

# *Real Food for Dogs*

*“The Way Mother Nature Intended”*

*By Marlene C. Masney*



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*Dedicated to*

Sadie & Eddie

If I had only known then, what I know now

*and*

Belle & Lyla

Who inspire my search for the Truth.

## Table of Contents

INTRODUCTION .....	1
COMMERCIAL PET FOOD .....	2
WHAT ARE REAL/RAW FOODS? .....	2
ENZYMES AND THEIR IMPORTANCE .....	4
COMMON MYTHS ABOUT RAW FEEDING .....	5
RECREATION BONES .....	6
THE SCOOP ON POOP .....	6
DETOXIFICATION .....	7
BACTERIA .....	8
CONVERTING TO REAL/RAW FOOD .....	9
DEALING WITH YOUR VET .....	10
FEEDING YOUR PUPPY .....	11
GROOMING .....	11
SWITCHING YOUR CAT .....	12
"GOOD THINGS" ABOUT REAL/RAW FOOD DIETS .....	17
QUOTES .....	17
SUGGESTED READING .....	19
WEBSITES TO VISIT .....	20
USEFUL YAHOO GROUPS .....	20

# Real Food for Dogs

## INTRODUCTION

Understanding the canine anatomy is the first step in changing your dog's diet. Dogs are basically carnivores and have the same gastrointestinal system as its predecessor the wolf. Dogs have a different chemistry in their stomachs (PH1) which allows them to eat their food raw<sup>1</sup>. After all, no wolf or lion has ever had access to a stove or fire pit to cook their food!

If you look at the teeth you will see that they are pointed not flat. They are incapable of chewing food. The pointed, sharp teeth are for ripping and tearing food in order to swallow, at which time the digestion begins in the small intestine. Dogs have no enzymes in their saliva that allow for cleaning the build up of grain from carbohydrates.

A natural diet is raw which is full of natural enzymes and healthy microorganisms that are chemically unaltered by cooking. A natural diet contains no artificial chemicals, colouring or toxins. It should be all human grade contents and not the 4D meats (dead, dying, diseased, downed) meat that is currently used in commercial pet food.

A real/raw food diet will most likely increase your pets life expectancy by 30 – 40 %. It should also reduce your vet bills and office visits. Your pet will be given a chance to die of natural old age rather than of painful disease.

Some people will argue that dogs are domesticated and therefore cannot eat raw meat. "The domestication process of our dogs has changed their exterior quite dramatically, but their gastrointestinal system is still like that of their forefather the wolf. Recent genetic studies even lead to the conclusion that wolf and dogs are one in the same species."<sup>2</sup>

This book is designed to assist with the conversion to real/raw food feeding and also to encourage the reader to continue to learn more about canine nutrition. If you are like me and thousands of others you will never look back or look at a bag of kibble the same way again. You will not only experience a feeling of utmost satisfaction as you witness the renewed vitality in your pet, but also their immune system will slowly regain strength and you will start to see the outward changes as the inward body repairs itself....besides, your pet will love the food!

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<sup>1, 2</sup> Raw Food for Dogs – The Ultimate Reference for Dog Owners, Mogens Eliason

# Real Food for Dogs

## COMMERCIAL PET FOOD

Dogs can “survive” when fed commercial kibble or canned food but will eventually succumb to disease and ill health caused by poor ingredients that are inappropriate for canines and have been denatured by cooking. These ingredients are not fit for human consumption and are preserved with harmful toxins.

Commercial food is cooked, which destroys all of the natural enzymes. Vitamin values are lowered and therefore must be added back artificially with more chemicals, salts, sugars and fats.

Commercial food ingredients are not fit for human consumption. The ratios of protein and fat to carbohydrate are out of balance. Grain is not part of a wolf, dog, lion or cats diet yet commercial kibble can be up to 65-75% grains. This is believed to contribute to so many skin allergies not to mention the “yeasty” ear infections, pancreatic insufficiency, diabetes, arthritis and bladder stone problems we are now seeing.

Kibble is low in digestibility and large quantities of water must be consumed to process all of this grain resulting in bladder, kidney, liver and other problems with these vital organs.

The pet food industry is self regulated. Just about anything can be used in pet food, including euthanized pets. Most people do not want to know about the rendered material that constitutes the major portion of dry dog food. For more information on the pet food industry I strongly encourage you to read *“Food Pets Die For”* by Ann Martin and also *“See Spot Live Longer”* by Steve Brown and Beth Taylor.

Dogs and cats have been in existence for some 15,000 years. Prior to 1957, when the first commercial pet food appeared on the market, our pets lived long, healthy lives and did not require frequent veterinary intervention. These pets often died of natural old age.

## WHAT ARE REAL/RAW FOODS?

Real foods are the foods we find at a farmers market for example. Real foods occur in nature and usually spoil unless kept refrigerated or frozen. This is quite different from the dry ingredients used in most extruded dog foods: meat meals, grains, man-made vitamins and minerals. The ingredients they use are powders and come in bags. Even the oils and fats they use do not require refrigeration because they contain powerful PRESERVATIVES!

If a food rots or spoils within a few days than you can see that it is real...no processing or additives and chemicals. ALL foods must be refrigerated or frozen to have any shelf life. Those bags and cans of commercial food have so much preservatives and chemicals they

## Real Food for Dogs

can stay on the shelves for 6 months to a year! What possible nutritional value can be left in material that has been cooked at high temperatures and loaded with chemical preservatives? Not to mention the fat they spray the extruded product with to make it palatable for dogs and cats.

