pancreatic glandular](#) and cruciferous vegetables.

#### **Liver disease:**

Raw food diet, low fat content lean meats – free range organic is best, no carbohydrates, NO medications or synthetic de-wormers and flea treatments – see [Home Remedies for Dogs](#), cruciferous vegetables, [hepatic support](#), [milk thistle](#) and [Vitamin E](#).

#### **Cushings:**

Raw food diet, low stress environment, [hepatic support](#), [pituitary support](#), and [adrenal support](#).

**Hypothyroidism:**

Raw food diet, [glandulars](#) and [kelp](#)

**Gum disease, plaque and bad teeth:**

Raw food diet, [kelp](#), [Oral hygiene solution](#) and [dental chews](#).

**Kidney disease:**

Raw food diet, 25% blended vegetables, [probiotics](#), [renal support](#) and vet support to monitor blood pressure, Bun, creatinine, phosphorous and potassium.

**Starting finicky eaters**

Occasionally when first introducing your dog to meat, they may take longer than some dogs to catch on. The smell, taste and texture of raw food are foreign and bland compared to kibble so you as pack leader must show your dog the way forward. One way to get them started, is to let them fast for one complete day and this is absolutely fine for a generally healthy dog to go through and you can leave it another whole day to build a ravenous appetite and accept the new food without problem. As wild dogs digestive systems demonstrate to us from millions of years evolving, a dogs body can go without food for many days at a time and run normally.

An alternative way to get your dog started on the new diet is to take the meat meal, chicken breast for example, heat up a pan on the stove with some sizzling - preferably unsalted – butter and sear the surface. Flash fry the food in butter just enough to seal the outside while leaving the inside raw.

Other options include making some cross cuts in the chicken flesh and sprinkling in a small amount of parmesan cheese or tomato sauce or simply drizzling hot butter over the raw meal to entice your dog to eat. Gradually sear the meat or drizzle hot butter less and less until feeding the readily accepted raw food. This is a proven trick to kick start the finicky eater.

**Detoxification**

Once your dog is started on a raw food diet, the nutrients in the food will help the body heal 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 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 healthier, not to mention happier.

### **Puppies feeding guide**



Puppies will eat raw food from 5-6 weeks old. After the weaning stage, feed finely chopped or ground raw meat, such as turkey or lamb, raw green tripe and egg. By 8 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 green 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 part cooked and mashed or pureed in a food processor. Just go by what your puppy likes because pups will turn their nose up at one thing and another choice they'll love.

Feeding raw 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.

<b>Puppies feeding guide</b>	
<b>Age</b>	<b>Meals per day</b>
From 8 weeks to 4 months	3 or 4 meals
From 4 months to 12 months	2 meals
From 12 months	1 main meal

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 3 or 4 meals a day between 8% to 10% of the pup's weight spread over the daily meals, but more importantly go by how your 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. Pups should be kept on the lean side but monitor your puppy's condition at least weekly, increasing each meal by one ounce when they start to look thin. The timing will vary depending on your puppy's activity level and genetics.

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

By 12 weeks of age, your pup needs their food increased every one to two weeks, and by six months, only monthly increases. By ten months of age, you should be feeding 2% to large dogs, 3% to medium dogs and 4-5% to small dogs based on adult weight, and no further increases are needed.

I find the body structure of raw-fed puppies to be more solid and a little leaner than kibble fed pups. They are generally a little more muscled from working on raw meaty bones and pulling the meat off.

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, beef 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 diet**

Balancing your puppies' raw diet is straight forward. If you view a turkey neck as a meaty bone, then your puppy's diet 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 more easily on raw food than kibble filled with powdered synthetic calcium, which puppies 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 vitamins and minerals 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 a little fish oil combined with vitamin E. Nutritional herbs are a good addition, so add in very small pinches of finely chopped parsley, basil and alfalfa or blend it in with the vegetables.

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 4 main supplements recommended.

## 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.

Raw food has a rich nutrient profile and so one meal a day is all your dog needs for peak conditioning. It takes up to 10 hours for a dog to digest a full meal, have it run through their entire system and to expel the waste. By letting your dogs high energy consuming digestion process to rest in between meals, you allow the immune system 'cleanup crew' to go to work on housekeeping duties and use some of that energy to keep your dogs body healthy. On a full meal, your dogs body is fully committed to digestion which is biologically labor intensive. By allowing rest in between single daily meals, your dog's body has the chance to put all its energies into healing and other biological functions.

It's difficult to predict with certainty the ideal volume of an adult dog's daily food requirements due to variation in size and energy levels. On average, start with feeding a medium sized dog 3% of their ideal weight per day. Small dogs tend to have faster metabolisms and so up to 5-6% of their weight will be consumed. Large slow moving dogs may need less than 2%. Allow for the dog's activity rate, exercise levels and body condition score from chapter 3 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 don't 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.

## Senior dogs feeding guide



Continue to feed your senior dog the same diet outlined for an adult dog. They will continue to thrive on 4-5 muscle meat and meat on the bone choices, some green 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 senior dog 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 your 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 commercial bone in ground meats or complete meals can be purchased. Or for better economy, you can grind meaty bones with a [meat grinder](#) or your local butcher may be able to help. Green tripe is another great way to help in this situation. Raw green tripe can be bought as frozen 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 raw food being highly nutritious, her food intake does not have to be raised significantly to compensate for the increase in appetite. Give two 10% portions of liver per week to add extra nutrients and vitamins, particularly folic acid is

important for the puppies and also use the range of supplements outlined. There's no need to fast your pregnant dog, 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 4-5 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 a wild retained instinctive behavior) that's great, just enjoy nature at work in your own home.

### **Balancing the overall 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.

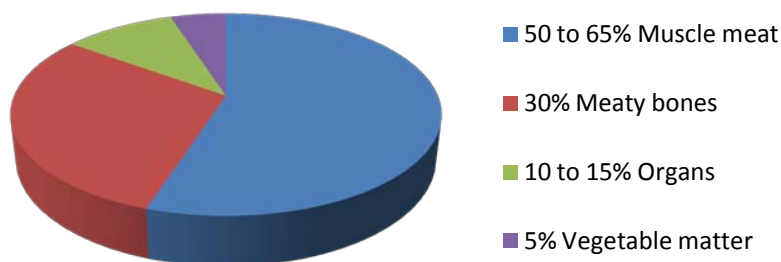
As the wolf and other wild carnivores prove to us, there is no need to balance each individual meal. In fact, it's much better to make each meal different in order to maintain strong flexibility in the digestion processes and the metabolism. Wolves in nature are very adaptable. They will adjust to almost 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.

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 or what you feed, 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 don't have to feed all the food groups at one meal, so one day it's 65% muscle meat, 30% meaty bones and 5% veg. The next day it could be 100% raw green tripe.

**Note:** Meaty bones are covered in meat which can be up to half meat and half bone. So the 30% meaty bones food group in the pie chart means a pure bone content of up to 15% if you take into account the covering of muscle meat. So a meal consisting of 50% muscle meat and 30% meaty bones can mean up to 65% meat content and 15% bone content depending on how much meat is on the bones. For example, a chicken leg has lots more meat on it than a chicken neck.

As a starting point with the raw food diet, the overall pure meat content is between 65% and 80%, the bone content is around 15%, organs around 10% to 15% and vegetables-fruit from 5% to 10%.

All dogs are unique just like us and their needs are as individual as ours. If you have several dogs, you'll come to know their individual needs over time through a little experimenting. Use the above numbers as a starting point and if you want hard numbers to avoid any confusion, start with 70% meat, 15% bone, 10% organs and 5% vegetable content.

The main point is you can vary the food greatly over the month but overall for that month you have fed the blue portion of the pie chart 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.

## **Breakdown of the overall diet:**

**Feed around two thirds of the diet as boneless muscle meat including attached fat.**

This includes muscle meats like:

- Ground Turkey and cuts
- Ground Lamb and cuts
- Ground beef and cuts
- Chicken breast
- Ox tongue
- Eggs – count as meat protein
- Ground Lamb and cuts
- Ground Pork and cuts
- Ox or beef heart

**Feed around one third of the diet as meaty bones including attached fat.**

This includes meaty bones like:

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

**Feed around 10% of the diet as organs:**

This includes organs like:

- Heart
- Liver
- Kidneys
- Spleen
- Lung
- Trachea
- Duck or chicken gizzards

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

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

- Carrot
- Broccoli
- Cabbage
- Zucchini
- Lettuce
- Spinach
- Cress
- Parsley
- Basil
- Canteloup
- Apple
- Pear
- Banana
- Various Berries

### **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:**

- Freeze dried whole food greens
- Coconut oil
- Himalayan Mountain salt
- Canned sardines

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

- Fish oil and Vitamin E combined

### **Making your own treats**

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

The best method, 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 recipe video demonstration.

