

## CANINE RAW FOOD BASICS

Healing Hope

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Raw foods are the most powerful healers for our companion animals. They contain the most digestible and absorbable nutrients we can provide. Raw foods are the building blocks to good health, providing proper nutrition and energy for our animal's natural innate ability to heal. In my experience the health benefits of the raw food diet far surpasses any other diet, homemade or commercial! The raw food diet is what nature intended, an evolutionary diet fit for the digestive system of a carnivore. When converting to a raw food diet use the best possible ingredients that your budget will allow. Antibiotic and hormone free meats and organic grown veggies are the ideal to use, however just switching to the raw food diet is a quantum leap in nutrition. Let's look at nutrition: Cooked homemade balanced recipes provide 60% optimum absorbable nutritional value. The highest quality preservative free commercial pet food provides 50% optimum absorbable nutritional value. A balanced raw food diet provides 95% absorbable nutritional value. Being a purest and feeding only organic meats and veggies providing ample variety, and some simple supplementation will increase the absorbable nutritional value to 98%.

### CONVERSION

Most dogs are so excited when they are first offered raw foods you can almost hear them say "Thanks, real food at last." However there are some dogs that can be a challenge. Old habits are hard to break, BUT YOU CAN TEACH AN OLD DOG NEW TRICKS! If your dog is on a diet of strictly kibble start by mixing just a little raw mixture in the kibble, slowly add more meat and less kibble. If you use a combo of canned and kibble mix the kibble with 1/2 raw and 1/2 canned. If you have been home cooking start by slowly cooking the mixture less and less until it is served raw. Use your creativity. Fasting dogs 24 to 36 hours prior to introducing the raw diet is helpful in minimizing detoxification. Use of a digestive enzyme such as "Prozyme" is recommended for at least the first few months, if not for the life of the animal. Convert slowly by mixing 25% raw with 75% of their current diet. Gradually increase the raw food and decrease their old diet over 7 to 14 days until you are feeding 100% raw foods.

### DETOXIFICATION

Starting on the raw diet will initiate a detoxification cycle. As toxins are released from the liver and other storage organs, detoxification issues will arise. Normal changes are expected as the body purges the system but we do not wish to incite anything like a "healing crisis". Normal detoxification is expected and signs include:

- Varied stool- Soft stool or diarrhea, and even sometimes constipation.
- Mucus discharge- Mucus in the feces or the corners of the eyes, Nasal discharge or even some bronchial irritation from post-nasal drainage
- Increased itching- Toxins from the bloodstream as they are discharging from the body often cause a histamine release that can cause itching and even tummy rashes.

IF MARKED LETHARGY, LACK OF APPETITE, OR RUNNY DIARRHEA IS PRESENT FOR MORE THAN 24 TO 48 HOURS PLEASE CONTACT OUR OFFICE, THESE SIGNS ARE USUALLY AN INDICATION THAT WE NEED TO PROVIDE SOME SUPPLEMENTAL SUPPORT FOR THE BODY SYSTEM DURING THE TRANSITION!  
(877) 738-4673.

Most often these changes will come quickly and abate quickly. At other times they will wax and wane as the body adjusts itself over a few weeks or even in some cases a few months. The body will heal itself in its own time frame-as the layers of the onion are peeled away the blockages to true health are released. Do not hesitate to call us with questions or concerns.

IF YOU HAVE A SICK DOG OR ONE WITH A SEVERELY DEPRESSED IMMUNE SYSTEM PLEASE CONTACT A KNOWLEDGEABLE PET PROFESSIONAL THAT MAY BE ABLE TO GIVE YOU SUGGESTIONS ON CONVERSION, OR CONTACT MY OFFICE.

#### AFTER CONVERSION

Nutritional balancing occurs over time. Don't worry about achieving a totally balanced diet during conversion. Start to work out the details after the first month or two after total conversion. In the beginning just get some raw foods in the diet and experiment by introducing different meats and veggies and by introducing all sorts of different tasty bone textures. After total conversion a routine weekly fasting for liver detoxification is a good idea. I recommend you start with a 12 hour fast, feed final meal at 6:00p.m. and then no food until 6:a.m. the next day. Gradually work up to 24 hours. Always provide fresh clean water.