Every time you think about giving your dog some leftovers ask yourself...*did this food come from a box or can that has preservatives or high percentages of salts and sugars? Does it have artificial food coloring? Is it mainly white flour like pasta or bread?* If so don't give it to your dog. Look for healthy alternatives like canned sardines or mackerel, eggs (including the shell), cottage cheese, leafy greens from leftover salad or the ends from asparagus or broccoli. The last bite of your apple or banana are also good alternatives. Please do not feed your dog the cooked fat off the steak or greasy gravy from the roast. This is not good for you and it is not good for your best friend either.

There are some definite **DON'TS**. Never feed your dog a COOKED bone. Cooked bones are like blocks of cement. Your dog tries to scrape the bone and can take splinters that when ingested become like sharp knives cutting into the intestine. RAW bones on the other hand are soft and easily ground up by the ripping and tearing from sharp, pointed teeth and easily digested. Ensure you do not feed large support bones such as chicken legs as these are not as easily broken down. Even though some of the larger breeds may be able to handle these, I personally do not recommend this.

Some other foods to avoid would be chocolate, especially the purest kind as it is very toxic for dogs. Onions are also a food to avoid and there is some thought that grapes and raisins may not be suitable either.

Now that we know what real foods are and we know what not to feed, let's talk about how to start. Your dog needs approximately 30-40% vegetables and 60-70% protein. The vegetables should be mostly leafy greens such as lettuce, broccoli, green beans, spinach, bok choy, kale, parsley, celery, escarole, arugala, kelp, alfalfa or collard greens. The more variety over time will ensure all the vitamins and minerals are present. With this you can add carrots, garlic, parsnips, yams and even a bit of apple. Keep in mind that all of these ingredients need to be juiced or pureed. Dogs do not have the enzymes to break down the cellulose walls of the vegetables to obtain the nutrients so if they are not blended they will pass through the dogs system virtually unused. Dogs do not balance their diet daily as we try to do. If within a 3 week period you include most of these items you will have all the vitamins necessary.

**Omega 3.** We also recommend a daily dose of Omega 3. Omega 3 can be in the form of any cold water fish such as salmon, sardine, herring, mackerel or anchovy. If you feed these from the tin or in their natural state you do not need to supplement with the pure oil version on those days. Dogs LOVE sardines and this is an easy and healthy way to supplement. Why do they need Omega 3? The body is not capable of producing omega 3 so we need to supplement. Fish is food for the brain. You may have heard the saying "fish for the brain" from your parents or grandparents. This has been true since the beginning of time, however people have stopped eating the needed amounts of fish and

## Real Food for Dogs

we are seeing the results in more Alzheimer's patients and cognitive dysfunction in our pets. The omega 3 also assists in nourishing the soft tissue in the joints and also keeps the skin and coat healthy.

**Protein.** The protein most acceptable for dogs is chicken. We recommend that a broader variety than this be served. Turkey, lamb, beef, venison, rabbit, organ meats and green tripe should also be part of the diet. When a dog kills a rabbit for example it will eat the stomach lining and contents which will consist of predigested grasses (leafy greens). Then it will eat the muscle meat and for dessert clean its teeth on the RAW bones which will also provide the calcium, phosphorous and live enzymes. Remember, he didn't cook the food first. Chicken necks and backs along with turkey necks are probably the easiest and most available to purchase. Ground beef is also available provided you add finely ground eggshell for the calcium. There are no bones in ground hamburger so you need to add this in. Don't forget varieties like duck, lamb, venison and bison.

**Tripe** is the second or third stomach of the cow and is considered to be the "perfect food". It houses all the good bacteria which keep the stomach bacteria in check. It is the smelliest food and I think for that reason alone dogs can't get enough of it.

**Dairy.** Eggs are an inexpensive source of protein, vitamin A and minerals. Feed the shell with the raw egg for its calcium benefits. Unsweetened plain yogurt can be used but Kefir has more essential bacteria and will work to keep the bowel healthy.

**Grains.** They are not required. Grains are not part of their evolutionary diet. Wheat is a high allergen causing numerous skin problems and yeasty ear infections. Some dogs can do well on cooked oatmeal and barley especially if they need to bulk up from being underweight. Grains also can cause gas, bad breath and dirty teeth that most kibble fed dogs experience. When they eat grain they also have to drink an excess of water to process the grain and therefore puts stress on the bladder, kidneys and liver.

## ENZYMES AND THEIR IMPORTANCE

Raw foods, especially meats, contain thousands of different types of enzymes. We require enzymes to digest food. Some enzymes occur naturally in food; digestive enzymes are made by the body.<sup>3</sup>

Cooked foods have no enzymes. When food is cooked above 110° F the enzymes become denatured or "dead". That said, there are no enzymes in dry or canned dog food. *Why does this matter?* When a dog eats cooked foods, the pancreas, stomach and small intestine must make all enzymes necessary for digestion. This may put a long term strain on these organs. Therefore the enzymes in raw foods aid the digestion, reducing the load on the digestive organs. As the dog grows older, the ability to produce enzymes

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<sup>3</sup> See Spot Live Longer, Steve Brown and Beth Taylor



## Real Food for Dogs

decreases.<sup>4</sup> This I believe is the reason we see such outstanding results when a dog is converted from enzyme-depleted commercial foods to an enzyme-rich raw food diet.