### **Shopping for your dogs food - saving on bulk buys**

There's no denying that shopping for your dogs food can be expensive, but with a simple plan of action it can become economical. And over the longer term you'll save a lot on vet fees, so think longer term. Here are a few ideas on how to get more for less:

- Notice at your local supermarket the days that meats get marked down and scoop up the bargains for chicken, beef, lamb, pork and any unusual cuts.
- Get to know your local butcher and ask if they can save you the usable waste, off-cuts or cheap deals.
- Take a trip to the budget stores if you don't already. Aldi, Costco, Walmart and Trader Jo's are good choices.
- Get on the internet and search for local food co-ops, or bulk purchase raw feeding groups. You'll save on delivery costs and get marked down prices on shared bulk purchases. You can then simply stock up an old freezer in the garage.

- You'll can go the a meat grinder route to save on costs when buying in bulk and if you want to make meals in bulk amounts that you can store in Rubbermaid tubs in your freezer, especially with larger dogs or multi dog homes.

Once you get going, think and plan ahead and stock up on cheap deals, it all becomes second nature. You'll also find it doesn't cost that much more than what you're paying for high end kibble and your dog enjoys better long term nutritional health and wellbeing.

### **The power of fasting**

Your now well fed dog will benefit greatly from fasting 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 for processing a stomach full of meat and bone is considerable and the reason why dogs sleep much 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 keeping the computer in efficient working order. Your dog's 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.

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

### **Is E. coli or Salmonella a problem?**

The entire E. coli and Salmonella saga created by the ruling veterinary bodies and fuelled by the press is there to scare people away from making informed choices about feeding raw food to their dog. In short, dogs carry some E. coli in their gut and this is natural. A dogs powerful stomach acids kill bacteria in rancid meats for a reason - because dogs naturally scavenge.

All raw meat intended for dog food is USDA inspected twice, once at source and again as finished product, making them as clean as human grade meats or better.

No dog has ever been recorded as actually having contracted E. coli or Salmonella from raw meat. However, some commercial kibbles and treats have been found to contain E. coli and salmonella and a small number of dogs and people have contracted the viruses despite pet food recalls.

It's actually a non issue dragged up for publicity. I do get questions on this a lot so wanted to be clear with you and put this to rest once and for all.

## Tips on what to watch for during the transition and ongoing help

- If there's any constipation or straining you may be feeding too much bone content, try adding in more green vegetables, meat or offal and less bone or bone-meal to soften the stool.
- Diarrhea may occur in the early stages, make sure to add probiotics, try a different protein such as tripe and fast for 24 hours before feeding again to clear and rest the system, your dog will be fine with fasting 24 hours.
- If your dog can't keep down a particular food choice and continues to vomit, replace with another option such as raw green tripe.
- If you have an over enthusiastic gulper who previously inhaled kibble, raw food will seem even more attractive so give large semi frozen chunks too big to swallow and take time to chew. Large chunks give more pleasure and over time settle the dog when it knows raw food is a daily event. Stuffing a large Kong is another option. Just don't give beef knuckle bones, or large femur bones as teeth could be chipped through over enthusiasm.
- Be careful with bony fish or use canned sardines as the oily fish of choice – see supplements below.
- Dogs are good at self regulating their food intake on a raw food diet and sometimes self fast. Act relaxed around your dog - they use your state of mind as their guide - and just take the food away and offer at the next mealtime.
- Vets can be a problem over raw food diets, mostly because they don't understand nutrition as it's not their specialist subject or they see it as eating into their profits from selling you kibble. Always stand your ground or say nothing or switch to a savvy vet.
- Occasionally your dog will bring up yellow bile, simply because they are thinking about that next meal and this activates their stomach juices which is uncomfortable so they bring it up, usually in the mornings. It's ok just clean up and carry on as normal, meal time will be along soon.
- Introduce offal slowly after two weeks of the transition at 10% of the total daily meal volume and for a Chihuahua that's a teaspoon full or a Mastiff, half a cup full of liver, kidney, chicken giblets etc. If they won't



eat it, blend and mix into ground meat. You can also buy pre-blended readymade commercial raw meals until your confident to go DIY.

- It's best practice to simply blend vegetables and fruit and mix into the meat. You can part cook or use raw vegetables. Place vegetables in a large cup with a dash of water and use your hand blender to make a puree as dogs have no enzymes as we do to break down the cell walls of vegetables. The blender does the work for them to make full use of the vitamins, minerals and antioxidants.
- You don't have to give your dog a fully balanced meal of every food choice every day. Dogs are very adaptive and if you keep a record of what you feed when and feed a balanced diet over several weeks, you'll be fine, more on this in the recipe section.
- You're best served by using an old freezer kept in the garage to stock up on meats so you have choices of what to feed on hand and it saves time and money, especially when bulk ordering or deals come up. 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 of food a week. With a suitable sized freezer for your dog you won't be continually running to the shops for your medium or large dog.
- Overall, you're aiming to rotate through 3-4 types of pure meat for around 65% of the diet with some meat on the bone choices for the 15% bone content of the diet. Add some offal choices like heart and liver - around 10% - and some vegetable choices for the final 5-10%. Add the 4 supplements and you'll have an excellent balanced diet.
- Relax through the transition process. If bones worry you then get a grinder (good for grinding bulk buy deals too) and feed ground bone in meats until you're well practiced and feel confident to implement bones.
- Follow the Quick Start Guide at the end to make things step by step simple and you will find the diet pretty straight forward once you've started and you're a month or two in and settled into a routine.

That's the basics of feeding your dog a raw food diet. I'll cover sample menus and the 4 main supplements you'll need to fully balance the diet below.

## Homemade Raw Food Diet: Choices and What to Feed by %

Meat 65%	Bone 15%	Offal 10%	Vegetables & Fruit 10%
Muscle meat is the foundation	Bone is important for calcium	Offal is rich in vitamins and minerals	Additional and unique plant based nutrition
Ground Beef, various beef cuts such as fillets, brisket, cheek or trimmings, meaty ribs, beef tongue, ox tail (beef tail), raw green beef tripe  Heart, lung and trachea count as meat.	Beef ribs	Beef liver, kidney, pancreas, spleen, commercial organ blend	Broccoli, cabbage, sprouts, pumpkin, zucchini, squash, asparagus, celery, cauliflower, brussel sprouts, artichoke, fennel, green beans, rocket, bok choy, any salad greens, cucumber, peas, carrots, sweet potatoes, turnip, yam, swede, parsnip, beetroot, cantaloupe, watermelon, blueberry, apple, banana, pear plus herbs like parsley, basil, coriander, oregano, chive and mint
Lamb mince, neck, meaty ribs, lamb breast, various cuts such as shoulder	Lamb neck, lamb ribs, lamb breast	Lamb heart, liver, tripe	
Chicken, breast meat, legs, necks and quarters	Chicken necks, chicken carcasses, chicken wings	Chicken giblets	
Turkey, breast meat, legs, necks and quarters	Turkey necks	Turkey giblets, turkey heart	
Venison mince, neck, meaty ribs, breast, various	Venison necks, ribs	Venison liver, tripe	

cuts			
Pork mince, neck, ears, trotters, belly, various cuts	Pork neck, feet (trotters), ribs	Pork liver	
Rabbit, whole rabbit or cut up	Rabbit carcass		
Duck, breast meat, legs, necks, and quarters	Duck necks, carcass	Duck giblets	
Bison – as for beef	Bison ribs	As for beef	
Kangaroo – tails and various cuts	Kangaroo tail, ribs		
Emu – breast meat, leg meat and various cuts	Emu neck		
Elk – as for venison	Elk neck, ribs	As for venison	
Fish – whole sardines , salmon cuts, mackerel and herring			
Eggs – from chickens, ducks, quail etc			

The above table helps you choose what foods to feed your dog and the percentage of each.

## Raw Food Diet For Your Dog – The Recipes

### Example Menus of Complete Meals

The following sample meals provide good examples for putting together other well balanced meals. These are complete meal examples – full range of balanced ingredients - but remember you don't need every ingredient in every meal to stay balanced as long as you feed the overall balance of food over two weeks. The recipes are there to show you what to feed your dog over a week or two.