#### GOALS FOR A BALANCED DIET

- 65%-80% RAW MEAT AND RAW BONES: The meat must be fed in its raw state. For the most part concern over use of raw meat is unwarranted. I have never personally seen a problem with a bacterial overload such as E. Coli or Salmonella as a result of feeding raw meat. As long as care is taken to handle the meats correctly you should not have a problem. Take care to thaw out your mixture in the refrigerator and not out on the counter. The meat takes time to thaw allow yourself at least 2 days to thaw 2 pounds of meat. Have one container with your thawed food and one with the frozen food. I have found the meats will usually be fresh for three to four days after thawing but no longer than that. Wash all utensils and your hands thoroughly after handling meat mixtures. DO NOT FEED PORK MEAT OR PORK BONES, Anything else goes,

Chicken, turkey, beef, venison and buffalo just to name a few. BE CREATIVE! Eggs are also an excellent source of protein. If the eggs are of high quality, (free range-hormone & antibiotic free) they can be fed raw with the shells broken in small pieces. Depending on the size of the animal one to several eggs twice weekly can be given. In Older animals an egg fed daily helps lessen signs of senility. Bones play an important role in the raw food diet. Bones are chock full of nutrients to booster bone and joint health, promote healthy gums and teeth, and pump up the immune system. I recommend you start the novice chewer on ground bone and slowly introduce chicken or turkey necks, section these in smaller pieces until you get the "gulper" to slow down. Some dogs get so excited about the bones they gulp to fast, but will often start to slow down once they learn the bones will be a regular part of the daily diet. Use a variety of bones. A nice frozen Beef Marrow bone on a hot day can be a cool treat for your bubby. A nice soup bone provides an excellent tooth cleaning session and Lamb rib bones have some nice pieces of meat and fat. Chicken wings and drumsticks are great for the seasoned chewer. Remember to use a variety of meats and bones, eating the same protein source can create hypersensitivities (allergies). Offering a variety is very beneficial, but by just feeding raw you are way ahead of the game. It is usually sufficient to offer variety 2 to 3 days a week.

- **5%-10% RAW ORGAN MEATS:** Organ meats from all types of meat (except Pork) can be used. This includes liver, kidney and heart. You can mix in organ meats 2 to 3 times a week to your muscle meat or ideally add a little to each meal. Prepackaged mixes are available see my resource listings in my handout "Creating healthy pets through nutrition".
- **20% TO 30% RAW GROUND VEGETABLES:** Vegetables play an important nutritional role for our pets as well as ourselves. It is best to use a variety of veggies both above ground and root veggies. Broccoli, Kale, Spinach, Zucchini, Carrots, Turnips, Mustard greens and endive to name just a few, be creative when it comes to veggies. I normally do not recommend corn as it is highly genetically altered and many animals and people have an allergic sensitivity to it.
- **0% to 10% COOKED GRAINS:** Grains are only occasionally recommended for EXTREMELY active dogs needing extra glycogen stores. I prefer to use potatoes, sweet potatoes or yams. Be cautious when using grains they are the source of most food sensitivities.
- **SUPPLEMENTATION:** I believe that supplementation of even the best diet is essential to reach optimum health as many of our resources are depleted because of stress on Mother Nature. A good multi vitamin mineral mix should be included. Also Essential Fatty Acids rich in Omega 3 oils is absolutely necessary. A good digestive aid such as "Prozyme" is very helpful to our Canine friends also. Raw

meaty bones are the preferred main source of calcium, IF YOU DO NOT FEED RAW MEATY BONES YOU MUST USE A CALCIUM SUPPLEMENT! Bone meal is not recommended due to the heavy metals contamination that can be present. My personal favorites for supplementation are by Merritt Naturals "Animal Essentials". Other possibilities are Pat McKay products, TCInstincts products, Celestial pet products, Kymthy Schultze's mixes and Standard Process products.