### COMMON MYTHS ABOUT RAW FEEDING

#### ***Never change your dogs diet and never give your dog table scraps***

These 2 myths were propagated by decades of advertisements by the big pet food companies. If you frequently change the dog's food you may also switch dog food companies. Feeding healthy human grade table scraps means you would not be buying their product. The ad campaign was so effective, we still have clients who are embarrassed to say they feed human grade food to their dogs!

#### ***Dogs become "blood thirsty" on raw food***

This is simply folklore. Your dog will show a greater enthusiasm about his food but this is because he recognizes real/raw food and loves eating and chewing food as he was designed to do.

#### ***Real/raw food is more expensive***

In most cases feeding your dog real/raw food will cost the same or slightly more than the most expensive "bagged" or vet formula, however, you must consider the future "cost" of commercial food. Over your pet's lifetime, not lonely will you see a significant decrease in vet bills, your pet will be spared the suffering associated with intrusive procedures and harmful medications (provided, of course, that you take normal care and exercise due diligence in protecting your pet).

#### ***But my dog is perfectly healthy***

A major challenge in discussing switching to real/raw food with pet owners who currently own healthy dogs is that they believe these pets will always be healthy. They need to be proactive in their pet's life BEFORE they become ill. If you wait until there is a problem, a return to health may not be entirely possible or may take much longer. If we want our dogs to be healthy in the future, we need to provide their bodies with the proper nutrition. A species appropriate diet will not only help heal those with current health problems but also maintain brilliant health in those that currently have good health.

#### ***Don't dogs choke on bones?***

Dogs have eaten RAW bones since the beginning of time. COOKED bones on the other hand are very dangerous. Dogs had no means to cook their food (including the bones). They have teeth that are meant for pulverizing RAW bones and a stomach acid that is able to dissolve raw bones and food. The splinters from COOKED bones cannot breakdown and are like sharp knives going through their system and in many cases the

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<sup>4</sup> The Omega Plan, Simopoulos, Artemis & Robinson, JD.

## Real Food for Dogs

dog requires veterinary intervention or does not survive. We cannot over emphasize this enough. NEVER, EVER give your dog a cooked bone or an inappropriate raw bone.

### RECREATION BONES

Large beef knuckles, venison necks, bison or lamb knuckles make good choices for exercise and teeth cleaning. These bones provide gum massage and also satisfy a psychological need that dogs have for chewing. Bones are your most valuable source of minerals, especially calcium. They provide quality protein, fats, fat soluble vitamins and cartilage. They must be fed RAW!

*Are bones dangerous?* Dogs have evolved to eat bones however, they are NOT to be used as a "baby sitting" device. You should always THAW out thoroughly before giving to your dog. Take off any loose hanging bone pieces or large lumps of fat. The first time you give a bone your goal is to observe how your dog chews the bone. If he is extremely aggressive you may need to monitor him for the full 15-20 minutes so that he doesn't eat too much too fast on the first experience. If the bone is being devoured too quickly and the pieces are getting too small for comfort then take it away and throw it out. This experience is new for most dogs and they can get overly possessive thinking you or another dog will take it away.

Some dogs will run and bury it first and not go back for it till later. If this happens, then ensure you are there to watch him when he digs it up and begins to chew it. If your dog is gentle and picks slowly at the bone then you can re-use it another time. Put it back in the freezer and thaw again later. These bones are not to be dragged around your house. They are raw and bloody and your dog will learn to eat them outside or stay on a mat inside on colder days.

If you give these bones once per week they will not only clean the teeth if they were already dirty, but prevent further plaque and tartar from forming. This results in healthy white teeth, tight gums and no bad breath. Natures toothbrush!

We do not recommend the marrow or soup bones as these are the support bone of the cow. These bones are very hard and can wear down the teeth over a period of time.

There will always be some risk when providing recreational bones. It is possible that a tooth may chip or crack especially as the dog gets older but we believe the benefits outweigh the risks.

### THE SCOOP ON POOP

When you feed a raw food diet you will begin to notice changes in your dogs stool. Taking daily notice of this is important, especially at the beginning because it is the picture of what is happening on the inside.



## Real Food for Dogs

The stools will be smaller and more firm. There will also be less odour as most of the good nutrients have been absorbed by the body and only the small amount of unusable waste is expelled. The stools will also be relatively unformed which varies depending on what foods were fed. What you won't see is the voluminous smelly formed stools as before. The main reason for this is most commercial food has a "stool forming" agent that makes the stool look formed. They also have so much preservative left in the stool that if not picked up would remain there for a very long time. The real/raw food stool has bone meal in it and will be crumbly and will breakdown and dissolve into the ground.

It is healthy for your dog to experience a firm "bone poop" (looks like cement) at least a couple of times during the month. This can be achieved by the recreation bones every week or so. This hard stool is very healthy for a strong bone eater. It will express the anal glands naturally and keep them in good shape...no more scooting across the carpet!

You may notice on occasion that the stool seems to be encased with a mucous-like substance. This is a healthy indication that the intestine is shedding the old mucous membrane.

If the stool is rather loose, you should add more bone with the meal. If he is struggling too long on the bowel movement you may want to add more vegetables or organ meats to the meal. Ultimately the stool should be soft, yet firm. The colour will vary with the contents fed.