So day one, the meal for a 25lb dog of 3% energy level could simply be a 12oz bowl of raw green tripe as this food is nutritionally well balanced by itself. Then day two, a chicken meal including egg and kidney. Day three, minced beef with turkey neck with egg, vegetables and the supplements – see supplements below.

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

- Fish once a week – this can simply be from the supplemented sardines if they don't take to raw fish.
- Offal - organs - are best added as small amounts to meals and no more than 10% of the meal total.
- Green tripe once or twice a week as a single ingredient meal with supplements.
- Beef once a week.
- Chicken once or twice a week.
- Lamb once or twice a week.
- Eggs added in once or twice a week.
- Vegetables and herbs added as small amounts to meals, 5-10% is fine.
- The four supplements added to meals as per the weekly supplement schedule below.

### **What If I run out of something and only have one meat for a week or two?**

If you just bought in a box of chicken frames - carcasses - because they were on offer at the local butcher and have run out of turkey necks, beef or green tripe, just work your way through the chicken frames over the following week until

you get fresh supplies in. Then carry on with the more varied ingredient diet as normal.

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. You can alternate them with simple meat on the bone, ground - bone in - or limited ingredient commercial raw ready meal choices for greater convenience.



## Raw Food Recipes

I'll go ahead and outline some recipes below, just adjust food totals according to your dog's size and energy level using the table on page 187.

### Green Tripe, Heart, Egg & Supplements

This is a simple green tripe based meal that is balanced for calcium and includes the 4 supplements.

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

#### Ingredients

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

#### Steps

Combine all ingredients together in your dogs feeding bowl and serve at room temperature. The meal includes the 4 supplements.



## Lamb Heart & Sardines

This is a basic lamb heart based meal with the 4 main supplements. It includes a little calcium from the sardines but not enough for nutritional balance. Remember, you don't have to balance every meal as long as you have a rotation menu to work from and feed the ratios: Meat 65%, Bone 15%, Offal 10%, Veg 10% over one month. If you want to make things simple and feed a balanced meal daily, you would add one 3oz chicken neck and reduce the lamb's heart to 5oz. Or you can feed the chicken neck separately as a second meal.

**20lb Dog with 3% energy level: 9.6oz/272g**

### Ingredients

- 8oz sliced lambs heart
- Half can sardines
- 1/3 tsp super greens powder
- ½ tsp coconut oil
- Medium pinch Himalayan Mountain salt

### Steps

Combine all ingredients together in your dogs feeding bowl and serve at room temperature. The meal includes the 4 supplements.



## Ground Chicken or Turkey, Kidney, Egg and Supplements

This meal is balanced with the ground bone-in chicken for the calcium requirement and the lamb kidney and supplements.

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

### Ingredients

- 8 oz of ground (bone in) chicken or turkey
- 1 oz of lamb kidney
- 2 single (canned) sardines (usually 3-4 in a can)
- ¼ scoop of super greens powder
- 1 whole egg (minus shell)
- 1 tsp coconut oil
- Small pinch of Himalayan Mountain salt

### Steps

1. Defrost all frozen food in warm water to room temperature.
2. Combine all ingredients together in your dogs feeding bowl and serve. The meal includes the 4 supplements.





## Chicken Carcass, Chicken Breast, Liver, Vegetables, Egg & Supplements

This meal is balanced and use fresh vegetables.

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

### Ingredients

- 8 oz of mixed chicken carcass and small chicken breast
- 2 oz of beef liver
- 1 handful of fresh broccoli, carrots and parsley-blended (around 3oz)
- 1 full 4oz can sardines
- 1 whole egg (minus shells)
- 3 tsp coconut oil
- ½ scoop super greens powder
- Medium pinch of Himalayan Mountain salt

### Steps

1. Defrost all frozen food in warm water to room temperature.
2. Combine all ingredients together in your dogs feeding bowl and serve.  
The meal includes the 4 supplements.



## Ground Beef, Turkey Neck, Liver, Egg & Supplements

This meal is rich and balanced in meat, bone offal and freeze dried vegetables. Remember that fresh whole vegetables do not need to be used at every meal as the freeze dried super greens powder contains all vegetable based nutrition.

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

### Ingredients

- 12 oz of minced/ground beef
- 5 oz turkey neck
- 3 oz lambs liver
- 1 full 4oz can sardines
- 2 whole eggs (minus shells)
- 4 tsp coconut oil
- 2/3 scoop super greens powder
- Large pinch of Himalayan Mountain salt

### Steps

1. Defrost all frozen food in warm water to room temperature.
2. Combine all ingredients together in your dogs feeding bowl and serve. The meal includes the 4 supplements.



## Large Batch - Easy Boneless Patties for all sizes of dog

You can make a large batch, bag up portion sizes and freeze. You can half or quarter the ingredient totals according to your size of dog. The above totals should last a medium sized dog of 40lb about 9-10 days. Use a food processor or blend by hand. You may need to make in batches according to how much your food processor can hold.

### Ingredients

- 11lb / 5kgs raw ground meat in any combination of meats your dog likes
- 2lb 3oz / 1kg raw or canned fish in water – sardines are best or salmon, mackerel and tuna can be combined
- 6 raw eggs, including the shell for calcium requirement
- ½ tsp / 5ml HM salt
- 4Tbsp / 20ml coconut oil
- 14oz / 300g vegetables – broccoli, kale, green beans, spinach, parsley, cabbage etc. Wash non organic produce in 10% apple cider vinegar first and diced or chopped in your food processor. Use the skins, cores and outer leaves

### Steps

1. Defrost all frozen food in warm water to room temperature.
2. Combine the mince and fish in a large bowl and mix well.
3. Break the eggs into a separate bowl including the shells and diced or chopped vegetables and blend until the egg shells are well crushed and the vegetables slurry.
4. Combine all ingredients together in one bowl and mix well or use your food processor to blend all the ingredients together to a firm consistency.
5. Shape into patties to feed same day, store some in the fridge for 2 days maximum and the rest frozen and used as needed.

## How many patties for your dogs weight

10lb dog make two patties 3oz each, feed one am and one pm

20lb dog make two patties 6oz each, feed one am and one pm

30lb dog make two patties 9oz each, feed one am and one pm

40lb dog make two patties 10oz each, feed one am and one pm

50lb dog make two patties 12oz each, feed one am and one pm

60lb dog make two patties 13oz each, feed one am and one pm

70lb dog make two patties 14oz each, feed one am and one pm

You'll need to establish your dog's current weight, energy levels and use the Body Conditioning Score Chart in chapter 3 to know how much to feed each day, the above is a general guide for a medium energy dog at 3% of bodyweight daily food total.



## No Bones Chicken Special

This recipe uses the cheaper parts of the bird making it more economical. There's enough calcium in the egg shells and sardines for this meal.

### Ingredients

- 1lb boneless, skinless chicken thighs diced into bite sized bits
- ¼ lb chicken gizzards, chopped
- 2 cloves fresh garlic, crushed and fine chopped
- 1 handful of fresh broccoli, carrots and parsley-blended to slurry (around 3oz)
- 1 full 4oz can sardines
- 2 large eggs (including shells)
- 3 tsp coconut oil
- 1/3 scoop super greens powder (Green Vibrance)
- Medium pinch of Himalayan Pink Mountain salt

### Steps

1. Defrost all frozen food in warm water to room temperature.
2. Use your food processor to fine blend the egg shells or crush by hand (Shells are ok hand crushed as they'll be dissolved by the stomach acids)
3. Combine all ingredients together in your dogs feeding bowl, add the supplements and serve.

This recipe is enough to feed a 60 to 80lb dog 1 meal, a 40lb dog 2 meals and a 20lb dog 3 meals.



## 4 Choices of Stuffed & Frozen Kongs for Summer Treats

These are great for senior dogs with mobility impairment, to keep puppies occupied or summer treats to keep your dog happy in the yard. Just combine the ingredients in a bowl, mix well, stuff the kongs and freeze them in a separate tupperware container. Simply serve straight from the freezer when the weathers hot.

How many kongs you have and their size will determine the amount of stuffing mix. Remember to subtract the amount of food given from the main daily meals.

### 1.Turkey Tasters

#### Ingredients

- Ground turkey
- Fine chopped cranberries
- Coconut oil
- Kefir or a little plain natural sheep/goats yoghurt.