- **WATER QUALITY:** I cannot stress enough how important good water quality is. Use the best water available. There are hundreds of known toxins in our water, Chlorine, petrochemicals, heavy metals and organochemicals just to name a few. The best option for filtration is a point of source filtration unit at your faucet or on the main line to your house. Reverse osmosis units are costly and also not the best alternative because along with impurity's they remove vital nutrients and minerals from the water. There are many units available, please research and find a system with a four or five stage filtration. If you decide to use a commercial water supply company research what exactly their filtration system consists of. Make your choices wisely. I prefer a unit called the Aquasana because of the detail that went into its research and development, its ease of installation (5-10 min) and its affordable price. Call Sun Water Systems 817-536-5250 mention referral "NV1" code for additional discount. I caution on the use of bottled water. There are no regulations on bottled water companies and bottled water sits on shelves in plastic containers for indefinite periods of time, and since water is a solvent some of the plastic components may end up in your water.
- **SAMPLE MEALS:** Wright's Poultry makes the most complete prepackaged mix available. Meats are free of hormones or antibiotics. Mixes are made and delivered to retail outlets on a weekly basis sometimes even two times a week so you are always getting the freshest mix available. Mixes contain bone and organ meats and fresh ground veggies also. They also make a mix that contains Brown rice for those dogs that need extra calorie intake, but overall grains are not needed or desired in the diet. Varieties of chicken, turkey, beef and lamb are available, with or without veggies.

**FEED FOOD CLOSE TO ROOM TEMPERATURE FOR BEST DIGESTION  
DO NOT MICROWAVE TO HEAT**

Use a little warm water to mix the meal or use the old fashion baby food warmer method.

Just as with humans Nutritional caloric intake of dogs varies greatly with metabolism. Feeding our dog's proper portions is not exact science. We must use our common sense and our eyes to guide us on proper amounts to feed. Looking from above your dog you should be able to see a definitive waist in front of the hips and you should easily feel individual ribs. Weigh your dog before you start and monitor weight loss or gain and correct feeding

amounts to coincide with your weight goals. It takes time to perfect proper feeding amounts. Any intentional weight loss should be done gradually.

#### SUGGESTED FEEDING AMOUNTS

Some sample diets and amounts from Kymthy Schultze, CCN are listed below for your convenience however I highly recommend you pick up a copy of her book "Natural Nutrition for dogs and Cats"

#### 10LBS. BODY WEIGHT

Raw meat: 1/4 to 1 cup  
Raw bone: 1-2 chicken necks  
Veggies: 1/2 to 1 Tbsp. Pulped  
Kelp/alfalfa: 1/2 to 1 tsp.  
Cod Liver oil: 1/4 tsp  
Essential fatty acids: 1/2 tsp.

#### 50LBS. BODY WEIGHT

Raw meat: 3/4 to 1 cup  
Raw bone: 1 turkey necks or 6 chicken necks  
Veggies: 3 Tbsp. Pulped  
Kelp/alfalfa 2tsp.  
Cod Liver oil: 1 tsp.  
Essential fatty acids: 1 1/2 tsp.

#### 100LBS. BODY WEIGHT

Raw meat: 1 1/2 to 2 cups  
Raw bone: 2 to 3 turkey necks  
Veggies: 1/4 to 1/2 cup pulped  
Kelp/alfalfa: 1Tbsp  
Cod Liver oil: 2 tsp.  
Essential fatty acids: 2 tsp.

READ BOOKS, ASK QUESTIONS OF PET PROFESSIONALS, TALK TO PEOPLE ALREADY FEEDING THEIR PETS A RAW FOOD DIET, CALL A HOLISTIC VETTERINARIAN, WHICHEVER COURSE YOU CHOOSE DO SO WITH LOVE AND CONFIDENCE.

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MIND, BODY, SPIRIT