If you give your dog something to eat that it is not used to you may see diarrhea. There is nothing to worry about if it lasts 24-48 hours. One way to speed up recovery is to stop feeding anything except pure water and give 1 teaspoon or 1 tablespoon (depending on size of dog) of 100% pure pumpkin from a can. Resume feeding again when you see the first solid stool. When you switch from a commercial food loaded with preservatives, toxins and grains, you will often see a day of diarrhea while the dogs system "cleans house" of these toxins in order to prepare for the fresh food. This is a good sign as the body is ridding itself of garbage.

## DETOXIFICATION

On the day you switch to raw feeding you may initially encounter some "detox". The amount and duration varies widely depending on your dog's age, overall health and immune system but also the type of food previously fed and for how many years. Detox occurs very soon after the first real/raw meal and can manifest as diarrhea (the most common symptom) vomiting, discharge from eyes, nose or ears (could show up weeks later) itchy skin or increased shedding. No one likes any of these symptoms however, what must be understood is that your dog is getting rid of all the toxins accumulated over the time it was fed an inappropriate diet. After the dog has detoxed, which again may take days, weeks or months, its body can start healing and strengthening. One note...if the detox is diarrhea it should not go longer than 48 hrs and can be cleared up faster by

## Real Food for Dogs

giving only fresh water and no more food for the remainder of the day except for a dose of pure 100% pumpkin. This should result in a firm stool within 24 – 48 hrs. It is always a good thing to try to make the switch at a time when you will be home for frequent outdoor visits. If your dog develops a little discomfort during this time you can do a few things to ease this. If the eyes are watery or have discharge you can bathe them frequently using a cotton ball and luke warm diluted chamomile tea.

If your dog is suffering from itchy skin, mix together in a spritz bottle ¼ cup aloe juice, ¾ cup witch hazel and a few drops of tea tree oil and spritz the areas affected and massage into the skin. Avoid contact with the eyes. This will give some relief while you provide additional TLC for your dog. Keep the bottle in the fridge so that it is nice and cool when applied. Just as any human going through a detox program there may be slight discomfort and your dog will enjoy the extra attention you give during this short period of time. (Do not use this on cats as it contains essential oils which are toxic to cats.)

In a few days you will start seeing some subtle changes as the body begins healing and strengthening. The coat and skin will start feeling softer, the eyes will be brighter, the teeth will get whiter and the breath will be clean. If your dog had body odour, that will disappear and you will also see a renewed vitality. These are only a few of the changes as your dog begins to develop a stronger immune system to protect against disease and parasites.

## BACTERIA

One of the biggest concerns and most frequently asked questions from people considering feeding raw food is about bacteria. Dogs come in contact with billions of bacteria every day. They collect dirt on their paws, they eat other animal's poops, some even eat their own. They lick their bums and clean their fur constantly. They have been burying and digging up bones since the beginning of time.

The simple answer is...dogs have evolved over thousands of years eating raw, uncooked food because they CAN! Their digestive systems are no different than that of their predecessor the wolf. They have a PH in their system that is 10,000 times more acidic than ours. This allows them to handle bacteria such as salmonella, e-coli and many, many more. Humans on the other hand have a PH of between 5 and 7 which is highly alkaline and therefore we must cook our food and wash our hands to avoid bacteria. If you and your family eat chicken you will clean the cutting board, utensils and your hands after preparation to reduce the threat of salmonella. **Dogs are different.** *Wouldn't they be extinct if they couldn't handle these strains? Who would have cooked their food? Why can they eat dirt and poop?* These may sound like silly questions but think about it - do they feed lions in the zoo cooked kibble?

Conventional veterinarians are also concerned about salmonella but not so much from the dogs point, but for you handling the chicken. They are also concerned about the salmonella "shedding" in the stool. I ask you, who would not wash their hands after

## Real Food for Dogs

cleaning up in the yard. Even if the dog ate kibble, does that mean there isn't any bacteria in the stool? Dogs licking your mouth is never a good practice. *How do you know the dog has not just finished licking it's behind before he came over to "kiss" you?* Salmonella is everywhere these days from chocolate manufacturing companies to spinach and strawberries. Normal hygiene practices should be used and therefore this becomes a non issue!

### CONVERTING TO REAL/RAW FOOD

There are several ways to convert your dog to raw food but each dog is different. Age, health and length of exposure to commercial food will determine the course of action.

If your dog is mature and under 5 years old and has no pre-existing health issues you will most likely be able to switch "cold turkey" with the aid of digestive enzymes to assist digestion for the first couple of months. Please re-visit the chapter on Detoxification.

If your dog is more senior and has some health issues, you will need to start slowly by giving smaller portions more frequently during the day. Digestive enzymes will also need to be put into the food. If you choose to feed one meal of raw and one meal of kibble this is fine provided you feed them separately. Do not mix kibble with raw as both have a different speed of digestion and will stress the process. Raw food passes through faster than kibble. Kibble is harder for your dog to digest. A good probiotic with many strains of bacteria will also aid digestion and regulate the bacteria in the dogs system.

Some breeds convert easier than others. The toy breeds are generally fussier and harder to convert. They often like their food warmed up, so we recommend floating the bowl of food in a sink that has some hot water in it. Stir a couple of times to slightly warm the food. This replicates the temperature of the contents of a fresh kill. **DO NOT COOK OR MICROWAVE** this food. The food has tiny crushed bones mixed in and they should **NOT** be cooked. If cooked they will have no nutritional value and could also harm your dog.

If your dog is not interested in the food the first time it is introduced it is usually based on fear and caution. This is their instincts kicking in. Just leave the food for approximately 10 minutes. If the dog still refuses it, put it back in the fridge and only feed again at the next meal time. Your dog should be hungry and willing to try the food. Once he experiences the food and discovers it did no harm, he will eat with enthusiasm.