#### Steps

1. Combine the ground turkey with a few fine chopped cranberries, coconut oil and kefir or plain sheep/goats yoghurt.
2. Stuff the kong and freeze before serving.



## 2. Sardine Surprises

Chopped canned sardines (packed in water), with finely diced carrot and kale mash and parsley with a pinch of HPM salt

### Ingredients

- Chopped canned sardines (packed in water)
- Finely diced or blended carrot
- Fine chopped or blended Kale
- Fine chopped or blended Parsley
- Pinch of HM salt according to your dogs size – see supplements guide below

### Steps

1. The carrot, parsley and kale can be fine chopped or blended in your food processor.
2. Combine the chopped sardines with the fine chopped or blended carrot, parsley and kale and add a pinch of HM salt according to your dogs size.
3. Stuff the kong and freeze before serving.



### 3. Salmon Scrambles

#### Ingredients

- Raw egg
- Salmon finely chopped
- Dill
- Mashed sweet potatoes
- Kefir or plain sheep/goats yoghurt

#### Steps

1. Combine scrambled raw egg, some raw salmon finely chopped, dill, kefir or plain sheep/goats yoghurt and mashed sweet potatoes.
2. Stuff the kong and freeze before serving.





## 4. Banana Split

### Ingredients

- Mashed ripe bananas
- Smooth, no added sugar peanut butter
- Plain cottage cheese
- Coconut oil

### Steps

1. Combine the mashed ripe bananas, smooth no sugar added peanut butter the plain cottage cheese and the coconut oil.
2. Stuff the kong and freeze before serving.



## Balancing out the overall diet with four supplements

A healthy dog on a raw food diet needs few supplements. A balanced diet as outlined in this chapter 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 food production practices depleting much of the foods nutritional richness, compared to food-on-the-hoof wild dogs would have preyed upon millions of years ago.

To balance and provide the extra nutrients your dog will benefit from, I recommend incorporating the four specific supplements outlined below. Each adds a specific element that's missing from modern non organic foods.

### 1. Whole food super-greens

These super greens can pack in a diverse range of freeze dried whole food greens, culinary herbs, pre and probiotics, vitamins, minerals and antioxidants not commonly available. And with additional micro nutrients, trace elements and the all important whole food compounds 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 infinite, so I recommend a good quality super greens like Green Vibrance to achieve as many combinations as possible.

**Note:** There are formulas available that are specifically made for dogs but I find them limited in the range of ingredients and more expensive to purchase. While intended for humans, the brand Green Vibrance from the USA is the best I've ever used and 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 important 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 after treatment with antibiotics. Various Bifidus and Lactabacillus strains are included and will help a sensitive GI tract to full digestive health.

These powdered freeze dried greens provide a great variety of beneficial nutrients your dog can benefit from as part of their raw food diet and especially for owners whose dog may not take to vegetables. Just serve as recommended for your dogs size from the table below.

Average serving size for your dogs weight	
10lb dog	½ tsp
20lb dog	1tsp
30lb dog	1½tsp
40lb dog	2tsp
50lb dog	2¼tsp
60lb dog	2½tsp
70lb dog	2¾tsp
80lb dog	1Tbsp

### Can super greens replace whole-food vegetables?

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!

**Note:** I still include 5% vegetables and fruit, herbs and salad greens to some meals for extra whole food fiber, nutrition and variation. Some dogs don't like vegetables, so super greens are an excellent alternative.

### Where to get Green Vibrance?

[Green Vibrance](#) **Large economy tub** - This one is the best option for long term economy for all dogs. Its quality is reflected in the price but will last a 50lb dog 6 months and a Chihuahua probably about 2 years! - keep in the freezer for long term freshness. This really is a power house convenience super-food addition to your dog's current diet that will benefit them greatly.

[Green Vibrance](#) **Small tub** - This one is better for small dogs on a budget and will last a 20lb dog two months.

Simply add super greens to daily meals each week following the chart below for your dogs size.

## 2. Coconut oil

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.

Only buy 100% organic virgin coconut oil. This ensures you get a coconut oil that has been naturally extracted using clean methods. You should be able to find it in your local grocery store's organic section, your local whole foods store or via the internet - [Extra Virgin Coconut Oil](#). – This is an example of the best.

**Start small:** the general serving size is a 1/2 tsp per 10lbs of your dog's weight per day. But start with half that amount and work up to the recommended amount over a week or two to avoid loose stools.

## 3. Himalayan Mountain salt

Himalayan 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 96+ trace mineral recorded in its makeup.

Our dogs NEED natural - non synthetic - minerals even more than we do. Commercial raw meals and all non organic human grade meats today lack naturally occurring minerals in sufficient quantities because of modern farm raised food animal production depleting the land of its mineral content.

Work done by some leading nutrition science researchers has pinpointed lack of mineral intake to be the primary underlying cause of most diseases today.

Minerals are used by the body in many complex processes as fuel for the body's electrical system and intelligently used right down to the needs of billions of individual cells.

This is a very economical way to give immense nutritional support to your dog. I also recommend you begin sprinkling it on your own meals and use in home cooking too - dump the standard unbalanced high phosphorous table salt you use now. Just do a taste comparison and you'll notice how much sweeter the HM salt is.

### Where to get Himalayan Mountain salt?

Be careful here as there are so many options and not all good ones.

[Himalayan Pink Mountain Salt](#) (This one is pure, fine ground, very cheap surprisingly for how much you get, has thousands of happy reviews and will last years. I highly recommend you use it for the entire household).

Simply add Himalayan Mountain salt to daily meals each week following the chart below for your dogs size.

Average serving size for your dogs weight		
<b>10lb dog</b>	1/8 tsp. lasts 14 days	very small pinch daily
<b>20lb dog</b>	1/8 tsp. lasts 11 days	very small pinch daily
<b>30lb dog</b>	1/8 tsp. lasts 9 days	Small pinch daily
<b>40lb dog</b>	1/8 tsp. lasts 9 days	Small pinch daily
<b>50lb dog</b>	1/8 tsp. lasts 7 days	medium pinch daily
<b>60lb dog</b>	1/8 tsp. lasts 7days	medium pinch daily
<b>70lb dog</b>	1/8 tsp. lasts 5 days	medium/large pinch daily
<b>80lb dog</b>	1/8 tsp. lasts 5 days	medium/large pinch daily

## 4. Canned sardines

Supplement sardines 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. This is a better alternative to fish oil, it's more stable and contains more nutrients

### Where to get sardines?

[4.25oz \(12 pack\) Sardines](#) (packed in water with skin and bone intact, low sodium with no added salt and from Morocco, the home of sardines (not

China, they add salt). This is the best deal I can find on Amazon. May even beat your local stores on price.

Simply add either to daily meals each week or in several meals weekly using the number of 4oz/125g cans stated on the chart below for your dogs size:

4 Supplements to add daily				
	HM Salt (pinch)	Super Greens	Coconut oil	Sardines (cans)
<b>10lb dog</b>	V sml.	½ tsp	½ tsp	1 per wk.
<b>20lb dog</b>	V sml.	1tsp	1tsp	2 per wk.
<b>30lb dog</b>	Sml.	1½tsp	1½tsp	2½ per wk.
<b>40lb dog</b>	Sml.	2tsp	2tsp	3 per wk.
<b>60lb dog</b>	Med.	2½tsp	1Tbsp	3½ per wk.
<b>80lb dog</b>	Med.	1Tbsp	4tsp	4 per wk.
<b>100lb dog</b>	Med.	4tsp	5tsp	4½ per wk.

**Note:** Always provide fresh, preferably filtered, otherwise bottled drinking water daily – not tap water!

## Raw Food Diet: one extra supplement you can add

If you feed a raw food diet use the 4 recommended supplements to balance the diet. In addition there's one other recommendation. Beta glucan – for all life stages.

### 1. Beta Glucan - the world's best immune system support



Nothing does more to boost your dog's immune system than beta glucan, the most powerful immune enhancer known to science. It's extracted from four sources - oats, barley, yeast, or mushrooms.

Beta glucan is a powerful aid in restoring balance to your dog's immune system, which means it's effective at keeping your dog's immune system healthy and working optimally.

Beta Glucan is a proven anti-tumor and anti-microbial, binding to receptors on macrophages and other cells in the body's tissues. These white blood cells devour bacteria, foreign cells, dead and dying cells, mutated cells and other negative invaders in the bloodstream.