Some owners will mix a canned sardine in the food to encourage the dog to eat. This also works as dogs LOVE sardines! A spoonful of yogurt or salmon oil will also do the trick. Because dogs are addicted to the preservatives, cooked fats and salts in the commercial food it may take up to 3 days to rid the dog of the addiction. Ensure that your treats are also real food and not loaded with preservatives etc. It is like comparing children raised on fast food and then trying to get them to eat broccoli and spinach. If you saw the movie "*Supersize Me*" you realize that after 3 days of fast food the addiction sets in and it is

## Real Food for Dogs

very hard to break. Commercial pet food IS fast food for your dog and no one can maintain good health on this type of food.

Some pet owners will resort to cooking for their pets. They either cannot understand or deal with raw food or the pet is experiencing health issues and needs cooked food initially until health is returned and the dog can digest the raw foods. If you are doing this or thinking of this please research suitable recipes from the proper sources to ensure you are using the right ingredients and the correct proportions. Refer to the list in the back for books on this subject that also contain recipes. Remember to treat the raw food as you would a piece of raw chicken...wash all utensils, counter, dogs bowl and hands properly after feeding

### DEALING WITH YOUR VET

Prior to starting a raw food diet for your pet I would encourage you to have blood work drawn for your records. This will give you a reference point for future health monitoring. If your pet has pre-existing health issues that you are already dealing with, I would strongly advise seeking a holistic vet who will understand the specific nutritional needs that are required for this situation. Your vet visits should not be traumatic for you or your pet. If your vet believes you are harming your pet by feeding raw food, I would seriously recommend that you seek out a new vet who will support you in your decision. Holistic vet not only support raw feeding but insist on it due to their extensive knowledge in nutrition and most use alternative remedies to support your pet's health.

Veterinarians who are 100 % conventional don't even consider therapies like acupuncture, herbal remedies, Chinese traditional medicine or nutritional supplements. The best doctor is one who uses both conventional and alternative therapy approaches, and uses them to complement each other.

*Why doesn't my conventional vet approve?* Veterinarians in North America learn virtually nothing about carnivore nutrition in order to earn their DVM title. What is taught about nutrition is typically a 2 hr. lecture given by sales reps from the pet food manufacturing industry. Vets make a living on treating sick dogs, not healthy dogs. They also make commission on selling pet food. Vets risk their license to practice if they speak their minds against their Veterinary Association who, by the way, governments have granted the right to issue and revoke these licenses. Even if they have seen the results of raw feeding and believe it is the best way to feed, they could lose their license to practice if they endorse raw feeding.

In short, vet students study pathology and disease **NOT** health and nutrition. Please visit [www.drdomore.com](http://www.drdomore.com) for a very insightful 18 min. video clip on this very topic.

One final note - after your dog has been eating real/raw food for some time he will have less and less need for veterinary intervention at all. You should still have blood work done yearly to ensure your pet is maintaining good health.

# Real Food for Dogs

## FEEDING YOUR PUPPY

Your puppy should be at least 8 weeks old when you bring him home. This is the time to start feeding real/raw food if the breeder has not already introduced it. Weigh the dog and feed daily between 5% and 10% of body weight. This will be broken into 3 meals for medium to large breeds and 4 meals for smaller breeds. After each week you should either weigh the puppy or you can simply feel the ribs. If you can SEE ribs you need to feed more. You will know that you are feeding the correct amount when you can only pinch about ½ inch of skin around the ribs. Don't allow your pup to become "rolly poly" as this will put too much stress on the developing legs. Allow the puppy some good play and walks but not too long, and certainly no jogging or excessive exercise until they reach full growth.

Raw fed puppies develop slow and steady so you may feel they are smaller initially than their litter mates who are fed commercial food, but this makes for stronger bone development for the future.

An example of a good meal plan to follow would look like this: Breakfast: ground chicken meat with the bone, whole eggs, organ meats, lettuce red and green, carrots, parsley, garlic, kelp and alfalfa. This mixture is approx. 75% protein and 25% greens. The second meal could be chicken necks or spines and the last meal can be ground beef or chicken/beef hearts, fish or eggs. Omega 3 oil needs to be given at one of the meals if you are not feeding fish.

The size of your breed will dictate how many meals, how many ounces per day and also the size of the bones fed.

For more detailed information please refer to the Paws & Claws Pet Pantry website [www.freshpetfood.ca](http://www.freshpetfood.ca) under Our Products, Puppy's First Dinner.

## GROOMING

Keeping your dog clean and well brushed is also important for good health. As quoted in the book by author Pat Lazarus, *Keep Your Dog Healthy the Natural Way*, many veterinarians claim that "problems of the skin and coat are the most common disorders they see". Many problems are merely outward manifestations of something physically wrong within the body. By grooming as often as possible you not only provide a good "bonding" session with your pet but more importantly, you can inspect the skin and coat on a regular basis for signs of any problems. Regular grooming can prevent problems of dandruff build-up or the onset of hot spots and dermatitis.

Your groomer should assist you with the proper grooming tools such as brushes, combs and shampoos that your specific breed requires and how often to bath and clip your dog.

# Real Food for Dogs

Raw fed dogs, in general, have softer skin and coats. A raw fed dog's nails will grow faster because they are healthier, so make sure they are trimmed more frequently.

## SWITCHING YOUR CAT

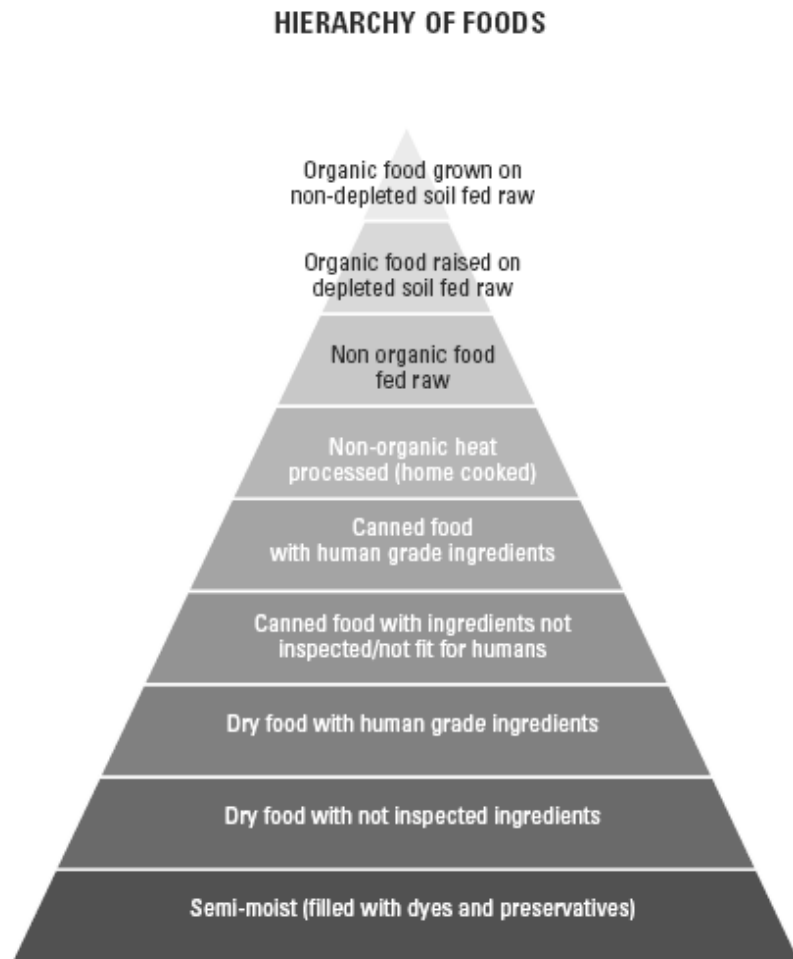
Your cat is a true carnivore. It does not eat grain, soy or starch. Feeding cats commercial foods loaded with grains and preservatives are also very damaging to their health. So what should your cat eat for optimum health? Cats need RAW meat, including liver, heart and kidneys. Turkey, chicken, duck, rabbit and quail are excellent choices for your cat. As a carnivore, they should also eat bones several times a week – chicken necks or chicken wing tips are great choices and excellent for keeping the teeth clean.

Cats sometimes appear to be finicky or picky. Actually, they are genetically encoded to recognize what they eat in the first year of life as what they should be eating for the rest of their life. This is a safety mechanism in the wild but it backfires on many domesticated cats if they are fed an inappropriate diet during this time. Even though raw food is much better for them, it can take some cats a while to change from commercial food to a raw diet.

**A word of warning:** Do NOT use starvation as a way to switch your cat to the raw diet - this is very dangerous for cats, especially the older or overweight cats. They can develop a condition called hepatic lipidosis or fatty liver disease. A cat should eat at least every 12 hours so if they are not interested in the raw food, give them something (even the kibble) and try again tomorrow.

For more information on switching your cat to real food, please ask for a copy of our book "Real Food for Cats" or ask the next time you are in the store.

## Real Food for Dogs



*ORA — Organization for the Rescue of Animals — Pet Nutritional Seminal — March 19, 2005*

## Real Food for Dogs

Vitamins and Minerals	Sources of Nutrients	Body parts, systems, organs
Vitamin A	<b>Alfalfa, cod-liver oil, eggs, fruit, fish, kelp, meat, meaty bones, vegetables</b>	Bones, hair, immune and respiratory systems, skin, soft tissue, teeth
Antioxidants	<b>Bilberry, cod-liver oil, fish, fruit, nuts, vegetables, Vitamin C</b>	Cells, free-radical damage, heart, immune system, joints
Vitamin B complex	<b>Alfalfa, eggs, fish, fruit, kelp, meat, meaty bones, veggies, nuts, seeds</b>	Cells, eyes, gastrointestinal tract, hair, liver, nervous system, mouth, skin
Bioflavonoids	<b>Algae, fruit, berries, rose hips</b>	Blood, capillary walls, connective tissue, red blood cells, teeth
Boron	<b>Fruit, nuts, vegetables</b>	Bones, brain, muscles
Vitamin C	<b>Alfalfa, fruit, kelp, meat, meaty bones, vegetables</b>	Adrenal glands, blood, bones, capillary walls, cells, connective tissue, heart, mucous membranes, nervous system, teeth
Calcium	<b>Alfalfa, bones, carob, eggshell, kelp, vegetables</b>	Blood, bone, heart, muscles, nails, skin, soft tissues, teeth, circulatory, digestive, enzymatic, immune and nervous system
Carbohydrates	<b>Fruit, vegetables</b>	Brain, energy, nervous system
Choline	<b>Eggs, fish, kelp, meat, nuts, seeds, vegetables</b>	Adrenal glands, brain, blood, heart, liver, cardiovascular, glandular, nervous system
Chromium	<b>Alfalfa, vegetables, fruit, kelp, meat, meaty bones, nuts, seeds</b>	Adrenal glands, brain, blood, heart, liver, white blood cells, circulatory and immune system
Copper	<b>Alfalfa, avocado, fish, kelp, nuts, meat, meaty bones, seeds, vegetables</b>	Blood, bone, circulatory system, skin, hair
Vitamin D	<b>Alfalfa, cod-liver, eggs, fish, meat, meaty bones, sunlight</b>	Bones, eyes, heart, kidney, glandular and nervous systems, skin, teeth
Vitamin E	<b>Alfalfa, eggs, fish, kelp, meat, meaty bones, nuts, seeds, vegetables</b>	Arteries, circulatory, heart, nervous and glandular systems, heart, lungs, skin
Enzymes	<b>Raw foods</b>	All biochemical activities