Giving a beta glucan supplement daily means these immune cells are more active, more powerful and effective in attacking and consuming what doesn't belong in your dogs system.

#### **Blood sugar metabolism and insulin are just one area of benefit here.**



Give your dog beta glucan if they suffer from any type of cancer, weak immune system, or diabetes. Taking beta glucan is very important to avoid blood sugar and insulin disorders or treating ones your dog already suffers from.

**Beta glucan proves effective with dogs as an anti cancer and anti tumor treatment.**

#### **How beta glucan benefits your dog:**

- Excellent diabetes prevention

- Stabilizers blood sugar balance
- Less allergenic
- Less stressed
- Faster healing
- More resistant to infection from microbes, bacteria and viruses
- Boosts your dogs immune system for greater balance so it can do its job – defend your dogs body from disease.

You can buy it in capsule form or as a cream. Use the capsules for everything stated above and the cream for skin conditions such as burns, wounds and any eczema or skin cancer condition.

Be careful to buy a quality brand as many claims are made. Make sure the cream is stated to have at least 1% real beta glucan in it! If you buy 100mg capsules, then open up the capsule and pour out half onto dog food at 50mg for small dogs and the whole 100mg for larger dogs, do this daily.

There are no side effects; it's very safe and very powerful.

[Beta glucan caps](#)

[Beta glucan cream](#) (this is a high quality 5% cream)

## About the Quick Start Guide

I've included a quick start guide below to take you through the entire raw food diet in simple steps. I've also included an example feeding data sheet directly below that shows you how to plan out the monthly feeding schedule.



## Quick Start Guide



<b>Date, Dogs Name &amp; Age</b>							
Current Weight							
Ideal Weight							
Health Conditions							
Current Medications							
	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
Food Weight: Daily							
Fast Day/s							
Exercise Days							
Food Choice Wk1							
Food Choice Wk2							
Food Choice Wk3							
Food Choice Wk4							
Supplements							
<b>Notes:</b> i.e. Watch stools, bone manners etc							

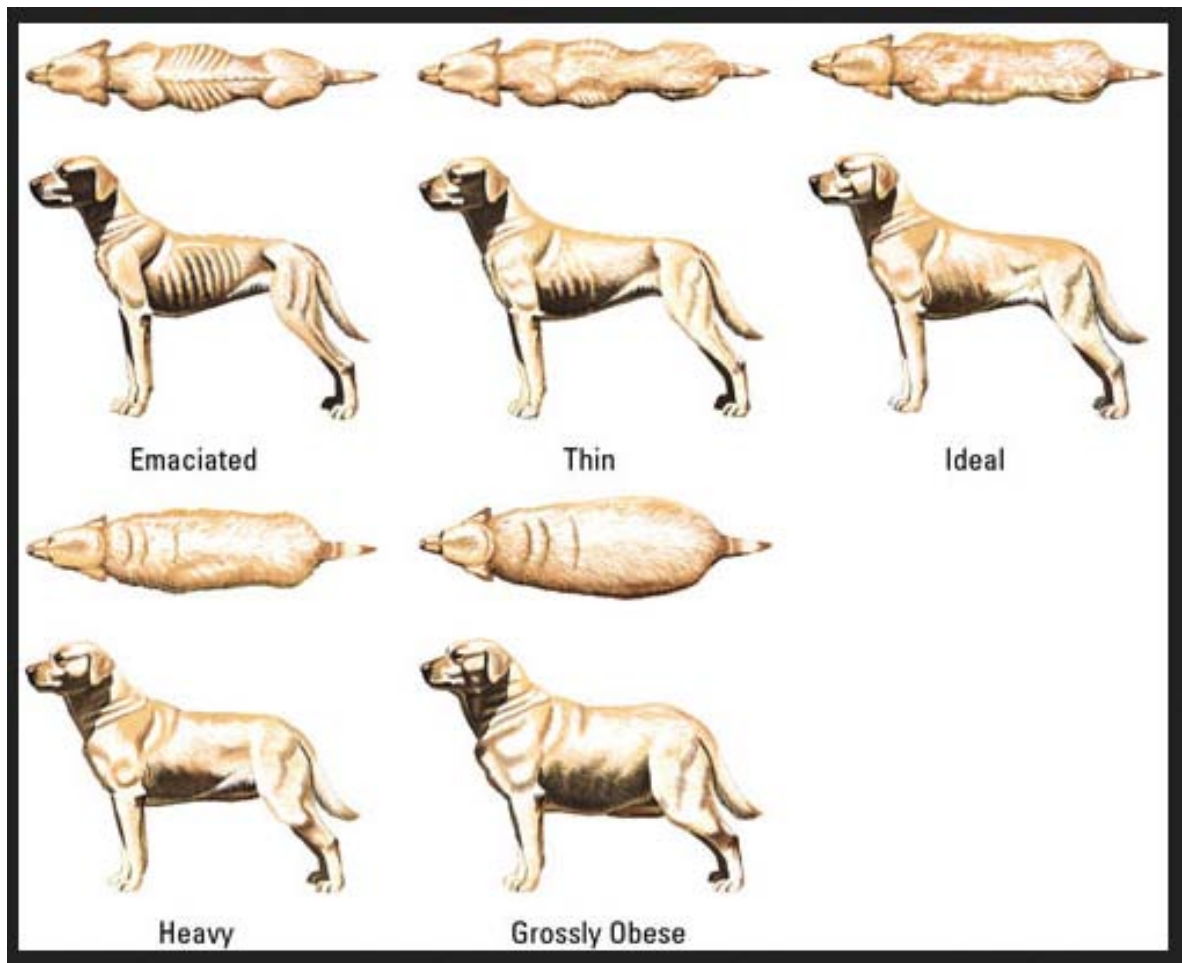
1. Print out and the follow the monthly feeding guide chart. On PC, have the Quick Start Guide page open, click print and under page range, click current page to print it out. keep the planned feeding schedule pinned to your refrigerator to stay on track with what you're feeding each day of the week.
2. Decide if you want to switch "cold turkey", or gradually. If your dog is generally healthy, go cold turkey. If they have health problems, particularly in the GI tract or they're older dogs or have difficulty getting started then switch gradually. And it's ok to begin feeding commercial ready-made raw meals, keep the ingredients simple to start with. See the resource section for suppliers.
3. Begin with one meat source the first week, feeding once per day. Chicken or green tripe are good starter foods. Include the probiotics.
4. Feed large pieces or whole carcasses so your dog has to work on it. This is excellent employment of their time. Initially, if you prefer, feed the pre-ground bone-in ready-made raw commercial foods (single meat & bone ingredient first i.e. chicken).

You can also use a calcium supplement if not using whole bones or ground in bone.

5. Depending on appetite (healthy appetite, finicky eater or doesn't eat much), size and weight, vary the size and number of pieces of food given daily.

Feed roughly 2-3% of dog's lean body weight for medium/large dogs and 4-6% for small dogs per day. Allow the dog to dictate its needs to start and keep an eye on ribcage for condition - pinch a thin layer of fat over them.

Aim for the '**ideal**' size below.



6. Each following week, work in another food source as per sample menus. That way you're clear on what your dog likes and agrees with their system i.e. no allergy reactions or discomfort.

Over time as your dogs immune system strengthens they should be able to eat all meats with no allergy reactions.

7. After the first 4 weeks, work in fish once a week, raw eggs 1 or 2 days per week, (1 egg small dog per week, 2 eggs medium dog per week, 3 eggs large dog per week) some blended or well crushed vegetables, salad greens, edible herbs once or twice a week minimum and some offal such as liver, kidney etc mixed into several meals per week.
8. Add in the 4 supplements as per the weekly supplement schedule.
  - Super greens
  - Coconut oil

- Himalayan Mountain Salt
- Sardines

For convenience: Some commercial raw food meals come as ready mixed all in one balanced meals. Mix several of these meals in each week if you prefer and according to budget/convenience.

9. Always have fresh filtered water available and clean the bowl with apple cider vinegar once per week.
10. Keep your eyes open for other food sources like rabbit, turkey necks, green tripe, buffalo, kangaroo and venison etc.
11. There may be some loose stools or diarrhea, mood swings and barfing from the first week or two as part of the body's detoxification process, this will pass.

**Note:** Add in the recommended probiotics and enzymes from day one. Start with half recommended the dose and work up to full dose over several days.