## Real Food for Dogs

Vitamins and Minerals	Sources of Nutrients	Body parts, systems, organs
Vitamin F	<b>Alfalfa, kelp, nuts, seeds, vegetable oils</b>	Cells, glands, hair, mucous membranes, nerves, skin
Fat	<b>Animal fat and skin, avocados, eggs, fish, meat, nuts, oils, poultry, seeds</b>	Brain, energy, insulation, liver, blood, nervous system, nutrient utilization
Fluorine	<b>Garlic, kelp, vegetables</b>	Bones, blood, lymphatic system, teeth
Folic Acid	<b>Alfalfa, eggs, fish, fruits, meat, vegetables</b>	Blood, glands, liver, reproductive system
Inositol	<b>Fruit, kelp, meat, nuts, seeds, vegetables</b>	Brain, hair, heart, intestines, kidneys, nerves, skin
Iodine	<b>Alfalfa, eggs, fish, kelp, meat, meaty bones</b>	Brain, glandular system
Iron	<b>Alfalfa, eggs, fish, kelp, meat, meaty bones, vegetables</b>	Blood, bone, metabolic system, muscles, nails, skin, teeth
Vitamin K	<b>Alfalfa, cod-liver oil, eggs, fish, kelp, vegetables</b>	Blood, bone, liver, gastrointestinal system
Love	<b>Human and animal friends</b>	All biochemical activities
Magnesium	<b>Alfalfa, fish, fruit, kelp, meaty bones, seeds, vegetables</b>	Arteries, bones, cells, heart, nerves, teeth, digestive, immune, nervous and reproductive systems
Manganese	<b>Alfalfa, berries, eggs, kelp, meat, meaty bones, nuts, seeds, vegetables</b>	Blood, bones, brain, immune system, liver, mammary glands, muscles, nerves
Molybdenum	<b>Alfalfa, kelp, vegetables</b>	Bones, cells, kidneys, liver, nitrogen metabolism
Phosphorus	<b>Alfalfa, eggs, fish, kelp, meat, meaty bones</b>	Bones, brain, eyes, liver, muscles, nerves, teeth, circulatory and digestive systems
Potassium	<b>Alfalfa, dates, fish, fruit, kelp, meat, meaty bones, vegetables</b>	Blood, heart, kidneys, muscles, skin, endocrine, digestive and nervous systems
Protein	<b>Eggs, fish, meat, nuts, poultry, seeds</b>	Acid/alkaline balance, energy, fluid balance, hair, hormones, immune system, muscles
Selenium	<b>Alfalfa, eggs, fish, garlic, kelp, meat, meaty bones,</b>	Enzyme and immune systems, eyes, heart,

## Real Food for Dogs

Vitamins and Minerals	Sources of Nutrients	Body parts, systems, organs
	<b>vegetables</b>	pancreas, red blood cells, tissue elasticity
Silicon	<b>Alfalfa, kelp, meaty bones, vegetables</b>	Arteries, bones, connective tissues, hair, heart, nails, skin
Sodium	<b>Alfalfa, eggs, fish, kelp, meat, meaty bones, vegetables</b>	Blood, lymphatic systems, muscles, nerves
Sulfur	<b>Eggs, fish, garlic, kelp, meat, meaty bones, vegetables</b>	Blood, cells, liver, skin, soft tissues
Sunlight	<b>Direct sunlight</b>	Vitamin D absorption
Vitamin T	<b>Eggs, sesame seeds</b>	Blood, immune system
Vitamin U	<b>Cabbage</b>	Intestines, skin, tissues
Vanadium	<b>Fish, kelp, meat, meaty bones</b>	Bones, cellular metabolism, heart, kidney, teeth
Water	<b>Distilled or reverse osmosis</b>	Nutrient absorption, circulation, digestion, excretion
Zinc	<b>Alfalfa, eggs, fish, kelp, meat, meaty bones, nuts, seeds</b>	Blood, bones, eyes, heart, joints, liver