If your dog is starting out with a serious health problem, especially in the gastrointestinal tract or a cancer, liver disease etc, it may be best to consult a holistic health practitioner and plan out a 6 to 12 month roadmap to recovery.

12. Work in one fast day per week/fortnight for healthy dogs over 12 months old, after your dog has settled on the new diet.
13. Puppies can be put straight onto 3-4 raw food meals the first day you pick them up usually at 7 to 10 weeks of age. I recommend green tripe, chicken pieces, lamb breast, canned sardines and egg with a little offal and pureed veg. Always serve food at room temperature or a little warmer.

14. Feed adult dogs whatever time of day suits you.

15. Balance out the feeding of minimum 3 to 5 meat choices plus eggs, organs and a little vegetable matter over a whole month and don't worry if one week you only have one source of meat available, mix in other choices the following week.

- **Small Dog Example:** An 8 to 14lb or 3.6 to 6.3 kg dog (Maltese, Shih tzu, Yorkshire Terrier, Bichon Frise Pekingese, Chihuahua, Pug, King Charles Spaniel, Miniature Poodle, Dachshunds, Jack Russell Terrier, West Highland Terrier).
- Feed chicken wings & necks, turkey neck portions, chicken breast, green tripe or pre-made all in one raw meals. If bones concern you then begin with ground meats including bone content otherwise use chicken or green tripe.
- **Medium Dog Example:** A 25 to 50lb or 11.3 to 22.6kg dog. (Staffordshire Bull Terrier, American Staffordshire Terrier, Wheaten Terrier, American Pit Bull Terrier, Spaniels, Beagle, Bulldog, Schnauzer, Kelpie, Australian Cattle Dog, Border Collie).
- Feed small chicken backs (whole carcasses), turkey necks, green tripe or pre-made all in one raw meals. If bones concern you then begin with ground meats including the bone content otherwise use chicken or green tripe.
- **Large Dog Example:** A 65 to 120lb or 29.5 to 54.4kg dog. (Doberman, Labrador Retriever, Golden Retriever, Giant Schnauzer, Great Dane, German Shepherd, Dalmatian, Boxer, Rottweiler, Old English Sheepdog, Weimaraner, American Foxhound, Bloodhound, Husky, Greyhound, Irish Wolfhound, Afghan Hound, American Bulldog)
- Feed large chicken backs (whole carcasses), turkey necks, green tripe or pre-made all in one raw meals. If bones concern you then begin with minced (ground in bone) chicken or green tripe.

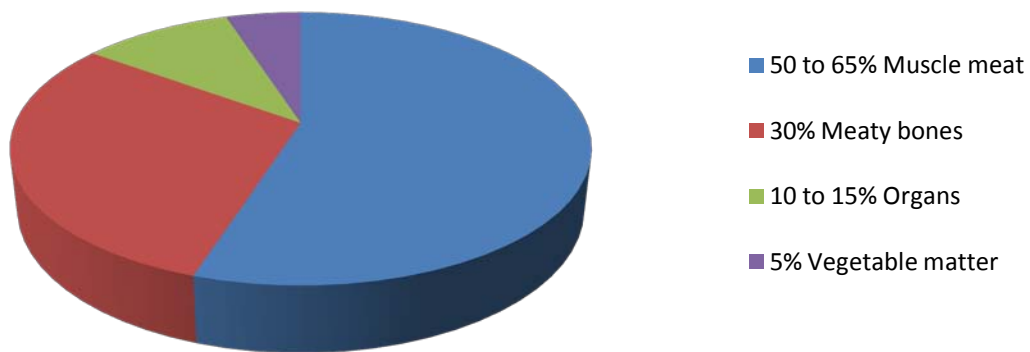
16. If feeding indoor grain fed meat, supplement with some fish or krill oil and vitamin E oil 3 alternate days per week.

Fish or Krill oil - ½tsp for a small dog, 1½tsp for a medium dog and 2½tsp for a large dog. Vitamin E oil (natural mixed tocopherol) - 50IU per day for small dogs, 100IU medium dogs and 200IU for large dogs.

17. Don't worry too much about getting things perfect, just give your dog the amount he or she wants and watch the overall weight and condition according to the above chart. I find generally, dogs tend to balance out their weight naturally on this diet.

- Feed around 65% boneless muscle meat
- Feed around 15% bone content or use calcium replacement, see p.189
- Feed around 10-15% organs
- Feed around 5% vegetable matter

### % of Each Food Group to Feed



You won't be feeding all the food groups at once, so one day it's 50% muscle meat, 30% meaty bones (15% bone & 15% meat) 15% offal and 5% veg. The next day it could be a 100% green tripe meal.

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.

**1 Months Food Needs by Weight-Example:** Bichon Frisé weighing 15lb (7kg) and is medium energy. Daily food requirement is 4% of lean body weight (15lb x 4% = 0.6 x 16oz = 9.6oz or 270g of food per day)

For the whole month's food requirement: 9.6oz x 31 days = 18.6lb or 8.3kg

18.6 x 50-65% (muscle meat) = 9.3lb-12.9lb or 4.165kg-5.78kg

18.6 x 30% (meaty bones) = 5.58lb or 2.5kg

18.6 x 10-15% (Organs) = 1.86lb-2.79lb or 833g-1.25kg

18.6 x 5% (Veg.) = 0.93lb or 417g

So for the whole month the Bichon would get around 11lb of muscle meat, 5 1/2lb of meaty bones, around 2 1/4lb of organs and 1lb of vegetable matter.

Use this calculator to help: <http://www.conversion-converter-calculator.com>

### **Muscle Meat Examples**

Ground, diced or whole beef, beef heart, beef tongue/turkey/chicken/lamb, lamb heart/buffalo/pork/goat/venison/chicken. Eggs count as meat.

### **Meaty Bones Examples**

Chicken necks/turkey necks/whole chicken frames/quarters & wings, lamb breast/rack of lamb rib/lamb neck, whole/half/pieces of rabbit, ox (beef) tail, pork trotter (feet), beef rib/veal rib, venison rib/neck/joint/head/feet, bison parts, kangaroo parts and whole fish.

### **Organ Examples**

Beef, lamb, pork - liver/kidney/trachea/spleen/gullet/lung/turkey giblets /chicken giblets.

### **Vegetable, Herb & Fruit examples**

Carrot/broccoli/cabbage/zucchini/lettuce/spinach/cress/parsley/basil/dandelion/cantaloupe/apple/pear/banana/peach/plum/berries.

### **Exercising Your Raw Fed Full of Energy Dog**

Remember, your dog's new diet will mean greater energy levels and newfound enthusiasm so please be prepared to get out and drain your dogs energy levels on a daily basis.

I highly recommend a session of throw and fetch at the park, in your yard or if walking, it's important to be out at least 45 minutes twice per day at a good

pace or power walking for a minimum of 3 good power walks of 30 minutes per week – a great way to get yourself fit too!

### **In summary:**

Feeding your dog a raw food diet has huge benefits because it's the natural species appropriate food dogs have evolved to eat over millions of years.

There are two options with a raw food diet, you can make your own at home or you can buy pre-packaged locally or online from one of the many raw pet food companies.

When making up your own raw food meals at home stick to the basic feeding ratio of 65% muscle meat with a little of it as fat, 15% bone content, 10% offal and 10% vegetables and fruit.

A good place to start is 2-3% of your dog's bodyweight for a medium energy adult dog or 3% of the expected adult weight for puppies throughout their growing phase.

It will take a generally healthy dog's stomach about two full weeks to completely adjust to the new routine of raw food, at which time it will be fully efficient in producing the enzymes necessary for smooth digestion.

Once your dog is started on a raw food diet, the nutrients in the food will help the body heal in a process of detoxification.

I give some tips on what to watch for during the transition and ongoing.

Use the chart provided to plan your food choices and what to feed by percentage for a balanced diet.

Various recipes are laid out to show you examples of how to make up meals. You can make each meal you serve balanced or plan out a weekly or monthly menu that uses the feeding ratios: 65% meat, 15% bone, 10% offal & 10% veg over the planned time frame.

I recommend incorporating four specific supplements. I've included a quick start guide to take you through the entire raw food diet in simple steps. I've also included an example feeding data sheet that shows you how to plan out the monthly feeding schedule.



## Chapter 7

### All the supplements you'll need in one place



I've included supplement links all through this book for various diets and other beneficial situations, and I'll list them all here too so you know all the supplements you'll need are in one place.