The Ultimate Diet, Kymthy Schultze

## Real Food for Dogs

### “GOOD THINGS” ABOUT REAL/RAW FOOD DIETS

- No bad breath
  - No “doggy” odour
  - Less chance of overweight issues
  - Clean white teeth, strong, tight gums
  - 30-40% longer life expectancy
  - Clear, bright eyes
  - Less shedding
  - Lower vet bills
  - Better chance your pet will die of a natural old age, rather than prematurely from disease
  - Anal glands express naturally without vet intervention
  - No smelly, yeasty ears
  - Smaller, less odorous stools
  - Less water consumption
  - Stronger, more muscular body
  - Fewer visits to the vet
  - Softer skin and coat
  - No gas, or bloat
  - Healthy, happy vital dog
  - No fleas (*raw fed dog’s skin is less attractive to fleas*)
  - Stronger immune system to prevent disease, allergies and parasites
- Best of all.....your dog will LOVE his food

### QUOTES

*“Many people come to us with old, degenerated pets for whom other veterinarians have told them there is no hope. When the owners see how their pets become young again – and recover from the “hopeless” disorders- they start taking themselves and their families to nutritionally oriented physicians. They realize, “if nutritional medicine can work wonders for my pet, it can work wonders for us too”.*

Robert Goldstein, V.M.D and Marty Goldstein, D.V.M

*“Over vaccination is the main problem (along with malnutrition) that affects our pets today”*

Michele Yasson, D.V.M. C.V.A.

## Real Food for Dogs

*“Dead mothers and babies: We seldom see them anymore if the mother is fed a natural diet with supplements. “*

John E. Craige, V.M.D., Richard J. Kearns, D.V.M, and many other holistic veterinarians

*“Do you know what is in meat meal, the major constituent of dry dog food?.... urine, fecal matter, hair, pus, meat with cancer and TB, etc.”*

Wendell O. Belfield D.V.M

*“I suppose we veterinarians who do a lot of work with skin and hair problems ought to thank the commercial pet food manufacturers for all the business they create for us”*

J. Keith Benedict, D.V.M.

*“My greatest goal is to be known NOT for what I’ve cured and controlled, but for what I’ve prevented”*

R. Geoffrey Broderick, D.V.M.

*“Standard vaccines are the single biggest cause of immune system damage in animals and humans. All chronic disease in animals is traced to genetics and standard vaccinations before anything else.”*

John Fudens, D.V.M.

*“We just seldom see the so-called inevitable diseases in our patients when we can get the owners to raise the pets on their natural foods.”*

Robert S. Goldstein V.M.D.  
H.H. Robertson D.V.M

Richard Kearns D.V.M.  
Marty Goldstein D.V.M.

*“When the moist foods came out we figured they must have a very strong preservative because they needed no refrigeration. Many of them do have a very strong preservative - formalin. Formalin is such a good preservative, in fact, that undertakers use quite a lot of it”*

Thomas A. Newland D.V.M.



## Real Food for Dogs

*“If a diet is unnatural, disease will keep company with those subject to it”*

Juliette de Barclay-Levy

*“Dogs need foods that are fit for them, not necessarily for us”*

Greg Tilford

### SUGGESTED READING

There are some wonderful, helpful books available to help you learn more about real food and a more “holistic” approach to your dog’s health. Listed below are several of the books I have read and recommend. Some are available through Chapters/Indigo and others can be ordered off of the author’s website or purchased from Bones Pet Boutique.

*Foods Pets Die For*, Ann N. Martin

*See Spot Live Longer*, Steve Brown and Beth Taylor

*Raw, Meaty Bones*, Dr. Tom Lonsdale

*Natural Nutrition For Dogs and Cats*, Kymythy Schultze

*Keep Your Dog Healthy the Natural Way*, Pat Lazarus

*What Vets Don’t Tell You about Vaccines*, Catherin O’Driscoll

*Vaccine Guide for Dogs and Cats*, Catherine J.M. Diodati M.A.

*Natural Immunity*, Pat McKay

*Heal Your Dog the Natural Way*, Richard Allport

*Bach Flower Remedies for Animals*, Stefan Beil and Judy Howard

*Raw Food for Dogs- The Ultimate Reference for Dog Owners*, Mogens Eliassen

*Wellness & Longevity*, The Goldstein’s

### WEBSITES TO VISIT

## Real Food for Dogs

### WEBSITES TO VISIT

The following are just a few of the many websites available for educating yourself on the benefits of real/raw feeding. Internet searches can provide a lot of information about the benefits of raw feeding. Using your favorite search engine, try typing in *raw feeding*, your pet’s breed and any health issues. Use your imagination – you will find numerous sites to explore and a wealth of information.

<a href="http://www.bonespetboutique.ca">www.bonespetboutique.ca</a>	<a href="http://www.b-naturals.com">www.b-naturals.com</a>	<a href="http://www.tryhealthypaws.com">www.tryhealthypaws.com</a>
<a href="http://www.animalwellness.ca">www.animalwellness.ca</a>	<a href="http://www.pet-grub.com">www.pet-grub.com</a>	<a href="http://www.shirleys-wellness-cafe.com">www.shirleys-wellness-cafe.com</a>
<a href="http://www.drdomore.com">www.drdomore.com</a>	<a href="http://www.freshpetfood.ca">www.freshpetfood.ca</a>	<a href="http://www.njboxers.com">www.njboxers.com</a>
<a href="http://www.itsfortheanimals.com">www.itsfortheanimals.com</a>	<a href="http://www.mountaindogfood.com">www.mountaindogfood.com</a>	<a href="http://www.barfworld.com">www.barfworld.com</a>
<a href="http://www.urbancarnivore.com">www.urbancarnivore.com</a>		

### USEFUL YAHOO GROUPS

To get to Yahoo Groups, use this URL:

<http://groups.yahoo.com/>

Useful groups are: rawpaws, holisticpet