#### **A great resource if you have the time?**

I find Amazon the most amazing resource for nearly all my needs. It's convenient; the prices are good, I can get pretty much whatever I want and I don't have to trawl round town. And

because Amazon has tons of research data for me to find out what's working and what's not.

I've spent months online evaluating supplements we both need for better dog health, I love doing it and won't accept anything less than what's required.

An effective product must be the following:

- The best quality
- A perfect fit for intended purpose
- The healthiest option
- A good price point
- A lot of genuine reviews having used the product and witnessed better results

I read thousands of reviews and for every supplement I read every review. I get so much useful feedback that I can draw certain conclusions that hold true over time to build accurate information on what's effective.

### **Finding the optimum supplement for a specific need your dog has and fast without wasting money on a dud**

It's a minefield of bogus or ineffective products on the high street and the internet and takes a LOT of research to find the best, healthiest, most natural and above all effective supplements.

But with research we get what we need without wasting time, money and health. And I like knowing you're using effective supplements combined with the diets in this book.

### **Links, commission and charity – just so you know**

The links do draw a small commission from Amazon - at no cost to you and 100% goes to charity.

### **Teach a man to fish...**



Combining commission received with my own money, I buy various goods, home remedies and supplements to take to Africa twice a year when I'm out there working among local tribes in remote areas.

The people I visit live in extreme conditions with very little help from outside. I buy, pack and travel with fishing line, hooks, soap, medicine, salt, balloons, various home remedies, clothes, blankets and other useful things they can use.

I treat dogs for ticks, mange, fleas and worms and currently I'm researching cow health and how home remedies can help. It's just something I do and receive enjoyment from and that little extra commission through you really helps - thank you.

### In summary:

Those all important high quality probiotics and prebiotics plus digestive enzymes you'll need whenever you transition your dogs diet or add new food choices and when you combine diets.

1. [Probiotics](#) – USA made, 22 species and 2 billion CFU's per scoop with 90 day guarantee and excellent customer service.
2. [Prebiotics](#) – 1oz tincture, use in food or by mouth, feeds and boosts the probiotics (use as one time purchase then discontinue).
3. [Digestive Enzymes](#) for transitioning diets and aiding senior dogs digestion and alleviating their over taxed pancreas.

### The Healthier Kibble Diet:

The 7 perfect value food supplements combined to complement each other and give your dog maximum benefit with minimum expense and effort.

1. [Sardines](#) (canned in water) - 4.25oz (12 pack) sardines packed in water with skin and bone intact, low sodium with no added salt from Morocco, the home of sardines (not China - they add salt. The best deal on Amazon. May even beat your local store on price.
2. [Extra Virgin Coconut Oil](#).– the best quality extra virgin oil.
3. [Himalayan Mountain Salt](#) - This choice is pure, fine ground, very cheap surprisingly for how much you get, has thousands of happy reviews and will last years.
4. [Freeze Dried Super Food](#) - [Large economy tub](#) - This one is the best option for long term economy for all dogs. Its quality is reflected in the price but will last a 50lb dog 6 months and a Chihuahua probably about 2 years! - keep in the freezer for long term freshness. This really is a power house convenience super-food addition to your dog's current diet that will benefit them greatly.  
[Small tub](#) - This one is better for small dogs on a budget and will last a 20lb dog two months.
5. **Kefir** – available at local supermarkets and whole food stores.
6. **Vegetables** – available at local stores.
7. **Eggs** – medium size. available at local stores.

If your dog is over 7 years old I recommend including the extra digestive enzyme supplement and the pure fish protein concentrate. There are 4 further highly beneficial supplements you can add that protect and boost health

further, especially if your dogs starting out with health concerns and you have the budget for improved health:

1. [Digestive Enzymes](#) – important for senior dogs 7 years and over.
2. [Pure fish Protein Concentrate](#) – unaltered high quality pure protein to help immediately to correct a troubled digestive system and a boost for older dogs especially.
3. [Fish Oil](#) and [Vitamin E oil](#) – The best wild Alaskan salmon oil and natural vitamin E with mixed tocopherols for greater overall balance and to protect and improve health for all life stages .
4. [Beta Glucan](#) caps and [Beta Glucan Cream 5%](#) – powerful immune system support for all life stages.

## The Home Cooked Food Diet:

Use the 5 recommended supplements to balance the diet.

1. **There are 3 Calcium options** – For the home cooked diet you'll need to supplement calcium into any meat based meal:  
[Bone meal powder](#)  
[Seaweed calcium](#)  
[Eggshell calcium](#)
2. [Sardines](#), [Fish Oil](#) and [Vitamin E](#) - for balanced omega 3 and omega 6 oils .
3. [Nutritional yeast flakes](#) - The best natural non fortified yeast flakes  
The B vitamins are vital to good health because they metabolize carbohydrates, proteins and fats in the body and perform other vital functions.
4. [Freeze Dried Super Food \(Large economy tub\)](#) - This one is the best option for long term economy for all dogs. Its quality is reflected in the price but will last a 50lb dog 6 months and a Chihuahua probably about 2 years! - keep in the freezer for long term freshness. This really is a power house convenience super-food addition to your dog's current diet that will benefit them greatly.  
[\(Small tub\)](#) - This one is better for small dogs on a budget and will last a 20lb dog two months.
5. [Himalayan Mountain salt](#) - This choice is pure, fine ground, very cheap surprisingly for how much you get, has thousands of happy reviews and will last years.

In addition these are my recommendations.

1. [Beta glucan](#) caps and [Beta Glucan Cream 5%](#) – powerful immune system support for all life stages.
2. [Extra Virgin Coconut Oil](#) - the best quality extra virgin oil for all life stages.

### **The Raw Food Diet:**

If you feed a raw food diet use the 4 recommended supplements to balance the diet.

1. [Freeze Dried Super Food \(Large economy tub\)](#) - This one is the best option for long term economy for all dogs. Its quality is reflected in the price but will last a 50lb dog 6 months and a Chihuahua probably about 2 years! - keep in the freezer for long term freshness. This really is a power house convenience super-food addition to your dog's current diet that will benefit them greatly.  
([Small tub](#)) - This one is better for small dogs on a budget and will last a 20lb dog two months.
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3. [Extra Virgin Coconut Oil](#).– the best quality extra virgin oil.
4. [Sardines](#) (packed in water with skin and bone intact, low sodium with no added salt and from Morocco, the home of sardines (not China, they add salt). This is the best deal I can find on Amazon. May even beat your local stores on price.  
[Meat grinder](#) - This one's excellent and cheap too!

In addition this is my recommendation.

1. [Beta glucan](#) caps and [Beta Glucan Cream 5%](#) – powerful immune system support for all life stages.

### **The Home Cooking Recipes Section:**

Kitchenware that makes life easier:

- [Hand blender](#) - The latest and greatest 4-in-1 multi hand blender.
- [Food processor](#) - Excellent, reliable and cheap 10 cup food processor.
- [3 tier steamer](#) - Excellent high steam and BPA free 3 tier vegetable

steamer.

- [Slow cooker](#) for bone broth and casseroles.
- [Spare freezer](#) in the garage for bulk cooking – especially for medium to large dogs and this one's cheap but good quality.
- [Freezer bags](#) - Cheap 3 box deal on quart ziplocks.
- [Coconut cooking spray](#) - Traders Jo's.
- [Measuring spoons](#) - High quality stainless set at best price.

**The water filter:**

For safe, clean, affordable and tasty counter top drinking water – this choice gets excellent feedback.

[Click Here](#) to see the Berkey BK4X2 water filter system.

## Conclusion



If you're new to feeding anything more than a plain supermarket own brand or big named brand budget kibble and your dog has health concerns or they're simply overweight and perhaps just plain un-happy with their current diet, go through the content a few times and let the information settle in.

It can be a lot of information to take in at first, but if all you did was get one of the higher quality kibbles I talk about or use the ingredients list to get your own choice and introduce the 7 Perfect Value Food Supplements Program – you will be well on the way to giving your dog a healthier life. Simply buying better dog food, adding the 7 extras and monitoring your dog's weight will mean you have your dog for longer and they will be healthier and happier.

If you want to venture further up the healthier dog diet scale then try the home cooked food diet or the raw food diet. You have all the information you need to get started and become confident over a couple of months. Once you settle into a new diet routine, pride and satisfaction follow as your dog expresses how great they feel and you know you've done the right thing.

Yes there'll be some hurdles to jump and you may stumble over one or two but that's ok, you're not doing it wrong; you're learning and it all provides clarity on the way to relaxed confidence. A month or two from now, you'll be set for years ahead.

Your dog's health, wellbeing and happiness will soon demonstrate you were right to get this book, right to want to feed your dog better and right when

your dog's health, energy and new found enthusiasm for life brings you both joy.

If you keep a mental or written list of your dogs niggling health problems, you'll soon begin to cross them off the list as skin issues, achy joints, poor coat condition, body odor, bad breath, sensitive tummy and yeasty ear infections dramatically improve.

Stay open to switching things up a little when one ingredient doesn't go down well with your dog, there's no wrong answer, simply swap out ingredients and go again as you'll soon settle on some favorites your dog loves and does well on.

Stay focused on the body condition score table if your dog is overweight; remember to adjust portion sizes 10% a month until you bring your dogs weight into the normal zone. Get the best kibble you can afford for your dog and if you're going the home cooked or raw food diet route, choose high quality ingredients and make sure to water and exercise your dog as discussed.

And when it's all going smoothly, your dogs in great shape and you're happy, please drop me a line – [danscott@healthydogforlife.com](mailto:danscott@healthydogforlife.com) - with a photo of your dog because I love seeing customers success stories - that's why I do this.

Sincerely, Dan Scott



## APPENDIX

### Standard to Metric Conversion Chart

(Approximate metric equivalents)

Volume	
<b>¼ tsp</b>	1 ml
<b>½ tsp</b>	2.5 ml
<b>¾ tsp</b>	4 ml
<b>1 tsp</b>	5 ml
<b>1 ¼ tsp</b>	6 ml
<b>1 ½ tsp</b>	7.5 ml
<b>1 ¾ tsp</b>	8.5 ml
<b>2 tsp</b>	10 ml
<b>1 Tbsp (1/2 fluid oz)</b>	15 ml
<b>2 Tbsp (1 fluid oz)</b>	30 ml
<b>¼ cup</b>	60 ml
<b>1/3 cup</b>	80 ml
<b>½ cup (4 fluid oz)</b>	120 ml
<b>2/3 cup</b>	160 ml
<b>¾ cup</b>	180 ml
<b>1 cup (8 fluid oz)</b>	240 ml
<b>1 ¼ cups</b>	300 ml
<b>1 ½ cups (12 fluid oz)</b>	360 ml
<b>1 2/3 cups</b>	400 ml
<b>1 ¾ cups</b>	420 ml
<b>2 cups (1 pt)</b>	460 ml
<b>3 cups</b>	700ml
<b>4 cups (1 qt)</b>	0.95 l
<b>1 qt plus ¼ cup</b>	1l
<b>4 qts (1 gallon)</b>	3.8 l

<b>Weight</b>	
<b>¼ oz</b>	<b>7g</b>
<b>½ oz</b>	<b>14g</b>
<b>¾ oz</b>	<b>21g</b>
<b>1 oz</b>	<b>28g</b>
<b>1 ¼ oz</b>	<b>35g</b>
<b>1 ½ oz</b>	<b>42.5g</b>
<b>1 2/3 oz</b>	<b>45g</b>
<b>2 oz</b>	<b>57g</b>
<b>3 oz</b>	<b>85g</b>
<b>4 oz</b>	<b>113g</b>
<b>5 oz</b>	<b>142g</b>
<b>6 oz</b>	<b>170g</b>
<b>7 oz</b>	<b>198g</b>
<b>8 oz (1/2 pound)</b>	<b>227g</b>
<b>16 oz ( 1 pound)</b>	<b>454g</b>
<b>35.25 oz (2.2 pounds)</b>	<b>1 kg</b>

<b>Length</b>	
<b>1/8 in</b>	<b>3mm</b>
<b>¼ in</b>	<b>6mm</b>
<b>½ in</b>	<b>1 ¼ cm</b>
<b>1 in</b>	<b>2 ½ cm</b>
<b>2 in</b>	<b>5cm</b>
<b>2 ½ in</b>	<b>6cm</b>
<b>4 in</b>	<b>10cm</b>
<b>5 in</b>	<b>13cm</b>
<b>6 in</b>	<b>15 ¼cm</b>
<b>10 in</b>	<b>25 ½ cm</b>
<b>12 in (1 foot)</b>	<b>30cm</b>

## Oven Temperatures

To convert Fahrenheit to Celsius, subtract 32 from Fahrenheit, multiply the result by 5, and then divide by 9.

Description	Fahrenheit	Celsius	British Gas Mark
Very hot	475	245	9
Very hot	450	230	8
Hot	425	220	7
Fairly hot	400	200	6
Moderately hot	375	190	5
Moderate	350	175	4
Warm	325	165	3
Moderately warm	300	150	2
Fairly cool	275	135	1
Cool	250	120	½
Very cool	225	110	¼
Very cool	200	95	0

## Metric Conversion Formulas

To Convert	Multiply
Ounces to grams	Ounces by 28.35
Pounds to Kilograms	Pounds by .454
Teaspoons to Milliliters	Teaspoons by 4.93
Tablespoons to milliliters	Tablespoons by 14.79
Cups to milliliters	Cups by 236.59
Cups to liters	Cups by .236
Inches to centimeters	Inches by 2.54

**How many grams or ounces are in 1 cup?**

<b>Cups</b>	<b>Grams</b>	<b>Ounces</b>
<b>1/4 cup</b>	85 g	3 oz
<b>1/3 cup</b>	113 g	4 oz
<b>1/2 cup</b>	170 g	6 oz
<b>2/3 cup</b>	227 g	8 oz

## About Dan Scott



Dan with his dog Rocco

I was born on an Australian farm handed down over five generations. My earliest memories of life with dogs were watching the working sheep dogs and my first pet dog at the age of three, a black Labrador retriever named 'Topsy' with whom I shared many adventures while roaming the farmland.

I'm now an experienced dog nutrition and natural home remedy specialist, helping dog owners around the world discover effective, natural and swift solutions to having a healthier, happier and longer lived dog.

As a passionate advocate of natural health care for dogs I love to educate and inspire pet owners to be knowledgeable, self reliant and confident with the diet and health care of their dogs.

I've dedicated 15 years to researching and practicing all things naturally healthy for dogs and seek to inspire dog owners around the world to be more independent of the establishment mass market approach to pets that is based on economics and not true holistic health care.

I enjoy creating informational videos based on my in depth knowledge, research and practice. My work is published around the world and I regularly travel globally to study the life and habits of wild dogs.

- Dan Scott

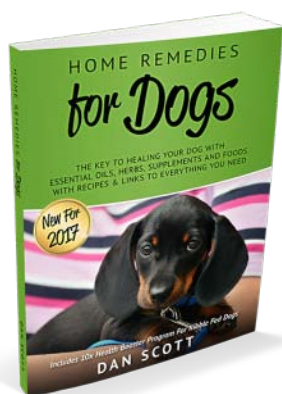
Visit Dan at: [HealthyDogForLife.com](http://HealthyDogForLife.com)

Follow me on Twitter: [Twitter.com/DanScott888](https://twitter.com/DanScott888)

Like and connect on: [FaceBook.com/HealthyDogForLife](https://facebook.com/HealthyDogForLife)

Follow me on: [YouTube.com/DanScott888](https://youtube.com/DanScott888)

## Other Books and Programs by Dan



### [Home Remedies for Dogs](#)

The key to healing your dog with essential oils, herbs, natural supplements and foods with recipes and links to everything you need.

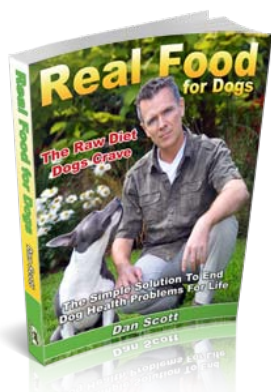
The safe, effective and economical way to treat your dog for fleas, worms, arthritis, infection, pain, digestive upset and more with home remedies.

*Use the natural options to stop intoxicating your dog with drugs - Dan*



### [Homemade Treats For Healthier Dogs](#) -

Quick, easy and YUMMY dog treat recipes using wholesome, nutritious and healthy non allergenic ingredients your dog will love and you'll feel great making.



### [Real Food For Dogs](#)

Book, Video Program and Personal 1 to 1 Coaching options on how to switch diets and feed your dog a raw food diet.